

NATURAL BALANCE

HEALTH AND BEAUTY





WELCOME TO NATURAL BALANCE HEALTH AND BEAUTY.

This is where you will experience a professional and caring service, using the highest standard of treatments available, in a comfortable and relaxed atmosphere.

Looking forward to meeting you...

FACIAL TREATMENTS

ESPA AROMATHERAPY FACIAL

A purifying and nourishing treatment, with a lymph drainage and pressure point massage, for all skin types.

£32.00 • 55 mins

ESPA LUXURY CONCEPT FACIAL

Blended specifically for maturing, stressed or distressed skin, ESPA concept gives intensive care where and when it is needed. This treatment includes a scalp massage.

£38 • 1 hour 10 mins

ESPA SKIN BRIGHTENER FACIAL

A facial that gives dull, sallow skin the kiss of life, leaving it bright, glowing, healthy looking and very very clean.

£36 • 55 mins

ESPA RE-HYDRATOR FACIAL

Superb for dry, dehydrated, stressed and tired complexions. A gentle deep cleansing and exfoliation prepares the skin for a rejuvenating massage with botanical rescue and face treatment oil.

£36 • 55 mins

ESPA REBALANCING AROMATHERAPY FACIAL

For skin problems such as rashes or blemishes, which can be caused by stress, hormonal imbalance, diet or an ineffective skin care regime. This facial uses aromatherapy to soothe and calm the skin, and also helps to decongest, revive and revitalize.

£32.00 • 55 mins

STANDARD FACIAL

Cleanse, tone, massage, mask & moisturiser.

£25

ESPA MEN'S SKIN CARE

We have developed a deeply relaxing facial treatment, incorporating the new ESPA MEN products, specifically designed to suit men's skin care needs – bringing a sense of peace, whilst revitalising the skin.

£38 • 1 hour

HOLISTIC TREATMENTS

STONE THERAPY

What is Stone Therapy?

It is the use of hot stones to bring about a total balance within the body which aids the natural healing process. Stone Therapy is a Native American practise used since ancient times as a healing therapy for many different ailments. Ancient cultures believe that everything in the Universe has its own energy. For thousands of years, Native American people in particular have utilised nature's material for health and well-being.

Stone Therapy effects the body both emotionally and physically; Emotionally: The effects are deeply calming, soothing, comforting and sedative. Physically: The use of stones aids the therapist to work to deeper levels giving therapeutic relief to excessive muscle tension, energising the body.

£70 • 2 hours



BODY TREATMENTS

ESPA AROMATHERAPY MASSAGE

Experience the benefits of massage, with individually chosen essential oils in one of the finest anti stress treatments available.

Restores lost energy.

£38 • 1 hour 10 mins

ESPA HOLISTIC AROMATHERAPY TOTAL BODY CARE

This total body skin brushing, cleansing and full body aromatherapy treatment is ideal to ease away tension. Facial also included.

£50 • 1 hour 25 mins

ESPA STIMULATING HIP AND THIGH TREATMENT

A specialized treatment to stimulate the circulatory and lymphatic system. Breaks down blockages, cellulite and fluid retention. After exfoliation with a seaweed and salt rub a detoxifying massage follows using essential oils and marine algae.

£36 • 1 hour

ESPA BODY POLISH

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin.

£22 • 30 mins

ESPA DETOXIFYING ALGAE WRAP

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and algae wrap rich in minerals and enzymes. Designed to ease away tension, helps boost the metabolism and speed up the elimination of toxins. Includes a scalp treatment for total relaxation.

£50 • 1 hour 25 mins

ESPA RESTORATIVE MUD ENVELOPMENT

A therapeutic treatment ideal for aches and pains and superficial skin problems using marine mud rich in trace minerals. Includes a full body exfoliation and deep scalp treatment to ease tension.

£50 • 1 hour 25 mins

ESPA LIFESAVING BACK MASSAGE

An ideal treatment for problematic skins and a treat for this much neglected and hard to reach area. The back is deeply cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed and relaxed with luxurious aromatherapy massage. Marine mud mask and a final application of a light moisturising balm

£32 • 1 hour

ESPA SUPER HYDRATOR BODY WRAP

This includes lymphatic skin brushing and full body exfoliation to prepare the skin for this luxurious body wrap, together with advanced techniques and a oriental head massage, this wrap is specially designed for dry or dehydrated skins, before and after the sun or pre wedding.

£50 • 1 hour 30 mins

ESPA FULL BODY MASSAGE

A full body massage designed to ease tension, relieve stress and promote a general state of well being.

£32 • 55 mins – with hot stones £40

BACK MASSAGE

£18 – with hot stones £25

BODY WRAP

An Instant inch loss ready for special occasions

£35 • 1 hour 30 mins

FARADIC BODY TREATMENT

Improves circulation and skin texture making your muscles toned and stronger.

