



**ESSE**

Treatment List

# Welcome to ESSE Retail & Therapy

Esse is our little bit of girly paradise! My team and I have created what we believe to be a haven where our clients can enjoy some 'time out' whether it is just sitting and relaxing at our bar with a coffee or a glass of champagne, taking one of our many exercise classes, experiencing a luxury or an ESSEntial treatment and of course some retail therapy!

All of our therapies include complimentary tea/coffee and use of our Sauna. (Robes and towels are provided).

Select from a wide range of treatments using our products which include Aromatherapy Associates, Environ, 100% Organic Spiezia, Vita Liberata Tanning, Jane Iredale Make-up, Mio Body, Mama Mio, Shellac, Vinylux. OPI and much more . . .

## Before your Treatments

If you are new to Esse please arrive 15 minutes prior to your treatments to allow yourself time to fill in a consultation form and enjoy a cup of tea/coffee.

## Health Concerns

Please inform your therapist before your treatment commences.

## Spa Days

Please see our website for all details on our spa packages.

## Wedding ESSEntials

We offer a wide range of exclusive Wedding ESSEntials from wedding make-up, eyelash extensions and HD brows to a 'natural' Vita Liberata tan, Shellac manicure and pre wedding luxury pampering. We are happy to tailor make wedding packages specifically for you, your skin and your chosen requirements in the lead up to your special day.

## Food ~ The Sheene Mill, Restaurant & Hotel

Directly opposite ESSE, The Sheene Mill is a beautiful venue set on the River Mel that makes the perfect location for a girly lunch or dinner, either before or after your treatments. Whether you want a salad with a friend in the relaxed surroundings of The Sheene Mill conservatory, a special 2 or 3 course lunch or dinner with your partner or simply a sandwich on the comfy sofas at ESSE, The Sheene Mill will provide you with good quality, locally sourced food to suit every occasion.

**(Please be aware that The Sheene Mill are unable to provide food on Sundays or when they have Weddings or exclusive parties).**

**Call The Sheene Mill on 01763 261 393 to book a table and make the Most of Your Treatments!**

## Non Surgical Facelifts

### **The Ultimate Rose Infinity Facial ~ 85 minutes ~ Machine £115 / Manual £92**

The range incorporates the very latest's Nobel prize winning Telomere Technology that delivers results in just 3 weeks. Achieve instant, long lasting results that noticeably lift, tone and firm the skin, accelerated by stimulating micro-currents to deliver active ingredients deeper into the skin and give a non-surgical face lift that will tighten, restructure and focus on your key areas of concern while also paying attention to the forehead, mouth and eye area to drastically reduce fine lines and wrinkles.

### **The Ultimate Radiance Lift facial machine only ~ 85 minutes £98 / 60 minutes £75 (maintenance)**

This facial lifts, tones and plumps the skin, lifting and exercising the facial muscles using a high frequency current, working on any areas of concern for a visible lift, plumping out fine lines and hydrating the skin. A nourishing mask is then applied alongside a deeply relaxing shoulder and scalp massage. Finally (to keep everything in place!) we use a 'Secret Ingredient' found in South America which Acts as your skins own natural botox.

### **Aromatherapy Associates Anti-Ageing Facial ~ 70 minutes £78**

Anyone concerned with ageing - fine lines/wrinkles, lack lustre skin. This facial includes hydrating and rejuvenating masks, a relaxing scalp massage alongside a lifting, plumping and firming massage for instantly visible results. An intensive treatment for those concerned with the signs of ageing.

### **Spiezia 100% Organic Relax & Rejuvenate Uplifting Facial ~ 70 minutes £75**

This amazing treatment is like an Acupuncture face/neck/decollage lift using a special combination of massage techniques from India (Ayurvedic) and Japan (Anma). The intent of this natural relaxing and uplifting facial is to prevent and reduce tension, facial wrinkles and age spots, improve the complexion by stimulating the circulation and release toxins.

### **The Esse Face Gym ~ 25 minutes £32**

This is a real 'workout' for the face concentrating on specific muscle groups to lift and contour the face. Including vigorous knuckling, high energy whipping stokes, neck rolling, and specialised massage on the forehead, around the eyes, jaw and neck.

