



TREAT  
-MENT  
MENU

*la femme*



# la femme

AT LA FEMME, OUR AIM IS TO OFFER THE LATEST AND BEST BEAUTY TREATMENT INNOVATIONS DELIVERED BY FULLY TRAINED EXPERTS.

If you're browsing for a pick-me-up treat, or know exactly what you are looking for, we're certain you will find something in our exclusive range of treatments that will help you look and feel fabulous.

Any combination of treatments can be combined into a tailor-made 'pamper package'.

Discounts are available if three or more treatments are booked in a single session. Please contact us to devise your own special package.

If you have any questions about our treatments, or would like to discuss which treatment is most suitable for you, please don't hesitate to contact us.

hello@lafemmebeauty.co.uk  
01254 245 389



THALGO TREATMENTS ARE RENOWNED FOR THEIR INCREDIBLE RESULTS.

Harnessing the riches of the sea, Thalgo treatments allow clients to benefit from powerful healing, revitalising and rebalancing properties vital for health and well-being.

Thalgo has a facial to treat virtually any concern. All of our Thalgo facials begin with the “Discovery of the Sea” massage to ease tensions and immerse you in a relaxing aquatic cocoon.

THALGO EXPRESS  
PURITY RITUAL  
30 mins £30

-  
The perfect express facial if you're on the go, for an instant infusion of marine active ingredients, tailored to your skin type. After a relaxing welcome massage and cleansing ritual, a hydrating mask is applied. Whilst the mask acts on the skin a soothing massage is carried out. Once the mask has been removed, the Thalgo moisturiser and eye cream best suited to your skin is applied. After this pick-me-up, you will feel refreshed and relaxed and your skin will be glowing.

THALGO HYDRA  
MARINE RITUAL  
1 hour £45

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A moisture boosting delight for all skin types but particularly dehydrated. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A deeply-hydrating serum is applied with Thalgo's signature Heart of the Ocean massage, after which a moisturising mask delivers intense and lasting hydration. An application of Hydra Marine 24h Gel Cream completes the treatment and leaves the skin rehydrated, its texture improved and the complexion smooth, plump and radiant.

THALGO EXTREME  
COMFORT RITUAL  
1 hour £45

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A haven of comfort for dry skin. After a relaxing welcome massage, your skin is gently cleansed and exfoliated. A concentrate, rich in algae extracts and replenishing oils, is gently infused into the skin with Thalgo's signature Heart of the Ocean massage, after which a mask application bathes the skin in pure nourishment. The treatment finishes with an application of Delicious Comfort Cream to soften, soothe and restore comfort to dry or very dry skin.

THALGO COCOONING  
MARINE RITUAL  
1 hour £45

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The SOS treatment for sensitive, fragile or reactive skin. After a calming welcome massage to immerse you in an aquatic cocoon, your skin is gently cleansed and refreshed. A repairing serum is applied with Thalgo's signature Heart of the Ocean massage, after which a mask application infuses soothing plant extracts, including witch hazel and chamomile, into the skin to banish irritation and redness. Finally, an application of Bio-Protective Cream shields your skin from external aggression and irritation. Your skin is left fresh and luminous, with redness visibly reduced.



THALGO PURE  
FRESHNESS RITUAL  
1 hour £45

-  
A complete rebalancing treatment for oily/combination skin. After a relaxing welcome massage, the skin is treated to a deep cleanse and thoroughly exfoliated. A purifying serum is applied with Thalgo's signature Heart of the Ocean massage, after which an application of a deep cleansing absorbent mask, rich in natural clay, helps to lift away impurities. After an application of Ultra-Matte Moisturising Fluid, your skin is left soft, matte and perfectly balanced.

*For best results, Thalgo recommend a course of 6 facials, in conjunction with their accompanying homecare range to promote maximum effectiveness.*



# la femme

iBEAUTY  
THE INGENUOUS  
SKIN SOLUTION  
FACIAL TREATMENT  
DEVICE BY THALGO

**THALGO**  
LA BEAUTE MARINE

## iBEAUTY HYDRATION CORRECTOR

Treat your dehydrated or tired skin to this facial! Starting with a thorough cleanse, the skin is then exfoliated using a combination of Peeling Solution, a marine cosmetic developed specifically to work in synergy with iBEAUTY, and sound vibration technology, leaving it perfectly clean and ready to absorb the highly effective iHYDRATE which is pushed deep into the skin using draining, infusion and stimulating manoeuvres with the ultrasound technology.

The treatment concludes with an application of cream and skin is left fresh, bright and deeply hydrated from the very first session.

