



**LITTLE BLACK
BOOK OF BEAUTY**

The Sanctuary; Little Black Book of Beauty....

Your Secret's are Safe with Us

Please take your time to read your way through our maybe

Not So Little Black Book....

If you have questions....We will listen

If you have doubts....We will reassure

If you have body insecurities...We will be discreet

If you have suggestions...We will take them on board

The Sanctuary is designed to be you personal

“Haven in the City”

Somewhere you can escape to for a morning, an afternoon,

Or even just in your lunch break....

Come on your Own, with Friends, a Partner or even a Parent

You will always be our guest, never our customer

We are nothing with out YOU,

Therefor we promise The Very Best in Guest Care at all times”

**We will continue to seek out the newest & most innovative treatments
& Continuously introduce them to our highly trained team of Therapists**

It's Our Business....It's Your Body Choices

At the Sanctuary we have a dedicated Skin/Facial Room, with trained professions who use the lasted techniques from Nature & Technology

Most of our clients would accept that most skin care issues are down to poor routines & product.

However that does not mean you have to use expensive products to get amazing results.

Most of our clients have realistic skin care goals.

“To look good to look younger”

As some one recently said I don't want to look different,

“I'm happy with who I am, I simply want a better version of me”.

Here are our recommendations

SKIN CARE & FACIALS

**Most would agree that Dermaplaning is the starting point to affordable
Skin Regeneration & Care**

DERMAPLANING

Dermaplaning is a safe, simple and effective method of exfoliating the skin, removing dead cells from the epidermis and also the fine vellus hairs (known as peach fuzz)

Dermaplaning is an exfoliation performed by a professionally trained skincare professional using a sterile, surgical scalpel held at a 45 degree angle.

Dermaplaning is sometimes called facial shaving but there is a lot more to it, and unlike dermabrasion, which it is often confused with, it is far quicker and has few to no adverse effects. Dermaplaning purpose is to give your skin an immediate exfoliation for a luminous glow, dewy skin, faster cell turnover, and a smoother texture. It also allows any products you apply after to penetrate deeper. This means that makeup can be applied with far more ease and precision, and overall has a far better finish.

Clients having this done are typically looking for skin rejuvenation, reduction in the appearance of fine lines or wrinkles as well as an excellent base for makeup application. Please note the hair follicle is not disturbed therefore the vellus hair will grow back at the same rate and colour and thickness that it was to start with

DELUXE DERMAPLANING

With Epionce Firming Mask...allow up to 60 minutes	£45
With mini peel allow up to 70 Minutes	£55
With Sublime Peel allow up to 90 Minutes	£69
With full Environ facial allow up to 100 Minutes	£89

ENVIRON SKIN FACIALS

Environ® is a Globally Recognised Professional Skincare brand that is built on **Science, Beauty** and **Care**. ... It is for this reason that we actively pursue skin care science to skillfully and consistently develop best-in-class, scientifically researched and developed products that work with skin. They also help to soothe the skin to help reveal a more radiant, youthful appearance.

The Environ Skin EssentiA® Range has a powerful combination of vitamin A, C and E, peptides and antioxidants. ... This light moisturising gel helps provide the skin with the essential nutrients and moisture it needs to look healthy. Using skin care products that are specifically formulated to care for acne-prone skin is also important. The Environ B-Active Range Sebuwash contains tea tree oil and gently removes excess surface oils and environmental debris without drying out your skin, maintaining a natural pH balance.

The Environ facial really is the best way to treat a number of skin conditions such as

- Scar tissue
- Problematic skin and acne scars
- Photo-ageing and uneven skin tone
- Pigmentation
- Fine lines and wrinkles
- Large pores and uneven skin texture
- Dull and dry skin
- Thin, lax skin
- Rosacea
- Dark under eye circles
- Sensitive skin
- Stretch marks
- Acne/Spotty Back

It will also promote good skin health and slow down any future problems.

An Environ Machine Facial is scientifically proven to be the equivalent of at least 50 traditional manual facials.