**Add on an extra 15 minutes for extra attention to the forehead and brow or jaw and neck ~ 15 minutes £12**

### **Triple Lift Lava Shells Thermal Facial ~ 55 minutes £67**

Using heated tiger clam shells, this deeply hydrating and lifting thermal massage gives radiance to the skin, mind and muscles. enjoy the added benefits of a face, neck, décolleté, head and shoulder massage to truly unwind.

### **3d Skin Tech Facial ~ 70 minutes £95 ~ Course of 6 £500 (1 per week)**

3D Skin Tech offers advanced clinical standard technology to deliver the ultimate in curative and preventative facial treatment options. Using 4 steps, Rotational Diamond Peel Microdermabrasion which removes the top layer of dead skin and improves the skins surface, Tri polar radio frequency to stimulate collagen, reducing wrinkles and tightening loose skin, No needle Meso Therapy encouraging cellular activity and elastin production and LED light Therapy ideal for healing, stimulating collagen and elastin, energising and repairing damaged cells.

## Genie

The genie system is a thousand times stronger than most other systems on the market today and will rebuild your facial muscle mass, providing you with the ultimate natural face lift (courses are advised for long lasting results). The Genie Take Ten or Microtech Eyes/Neck can be combined with our Specialised and anti Ageing Facials.

### **Genie Facial ~ 55 minutes £59**

(Not for the faint hearted!) Cleanse, tone, Take 10 non surgical face lift followed by 20 minutes micro current focusing on your eye and neck area, a soothing Aromatherapy Associates moisturiser and a deep pressure point facial massage.

### **Genie Take Ten ~ 10 minutes £29.00 / Course of Ten ~ £260**

A Ten minute 'Non Surgical Facelift' with visible results after just one session. The treatment works directly on sagging facial muscles helping the muscles regenerate themselves creating a fuller face benefiting from a visible lift.

### **Genie Microtech for the Eyes or Neck ~ 10 minutes £20.00 / Course of Ten £180**

A Micro Current to help re-build collagen, softening fine lines and wrinkles as the skin becomes more moisture retentive.

## Specific Facial Therapy

### **Aromatherapy Associates Renew Rose Radiance Facial ~ 55 minutes £60**

This facial incorporates cleansing, toning, exfoliation, a rejuvenating facial massage and application of a hydrating mask, topped and tailed with a relaxing scalp massage and a layering of rose cream for the hands and arms. The Renew Rose facial softens, moisturises and nourishes the skin using natural damask rose water renowned for its beautifying and cleansing properties, its ability to support circulation and purify your skin.

### **Aromatherapy Associates Soothing Facial ~ 55 minutes £60**

Perfect for sensitive/irritated/hormonal skin this facial helps weakened skin with the aid of pre-biotics to rebalance and protect itself. Includes a soothing, luxurious facial massage using cold stones and a calming blend of camomile oils and double masks to re-mineralise and repair the skin. Whilst the actives work on your skin, enjoy a relaxing scalp, neck and shoulder massage.

### **Aroma Clear Facial ~ 60 minutes £69**

Perfect for problem skin or skin in need of a thorough cleanse to brighten up your complexion. "Seven times more effective than your average cleanse!" This facial uses a galvanic current, which goes deep into the pores to draw out the impurities that cause skin congestion. After a little 'squeezing' we then hydrate the skin pushing active ingredients back into the skin, to help heal, calm and nourish. Finally, to complete the facial we use a high frequency current specifically designed for clearing, healing (zapping any spots) and to help prevent the frustration of skin breakouts.

### **Teen Aroma clear ~ 40 minutes (advised for 1<sup>st</sup> time) £45 / 30 minutes £35**

### **Steam and Squeeze\* ~ 25 minutes £30**

### **Aromatherapy Associates Deep Cleansing Facial ~ 55 minutes £56**

This is a purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural anti-bacterial properties, they penetrate deep into the skin, helping to regulate sebum production, condition the skin and balance the skin's natural oils.

## Environ Skin Care Benefits

Environ's formulas have pioneered new standards in skin care. Using only the finest natural ingredients, all products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance, and no dyeing S.D. alcohol or formaldehyde. Environ Skin Care products are renowned for their anti-ageing effects in revitalising, purifying, general firming and toning.