45 mins £40  
Extension to facial 15 mins £15  
Course of 4 £135

## iBEAUTY YOUTH ACTIVATOR

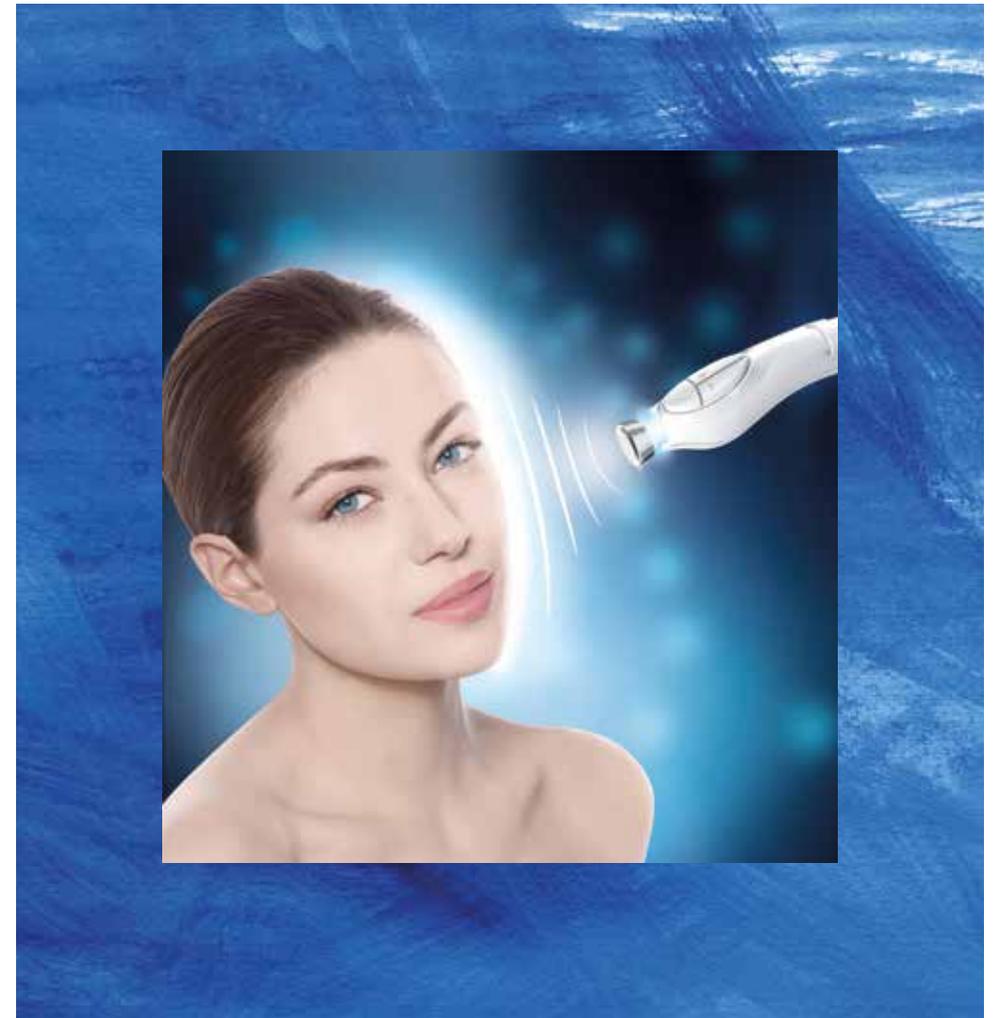
This anti-ageing facial is perfect for anyone looking to defy time and restore a rejuvenated look to their skin. Using marine cosmetics developed specifically to work in synergy with iBEAUTY, the skin is cleansed and exfoliated with Peeling Solution in conjunction with sound vibration technology.

An application of iPLUMP together with use of radio-frequency stimulates the fibroblasts to restore their original youth functions. The complexion is smoother, lines are plumped and skin tissue is firmer.

45 mins £45  
Extension to facial 15 mins £15  
Course of 4 Hyaluronic £145  
Course of 4 Silicium £150

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[@la\\_femmebeauty](https://twitter.com/la_femmebeauty) [/lafemmebeauty1](https://www.facebook.com/lafemmebeauty1)

iBEAUTY



## iBEAUTY PURITY REVIVER

This express and highly effective facial, suitable for all skin types but particularly good for oily and combination skin, is a latest generation balancing treatment. The ideal combination of marine cosmetics developed specifically to work in synergy with iBEAUTY, enriched with zinc, together with dual sound vibration and sequential ultrasound technologies, removes impurities and restores perfect balance to the complexion. The skin is healthier and brighter from the very first session.