The Lonzyme DF II Machine treatments are possibly the most **EFFECTIVE**, non-invasive facial treatments available in the **WORLD** today.



The Environ Ionzyme® DF II Machine was specifically designed for Environ Skin Care facials and offers a unique combination of Lontophoresis and Sonophoresis. This creative system enhances the penetration of the active vitamins and age defying peptides contained in the Environ Skin Care products, providing faster more effective results.

The machine introduces the use of Pulsed Iontophoresis – the use of a specifically pulsed electrical current to facilitate penetration of vitamins into the cells, and Low Frequency Sonophoresis – the use of sound waves to transport vitamin molecules through the skin.

The Ionzyme® DF Machine is designed to be used with the Environ® professional products that contain optimum strengths of vitamin A and C plus additional growth factors and peptides to further assist deeper saturation of the products into the skin.

Lonzyme® DF II Machine treatments enhance dispersion of active products and serums, this technique is vital in order to reach the deeper layers of the skin, and break through the skin's natural, waterproof barrier.

This advanced facial treatment assists in stimulating maximum thickening of the skin, normalisation and improvement of collagen and elastin. A course of treatments can aid in better control of pigment production, restoration of normal blood flow and proper oxygenation of the skin.

ACTIVE VITIMIN FACIAL

allow approximately 90 Minutes £89

Using the freshest and most active forms of Vitamins A and C, the Environ Active Vitamin Facial uses the power of sound waves and electrical pulses to drive these powerful ingredients 4000 times deeper into the skin than massage alone.

This effective treatment can be used for treating the signs of premature ageing, pigmentation, scarring, sun-damage, dryness and uneven skin tone.

Skin feels nourished and dewy with measureable results from just one treatment.

Follow up with the use of Environ homecare products for best results.

HYDRO BOOST FACIAL

allow approximately 70 Minutes £69

Harnessing the power of hyaluronic acid which can hold 1000 times its own weight in water, this incredibly hydrating facial not only makes the skin feel nourished but helps to visibly plump out fine lines and wrinkles.

Sound waves and pulsed electrical currents help to push particles deep into the lower layers of the skin so the ingredients can work at a more effective level.

Perfect as a little pick me up when your skin is feeling neglected.

COLLEGEN POWER FACIAL

Allow Approximately 70 Minutes £69

This age defying facial uses a scientific blend of 3 peptides Matrixyl®3000, Trylagen® and Matrixyl® Synthé 6® to boost collagen levels, soften fine lines and tighten the skin resulting in a more youthful appearance.

Skin feels tauter, plumped and more radiant

Follow up with the use of Environ homecare products for best results.

FOCUS FROWN FACIAL

Allow Approximately 70 Minutes £79

Nicknamed "No-Tox" instead of Botox, this powerful facial focuses on the forehead and eye area to replicate the effects of Botox without the injections! Softening and reducing the frown lines around this delicate area this treatment relieves muscle tension giving a softer more youthful appearance. For best results a minimum of 6 sessions are recommended ideally once-twice a week followed by Environ homecare

SKIN PURIFYING FACIAL

Allow Approximately 70 Minutes £69

Created to purify micro-exfoliate and rehydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin.

DEEP CLEANSING FACIAL

Allow Approximately 70 Minutes £69

Harnessing the unique hydrating and purifying powers of steam, our Heavenly Green Signature Deep Cleansing Facial leaves skin feeling bright and dewy. Blackheads are removed, pores are refined and skin feels deliciously soft and supple. A perfect skin boost pre or post holiday!

BOOK A COURSE OF 5 ENVIRON FACIALS AND PAY FOR ONLY 4

COOL PEEL FACIAL

Allow Approximately 55 Minutes

This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength lactic acid is used to reduce the skin's pH and trigger the release of growth factors which creates tighter, smoother skin.

It destroys bacteria, boosts hydration and removes the build-up of dead skin cells helping to decongest the skins surface and smooth out it's texture.

The cool peel is ideal for clients with fine lines and wrinkles, rough or un-even skin tone, scarring, problematic skin, sun damage and rosacea.