### **Environ Advanced Active Vitamin Treatment: 10 areas ~ 85 minutes £95 / 3 areas ~ 55 minutes £75**

Packed with nourishing, anti-ageing ingredients, the Active Vitamin Treatment will leave your skin looking radiant and dewy. The freshest, most active forms of Vitamin A, C and Anti-Oxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates Collagen to soften lines and improve elasticity, increase hydration and boost radiance. The Active Vitamin Treatment is suitable for all skin types and is particularly effective at addressing sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with measurable differences after just one session.

### **Environ HydraBoost Treatment ~ 55 minutes £60 / 85 minutes £88**

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Based on the Hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin.

### **The Environ Frown Treatment ~ 45 minutes £90**

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes are injectables without the associated risks.

### **Rotational Diamond Peel Microdermabrasion\* ~ 25 minutes £36 / Course of 8 £250 (recommended 1 per week)**

The skin is instantly rejuvenated by means of mechanical skin exfoliation this disrupts unwanted cells that cause dull looking skin and encourages skin renewal. It reduces pore size, congestion, sun damage age spots and reduces the appearance of fine lines.

### **LED Light Therapy ~ 15 minutes £20 (can be added to any of our facials)**

Blue light (470nm) for acne skin, Green light (57nm) for pigmentation and regeneration of cells, red light (640nm) for anti ageing, increasing blood circulation, collagen synthesis and reduces pore size, yellow light (590nm) helps with anti inflammatory, relaxes the nervous system and increases lymphatic circulation.

### **Aromatherapy Associates Mini Facial ~ 25 minutes £30**

A Taster facial to find the best products for your skin or to have if you're in a rush!

*All of the above facials are suitable for men and women, however if your man would like one specifically for him . . .*

## Exclusively for Men

### **Aromatherapy Associates Refinery Essential Facial ~ 55 minutes £60**

A purifying facial treatment for oily and combination skin which draws out impurities and congestion.

\* These can all be used as an add on to most of our facials or as a single treatment.

## Face and Body Combinations

### **Aromatherapy Spa Ritual ~ 115 minutes £118**

(Available for Men and Women) Two hours of complete bliss! . . . A customised face and body treatment for the ultimate holistic skin therapy. enjoy a skin specific anti- ageing facial combined with an aromatherapy full body massage, leaving you feeling completely relaxed and de-stressed.

### **Spiezia 100% Organic Head in Heaven ~ 70 minutes £70**

This truly relaxing treatment slows down the mind - bringing harmony and leaving a feeling of complete bliss. Drift away into a hypnotic state of relaxation. The treatment includes facial pressure point massage to ease tension and clear the mind. The slow rhythmic massage techniques used on the shoulders, back and head provide complete tranquility and relaxation, promoting a sense of wellbeing. This treatment can be used with clients during and after cancer and has been supported by Macmillan and The Mermaid Centre in Cornwall.

### **Thermal Lava Shells Triple Lift Facial and Full Body Massage ~ 120 minutes £122**

An indulgent deep full body and face massage using the natural benefits of heated tiger clam shells to relieve the deepest aches and pains. The triple lift lava shells anti-ageing facial will lift the radiance of the skin ,mind and muscles.

### **The Refinery Men's Ultimate Face and Body Treatment ~ 85 minutes £92**

For all skin types, the ultimate cleansing and rejuvenating treatment includes a back exfoliation, cleanse and a stress relieving back and scalp massage. A deep cleansing facial to rebalance, clarify and hydrate the skin.

## Massage

### **The Real Aromatherapy Experience ~ 70 minutes £68**

With your chosen oil, this treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

### **Aromatherapy Associates Immune Recovery ~ 55 minutes £56**

This is an upper body pressure point massage. Back, shoulders, neck, face, décolleté and an Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. With the scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine have a decongesting, purifying effect and, alongside lavender, they boost your natural immunity with their anti-bacterial, anti-viral properties. Used together, they help unblock a stuffy head and keep your airways clear.

### **The Aromatherapy Associates Inner Strength Treatment ~ 85 minutes £78**

A deeply comforting body, face and scalp treatment with soothing massage techniques and the warmth of paraffin wax that will fortify the mind and body through difficult times. Perfect for those in need of some Tender Loving Care.

# Massage

The following massages are either deep tissue or relaxing, using a combination of Swedish and Aromatherapy techniques.