30 mins £35  
Extension to facial 15 mins £15  
Course 4 £130



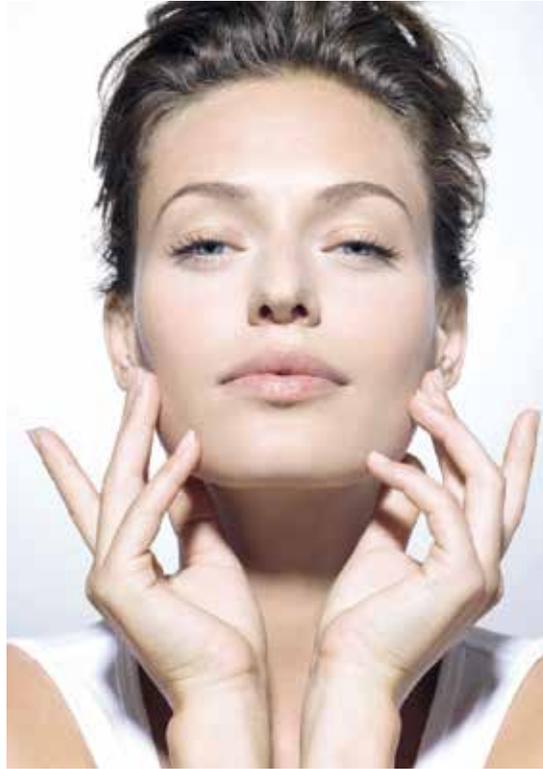
## Thalgo Anti-Aging Facials

AS SKIN AGES, COLLAGEN AND HYALURONIC ACID RESERVES DIMINISH AND CELL REGENERATION SLOWS. WRINKLES START TO APPEAR AND SKIN LOSES ITS FIRMNESS.

The expert dermatologists at Thalgo have analysed the changes in the skin at different ages and developed a new skincare range to replenish collagen and hyaluronic acid which has been depleted, and at the same time stimulate the skin to produce more of these essential elements.

### HYALURONIC FILLER FACIAL 1 hour £50 Course of 6 £250

Correct the signs of ageing as they appear, with this smoothing and filling facial designed especially for clients aged 35+ or for more pronounced wrinkles. After a relaxing welcome massage to immerse you in an aquatic cocoon, a cleansing ritual adapted to your skin type is carried out, followed by intense exfoliation to smooth the skin and allow optimum penetration of the active ingredients. Next, an expert anti-ageing massage lifts the features and helps the skin drink in all the Hyaluronic Acid. Targeted strips infused with Hyaluronic Acid Microspheres are applied to wrinkles and areas of concern to plump out lines and reduce their appearance, while a Hyaluronic Mask is applied to the rest of the face to smooth the skin. You'll enjoy a relaxing hand and arm massage while the mask is left to work on the skin. After the treatment you will be left with a glowing complexion with noticeably less pronounced facial lines.



### SILICIUM SUPER-LIFT FACIAL 1 hour 15 mins £55 Course of 6 £275

Dare to defy time with this super lift facial, designed to combat all the signs of ageing at 40+ (loss of firmness, pronounced wrinkles). Relax and let yourself be immersed in an aquatic cocoon during the Thalgo cleansing ritual, adapted to your skin type. Next, your skin is intensely exfoliated and smoothed to optimise the penetration of the anti-ageing ingredients. An expert anti-ageing massage lifts the features, before a super-lifting mask is applied to fill deeper wrinkles and lift and contour the face and neck.

After just one treatment you will already look 5 years younger.

Your complexion will glow and lines will be less noticeable, with skin feeling firmer.

## Thalgo Eye Bar

The Thalgo Eye Bar menu includes a range of dedicated eye contour treatments for immediate results using the unique Thalgo Eye Massage Mask.