This is a course of 6 once a week for 6 weeks total £395

Weekly payment plan available

COMFORT ZONE FACIALS

Created in 1996 by Dr Davide Bollati who was both a Pharmacist and Cosmetic Chemist

(Comfort Zone) is developed with competence and care by the Internal Research Laboratories at the Davines Village in Parma Italy and is available in the Best Spas across The Five Continents. The Brands unique integrated approach combines results oriented spa facials and rituals, home care and lifestyle tips for the health and beauty of skin, body and mind. All products follow the science based conscious formulas approach they are rich in natural origin ingredients, free from animal derivatives silicones and parabens and artificial colorants. Comfort Zone core philosophy reflects our own in that they promote indulgence, bespoke solutions and pure relaxation of the senses. Their range of skincare goes beyond evoking a sense of luxury through producing proven clinical results.

Here at The Sanctuary we consider skin as the Mirror of our Mental Wellbeing, Physical State and the Daily Choices we choose to make.

“What we do today we wear tomorrow”

Active Pureness Complete Purifying Facial

Allow approx. 50 Minutes £49

Deep cleansing treatment with a special mask with Spirulina Algae, it gives a fresh bright and uniformed appearance to the skin. This facial soothes and improves skin tissue aspect as well as providing a mattifying action it is a perfect facial of all skin conditions including impure skins, oily skins and with wrinkles

Hydra Memory Massage Facial

Allow approx. 50 Minutes £49

Intensive hydrating treatment for face, neck and decollate with Biomimetic fragments Hyaluronic Acid and march hyaluronic Acid for a bright and silky skin aspect. The exclusive application of the mask with brushes offers a unique experience. This is a fantastic hydrating facial which also helps to prevent visible signs of a premature aging. Suitable for all skin conditions however fantastic for particularly dehydrated and stressed skins which have been exposed to air conditioned and very dry climates perfect for Pre or Post Holiday or Post Peel.

Recover Touch Anti Oxidant And Nourishing Facial

Allow approx. 50 Minutes £49

Intensive antioxidant vitamin treatment with Goji Berries, It revitalizes and nourishes the skin. This facial cosmetically products soothes, nourishes and tones the skin. It is a perfect facial for undernourished and tired skin

REMEDY MASSAGE RENEWING STRENGTHENING & SOOTHING FACIAL

Allow approx. 50 Minutes £49

Smooths and restores the protective skin barrier through a delicate dermal-affinity action. This facial renews and smooths the skin especially redness and irritations while nourishing the skin barrier, recommend for skin which are very sensitive, fragile and prone to redness.

SUBLIME SKIN COMPLETE ANTI-AGEING FIRMING FACIAL

Allow approx. 50 Minutes £49

The exclusive waterless bi-phasic mask with vitamin PP and hexapeptide-8 helps to cosmetically oxygenate skin tissues and to give an instant firming effect. While it soothes illuminates and uniforms the skin tone also improves the appearance of soft and premature wrinkles. Ideal for every skin condition with wrinkles and visible loss of tone and volume

SUBLIME SKIN DELUXE LIFT & ILLUMINATION FACIAL

Allow approx. 75 Minutes £69

This facial combines the renewing efficacy of the double peel with the innovative firming bi-phasic mask. Particularly recommended for mature skin with visible signs of aging. This results in softening the visible signs of aging and also cosmetically redefines the shape and surface of the face. Best suited to skins which are mature with a visible loss of tone and volume with wrinkles

SUBLIME SKIN RESURFACING ILLUMINATING DOUBLE PEEL

Allow approx. 45 Minutes £55

Available in two versions with formulations of different intensity, it makes it suitable to more delicate as well as resistant skins. These peels, soothes, illuminates and evens the skin tone while stimulates the skin turn over also improves the appearance of soft and premature wrinkles. Suitable for all skin tones, great also as a skin pick me up or a more intense anti-ageing peel your skin therapist will discuss this with you

AGEING EYE RELIEF

Allow approx. 15 Minutes £15

Thanks to a fresh and innovative Hydrogel Peptide Mask, it visibly reduces the signs of time and tiredness of the eye contour. This improves the aspect of wrinkles, and signs of tiredness. Suitable for tired eyes marked by wrinkles, blue circles and bags

SKIN REGIMEN FACIALS

30 Minute Treatments £39

60 Minute Treatments £69

These facial peels are known as the **gym for your skin**, this revolutionary new anti-ageing facial gives immediate and visible results beyond those of a traditional facial. The efficacy of super food and high-tech ingredients including Alpha-Hydroxy Acids is maximised by specific Kabat massage techniques offer a complete gym for the skin facial.