**Full Body and Foot Massage ~ 80 minutes £72**

**Full Body ~ 55 minutes £54 / 70 minutes £68**

**Back, Neck, Shoulder and Scalp ~ 40 minutes £40**

**Back, Neck and Shoulder ~ 40 minutes £40 / 25 minutes £28**

## Ahmed's Massage

(The following massages can only be performed by Ahmed our male masseur as well as the massages above)

**Killipatra Massage ~ 60 minutes £68**

An ancient Egyptian massage 'Caring', relaxing and distressing with 10 minutes of relaxation.

**Sports Massage ~ 55 minutes £65 / 40 minutes £44 / 30 minutes £35**

## Thermal Massage Therapy

**Hot Lava Shells Full Body and Tummy Massage ~ 85 minutes £87**

This full body Lava Shell massage includes a natural colonic treatment, ideal for anyone suffering from IBS and bloating. The treatment uses the heated Lava Shells to massage the abdominal area and improve the functioning of the digestive system. The combination of soothing heat and gentle massage stimulates the body's natural systems to effectively eliminate toxins and reduce bloating. This treatment will leave you feeling comfortable, rejuvenated and with the added benefit of a flatter tummy which lasts for days.

**Hot Lava Shells Relax Full Body Massage ~ 55 minutes £59**

The heated marine Polished Sea shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of relaxation and calm. During the massage, the shells are worked over the Palms, Arms, Neck, Shoulders, feet and legs focusing on the surrounding pressure points, to ease away all muscle tension, knots and stress points. This treatment will increase energy flow and release a 'Sense of Balance' to the entire Body and Mind.

**Lovely Legs, Glacier Shells Detox Massage ~ 55 minutes £59**

This treatment uses hot and cold Tiger Clam Shells to perform deep leg and tummy massage which incorporates Cupping. If you suffer from cellulite, sluggish circulation, tired achy legs, sore muscles or fluid retention, this will stimulate your Circulation and help Aid Lymphatic Drainage.

**Aroma Stone Therapy Full Body Massage ~ 70 minutes £78**

Stones are placed on key energy points of the body, evoking an aura of warmth, whilst the deep penetrating heat from the stones are used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relax and re-balance the Mind and Body.

**Aroma Stone Therapy Back, Neck and Shoulder Massage ~ 40 minutes £45**

Focusing only on the back, deep penetrating heat from the stones are used to massage firmly the neck and shoulders, Small stones are placed on key energy points of the body to Ease the pain and tension of aching muscles as well as deeply relax and re-balance the mind and body.

## Body Scrubs

Your treatment starts with dry body brushing, to awaken your skin and improve circulation. The scrub is then applied to your body exfoliating dead skin cells, smoothing the skin leaving the skin cleansed polished and refreshed. Choose from an invigorating lime and lemongrass or our gentle wild rose salt scrub ~ **25 minutes £32**

## Scrub and Wraps

**Green Tea Herbal Detox Wrap and Body Scrub ~ 55 minutes £55**

**With a mini facial ~ 70 minutes £72**

A fresh and detoxifying wrap formulated with numerous health enhancing components and antioxidants such as flavinoids and vitamin C and E, with a lime and lemongrass salt scrub perfect for exfoliating dead skin cells, smoothing the skin and stimulating circulation leaving the skin cleansed polished and refreshed.

**Aromatherapy Wild Rose Hydrator ~ 55 minutes £57**

This treatment begins with a gentle wild rose salt scrub exfoliation. It is then layered in a hydrating and regenerating rose gel. A moisturising and a softening mix of nourishing rose body oil and rose body cream is then lightly massaged into the body. Your body is warmly wrapped and an Ayurvedic scalp massage with Frankincense is performed, leaving your skin nourished and rejuvenated.

## The Genie Ultimate Body Slimming, Lifting & Toning System

The Genie system is a thousand times stronger than other systems on the market today giving you all over body slimming and toning in just minutes! (Results are instant, however courses are advised for long lasting results.)

**Genie Lymphatic Drainage ~ 30 minutes £48 / Course of ten £450 (Weight Loss)**

Our Genie lymphatic Drainage can rebalance the body by flushing any excess water and toxins out leading to a reduction in fluid retention and cellulite formation.

**Genie Slimtone ~ 20 minutes £38 / Course of ten £340 (Toning and inch loss for the body)**

Slimtone re-contours, re-shapes and firms by building up muscle mass by exercising individual chosen muscle groups. (20 minutes treatment is equivalent to 360 sit ups!) This also can help to reduce the appearance of Cellulite. Genie Slimtone and Lymphatic Drainage Combined Course.