### THALGO BEAUTY FLASH 30 mins £35 Course of 6 £175

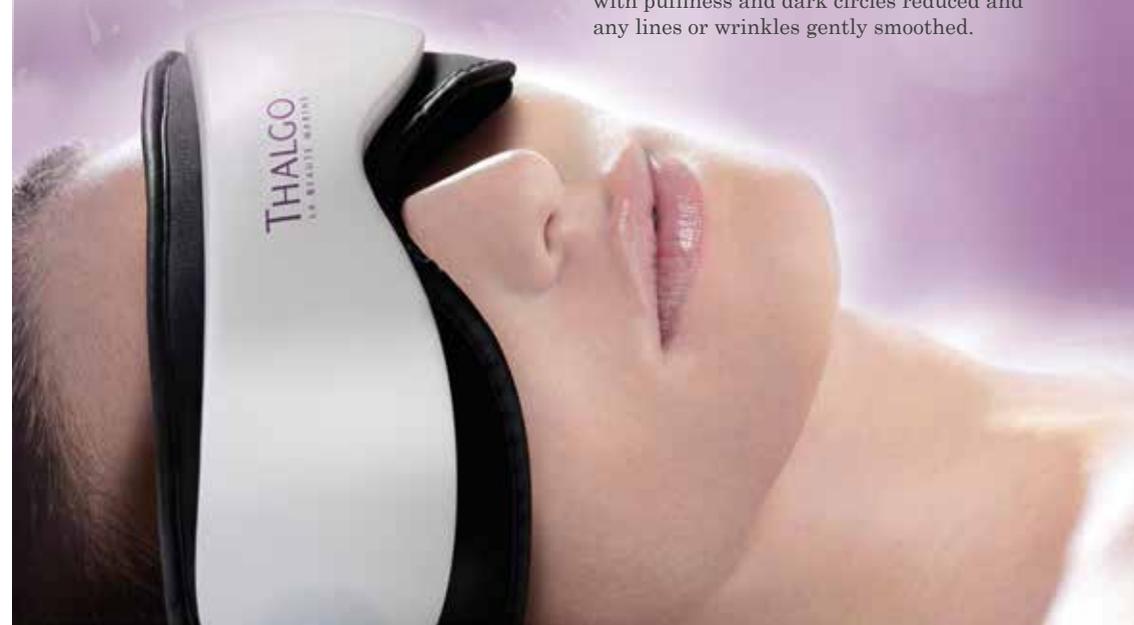
The ultimate Express Face and Eye treatment using the unique Thalgo Eye Massage Mask. Starting with a cleanse and gentle massage of the eye area using a specific eye concentrate, a cream mask appropriate for the needs of your skin is used over the whole face area. The Thalgo Eye Massage Mask machine is then used in conjunction with the appropriate eye products and either a warm or cold gel mask underneath to massage the eye contour area. This helps to reduce puffiness and dark circles, whilst gently smoothing out any lines or wrinkles. To finish, Thalgo Silicium Eye Cream and the appropriate Thalgo face cream are applied leaving you with a healthy glow and an instant rejuvenation of the eye contour area.

### THALGO EYE EXPERT 30 mins £30 Course of 6 £150

This ultra-relaxing treatment begins with a cleanse and gentle massage of the eye area using a specific eye concentrate. The Thalgo Eye Massage Mask machine is then used in conjunction with the appropriate eye products and either a warm or cold gel mask underneath to massage the eye contour area. This helps to reduce puffiness and the appearance of dark circles, gently smoothing out any lines or wrinkles. To finish, Thalgo Silicium Eye Cream is applied. The result is an instant rejuvenation of the eye contour area.

### THALGO EYE TOUCH 30 mins £20

This treatment can be combined with a face or body treatment. The eye area is cleansed and gently massaged using a specific eye concentrate. Using the appropriate eye products and either a warm or cold gel mask, the Thalgo Eye Massage Mask machine gently massages the eye contour area. An application of Thalgo Silicium Eye Cream completes the treatment. The result is an instant rejuvenation of the eye contour area with puffiness and dark circles reduced and any lines or wrinkles gently smoothed.





THALGOSKIN EXPERT  
MICRODERMABRASION FACIAL  
1 hour 15 mins £60 Course of 6 £300

Renew your skin to reveal perfection! Thalgo's skin perfecting micro-dermabrasion machine uses the latest technology to intensely smooth the micro-contours of your skin for an even-toned, clear and radiant complexion, with instantly visible results. The SKINLIGHT satellites combine blue and red light for "magenta" light therapy, which is anti-bacterial, anti-septic, soothing and calming, while Meso-lift satellites give extra anti-ageing action.