Skin is renewed, restored, toned and lifted, expressions lines and wrinkles are softened and the skin is left with a more Youthful, Healthier, Dewy, appearance. This peel is only 1% less than a chemical peel, however there is NO DOWNTIME. With a choice of 30 or 60 minute treatments, Skin Regimen empowers you to be The Best Vision of Yourself, for todays fast paced world.

L.E.D. LIGHT MASK THERAPY

An **LED facial**, aka Colour **Light Therapy**, uses four clinically proven wavelengths of UV-free **LED lights** that claims to boost collagen production and **treat** existing acne

LED light therapy has an established history of **skin** uses. ... It's mainly noted for increasing collagen and tissues, all of which can smooth out your skin and reduce the appearance of damage from age spots, acne, and wrinkles. There are different frequencies, or wavelengths, used with **LED light** treatment.

Combined with any other facial

20 Minute Treatment £10

Or Light Mask Treatment only

20 Minute Treatment £20

BODY TREATMENTS & SCULPTURING

ENVIRON BACK PEEL

50 Minutes £49

A deep cleansing treatment from Environ for this much neglected and hard to reach areas which comprises of a steam and exfoliation with a clay mask which softens the skin and eliminates dead skin cells and impurities, followed by a body probe deep cleansing of the back 4000% times deeper than massaging the products alone; finishing with a relaxing leg massage.

ENVIRON BACK PEEL

50 Minutes £59

A facial peel for your back, this revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength lactic acid is used to reduce the skin Ph and trigger the release of growth factors which creates tighter smoother skin. It destroys bacteria boost hydration and removes the build up of dead skin cells helping to decongest the skin surface and smooth out its texture.

HIMALAYAN SALT CBD INFUSED BODY WRAP

50 Minutes £49

A unique and extremely healing body wrap, An eco-friendly body sheet is soaked in CBD oil and Himalayan salt mix prior to your treatment to target chronic pain in the joints, muscles, skin disorders or to just enhance a feeling of calmness which will de-stress your mind includes a back, scalp and shoulder massage. Can also be added to any other massage for an extra £29.00 please allow an extra 30 minutes on top of massage time for this.

Complete Body Experience

90 Minutes £79

Relax and unwind with this complete treatment allowing you to receive a multitude of experiences in one. Begin with a full body herbal oil exfoliation, followed by a warm cocoon envelopment while receiving a head massage, wash off with hot towels then finish with a full body hot oil massage the deepest level of pampering

SALT SCRUB

30 Minutes £29

This full body exfoliation uses infused mineral salts in oil to remove dead skin and boost circulation. Choose from relaxing lavender and camomile or energising spearmint and green tea fragrance, this makes it an essential treatment for healthy silky smooth skin.

Add a spray tan 24 hours after for just £10.00

MASSAGES

Swedish Full Body Massage:

45 Minutes £49

60 Minutes £59

As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Neck Back and Shoulder Massage

30 minutes £29

Relaxing and revitalizing treatment for head, neck and back relaxes muscle pain and improves blood circulation

CBD Infused Body Massage

60 minutes - £59

Customized body therapy using organic CBD massage oil. This massage is dedicated to targeting pain, inflammation, fatigue and speeding up the process of healing and recovery. Great for people wanting to de-stress and eliminate pain.

CBD INFUSED BODY MASSAGE

30 minutes - £29

Back neck and shoulder massage using organic CBD massage oil to ease and target pain or discomfort in specific area's, tension and stress in your back.