**10 Slimtone + 3 Lymphatic Drainage ~ £450 (within 4 weeks)**

**Genie Bikini with a Twist ~ 80 minutes £90 / Course of 3 ~ £240 (within 10 days)**

This is an excellent treatment to work on some of those really stubborn areas that are almost impossible to tone. The treatment begins with muscle contractions which act like a mini exercise work out followed by the lymphatic drainage to enhance your circulation and eliminate toxins.

**The Universal Contour Wrap ~ 2 hours £75 / Course of 3 £195 (1 per week)**

A detoxifying wrap that guarantees a loss of 6 inches or more. The average person should lose between 10-14 inches per treatment, that's up to a dress size in 3 treatments! This works through loss of toxins NOT water loss, guaranteed to keep the inch loss off for 30 days or more (if you are not over eating/drinking!)

# Detox and Inch Loss

## **Hot Lava Shell Flat Tummy and Back Treatment ~ 40 minutes £45**

This treatment is ideal for anyone suffering with IBS and bloating. We use heated lava shells to massage the back and abdomen, improving the function of the digestive system. The heated shells stimulate the body's natural system to eliminate toxins, fluid retention and bloating, leaving you with the added benefit of a flatter tummy!

## **Mio High Intensity Body Treatments**

Our high intensity body treatments target the key concerns of women-cellulite, tummies, bust and upper arm wobble. Each mio high intensity treatment will make a visible lasting difference - lifting, sculpting, tightening, increasing firmness and smoothness in all troubled spots.

### **Get Waisted tummy sculpting treatment ~ 55 minutes £65 /**

#### **Course of 3 £170 (1 per week)**

If exercise and diet alone are not giving you the firm, taut tum you want, you need to Get Waisted. In less than an hour your tummy will feel slimmer, tighter, more toned and less bloated. Powerful actives will increase the energy within your skin and our special Mio massage techniques will firm and resculpt, reducing wobble and love handles.

### **Shrink to Fit cellulite smoothing treatment ~ 55 minutes £65 /**

#### **Course of 3 £170 (1 per week)**

Deep tissue and lymphatic Mio massage to lift, tighten and tone your hips and thighs, reducing saddlebags and dimpling. Powerful actives stimulate circulation, removing toxins, tightening up spongy skin, leaving smooth, firm, fitter looking legs and a perter, tighter butt.

### **Upper body and Arm contouring treatment ~ 45 minutes £48 / Course of 3 £135**

Seeing is believing with this amazing décolleté, bust, back and upper arms treatment that will dramatically increase circulation, plump up tired skin, visibly reducing sag and arm wobble. Deep tissue and lymphatic massage releases tension, improves posture whilst rich actives regenerate gorgeous glowing healthy skin.

### **The full Monty body sculpt contouring treatment ~ 85 minutes £90**

(Perfect for a pre wedding, pre holiday treat).

The ultimate body treatment giving intense body tightening and toning, targeting the 3 main areas of concern from cellulite-prone hips to upper arms to chest with special focus on tightening up your tummy. 90 minutes of radically energising deep tissue massage combined with proactive exfoliation to give you a tighter, more toned fitter-feeling body, ready for action.

### **FLABELOS The Vibrating Inch Loss Machine ~ 15 minutes £7 / Course of 15 £95**

10 minutes = 1 hour workout

Just stand on the Machine and work the areas you want to work - No exercise involved! The machine simply works by 'Pulling your body off Balance' meaning your muscles naturally work to pull your body back on balance again. Ideal for shifting weight where it just doesn't seem to want to move!

**Add 15 minutes of Flabelos Before or After Each Treatment for £5**

## Manicure

### **Shellac Manicure / French ~ 55 minutes £39 (please request french polish when booking)**

Includes cuticle work, shape, layering of cream and shellac polish.

Please allow an extra 15 minutes and an extra £10 for Shellac Removal within a Shellac Application.  
(Please advise us when booking)

### **Shellac Removal Hands / Feet ~ 25 minutes £22 (Without re-application)**

Includes file and shape, cuticle conditioning, massage and a nail treatment.

### **OPI / Vinylux Manicure ~ 40 minutes £33**

Includes removal of varnish, cuticle work, soak, shape, massage and polish.