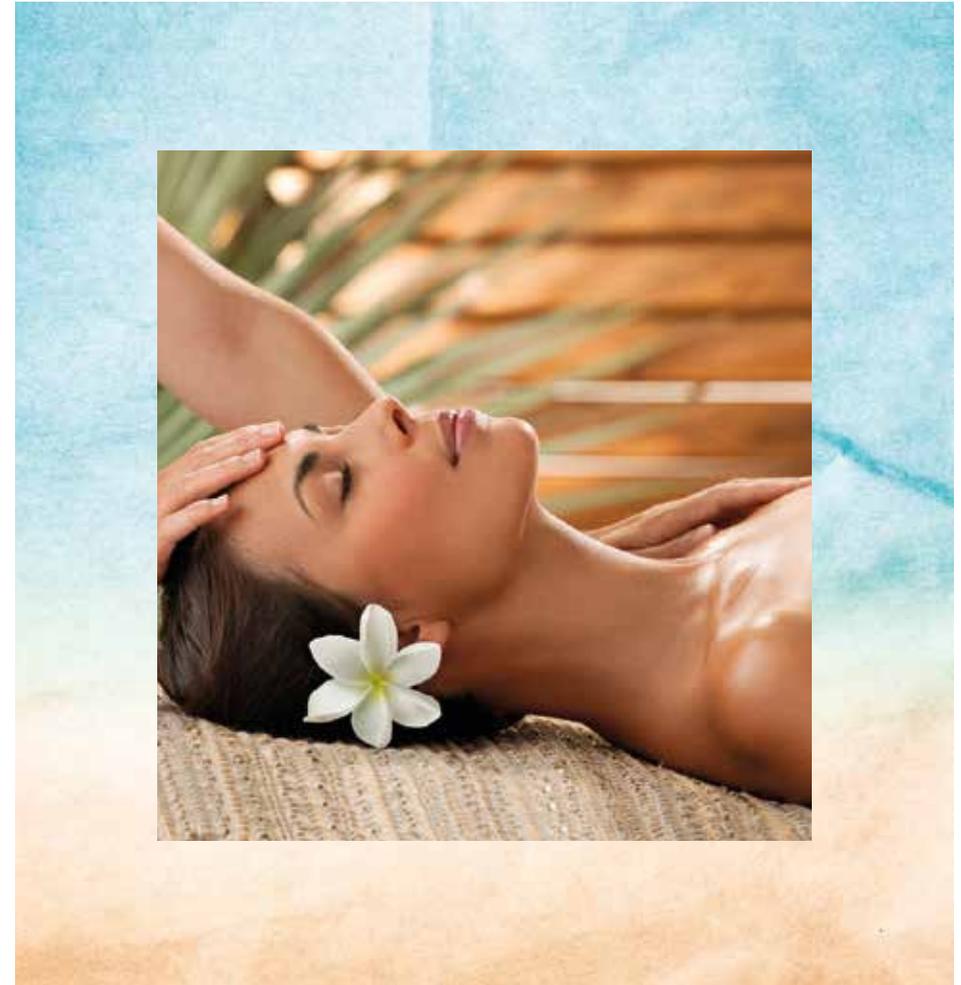
Wrinkles, fine lines and imperfections are visibly smoothed away and the skin's natural regeneration processes are stimulated.

Always apply Thalgo SPF50 sunscreen after a Micro-dermabrasion treatment as your skin will be more sensitive to sun exposure. Thalgo Micro-dermabrasion products contain hydrating ingredients and skin is soothed during the treatment with a Restoring Mask to minimise sensitivity.

MESO-LIFT FACIAL  
1 hour £50  
Course of 6 £250

Lift, tone and tighten with amazing Meso-Lift Satellite technology in conjunction with the Thalgo Skin Expert machine. Working on the major muscle groups of the face, neck and décolleté, incorporating micro-current with an anti-ageing marine gel, a smoothing and lifting result will be visible from the first session.

*Recommended as a course of 6 sessions for maximum results.*



EXPERIENCE  
POLYNESIA, THE  
EXOTIC SENSORIAL  
SPA RITUAL,  
INSPIRED BY FOUR  
OF THE MOST  
BEAUTIFUL ISLANDS  
HIDDEN IN THE  
HEART OF THE  
PACIFIC OCEAN.

This luxurious treatment begins with an azure water foot bath inspired by the crystal blue waters of the Manihi Lagoon to protect and hydrate the skin. Next is the Exotic Island Body Scrub, a gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoï for a thorough exfoliation of the feet and lower legs to leave the skin feeling smooth and soft. The Mahana Massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil from Raiatea, the sacred island, is swept over the skin, its subtle golden pearls leaving a sun-kissed glow and a delicate scent of flowers and mono.

THALGO POLYNESIA SPA RITUAL  
1 hour 15 mins £55

## Body Treatments



IN TODAY'S BUSY WORLD, TIME TO RELAX CAN BE DIFFICULT TO COME BY. OUR RANGE OF MASSAGES, DESIGNED TO OFFER TOP TO TOE RELAXATION, WILL LEAVE YOU FEELING SOOTHED AND REFRESHED.

SWEDISH FULL BODY MASSAGE  
1 hour £36

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This Swedish-style massage is a relaxing massage to stimulate the circulation, which helps to alleviate areas of aches and pains.

SWEDISH BACK MASSAGE  
25 mins £28

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This relaxing back treatment will help to alleviate pain and tension, whilst soothing and warming tired muscles.

HOT STONES FULL BODY MASSAGE  
1 hour £48

-  
A complete body, mind and soul treatment. Warm stones are used to massage away muscular tension promoting a feeling of absolute well-being and relaxation.

HOT STONES BACK MASSAGE  
30 mins £32

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A complete body, mind and soul treatment for the back. Warm stones are used to massage away muscular tension promoting a feeling of absolute well-being and relaxation.

THALGO FULL BODY EXFOLIATION  
30 mins £32

-  
A pre holiday skin enhancer which includes, a full body exfoliation with the Thalgo Descomask body scrub followed by application of the Thalgo Intensive Nutrition Body Cream.