Himalayan Salt Massage (3 Day Body Detox)

60 minutes - £49

An extraordinary ancient ritual for the body, which begins with warmed Himalayan Salt Stones, which glide over the body, to bestow relaxation alleviate tension stress & anxiety. An exhilarating salt scrub is applied, using a combination of precious pink Himalayan Salt & a nourishing aromatic oil is applied to completely

detox the body, ease aches & pains stimulate the metabolism & restore vitality & balance. This treatment is ideal for anyone (especially) in need of detoxifying lose weight & get energised. This treatment has been compared to a diet regimen. Also the prefect destress pre holiday.

PREGNANCY MASSAGE

30 Minute Back Massage £29

60 Minute Full Body Massage £49

Pregnancy is a special time, however, as your body changes, it can bring about many aches and pains, especially in the latter stages. Massage can be a natural way of easing these ailments

During the latter stages of pregnancy your digestive system becomes sluggish, allowing time for the baby to absorb vital nutrients. This may cause constipation and heartburn. Stress can make heartburn worse, so a massage will help to reduce anxiety and tension and can help ease symptoms. As your baby grows, your posture changes and backache in the lower and upper back is common. Massage can help greatly as it will help loosen any tight muscles and help relieve tension in the back. Ten percent of women suffer from migraine in pregnancy. Headaches can also be caused by hormonal action or by stress or tension on the head, neck and shoulder area as a result of poor posture. Massage will help relieve tension and improve blood circulation. As your bump grows, the skin will stretch causing tightness and stretch marks. Massage with a [good nourishing oil](#) can help moisturise and soothe the skin.

ANTI-CELLULITE MASSAGE

30 Minutes £35

A massage with a blend of detoxing and toning oils Helps reduce circulatory problems by focusing specifically on cellulitis. As the circulation rate increases, the skin will have a healthier and brighter appearance. ... It is an effective treatment to prevent **cellulite** formation when it is applied in regular intervals.

INDIAN HEAD MASSAGE

30 Minutes £29

Indian head massage has been used in Asia for over 5,000 years. The **massage** helps to ease tension and promote relaxation and well-being. Other parts of the body may respond to this relaxed state. The area's covered are the **head, scalp, face**, neck, shoulders and upper back, with a special blend of oils which you choose on arrival

DEEP TISSUE SPORTS MASSAGE

60 Minutes £59

If you are suffering from tensions and aches that cannot be solved by a classic Swedish massage then a deep tissue massage is for you. During this treatment the pressure is stronger and concentrated on the problematic area which might lead to a little bit of discomfort however this is worth it though as it helps alleviate the pain in the long term

In addition we offer Infrared Sauna, which can aid recovery time & reduce pain significantly

HOT STONE MASSAGE

50 Minutes £49

Ritual treatment deeply relaxing, nourishing and sensorial, thanks to the use of hot basalt stones and essential oils. This massage relaxes and revitalizes at the same time as well as an excellent way to ease tension.

Add Head and Scalp Massage to any massage 10 Minutes £10

TRANQUILLITY PRO-SLEEP MASSAGE

50 MINUTES £49

An innovative massage acting on three different sensorial pathways:

Olfactive, Tactile and Hearing for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquillity sound Ayurvedic and Indonesian sea Malay manualities combines with the use of soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state favouring sleep and helping to recover jetlag side effects. This is perfect for those feeling stressed, unable to relax and may have problems sleeping also perfect for those after a long flight or travelling to a new time zone

SLIMING AND DETOXING BODY TREATMENTS

BODY ACTIVE MASSAGE

50 minutes £49

Intensive remineralising, remodelling and firming treatment with an innovative body mask made up of Yellow Clay from Brazil and Plankton extract. Its efficiency is boosted by an exclusive massage that combines the use of Tui-Na techniques. Ideal for combining with a fitness programme or to be included in an anti-cellulite and firming programme.