(Please allow an extra 15 minutes and an extra £7 for French)

### **OPI / Vinylux Luxury Manicure ~ 55 minutes £48**

Includes removal of varnish, cuticle work, soak, shape, exfoliation, hand and arm massage, heated mitts, a mini shoulder massage and nail polish.

(Please allow an extra 15 minutes and an extra £7 for French)

### **Express Manicure ~ 25 minutes £26**

A shortened manicure, only suited if your nails are in a good condition.

### **Environ Age Repair Hand and Nail Conditioning ~ 25 minutes £29**

Includes file, cuticle work, scrub, heated mitts, hand and arm massage with AVST vitamin oil, hydrating lotion and a nail treatment. The nourishing oil and lotion helps improve the elasticity of the skin and reduces sun damage. Deeply nourishes rough, tired hands leaving them feeling Soft, smooth and hydrated.

## Pedicure

### **Shellac Pedicure ~ 55 minutes £45**

Includes foot file, soak, cuticle work, shape, massage and shellac polish.

Please allow an extra 15 minutes and an extra £10 for Shellac Removal within a Shellac Application.  
(Please advise us when booking)

### **OPI / Vinylux Pedicure ~ 55 minutes £43**

Includes foot file, soak, exfoliation, cuticle work, shape, massage and polish.

### **OPI / Vinylux Luxury Pedicure ~ 70 minutes £55**

Includes foot file, soak, exfoliation, cuticle work, shape, a lower leg and foot massage, heated booties, a mini shoulder massage and nail polish.

### **Express Pedicure ~ 25 minutes £26**

Choose from cuticle work or hard skin and file and paint.

### **Foot Conditioning ~ 25 minutes £26**

Includes cuticle work, file, a lower leg and foot massage, an Aloe Vera deep dermal wrap, heated mitts, an application of hydrating heal treatment with argon and urea if necessary and a nail treatment.

# Hair Removal and Advanced Cosmetic Procedures

## Advanced Cosmetic Procedures using Electrolysis ~ 30 minutes £38

Follow on appointments: 15 minutes £22

Electrolysis ~ minimum of 15 minutes £15

Milia ~ minimum of 15 minutes £15

Blood spots, skin tags, spider naevus, red thread veins

1st Appointment ~ 30 minutes £40

Follow on Appointments ~ 15 minutes £22 / 30 minutes £39

## Waxing & IPL Permanent Hair Removal

Australian Body Care and Perron Rigot Hot Wax (for sensitive skin, small and intimate areas, please request when booking)

Full leg ~ £32

Half Leg or 3/4 Leg ~ £23

Bikini Line ~ £15

Hollywood / Brazilian ~ £30

Fore Arm ~ £14

Under Arm ~ £12

Lip ~ £9

Chin ~ £10

Lip & Chin ~ £15

Nose ~ £12

Back Wax ~ £24 / Chest Wax ~ £24

## IPL Permanent Hair Removal

This treatment is for both Facial and Body hair. (Due to the fact that we can't determine what stage of growth your hairs are at, several courses may be required to make sure that all hair follicles are equally treated and hair production is permanently destroyed.) **A pre booked complimentary consultation and patch test are required before any IPL treatment.**

Per Treatment

Full Leg ~ £220

Half Leg ~ £150

Bikini Line ~ £90

Brazilian ~ £140

Hollywood ~ £150

Fore Arm ~ £120

Back ~ £160

Shoulders ~ £90

Chest ~ £120

Top Lip ~ £40

Chin ~ £50

Top Lip and Chin ~ £75

Eyebrow (in between) ~ £45

Under Arm ~ £70

**Courses for All Areas are based on 6 Treatments for the Price of 5.**

# Eyelashes, Eyes and Eyebrows

## Eyelash Extensions

### Regular and Luna

Luna lashes are of a much lighter weight and longer lasting they have no knots at the end (not so easy to pick!)

**Full Set Regular / Luna ~ 85 minutes £78 / £85**

Please request an extra 15 minutes and £15 for a more voluminous look.

**Maintenance ~ 25 minutes £28 / 40 minutes £39**

## LVL

**45 minutes ~ £42**

The Revolutionary Alternative to eyelash extensions. The lash lifting treatment is designed to enhance your natural lashes by lifting and straightening rather than curling them. Creating the illusion of longer and thicker eyelashes. Perfect for the party season, hot holidays, ski season or just all the time!