THALGO BODY EXFOLIATION PRIOR TO MASSAGE  
15 mins £15

-  
A perfect treatment to prepare you skin before any massage using the Thalgo Descomask body scrub.

INDIAN HEAD MASSAGE  
45 mins £30

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An ancient, spiritual treatment. Includes massage of the shoulders, neck, face and scalp. Good for promoting healthy hair and relieving stress and tension.

HOPi EAR CANDLES  
40 mins £30

-  
A Holistic treatment used to draw excess wax out of the ear and relieve sinus tension and pain.  
Includes face massage using pressure points on the sinus passages. A warm, restful and relaxing experience.

## Sienna X Tanning



AVAILABLE  
IN FOUR  
SHADES:  
£20

siennaX  
original professional exceptional

THIS AWARD WINNING TAN, WHICH IS EXCLUSIVE TO PROFESSIONAL SALONS AND THE OFFICIAL TANNING SUPPLIER TO 'STRICTLY COME DANCING', IS AVAILABLE AT LA FEMME.

With a wide variety of shades, the tan formula can be adapted to suit your skin tone. Beautifully fragranced, paraben free, with anti-oxidant vitamins and natural enriching ingredients, a Sienna X spray tan enhances your skin's natural beauty and leaves you looking and feeling radiant.

TONIGHT'S THE NIGHT £22

For those last minute party invites, Sienna X 'Tonight's the Night' Spray tan develops in 2-4 hours, depending on skin tone and the desired colour to be achieved and will last 4-5 days.

*Please note prior to a spray tan application we recommend you:-*

- Carry out any waxing or shaving 24 hours beforehand.
- Exfoliate 24 hours before, paying particular attention to dry areas, eg. feet, knees and elbows.
- Do not wear any deodorant or perfumed products to the appointment, as this can turn the tan green!
- Bring dark loose clothing to wear after the tan.
- Don't apply any moisturiser, we will do this on any dry areas with a specially formulated pre tan treatment.

*Aftercare, we recommend that you:-*

- Wear only dark loose clothing for the next 8-10 hours so not to rub off the tan.
- It is also recommended that you do not wear your bra so not to leave strap marks.
- Do not do anything that will cause you to perspire for 8-10 hours ie. aerobic exercise, saunas, steam rooms etc.
- Leave the tan to develop at least for 8-10 hours afterwards.
- Apply oil free moisturiser daily after the treatment.
- After 3-4 days start using an exfoliator to ensure the tan wears off evenly.

## Hand and Foot

If you don't feel fully dressed without a manicure or pedicure, complete with beautifully shiny nails, you've come to the right place. We only use celeb favourite O.P.I products in all of our nail treatments, so you can be sure your hands and toes are being treated to the very best!

**O.P.I SPA MANICURE**  
45 mins £20 with polish or add £7 for O.P.I Gel Colour

A hand and nail treatment using the Avoplex product range to include nail shaping, exfoliation, detailed cuticle work, hand and arm massage and O.P.I nail lacquer of your choice.

**OPI LUXURY MANICURE**  
1 hour £25 with polish or add £7 for O.P.I Gel Colour

A hand and nail treatment using the Avoplex product range to include nail shaping, exfoliation, detailed cuticle work, hand mask with heated mitts, hand and arm massage and O.P.I nail lacquer of your choice.

**OPI SPA PEDICURE**  
1 hour £25 with polish or add £7 for O.P.I Gel Colour

A foot and nail treatment using the luxurious O.P.I pedicure range to include, nail shaping, exfoliation, callus softening, detailed cuticle work, foot and leg massage, finishing cream and O.P.I nail lacquer of your choice.



**OPI LUXURY PEDICURE**  
1 hour 15 mins £30 with polish or add £7 for O.P.I Gel Colour

A foot and nail treatment using the luxurious O.P.I pedicure range to include, nail shaping, exfoliation, callus softening, detailed cuticle work, foot mask with heated booties, foot and leg massage, finishing cream and O.P.I nail lacquer of your choice.

**O.P.I AVOJUICE MANICURE/ PEDICURE**  
30 mins £10

Mini manicure/pedicure treatments using the O.P.I Avojuice product range to include nail shaping, massage and O.P.I nail lacquer of your choice.

