

A woman with long hair is lying face down on a massage table, her eyes are closed. Two hands are resting on her back, one near her shoulder and one near her lower back. The entire scene is overlaid with a semi-transparent, light-colored filter.

# touch

health & beauty

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# Welcome to **touch** health & beauty

**W**e offer a comprehensive range of health and beauty treatments to relax and revitalise your mind and body from our experienced team of fully qualified professional therapists who are committed to ensuring you receive 100% satisfaction.

## PRODUCTS

At 'Touch' we recognise the benefits of offering our clients top of the range products to give you the best treatments and results both at home and in the salon and our stock has been carefully selected from the leading beauty suppliers.

## GIFT VOUCHERS

Make a wonderful present for any occasion. They are available for both treatments and products and are valid for six months. They can be purchased either direct from the Salon or ordered by phone.

## TREATMENT TIMES

All timings are approximate and for your guidance only. For your first visit to us please arrive 15 minutes early to allow us to carry out a consultation.

## CANCELLATIONS AND NO-SHOWS

Should you need to cancel or change an appointment we would appreciate it if you would allow 24 hours notice, otherwise 50% of the treatment price will be charged.

## CREDIT CARDS

We accept all major credit cards and Maestro.

## ANSWERPHONE AND INTERCOM SERVICE

Our receptionists finish at 5.30pm after which we run an answerphone service. As we work during the evening, we will do our best to return all calls as soon as possible. During the evening you will need to use the intercom entry system. You will find this next to the door, press once and we will let you in. This is for appointments only, should you wish to purchase any products or vouchers please phone first.

## PRICES

All prices, treatments and information are correct at the time of going to print and maybe subject to change without prior notice.

## OFFERS

To keep up to date with any special offers please ask in the salon, check our website or facebook page.

## REFRESHMENTS

We are delighted to offer our clients a selection of beverages - a choice of coffees and teas, hot chocolate, soft drinks and mineral water - served with our compliments.

## OPENING TIMES

Monday	9.00am - 8.00pm	Friday	9.00am - 7.30pm
Tuesday	9.00am - 8.00pm	Saturday	9.00am - 5.00pm
Wednesday	9.00am - 8.30pm	Sunday	Closed
Thursday	9.00am - 9.00pm	Bank Holidays	Closed

Should you have any other queries or enquires, please do not hesitate to contact us.

*We look forward to your visit.*

## DERMALOGICA®

The moment your skin changed. Forever. When Dermalogica meets skin, skin health is redefined. Our promise to you is that your skin will never have felt as clean, or as healthy, as after one of our professional services; nor will you leave our Skin Bar® without truly understanding your skin, and it's needs. Our therapists are among the best trained in the industry, and each has postgraduate certification from The International Dermal Institute. What does it mean for your skin? Quite simply: Real Treatments. Real Answers. Real Products. Real Results!

### SKIN BAR®

30 mins

£10\*

Test-drive your prescribed regimen under the guidance of a professional Skin Therapist. At 'Touch's' Dermalogica Skin Bar, you can learn about your skin with our Face Mapping, Skin Scanner and BT-Analyze, and then learn how to use the products, hands-on.

\*(redeemable against a product purchased on the day)

## FACIALS

### MICROZONE® EXPRESS FACIAL

25 mins

£28

Want a professional skin treatment but short on time? Then let us address your top skin concern, hands-on, with our exclusive Dermalogica MicroZone® treatment - the quick fix for troubled skin. Maximum results in a minimum of time.

### THE DERMALOGICA® SKIN TREATMENT

1 hour

£45

The Dermalogica Skin Treatment is 100% customised to your skin's needs based on consultation and a thorough, zone-by-zone Face Mapping® skin analysis, making it one treatment... that's different every time! Totally designed to meet your needs, each treatment includes professional double cleansing, exfoliation, extractions (as needed), masque, toner and skin protection.

### AGE SMART TREATMENT

1 hour 15 mins

£50

Are the signs of ageing becoming more prevalent on your skin?

Give it a revitalising power boost to nourish, regenerate and energise the skin! Potent Vitamin and Hydroxyl acid exfoliation resurfaces and retexturises skin. The ultimate in skin therapy for prematurely-ageing and mature skin.

## ADVANCED FACIALS

### ACTIVE RESURFACE 35 TREATMENT

45 mins

£38

An advanced 45-minute resurfacing treatment that applies a cocktail of advanced cosmeceutical ingredients to provide intense resurfacing to stimulate cell renewal and cell turnover, whilst helping to treat pigmentation, dehydration and congestion.