BODY STRATEGIST FIRING

50 minutes £49

Firming and elastic skin treatment Cosmetic treatment to improve the tone and the elasticity of the skin: thanks to an antioxidant mask, rich of biological Tamanu Oil and green walnut extracts, it hydrates the skin

leaving it soft, silky and compact. This treatment is super hydrating can be used to fade stretch marks and improves skin elasticity, this treatment is also suitable for new mothers and pregnant women

Minimi Inch Loss Guaranteed Wrap

Full Body Wrap including free Mini Facial £49

Target any of the following areas Legs, Arms, Stomach or Bum for just £29.00

Inch Loss Guaranteed or your Money Back, Minimi is a non-invasive body wrap treatment designed to offer you a more sculpted body with lasting results. The advanced technology in the Minimi solution targets more difficult areas often found on the body (such as hips, buttocks, waist and arms) Minimi has the power to help you drop a dress size in a single treatment! Along with inch loss Minimi is a great treatment for your skin. Guests may see noticeable improvement in the appearance of cellulite and skin may appear more toned. Results are visible immediately and will continue for up to three days after the treatment. This is much more than a inch loss wrap.

Environ Body Probe

30 Minute £29

60 Minute £49

The new Body Probe from Environ uses sonophoresis and iontophoresis technology allowing for active ingredients in the anti-cellulite products to be penetrated 4000% deeper than massage alone. Skin looks smoother, firmer with a better tone and texture

This device will harness the **same powerful technology** of **sonophoresis** and **iontophoresis** previously only used for Environ Facials, allowing for **active ingredients to be penetrated 4000% deeper** than massage alone.

The probe can be used to target **any problem area on the body** including

Upper arms

Decollate

Stomach

Thighs

Buttocks

Stretch marks, loose skin, cellulite and **skin tone** are all improved with this revolutionary treatment. Perfect for **post pregnancy, post weight loss or aging skin**. During the treatment we cleanse tone & exfoliate. Allow 30 minutes per area, with up to 2 area's treatable in any visit.

This effective treatment is a great way to help smooth stubborn cellulite while firming and tightening the skin. The active ingredients in **ENVIRON** body profile gel are driven deep into the lower layers to assist in the reduction of the orange peel effect on upper thighs and buttocks leaving skin smooth and hydrated.

The new Body Sculpt Treatment harnesses state-of-the-art soundwave technology to improve the appearance of thighs, arms, buttocks and stomach.

- Firms and tones
- Reduces the appearance of dimpled skin
- Leaves skin soft and supple
- Helps to promote inch loss

Ask your skincare therapist for more information today and enjoy a sleeker silhouette.

Please note our skin and vitamin consultants can recommend a course of advanced nutrition supplements for a better skin and slimming result

PROFESSIONAL MAKE UP

Let Our Team Work Their Magic

What ever the occasion.. Big Night Out Formal Wedding etc

We have the look & the artist to suit

prices above are for our Gold make up application

45 Minute £25 with Lashes £30*

For your eyes only (just Eye) £15 for 20 Mins

Hair Up Braids Curly Dry etc... with full make up £45 for 1 Hour

Book 2 for any of the above treatments receive a £10 Discount

Specialist Make Up's Wedding etc. Prices on request

BROWS & LASHES

HD Brows £25

HD Brows is a bespoke eyebrow treatment that is totally tailored to you, (Not a brow stencil in sight) It is so much more than a standard eyebrow wax & tint. Our company trained therapists, combine our unique design formula with custom blended colour, hair removal & make up application for brows that a perfect suited to you & give you brows you have always wanted, whether you want to tame busy brows or regrow over plucked eyebrows

Henna Brows £25

Henna Brows offer the perfect alternative to eyebrow tinting, colouring both the hair & the skin to give you the look of a highly defined brow, whilst also camouflaging gaps in over plucked or sparse brows, with results lasting on average 2-3 weeks on the skin & up to 6 weeks on the actual hair.

LVL Lift £39

The LVL Lash is the revolutionary lash phenomenon that reveals YOUR natural lashes in all their glory LVL Stands for Length Volume & Lift. At least one of the words appear on all the best mascaras on the market. However it's very rare for all 3 to appear together, because that would be crazy...Right???

