

## Body Treatments

### Therapeutic (Swedish) Massage

Deeply relaxing massage using oil to relieve tension and stress, aid blood, nerve and lymphatic circulation and improve relaxation.



**Full Body Massage** (1hr) **£39.50**

**Back Massage** (30min) **£28**

### Complementary Therapies

To promote well being and healing.



### Aromatherapy Massage

Deeply relaxing treatment that uses eastern and western massage techniques and essential oils that have been distilled from aromatic herbs, fragrant trees and flowers.

Each initial treatment starts with a thorough consultation and oils are chosen to suit your requirements. This is a therapeutic and pleasurable treatment to help most conditions.

<b>Full Body, Face and Scalp</b>	(1hr 30min)	<b>£65</b>
<b>Full Body Massage</b>	(1hr 15min)	<b>£58</b>
<b>Back Massage</b>	(40min)	<b>£38.50</b>
<b>Back, face, neck, shoulders, scalp</b>	(1hr 15min)	<b>£58</b>
<b>Face, neck, shoulders and scalp</b>	(1hr)	<b>£48</b>
<b>Back, arms, shoulders</b>	(1hr)	<b>£48</b>
<b>Face, neck, arms, shoulders</b>	(1hr)	<b>£48</b>
<b>Back, face, neck, arms, shoulders</b>	(1hr 15min)	<b>£58</b>

**Indian Head Massage** (40mins) **£38.50**  
(Back, neck, shoulders, upper arm and head)

Tension headaches are reduced by scalp massage and use of pressure points, which help to ease congestion of blood, nerves and muscle tissue in the scalp. A regular scalp massage will not only alleviate feelings of anxiety, it can also preserve, even improve the lustre and feel of your hair.

### Beautiful Hands

\*Nail Art available from £2.50

\*Diamantes can be added at 20p each

\*Transfers available from £1

**Manicure** – Nail Treatment with relaxing hand and arm massage **£35**

**French Manicure** **£37.50**

**File, Buff & Polish** **£19.50**

**File, Buff & French Polish** **£22**

### Beautiful Feet

**Spa Pedicure** **£45**

**French Pedicure** **£47.50**

### Eye Beauty

**Eyebrow Shaping** **From £14.50**

**Eyebrow Tinting** **£10**

**Eyelash Tinting** **£14**

**Lash and Brow Tint** **£20**

**Eyebrow Tint And Shape** **£20**

**Lash and Brow Tint and Shape** **£30**

N.B. A skin patch test must be taken 24hrs prior to any tinting treatment

**Electrolysis - For safe removal of unwanted hair**  
**STEREX** – individual disposable needles used

**Consultation –** **FREE**

**15 minute sitting** **£23.50**

**30 minute sitting** **£28.50**

### Waxing Treatments

**Full Leg** **£33**

**Half Leg** **£22**

**Full Leg and Bikini** **£42**

**Half Leg and Bikini** **£33**

**Full Leg, Bikini and Underarm** **£48**

**Half Leg, Bikini and Underarm** **£40**

**Bikini Line** **£18**

**Extended Bikini** **£22**

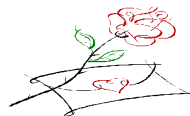
**Underarm** **From £15.50**

**Forearm** **£17**

**Lip or Chin** **£13**

**Lip and chin** **£22**

**Eyebrows** **From £14.50**



*Alison's Mobile  
Beautique*

**C.I.B.T.A.C B.A.B.T.A.C**

## PROFESSIONAL MOBILE BEAUTY & COMPLEMENTARY THERAPIES

We all deserve to be pampered and in this busy, stressful world, what better way to relax and unwind than a visit from 'Alison's Mobile Beautique'.

A wide selection of affordable, top-to-toe beauty treatments are available, to include 'Specialities' :- 'Bridal Make-up' and 'Pamper Parties'.

If you are stuck for a gift idea, vouchers are also available - Young or old, what better gift than being pampered?

Looking good makes you feel good and increases self-confidence - go on - spoil yourself - it's GREAT therapy - you deserve it.

- Confidential treatments in the comfort of your own home or office?
- Free consultations on all aspects of beauty therapy
- Gift vouchers available

**Email: [alisonwhiteside3@gmail.com](mailto:alisonwhiteside3@gmail.com)**

**01253 899592 or 07845 838536**

**[www.alisonmobilebeauty.co.uk](http://www.alisonmobilebeauty.co.uk)**

**Alison Whiteside – Over 20 years experience  
Beauty Therapist/Electrologist & Make-up Artist**

## FACIALS



### Essential Facial (45mins) £35

A deep cleansing facial designed for all skin types. It includes exfoliation, massage, mask and moisturisation to restore the look and feel of healthy radiant skin.