£15 • 30 mins • single treatment

£75 • Course of six treatments

ESPA HOLISTIC AROMATHERAPY LUXURY BACK, FACE AND SCALP TREATMENT

This treatment helps to maintain and maximize the potential health of your skin by protecting, hydrating, firming and purifying. It will leave your skin balanced and you a feeling of deep relaxation throughout the mind and body.

£50.00 • 1 hour 25 mins

BIO-DETOX

Re-energise and Re-balance. Combine the life giving properties of water with low level current to provide a relaxing treatment which helps to re-balance and re-energise the body. Seeing is believing

£30 • 45 mins

HOPI EAR CANDLES

Helps with conditions such as, sinus congestions, earaches & headaches, ear noise, stress, nerousness, allergies, prevention of ear infections, snoring, hearing difficulties and more.

£25 • 45 mins

TANNING

SUNLAB SPRAY TANNING SYSTEM

The safe and easy way for the perfect tan in minutes.

£20 • 15 minute treatment

ST TROPEZ

Instant Self Tan. A complete line of Aloe Vera based tanning essentials. The tan that is instant, streakless and non greasy with a relaxing fragrance. Please ask your Therapist for more details.

£37 • 1 hour treatment

BEAUTY TREATMENTS





SPECIALISED TREATMENTS

CRYSTAL CLEAR MICRODERMABRASION FACIAL

This treatment is for all skin types, which need total rejuvenation. Customer benefits are fine lines, wrinkles and aged hands. Acne scarring and pigmentation marks. Sun damaged skin. Deeper frown lines and lip lines. Stretch mark improvement. Cellulite and skin blemishes. Scar blending and improvement. Congested skin with open pores and comedones. For more details pick up a leaflet in the salon.

£40 • single treatment

£350 • Course of ten treatments

CRYSTAL CLEAR MDA DELUXE FACIAL

This treatment is the same as above, but also includes a face and eye mask, to soothe and hydrate and lock moisture in the skin, and to improve the eye area.

£50 • 1 hour

EYE TREATMENTS

EYE LASH TINT

Eye lash tint £10

PATCH TEST WILL BE NEEDED 24 HOURS
BEFORE LASH TINT

EYE BROW TINT

Eye brow tint £6.50



The most beautiful cosmetic you can wear is a healthy skin. Our makeup is not just a refinement of normal makeup; it is a new technology. So effective it is recommended by plastic surgeons, dermatologists and skin care professionals. At last, a makeup that's good for the skin!

MAKE UP & WEDDING

Make up lesson £30

Make up application £25

Wedding make up

At salon on the day, including rehearsal £50

**At home on the day, including rehearsal -
price to be quoted**

WAXING

Full leg wax £20

Half leg wax £12 (ankle to just over knee)

Full leg wax (including bikini) £25

Bikini wax £8

Underarm wax £8

Upper lip or chin wax £6

Eye brows £8

Full arm wax £12

Forearm wax £10

BEAUTY TREATMENTS

ELECTROLYSIS

STEREX BLEND METHOD

This treatment is offered in various sessions.

5 minute session £9

10 minute session £12

15 minute session £15

20 minute session £20

30 minute session £25

MANICURES

JESSICA MANICURE

A prescribed manicure using quality products, for all nail types

£23 • 1 hour

JESSICA NAILS LUXURY MANICURE

An ideal treat using mittens to help absorption of the treatment products and total relaxation to hands and lower arm.

£27 • 1 hour 10 mins

SHAPE AND PAINT

£12 • 30 mins

PEDICURES

JESSICA STANDARD PEDICURE

This system combines scientific aromatherapy with natural extracts and botanicals for an uplifting luxurious foot care experience.

£25 • 1 hour

JESSICA LUXURY INTENSIVE PEDICURE

For feet with problems such as hard skin or just in need of a good pamper.

£30 • 1 hour 10 mins

PLEASE BRING OPEN TOE SHOES

GEL NAILS

Full set £35

Full set with white tips £40

Overlays £20

Overlays with white tips £22

Infills £20

Infills with white tips £23

Repair (each nail) £2 with infills

Repair (on its own) £6

Removal of gel nails £13

NEW TREATMENTS

NOUVEAU LASHES

The semi-permanent eye lash extensions Full set

£75 • 2 hours

RED VEIN TREATMENT

PATCH TEST IS REQUIRED

£35 • 15 mins

MILIA REMOVAL

£15 • 15 mins

SKIN TAG REMOVAL

£35 • 15 mins



NATURAL BALANCE

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OPENING TIMES

Monday CLOSED

Tuesday 11 - 7 pm

Wednesday 10 - 7 pm

Thursday 11 - 7 pm

Friday 10 - 7 pm

Saturday 10 - 4 pm

Sunday CLOSED

Prices are subject to change without notice.

Cancellations or missed appointments of less than
24 hours on all treatments will incur a cancellation fee.