### IONACTIVE POWER TREATMENT

45 mins

£60

This action-packed treatment combines thermal activity and is super charged with advanced treatment room technology to optimise product penetration. The results? ... cutting edge skin treatment ingredients with dramatically improved skin results in a reduced treatment time.

This treatment combines highly active microencapsulated ingredients, advanced & traditional electrical equipment as well as Japanese massage techniques to result in biological changes to the skin and therefore providing optimal results.

Advanced actives available in the IonActive System:

Retinol - to firm and reduce visible signs of skin aging.

Niacinamide - controls and prevents adult acne breakouts.

Hyaluronic Acid - relieves dry & dehydrated and/or sensitised skin.

Oligopeptide - brightens hyperpigmentation for a more balanced skin tone.

**HYDRO PLUS TREATMENT****45 mins****£35**

Focusing on hydration, calming and soothing, this treatment is perfect for very dehydrated skin, post holiday, and skin which is sensitive to exfoliation. This relaxing treatment also aids the skin to support a healthy barrier function.

**BIOSURFACE PEEL™****44-55 mins****£65**

This professional chemical peel designed to resurface the skin with minimal recovery time. Our unique, multi-phase approach works with the skin's biology to safely slough away dull epidermal layers and accelerate cell renewal without inflammation and prolonged downtime typically associated with chemical peels. Let us design a series of treatments to address your specific needs, from wrinkles to acne breakouts. (includes an after peel kit worth £12.50.)

**ELECTRICAL FACIALS AND PDT (PHOTO DYNAMIC THERAPY)**

We offer a range of advanced electrical facials combining the DermaCo Pr VX machine with Dermalogica Advanced Skincare Products to ensure you receive the best results from your facial. The 6 in 1 DermaCo machine offers you: Thermotherapy, Microdermabrasion, Ultrasound, Biolift (micro-current), LED Light Therapy and Cryotherapy.

**DERMABRASION****1 hour****£45**

includes Thermotherapy, Microdermabrasion, Ultrasound, LED Light Therapy & Cryotherapy.

**EXPRESS DERMABRASION****30 mins****£30**

includes Thermotherapy, Microdermabrasion & Cryotherapy.

**EYE THERAPY****30 mins****£28**

Includes Microdermabrasion, Ultrasound & Biolift.

**BIOLIFT (NON SURGICAL FACE LIFT)****1 hour****£45**

Includes Thermotherapy, Biolift, Ultrasound, LED Light Therapy & Cryotherapy.

For course bookings and offers on the Advanced and Electrical Facials please speak to one of our therapists who can design your tailor made course and give you more information.

**ULTIMATE DERMACO FACIAL****1 hour 30 mins****£70**

A combination of all the DermaCo Pro Systems, including Thermotherapy, Microdermabrasion, Ultrasound, Biolift, LED Light Therapy and Cryotherapy.

**PDT (PHOTO DYNAMIC THERAPY) LED LIGHT****45 mins****£30**

LED Light Therapy is a revolutionary non-invasive treatment that uses the power of light to rejuvenate, repair and revitalise the skin. The technology of LED Light Therapy is a natural photo-biological reaction that is clinically proven to reverse the visible signs of ageing, clear acne and blemishes, and accelerate healing. For fine lines and wrinkles, acne or deep set lines/wrinkles.

**DERMALOGICA® BODY TREATMENTS****FULL BODY EXFOLIATION****30 mins****£25**

Give your body the customised exfoliation it needs, and leave the salon with silky, healthier skin.

**BACK TREATMENT****1 hour****£45**

Just like a Facial Treatment... for your back! Being a difficult area to see or reach, the skin on our back is often quite neglected and prone to dehydration, acne and sun damage. Relax and refresh with a customised back treatment. Extra dry skin benefits from an ultra soothing, hydrating and deeply moisturising treatment. For those prone to acne, a purifying treatment with extractions will help banish breakouts. Includes cleansing, exfoliation, extractions, an aromatherapy back, neck and shoulder massage and treatment masque.

## THE EYES

EYELASH TINT	20 mins	£14
EYEBROW TINT	15 mins	£9
LASH AND BROW TINT	30 mins	£17

A test patch is required 24 hours before first tint.

EYELASH LIFT	1 hour	£30
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Completely transform your look without the need for mascara or eyelash curlers, includes a tint.