### Silhouette Dermalift

Non- surgical micro-current facial lifting, all without the use of surgery!

With this treatment facial muscles are lifted, firmed and toned, due to smooth contraction of the muscle fibre.

Other benefits include:

- Fine lines and wrinkles are reduced
- Reduced puffiness from around the eyes
- Rejuvenation of the skin tissue due to increase in cellular metabolism
- Improved stimulation of the collagen production in the dermis
- Enhanced texture of the skin due to improved circulation
- Improved acned skin as the skin healing process is helped
- Improved elasticity and moisture retention of the skin
- Excess fluid retention and toxins are removed by the stimulation of the lymphatic system

Certain medical conditions such as Neuritis and Neuralgia may be relieved using Dermalift, however, as they are symptoms of a disorder they will not be cured with this treatment.

### Dermalift Facial Lifting and Contouring Treatment (1hr) £45

Course of 10 £400

### Dermalift And Micro-Current Lymphatic Drainage (1hr 10mins) £48

Micro-current facial pads are used as an integrated booster treatment prior to the normal Dermalift lifting facial. They stimulate the facial lymph nodes giving better results, beneficial for surplus water retention.

**Dermalift 'Deluxe'** (1hr 15mins) **£60**  
Facial Lifting And Collagen Mask Infusion with Vit. C Eye Pads. Improves the skin's elasticity and texture, rehydrates and protects against free radicals. The perfect treatment for special occasions when you want to look your best.

### Technique Infusion

A unique breakthrough in specialised facial treatment masks for anti-ageing, problem(oily) or sensitive skin.

**Mask Infusion** (40min) **£35**

**Dermalift Eye Treatment** (30mins) **£28**  
**Course of 6** **£150**

**Dermalift Vitamin C Eye Treatment** (45mins) **£38**  
Cleanse, Tone, Eye Lift Procedure & Infuse Eye Pad  
**Course of 6** **£200**

### More Facials - Adapted to suit all skin types

Treatments listed below include:

'**Technique Infusion**' or '**skin enhancement**' which improve skin texture, moisture retention, elasticity and cellular renewal.

### 'Ampoule Therapy'

Concentrated biological ingredients to super boost and complement masks, and other facial routines.

### Replenishing, Re-vitalising, 'Pick-Me-Up' Facials

**Treatment 1**  
**Cleanse, tone, skin enhancement** (30mins) **£28**

**Treatment 2**  
**Above facial with ampoule** (35mins) **£31**

**Treatment 3**  
**Cleanse, tone, ampoule, mask infusion** (45mins) **£42**

### Facial Treatments For Oily Skin

(Calming and Balancing)

**Cleanse, exfoliate, herbal mask infusion** (50mins) **£38.50**

**Above facial with ampoule** **£42**

**A.D.L.A (Lymphatic Drainage), ampoule, mask infusion** (1hr) **£55**

## Specialised Facials



### Relaxing And Nourishing Facial

Especially for normal, dry, mature and tired! skin types. Cleanses, tones, exfoliates, beauty serum, massage (face, neck, shoulders), mineral beauty mask and vitamin C eye pads (1hr) **£45**

### Active Collagen Facial

'Perfect for Dry, Dehydrated, sensitive and ageing skin'. Pure Collagen mask is applied. **Benefits:** Intense hydration; smoothing of wrinkles; soothes and conditions skin; evens skin texture and colour; and increases skin regeneration. (1hr 10mins) **£47**

### Rejuvenating Facial – 'Anti-Ageing Skincare'

Particularly beneficial for women of 45+ years, as Repair Complex contains phyto-oestrogens, replacing what is being lost naturally. Cleanse, ADLA, Vit. A, E & F Ampoule, Elastin Ampoule, Repair Complex Mask, tone, moisturise. '**To heighten & refresh**' (1hr 15mins) **£60**

### Aromatherapy Facial

Cleanse, exfoliate, essential oils blended for individual treatment plus shiatsu pressure point massage, moisturising mask, arm massage. (1hr) **£45**

**Above facial with back massage** (1hr 30mins) **£65**



## Specialities

### Make-up

**From £40**

Individually designed make-ups for **weddings** and other important events.

Special wedding day packages, to include bridesmaids, can be arranged.

### Ladies' & Girls' Beauty Pamper Parties

*The latest craze!*

**Ages catered for 8 - 80 years!!**

Ideal for birthdays, anniversaries, hen parties or just a treat! The perfect excuse for a girl's night in.

Exclusive tailor-made packages can be arranged for the above. **Please ask for details**