## Tinting

**Eyelash Tint ~ 30 minutes £17**

**Eyebrow Tint ~ 15 minutes £10**

**Eyelash and Brow Tint ~ 30 minutes £25**

**High Definition Eyebrows 1<sup>st</sup> Treatment ~ 40 minutes £35**

**Subsequent HD Brow Treatments ~ 30 minutes £28**

Includes - Tinting, waxing, threading, trimming and plucking

**Eyebrow Tidy ~ 15 minutes £13**

(All new clients to Eyelash and Eyebrow Tinting and Eyelash Extensions need a Patch Test at least 24 hours prior to treatment.)

## Eye Treatment

**Aromatherapy Associates Revitalising Eye Treatment ~ 25 minutes £30**

(A mini facial concentrating on the eye area)

Designed for those who wish to counteract the effects of ageing or fatigue around the eye area. Specialised massage improves micro-circulation and drainage incorporating cold stones, while essential oils and natural actives attend to this neglected area.

Genie Microtech Eyes can be added ~ **10 minutes £20**

# Make-Up and Tanning

## Jane Iredale Make Up

One of the most technically advanced makeup lines in the world, free from synthetic dyes, chemical preservatives like parabens, or artificial fragrances and they never use fillers like talc. All Jane Iredale products are hypo allergenic and dermatologist tested

**Make-up Application ~ 40 minutes £40**

**Make-up Masterclass ~ 55 minutes £60**

Learn the tricks of the trade and how to create your perfect signature look. Includes 10% towards make up purchased on the day.

**Choose either ~ 25 minutes £28**

Base ~ colour match, finding the perfect base, how to apply bronzer/blusher, brush tips and techniques.

Eyes ~ colour tips to match eye shade, application techniques, blending techniques, eyeliner tutorial and brow tutorial.

Lips ~ lip exfoliation and hydration treatment, choosing the perfect shade, lip lining techniques, highlighting and glossing.

**Wedding Trial ~ 55 minutes / 85 minutes £52 / £78**

**Wedding Make-up / Bridesmaids ~ 40 minutes £40 (If already had a Wedding Trial)**

**Prom Make-up ~ 25 minutes £28**

## Tanning

### Vita Liberata

Vita Liberata is the world's first completely non toxic tanning brand. The solution is odour free and incorporates Moisture Lock, which locks in the moisture at the skin surface to encourage a perfect fade, just like a natural sun tan.

### Fake Bake Gold

Fake Bake Gold contains the world's finest self tanning ingredients for the most natural looking sunless tan and combines this with powerful anti-oxidants to defend and diminish the appearance of signs of premature ageing.

**Tan application 45 minutes ~ £43 / Legs ~ 25 minutes £27**

An all over body scrub is applied to smooth the skin, followed by an application of your chosen tan.

### Versa Spa Spray Tanning

This 'sunless tanning booth' will give you a streak free, golden tan in a couple of minutes. Choose from a light, medium or dark setting ~ **£20 Legs only ~ £15**

[We don't take bookings for spray tans so please feel free to pop along at any time.](#)

## Ear-piercing

**(minimum age 7 years) ~ £19**

Receive a choice of Caflon hypoallergenic gold plated studs and ear piercing solution to take home with you.

**Our Therapists 'Carrie and Christy' are both Fully Qualified in Maternity Treatments from the Second and Third Trimester.**

## **Mellow Mama Massage ~ 55 minutes £59**

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award winning Omega rich oils to relax those specific lower back muscles that are carrying that beautiful bump. Includes a wonderful neck and head massage and the unique Yummy Tummy elasticising mask.

## **Free-Loader ~ 45 minutes £42**

A wonderful back and upper body massage specifically designed to release tension and muscle fatigue. This treatment focuses on the muscles that are responsible for Supporting the pregnant tummy.

## **Gorgeous glow facial to free your mind ~ 40 minutes £42**

A treatment designed to ease you of any stress. This treatment uses a cooling Mama Mio eye compress and a gentle face and head massage that will release cranial and jaw tension, followed by a deep neck and shoulder massage.

## **Lucky legs Lighten Up ~ 25 minutes £28**

### **With File and paint 40 minutes ~ £40**

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too. They don't call it a maternity marathon for nothing!

