

## Beauty Therapy

<b>Eyebrow wax, tint &amp; eyelash tint*</b>	<b>£20</b>
<b>Eyebrow wax, tint &amp; thread*</b>	<b>£18</b>
<b>Eyebrow, upper lip &amp; chin wax</b>	<b>£18</b>
<b>Eyebrow tint*</b>	<b>£6</b>
<b>Eyelash tint*</b>	<b>£8</b>
<b>Eyebrow threading</b>	<b>from £9</b>
<b>Upper lip threading</b>	<b>£9</b>
<b>Chin threading</b>	<b>from £10</b>

### **HD Brows\*** **£25**

This bespoke eyebrow treatment is tailored to you, every step from the personal consultation, shape design, tailoring and aftercare process.

### **LVL Lashes\*** **£45**

By straightening your natural lashes at the root and tinting, LVL lashes give the effect of longer, lifted lashes for up to eight weeks.

### **Brow Sculpt\*** **£35**

Brow lamination with a bespoke HD Brows twist, this corrective treatment helps you to achieve your desired position for up to 6 weeks. Whether you dream of achieving that full, fluffy eyebrow look, want to create symmetry in uneven brows or tame unruly hairs, this treatment is for you.

## Waxing Treatments

*Using soothing tea-tree waxing products and hot wax for the more intimate areas.*

<b>Eyebrow wax</b>	<b>£8</b>
<b>Upper lip wax</b>	<b>£7</b>
<b>Chin wax</b>	<b>£8</b>
<b>Nose</b>	<b>£8</b>
<b>Ears</b>	<b>£8</b>
<b>Underarm</b>	<b>£8</b>
<b>Half leg</b>	<b>£18</b>
<b>3/4 leg</b>	<b>£20</b>
<b>Full leg</b>	<b>£25</b>
<b>Back wax</b>	<b>£15</b>
<b>Chest wax</b>	<b>£15</b>
<b>Bikini sides</b>	<b>from £14</b>
<b>Brazilian</b>	<b>£20</b>
<b>Hollywood</b>	<b>£23</b>

## Tanning

<b>Full Body Spray Tan</b>	<b>£20</b>
<b>Half Body Spray Tan</b>	<b>£15</b>

## Gift Vouchers available

We offer Gift Vouchers suitable for either a treatment or a value of your choice. All Gift Vouchers come with a 6 month expiry. We can arrange postage of a Gift Voucher to your recipient if you're short on time.

## Packages

At Haven Health and Beauty Rooms we can offer perfect packages to suit you and your guests. All available packages can be viewed on our website.

Please contact us with any special requests and we can advise you.

## Terms

We understand Clients occasionally need to change or cancel their appointments. Should you need to do so, we ask for at least 24 hours notice or 50% of the treatment may apply.

Please follow all before and after care advice for best results.

We require a patch test 48 hours before some appointments, these are marked with \*.

*haven*  
HEALTH & BEAUTY ROOMS

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### Opening Hours:

Open Monday-Saturday, late evenings Wednesday - Friday

We look forward to welcoming you to Haven Health & Beauty Rooms

*haven*  
HEALTH & BEAUTY ROOMS

TREATMENT GUIDE

*We look forward to welcoming you to  
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## Massage Therapy

### **Deep Tissue Back Massage (30 mins) £30**

This rejuvenating treatment comes perfectly tailored to your needs, tension and problem areas are expertly targeted leaving you feeling both refreshed and focused.

### **Restorative Scalp, Neck &**

### **Shoulder Massage (30 mins) £30**

Aiming to de-stress, this massage focuses on upper body tension, finishing with a restorative pressure point scalp massage.

### **Revitalising Foot & Leg Massage (30 mins) £30**

Perfect for anyone that plays a lot of sport or is on their feet a lot of the day, this massage targets tired legs and eases tension around the feet.

### **Stress Relieving Massage (60 mins) £45**

This de-stressing massage is ideal for anyone requiring a back massage whilst also carrying a lot of upper body tension. This truly relaxing massage finishes with a restoring pressure point scalp massage.

### **Deep Tissue Full Body Massage**

### **(60 mins / 75 mins) £45 / £55**

This freestyle massage is entirely tailored to your needs. Using a combination of massage techniques, your Therapist will use slow deep movements to release muscle tension and leave you feeling refreshed and focused.

*(75 minute treatment includes a soothing foot ritual)*

### **Pregnancy Back Massage (40 mins) £38**

Treating the expectant Mum to a luxurious pregnancy back massage, helping to relieve tension in your lower and upper back. Includes a soothing foot ritual. We also offer an indulgent Mum to be package.

### **Full Body Exfoliation (45 mins) £40**

This treatment focuses on cleansing the body of dead skin cells, whilst massaging nourishing oils onto the skin afterwards leaving you feeling refreshed and renewed. Perfect treatment prior to a sun holiday or ahead of a spray tan.

### **Back Cleanse (30 mins) £30**

A 'facial for the back' is for anyone with problem skin on their back, this treatment focuses on removing impurities in this often hard to reach area. Most popular with anyone that plays a lot of sport or leads a very active lifestyle.

### **Hopi Ear Candling (30 mins) £25**

A pleasant treatment for anyone suffering from symptoms including the cold, earache, sinus problems, headaches or tinnitus. Once lit the ear candles induce a calming warmth upon the head and ears. Including a neck, shoulder and scalp massage, this treatment will leave you both relieved and relaxed.

### **Relaxing extras (10 mins) £10 each**

These can be incorporated into any of the massage therapy treatments available:

Soothing Hand and Arm Massage

Relieving Foot Massage

Pressure Point Scalp Massage

## Hot Stone Massage

*A treatment that encourages healing, improves quality of sleep and relieves migraines, headaches and muscle pain.*

*The heated basalt stones work deep into your muscles relieving areas of tension.*

### **Hot Stone Back Massage (30mins) £35**

### **Hot Stone Full Body Massage (60 mins / 75 mins) £52 / £60**

*(75 minute treatment includes a soothing foot ritual)*

## Facial Therapy

### **Express Facial (30 mins) £32**

This quick yet completely personalised treatment will restore radiance to your skin. This express facial includes deep cleansing, exfoliation and a mask, before you receive a neck and shoulder massage to leave you fully relaxed.

### **Haven Heavenly Tailored to you Facial**

### **(55 mins / 70 mins) £45 / £55**

A truly relaxing treatment targets your main skin concerns, your therapist will work with you to focus on blemishes, dullness, dryness, ageing or any other concerns you may have. This hour-long treatment also includes a neck and shoulder massage.

*(70 minute treatment also includes a relaxing scalp and hand and arm massage)*

### **Teen Facial (25 mins) £22**

It's never too early to begin looking after your skin, this teen facial designed for both boys and girls is specifically designed to address breakouts and oiliness frequently associated with teen skin.

## Nail Treatments

### **Gel Hands from £20**

### **Gel Toes £18**

### **File and polish £15**

### **Luxury Manicure (60 mins) £30**

*This treatment includes a nail clean and file, cuticle tidy and treatment, exfoliating scrub, massage, hydrating mask and polish.*

### **Luxury Pedicure (60 mins) £35**

*This treatment includes a nail clean and file, cuticle tidy, exfoliating scrub, foot massage, repairing foot mask and polish.*