Well there may not be a mascara that can do all three, but LVL Lash Lift Can

With absolutely Zero Maintenance, this is the perfect lash treatment for all you busy ladies who cannot maintain or do not like lash extensions, Michelle Keegan, award winning actress, has been a long time devotee of the lash effect of LVL

SPRAY TANNING

Full Body Tan £20

Half Body £12.50

TanTastic Thursday Every Thursday...ALL TANS ONLY £10

“Glowing Skin is Always In”

Here at The Sanctuary we only use the best quality Tan’s on the market

and our guests can choose from:

SoSueMe **Dripping Gold...**

Choose from Dark or Ultra Dark

Local Favourite **Bellamianta...**

Choose from Medium or Dark

He-Shi...

Choose from Rapid or Rich Bronze

Guests are advised to exfoliate thoroughly prior to tanning appointment. This will ensure even coverage and optimum results. Any hair removal needed should be done the day before. It is also advised to wear loose clothing to appointment and avoid wearing any perfumes or deodorants. Remember we do evening tans, so you can park right at our front door free of charge & turning up in just your dressing gown if that works for you....

Appointments not always necessary especially on Thursday’s

Tanning Beds

£1 per Minute

40 Minutes for just £20

High Powered Tanning Beds Available Booking Not Always Essential....

Benefits of using a tanning bed?

Several health benefit claims such as improved appearance, enhanced mood, and increased vitamin D levels have been attributed to tanning. Furthermore, the Indoor Tanning Association claims that “catching some rays may lengthen your life” [5]. Exposure to sunlight has been linked to improved energy and elevated mood

NAIL TREATMENTS

Gel Polish...With over 155 colours to choose from The Manicure Company are the Number 1 online gel polish retailer. We have a colour for every; Occasion-Dress or Holiday... Lasts up to 3 weeks

Fingers £22.50

Toes £22.50

Both for £40.00

Deluxe Manicure

60 Minutes £32.50

For the ultimate in hand and nail care your nails are filed then an invigorating lower arm and hand exfoliation is followed by an application of cuticle cream and a nourishing mask. Your hands are then placed into heated mittens for 15 minutes to aid the absorption of the deeply nourishing ingredients before your cuticles are pushed back. You will then enjoy a luxurious hand and arm massage before the application of polish

(Upgrade to gel polish for an extra £7.50)

Luxury Pedicure Experience BY Footlogix

60 Minutes £35

Footlogix is the World's First and only Pedi-cuticle Foot Care Brand that provides effective and transformational results, you will be left with the softest feet on the planet, you will start by relaxing in Pedicure Room by relaxing in our reclining pedicure chair and having your feet soaked in Footlogix foot soak, then the exfoliation seaweed scrub is applied and massages into feet and lower leg, we then wrap your feet up to detox more in our heated booties. While we wash the scrub off then we work on the cuticles and nails, calluses and dry skin with our foot file, after this receive the Footlogix products on to your nails and feet followed by a foot and lower leg massage, then the application of polish your feet will thank you for this pedicure.

(upgrade to gel polish for an extra £7.50)

Acrylic Nails £35

Acrylic nails are used to artificially enhance natural fingernails, acrylics are the oldest form of nail extensions in the modern beauty industry and have a long since been a staple due to their staying power comes with gel polish on top

Acrylic Infills £27.50

WAXING

Harley Wax (At Last Virtually Pain Free Wax)

We are delighted to offer our guests, an advanced hair removal treatment that is virtually pain free, causes no skin irritation, nor leaves behind any sticky residue.