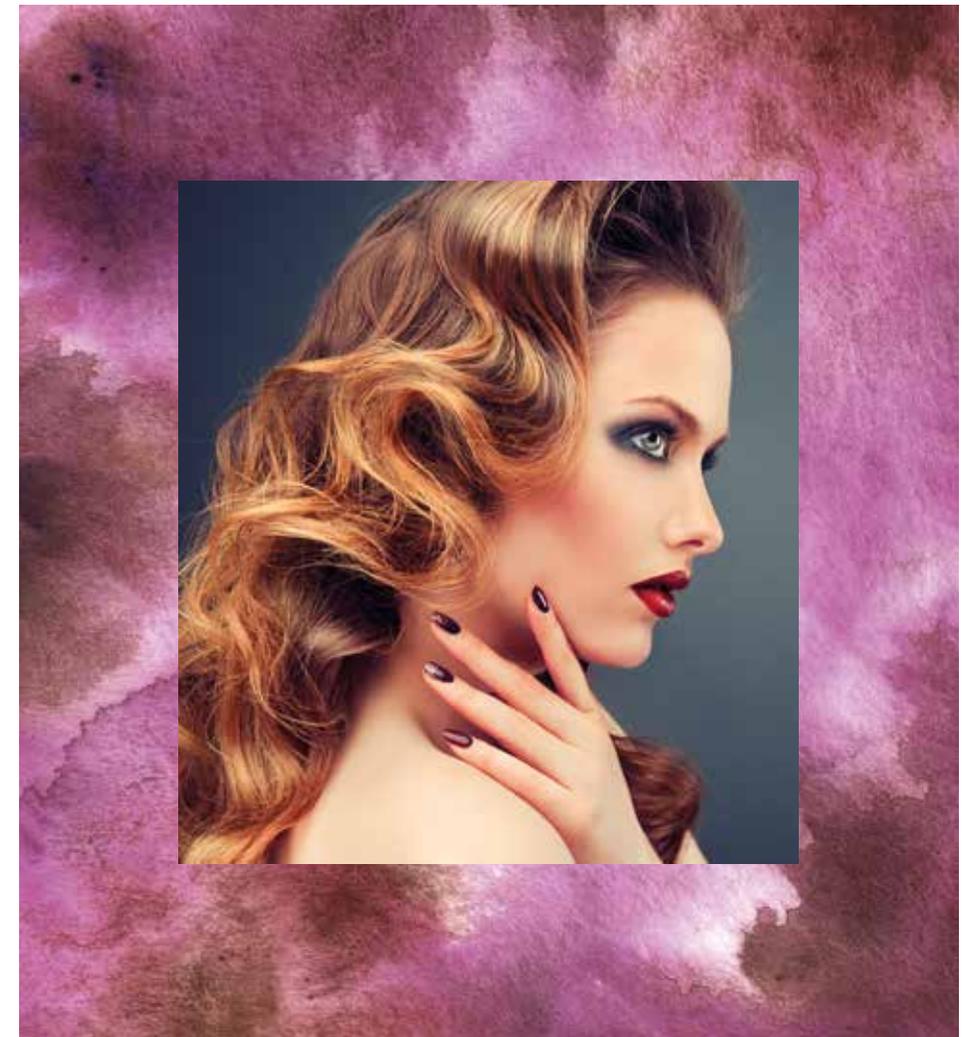
**O.P.I GEL COLOUR MANICURE/ PEDICURE**  
30 mins £20

Always at the forefront of beauty innovation, La Femme offers the cult OPI Gel Manicure and Pedicure. Unlike traditional treatments, this globally popular option wears like gel yet looks and feels like nail lacquer. OPI fuses sixth generation advanced gel polymer chemistry with high speed LED technology for iconic long-lasting colour at the speed of light.

This manicure/pedicure uses the latest gel technology to provide weeks of glossy colour.

OPI's shine-intense shades cure in 30 seconds and last for weeks without the chipping, breaking, fading and smudging associated with a basic manicure.

**GEL REMOVAL AND MINI MANICURE /PEDICURE** £10



**FULL SET FRENCH OR PINK EXTENSIONS**  
GEL/ACRYLIC £32

**INFILL/BACKFILL**  
3-4 WEEKS £22

**SINGLE NAIL** £3

**GEL/ACRYLIC NATURAL OVERLAY**  
£25

**GEL COLOUR TO ACRYLIC NAILS** £7

**NAIL ART FROM** £1

**HOLLYWOOD TOES**  
£20

**TWINKLE TOES** £15

**REMOVAL OF ENHANCEMENTS** £25 (INCLUDING MINI MANICURE)

# O.P.I

Please note: If you have 5 or more breakages you will be charged for a full set.

## Hair Removal

PERRON RIGOT WAX HAS TURNED WAXING INTO A PREMIER BEAUTY TREATMENT AND THEIR NON-STRIP WAX (HOT WAX) IS HIGHLY RECOMMENDED FOR THE MORE SENSITIVE AND INTIMATE PARTS OF THE BODY.



**Perron Rigot**  
PARIS

Although the non-strip wax is known as “hot wax” it actually is only warmed on a low heat until it becomes creamy in texture. It then ‘shrink-wraps’ around the hair, resulting in an easier and more comfortable removal and causing little, if any skin irritation.

La Femme is one of the salons in the North West that has had additional training with Kim Lawless, who is the leading authority in waxing in the UK. She has developed her own waxing techniques, which are now used worldwide.