DESIGNER BROWS	30 mins	£20
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A complete eyebrow design service, includes tinting, waxing, threading, trimming and make up for a high definition look.

## EYELASH EXTENSIONS

Semi-permanent - individual lashes, lasts approx. 3 months if kept infilled.

FULL SET	1 hour 30 mins	£55
HALF SET	1 hour	£36
INFILLS	30 - 45 mins	£25

A glue test is required for first time clients, this must be booked and will take 15 mins.

## EAR PIERCING

CAFLON SYSTEM	15 mins	£18
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Using 9 carat gold studs, ear care solution and after care advice.

## MASSAGE

FULL BODY MASSAGE	55 mins	£40
HALF BODY MASSAGE	40 mins	£34
BACK NECK & SHOULDERS	25 mins	£26
FACIAL MASSAGE	20 mins	£22
SCALP MASSAGE (to be added to above only)		£6

## AROMATHERAPY MASSAGE

FULL BODY MASSAGE	55 mins	£42
BACK, NECK & SHOULDERS	25 mins	£28
FULL BODY & FACE	1 hour 10 mins	£45

## HOT STONE MASSAGE

FULL BODY	1 hour 30 mins	£50
BACK, NECK & SHOULDERS	40 mins	£32

## BAMBOO MASSAGE

This unique massage involves using heated bamboo rods of various sizes to knead and roll out knots and relax tense muscles. It combines the traditional benefits of massage with the comforting synergy of heated wooden rods, and is the perfect massage to counter the effects of stress, tension and lack of rest.

1 hour	£45
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## HANDS, FEET AND NAILS

Using Jessica's prescriptive system we can treat dry, brittle, normal, damaged and soft nails. Helps to restore damaged nails from the long term effects of acrylics.

<b>MANICURE</b>	<b>45 mins</b>	<b>£22</b>
<b>DELUXE MANICURE</b> (with your choice of either 'Le Remedi' hand treatment or thermal mittens).	<b>1 hour</b>	<b>£28</b>
<b>SUPER DELUXE MANICURE</b> (with 'Le Remedi' and thermal mittens).	<b>1 hour 15 mins</b>	<b>£33</b>
<b>FILE &amp; VARNISH</b> (hands or feet)	<b>30 mins</b>	<b>£13</b>
<b>VARNISH</b>	<b>15 mins</b>	<b>£8</b>
<b>ZEN SPA PEDICURE</b>	<b>1 hour</b>	<b>£30</b>
<b>ZEN SPA DELUXE PEDICURE</b> (with thermal booties)	<b>1 hour 15 mins</b>	<b>£35</b>
<b>Add on GELeration colour</b>	<b>10 mins</b>	<b>£5</b>

## MINX

The ultimate fashion weapon! No drying time, long lasting, smudge free, fast, cool, high-end and exciting.

<b>Application only to fingers or toes</b>	<b>45 mins</b>	<b>£25</b>
<b>Minx Pedicure</b>	<b>1 hour 15 mins</b>	<b>£45</b>

## LE REMEDI

*"The mark of a truly elegant woman is her hands"*

Cleanse, exfoliate, masque, liposomes and heated mittens will leave the hands feeling firmer, conditioned and silky smooth.

**30 mins**      **£20**

## GELeration

The beauty of Jessica in a gel, with the health of the natural nail in mind, GELeration's gel formula delivers a long lasting flawless finish that is instantly dry, protects the natural nail and will last up to 3 weeks without breaking or chipping.

<b>GELeration Manicure</b> (Includes cuticle work, nail shape, gel polish and cuticle oil)	<b>45 mins</b>	<b>£22</b>
<b>GELeration Mini Pedicure</b> (Includes cuticle work, nail shape, gel polish and cuticle oil)	<b>45 mins</b>	<b>£22</b>
<b>GEL Removal</b>	<b>30 mins</b>	<b>£5</b>

## EzFLOW NAIL SYSTEMS

### ACRYLIC NAIL EXTENSIONS

<b>Full set of natural tips</b>	<b>1 hour 30 mins</b>	<b>£35</b>
<b>Full set with polish</b>	<b>1 hour 45 mins</b>	<b>£38</b>
<b>Full set of french tips</b>	<b>1 hour 30 mins</b>	<b>£40</b>
<b>Natural nail overlays with polish</b>	<b>1 hour</b>	<b>£25</b>
<b>Natural nail overlays - French</b>	<b>1 hour 30 mins</b>	<b>£30</b>
<b>Infills</b>	<b>1 hour</b>	<b>£19.50</b>
<b>Infills with polish</b>	<b>1 hour 15 mins</b>	<b>£24.50</b>
<b>Tip replacement</b>		<b>from £5</b>
<b>Soak off (prior to full set)</b>	<b>30 mins</b>	<b>£5</b>
<b>Soak off with file &amp; shine</b>	<b>1 hour</b>	<b>£15</b>