## **Mama Mio 2 hour Treat**

Begin with a gorgeous glow to free your mind. Followed by a mama mio pregnancy massage. Finishing with a lucky legs Lighten Up. Including a glass of organic juice.

**120 minutes ~ £125**

**Any massage is available for post pregnancy treatments using our specially selected mama mio products and performed by our specially trained therapists.**

## Exercise and Dance Classes

All classes include use of our Sauna and Shower Area and a Complimentary Tea/Coffee after your Class at our bar. (Please bring your own towel).

### Karen Taylor ~ Lotte Berk

Lotte Berk was a Dancer and Guru of Female Fitness. She designed a series of exercises based on Yoga, Ballet and Physiotherapy to help ordinary women tone-up, keep in shape, gain and maintain posture and the alignment and tone of a dancer.

Karen is an ex-ballet dancer who trained at the Lotte Berk School, she has been teaching 'Lotte Berk' at ESSE for over 7 years, we are the only place to teach it outside London and New York.

**For more information or to book one of her many classes please call Karen Taylor on 07841 363022.**

### Zanna ~ Pilates

Zanna has been teaching Pilates for over 9 years and is fully qualified to teach at all levels (Pilates Training Solutions CYQ Level 3 Pilates Matwork, Advanced).

Pilates is a mind and body exercise method that consists of slow, precise movements with controlled breathing. With Pilates you will learn to use your core muscles which support and stabilise the spine, promoting a stronger back and firmer abdominals, Improving your posture, flexibility and all over muscle tone. Zanna holds regular classes at ESSE for Beginners, Intermediates and Advanced.

**For more information or to book a class please call Zanna on 07719 862371.**

### Giorgia ~ Vinyasa Yoga, Zumba and Personal Training

Giorgia is a fully qualified personal trainer and fitness instructor, as well as being fully qualified in many different types of yoga. Her Vinyasa Yoga classes focus on her favourite and most effective Yoga techniques to ensure your body is stretched, strengthened and worked, having maximum impact upon the shaping and toning of your body. Giorgia is also a fully qualified ZIN Zumba instructor. Her Zumba classes are great fun for everyone keeping you fit, healthy and learning fabulous new dance styles! You don't have to know how to dance to take part - you just need to move your body and follow Giorgia's lead!

**For more information or to book one of her classes please call Giorgia on 07870 601391.**

[Please feel free to contact our Instructors directly on the numbers listed above.](#)

More details of our exercise instructors and their classes and of the following complementary therapists can be found on our website. Osteopathy, Homeotherapy, Acupuncture, Counselling, Cognitive Hypnotherapy, NLP and Semi-Permanent Make up.

[\(All of our Instructors and our Complementary Therapists are independent so please call them for all bookings and cancellations. Please note they can only accept cash/cheque. Gift Vouchers cannot be used\).](#)

## Cancellations and Late Arrivals

Arriving late for your appointment time may result in your treatment being cut short, as timings for subsequent clients have to be maintained.

Clients who wish to change or cancel an appointment are requested to provide 24 hours notice otherwise 50% of the treatment will be charged. If a gift voucher has been used to secure the booking, please note that we will adjust the value of the voucher to show the cancellation/no show charges.

## Gift Vouchers

Gift vouchers can be purchased for any amount or any treatment and can be redeemed against any of our treatments or clothes and accessories. Gift vouchers cannot be used against exercise classes or independent therapists. Our gift vouchers can be bought at ESSE or from our website at [www.esse.uk.com](http://www.esse.uk.com).

## Shop Opening Hours

Mon ~ 9am-7.30pm

Tue ~ 9am-7.30pm

Wed ~ 9am-8.30pm

Thu ~ 9am-8.30pm

Fri ~ 9am-6pm

Sat ~ 9am-6pm

Sun ~ 10am-4pm

## Spa Opening Hours

Mon ~ 9am-5pm

Tue ~ 9am-7pm

Wed ~ 9am-8pm

Thu ~ 9am-8pm

Fri ~ 9am-6pm

Sat ~ 9am-5pm

Sun ~ 10am-4pm

Free Parking ~ available in our own private car park next door. (Subject to availability)



## ESSE Retail & Therapy

Station Road - Melbourn - Cambridgeshire - SG8 6DX

T: 01763 261000 - E: [info@esse.uk.com](mailto:info@esse.uk.com)

[www.esse.uk.com](http://www.esse.uk.com)