1/2 LEG £15	LIP £6
-	-
3/4 LEG £25	CHIN £6
-	-
FULL LEG £30 (INCLUDES BIKINI LINE)	LIP AND CHIN £10
-	-
BIKINI £10	FOREARM £15
-	-
UNDERARM £8	EYEBROW £8

## Brazilian and Hollywood Waxing

Both of these waxes are carried out by therapists who are fully trained in advanced waxing.

For Brazilian and Hollywood waxing, a wax which is specially designed for sensitive areas is applied. Additionally, an oil is applied to the skin prior to waxing to ensure that the wax only adheres to the hair and not the skin.

This technique of waxing has the added benefit of removing short hairs to make the result last longer. A Brazilian wax leaves a natural central strip of hair where a Hollywood completely removes all the hair. The initial treatment may take approx 45mins.

FIRST TREATMENT  
£27

-  
MAINTENANCE TREATMENTS EVERY 4-6 WEEKS £20

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HALF LEG INCLUDING BRAZILIAN/HOLLYWOOD 1ST TREATMENT £40

-  
HALF LEG INCLUDING BRAZILIAN/HOLLYWOOD MAINTENANCE £35

-  
FULL LEG INCLUDING BRAZILIAN/HOLLYWOOD 1ST TREATMENT £45

-  
FULL LEG INCLUDING BRAZILIAN/HOLLYWOOD MAINTENANCE £40

## Threading



• PATCH TEST •  
REQUIRED AT LEAST 24 HOURS BEFORE TREATMENT •

THREADING IS AN INTRICATE ART THAT GIVES A MORE DEFINITE, ACCURATE, PRECISE SHAPE TO THE EYEBROW.

Due to the natural nature of the procedure and minimal product application, threading is suitable for even the most sensitive skin.

EYEBROW £8	FULL FACE £15 (UPPER LIP, CHIN AND CHEEKS)
-	-
UPPER LIP £6	FULL FACE AND EYEBROWS £20
-	-
CHIN £6	
-	
UPPER LIP AND CHIN £10	
-	
UPPER LIP, CHIN AND EYEBROWS £15	



## Eye Treatment

Defined eyebrows and luscious lashes can transform your face and help make the most of your features.

Our eye treatments and HD Brows are amongst La Femme's most popular treatments.

### Tinting

EYEBROW £6
-
EYELASH £10
-
EYELASH AND EYEBROW £15
-
EYELASH AND EYEBROW TINT WITH SHAPE £20



The definition you deserve, eyebrows frame the face, balance the features and express our emotions. But HD Brows take it one step further. HD Brows have revolutionized eyebrow care to give everyone that extra look-good, feel-good factor.

WHAT IS HD BROWS?

It's about much more than shaping. Eyebrows are as individual as fingerprints, and our tailored procedure and treatments transform even the most unruly, sparse or over-plucked brows into HD Brows.

Every HD Brows treatment is absolutely exclusive. HD Brows stylists assess the shape of your face and your colouring before creating a bespoke brow, tailored exclusively for you.

The effects have been compared to a mini-facelift and the treatment has many celebrity fans, which include The Saturdays, Emeli Sandé and Little Mix.

Try the HD Brows experience and get ready to dazzle like the stars.



HD BROWS TREATMENT 45 mins £25

THE STUNNING ALTERNATIVE TO EYELASH EXTENSIONS!

NO ADHESIVE OR LASH EXTENSIONS USED AND NO MASCARA NEEDED!

LVL Lashes uses a new silicon shield to lift the eyelashes from the roots.

This leading gel formulation is a great stand alone treatment, or can be added on to run alongside your lash extension treatments for double the flutter power!

LVL LASH TREATMENT WITH COLOUR BOOST 45 mins £45

LVL LASH TREATMENT 45 mins £40

Semi-Permanent Individual Lashes



- FULL SET £50
- MAINTENANCE AFTER 2 WEEKS £25
- MAINTENANCE AFTER 3 WEEKS £35



PAMPER PACKAGES

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We will tailor-make a package for yourself or as a gift for the ultimate in pampering and relaxation. Prices vary, please ask for details.

GIFT VOUCHERS

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Treat a friend or someone special to a gift voucher. Gift vouchers are valid for 6 months from the date of purchase and are non refundable.

TREATMENTS COURSES

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If you book any courses of treatments they must all be used within 6 months of purchase. Unfortunately we cannot offer any refunds on courses of treatments.

**TIME IS PRECIOUS, WE RESPECT YOURS  
WE ASK YOU TO PLEASE RESPECT OURS.**

*Missed and cancelled appointments (unless 24 hours notice given), will incur a cancellation fee of 50% of the treatment booked on your next visit.*

*Thank you.*