## WAXING

HALF LEG	20 mins	£16
3/4 LEG	25 mins	£18
FULL LEG	30 mins	£22
BIKINI LINE	10 mins	£9
EXTENDED BIKINI LINE	10 mins	£12
BRAZILIAN	30 mins	£18
HOLLYWOOD	40 mins	£23
UNDER ARM	10 mins	£9
UPPER LIP OR CHIN	10 mins	£8
LIP & CHIN	15 mins	£10
EYEBROW	15 mins	£8
HALF LEG & BIKINI OR UNDER ARM	30 mins	£21
HALF LEG, BIKINI & UNDER ARM	35 mins	£25
FULL LEG & BIKINI	35 mins	£26
FULL LEG, BIKINI & UNDER ARM	40 mins	£30
FOREARM (up to elbow)	15 mins	£10
FULL ARM	25 mins	£15

## ELECTROLYSIS

A safe and effective method of permanent hair removal using disposable needles.

10 mins	£10
25 mins	£20

## THREADING

EYEBROWS	£8.00
UPPER LIP AND CHIN	£9.00
NECK	£8.00
FOREHEAD	£7.00
SIDES	£8.00
FULL FACE (including eyebrows)	£25.00

## HOLISTIC TREATMENTS

**REFLEXOLOGY** 45 mins - 1 hour £30

An alternative therapy applied to the feet through massage. Treats imbalances in the body. Use to maintain good health and as a means of relaxation. Reduces stress.

**HOPI EAR CANDLES** 30 - 45 mins £30

A wonderfully relaxing, painless and gentle treatment to help relieve many ear problems and the side effects they may cause. Beneficial for clogged ears, headaches, sinusitis, glue ear, tinnitus, vertigo, menieres, sore throats and much more. Followed by a pressure point massage to the face and ears, this is a soothing alternative to ear syringing.

**INDIAN HEAD MASSAGE** 25 mins £22

Specialised massage techniques on the head, neck, shoulders, face and scalp to relieve aches, pains, stress and tension.  
A relaxing treatment with uplifting effects.

## TANNING

<b>SIENNA X Full Body Tans</b>		
<b>8 Hr Development</b>	<b>15 mins</b>	<b>£20</b>
<b>1 Hr Development</b>	<b>15 mins</b>	<b>£25</b>

Applied via a spray gun, all products contain natural skin care ingredients.

### Preparation Tips:-

Do exfoliate, shave or wax the day before your tan.

Do wear dark, loose clothing.

Do remove make-up, perfume and deodorant.

Do not moisturise on the day of your tan.

## CHEEKY CHICKS for 5 -10 year olds

<b>HAPPY HANDS</b> - for sparkling fingers	<b>£8</b>
<b>TWINKLE TOES</b> - for pretty feet	<b>£8</b>

## FUNKY DIVAS for 11 -14 year olds

<b>HEAVENLY HANDS</b>	<b>30 mins</b>	<b>£14</b>
<b>FABULOUS FEET</b>	<b>30 mins</b>	<b>£14</b>
<b>FEEL GOOD FACIAL</b>	<b>30 mins</b>	<b>£16</b>
<b>THE SKINCARE TREATMENT</b>	<b>1 hour</b>	<b>£30</b>

Do you want to look after your skin? Are you starting to get spots?

Do you know which products to use and how to use them?

This is a great treatment that will teach you. Includes a facial.

## MAN AT TOUCH

<b>HAND AND NAIL GROOMING</b>	<b>30 mins</b>	<b>£16</b>
Exfoliate, buff, nourish and condition leaving hands and nails revitalised and healthy.		

<b>FOOT TREATMENT</b>	<b>40 mins</b>	<b>£25</b>
Exfoliation, massage and masque followed by a nail and cuticle tidy will revive tired feet.		

### WAXING

<b>Chest</b>	<b>30 mins</b>	<b>£16</b>
<b>Back</b>	<b>30 mins</b>	<b>£18</b>
<b>Eyebrows</b>	<b>15 mins</b>	<b>£8</b>

For all other treatments, please see main section.

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