- Our wax shrink wraps itself to the hair & not the skin
- Causes less irritation and little or no redness
- Leaves no sticky residue
- Suitable for all types of skin & hair
- Removes hair as short as 1mm
- Ideal for people with very sensitive skin
- Has a low melting temperature
- Our Gold Wax is ideal for Men's Waxing

Lip £5

Chin £6

Eyebrows £8

All 3 combined £15

Sides of face £8

Underarm £11

Half Leg £15

Full Leg £23

Bikini Line Standard £15

Extended Bikini £20

Brazilian £25

Hollywood £30

Full Leg: including Bikini Wax £35

Including extended Bikini Wax £40

Full Leg: including Brazilian £45

Including Hollywood £50

PREGNANCY TREATMENTS

As mum's ourselves we understand how stressful & worrying a time pregnancy can be; particularly for first time mums. Many of our treatments are suitable during pregnancy. So simply talk to us about your needs or specific treatments & we will advise on what is best for you & baby

Comfort Zone New Life New Mum & Mum To Be

(90 Minutes) £79.00

A gentle elasticising nurturing massage perfect for during pregnancy as well as post pregnancy. It reduces swelling improves circulation and contributes to skin silkiness and tone, choose either a toning full body massage and mask or a soothing full body massage and mask comes relaxing hydrating facial to improve moisture levels on the skin

Pregnancy Massage

30 Minute Back Massage £29

60 Minute Body Massage £49

Pregnancy is a special time, however, as your body changes, it can bring about many aches and pains, especially in the latter stages. Massage can be a natural way of easing these ailments

During the latter stages of pregnancy your digestive system becomes sluggish, allowing time for the baby to absorb vital nutrients. This may cause constipation and heartburn. Stress can make heartburn worse, so a massage will help to reduce anxiety and tension and can help ease symptoms. As your baby grows, your posture changes and backache in the lower and upper back is common. Massage can help greatly as it will help loosen any tight muscles and help relieve tension in the back. Ten percent of women suffer from migraine in pregnancy. Headaches can also be caused by hormonal action or by stress or tension on the head, neck and shoulder area as a result of poor posture. Massage will help relieve tension and improve blood circulation. As your bump grows, the skin will stretch causing tightness and stretch marks. Massage with a *good nourishing oil* can help moisturise and soothe the skin.

Pregnancy Massage Experience with combined Facial

70 Minute £69

With its sweet and delicate ingredients this treatment has a draining effect and relieves joint tension by reducing swelling and heaviness. This treatment is safe for clients that are 12 weeks pregnant or more to

maintain the skin tone and elasticity whilst deeply relaxing muscles and the lower back area. This treatment includes a relaxing hydrating facial to improve moisture levels in the skin

Infrared Sauna

30 Minute Exclusive Use... £20 per Guest
£40 for 4 Guests

Shared used £15 per Guest (max 2 other guests)
Add to any 1 hour Massage for just £10*

The Top 8 Infrared Sauna Health Benefits:

WEIGHT LOSS & INCREASED METABOLISM. ...
MUSCLE PAIN RELIEF. ...
IMMUNE SYSTEM BOOST. ...
DETOXIFICATION. ...
IMPROVES APPEARANCE OF CELLULITE. ...
EASE JOINT PAIN AND STIFFNESS. ...
STRESS AND FATIGUE REDUCTION. ...
IMPROVES SKIN

* Not Valid with any other offers may involve shared use

Private Hot Tubs

90 Minute's Private Hot Tub* £14.95 per guest....

Can be booked as part of many packages often FREE of charge

Book 6 or more guests & the Organiser goes FREE . Make the most of our completely private "Secret Garden" complete with 2 over sized hot tubs, one covered, one uncovered depending on your mood & the weather. These can be booked independently or together for up to 12 guests.

Why not book our "Hot Tub Hooley" & enjoy a full Hour & ½ catching up in the bubbles at a toastie 40 degrees & remember we are not licenced so please feel free to bring you own, Wines Beers or Prosecco....

We provide towels, glasses, ice, flip flops & music; & will look after the service of your drinks, so all you need to bring is yourself

*Please note you are booking a private hot tub, if you would like exclusive use of the garden also...Simply Speak to us & we will do our best

**If there are further treatments
you would like to enquire about,
or to make a booking, please contact us by:
Telephone 02892646070
or Simply Private Message us via Facebook**

THE
SANCTUARY

HOT-TUBS - FACIALS - HAIR - NAILS - MASSAGE - MAKEUP - & MORE



Where Medi meets Pedi



Suzanne Jackson

