

## MASSAGES

Organic Grapeseed Oils used

### Swedish - Medium to Firm Massage

Back, Neck and Shoulders	25 mins	£30
	45 mins	£35
Full Body	60 mins	£40
Full Body with Head	75 mins	£45

**Aromatherapy** Lighter with Preblended Aroma Oils

**Deep Tissue** Very Firm targeting tension

**Hot Stones** Warming Volcanic Stones used

### Choose from the following:

Back, Neck and Shoulders	25 mins	£35
	45 mins	£40
Full Body	60 mins	£45
Full Body with Head	75 mins	£50

**Lower Leg and Foot Massage** 25mins £25

## HOLISTIC

**Indian Head Massage** 30mins £30 45mins £35

### Hopi Ear Candling

with Pressure Point Massage	45mins	£35
without massage	25mins	£18

### Foot Reflexology

First treatment with FREE Initial Consultation add 30mins

30mins £30 60mins £40 Course of 6 £200

## MUM TO BE

### Pregnancy Massage

After First Trimester with specially blended Aroma Oils to relieve tension

Back, Neck and Shoulders	25mins	£35	45mins	£40
Full Body	60mins	£45	75mins	£50

**Lower Leg Massage** 45mins £35

Lower Leg and Foot Massage specially designed to relieve swelling and tension

**Mum to be Package** 150mins £90

Full Body Massage followed by Hideaway Express Facial and Indian Head Massage to finish



## TREATMENT MENU

07940 301968

[www.thebeautyhideawaylancing.co.uk](http://www.thebeautyhideawaylancing.co.uk)

Online Booking Available

### OPENING HOURS

Monday 9am-3pm

Thursday 9:30am-7pm

Friday 9:30am-7pm

Saturday 9am-1pm

74 Grand Avenue, Lancing  
West Sussex BN15 9QB



@thebeautyhideaway  
thebeauty.hideaway



## WAXING

### Using Jax Wax Hot Wax

Bikini	£15
High Bikini	£20
Brazilian <i>includes Peach</i>	£35
Hollywood <i>includes Peach</i>	£35
Peach <i>Butt Crack &amp; buttocks</i>	£15
Coconut <i>Naval Area</i>	£8
Nose	£8

### Using Roller Or Jax Wax Strip Wax

Half Leg	£15	3/4 Leg	£18
Full Leg	£22	Toes	£5
Chest or Back			£20
Hands	£5	Underarm	£10
Forearm	£10	Full Arm	£15

### Using Jax Wax Strip Wax

Lip or Chin	£7
Lip and Chin	£10
Facial Area - sideburn/cheeks	£10

## BROWS & LASHES

### Patch Test for tint required at least 24hrs before

Monobrow	£8	Eyebrow Wax	£10
Eyebrow Tint	£10	Lash Tint	£10
Eyebrow Wax & Tint			£15
Eyebrow Tint & Lash Tint			£18
Lash Lift <i>45mins</i>			£28
Lash Lift & Tint <i>60mins</i>			£32

## BODY TREATMENTS

### Back Facial 45mins £30

Uses Fruit Acids to deep cleanse, unclog pores while detoxifying seaweed mask cleans and remineralises the skin

### Salt Scrub

Back 30mins £20 Full Body 45mins £35  
Infused Salt Scrub to buff the skin, followed by skin drenching moisturisers leaving skin smooth and hydrated

### Detox Spa Body Treatment 60mins £40

Dry body brushing with Infused Salt Scrub to exfoliate, then a detoxifying seaweed mask followed by hydrating moisturisers

### Legs, Bum and Tum Detox 60mins £40

Designed to target Cellulite areas with a Deep Tissue Massage to stimulate blood flow.

### Legs and Bum Detox 45mins £35

Course of 6 - 1 per week - 15% discount

All products removed with Hot Mitts

## FACIALS

### Using Eve Taylor Skincare Range

Personalised to your individual skin type - Sensitive, Dry, Combination and Oily

### Hideaway Express 30mins £30

Ideal Intro Facial

### Prescriptive Facial 60mins £40

Includes Facial and Shoulder Massage

### Luxury Facial 75mins £45

Includes Facial and Shoulder Massage, Serums and Peel Off Mask

## TARGETED FACIALS

### Ultra Bright Facial 60mins £40

designed for dull/hyperpigmentation skin

### Age Resist Facial 60mins £40

designed for mature skin

### Clear & Clarify Facial 60mins £40

designed for congested, clogged dull skin

### Skin Rescue Facial 60mins £40

designed for dry/ dehydrated sensitive skin

### Target+ Ultrasonic Microtherapy 15mins £15

A 15min treatment added onto any of above Facials  
Using a handheld device, this supercharges all results using microcurrent technology.

**Clarify:** deeply cleanses, breaks down sebum, loosens comedones and refreshes the skin.

**Ionise:** propels active ingredients deeper into skin for increased product effectiveness

**Exfoliate:** removal of dead skin cells for a smoother, soft and refined complexion.

### LED Light Therapy Facial - Canopy 15mins £10

A 15min treatment added onto any Facial.

Red, Blue, Purple, Green and Yellow Lights. Low Level LED lights to target skin rejuvenation, wrinkles, anti-bacterial, acne and ageing skin issues

### Perfect Pout Lip Treatment 30mins £15

Ideal for dry cracked lips.

Exfoliation, serum, masque and moisturiser

### Revitalising Eye Treatment 30mins £15

Targets dark circles, fine lines/wrinkles . A nourishing hydrating treatment with serums, moisturiser and masque

Any Course of 6 Facials for price of 5

## ADVANCED FACIALS

### Diamondpeel Microdermabrasion 60mins £45

Exfoliation with a diamond tip wand and vacuum to create smooth, softer skin and get that fresh glow!  
Designed for enlarged pores, acne scarring, breakouts, sun damage, uneven skin tone, fine lines and wrinkles

### LED Light Therapy Facial - Canopy 45mins £30

Red, blue, Purple, Green and Yellow Lights. Low Level LED lights skin rejuvenation, wrinkles, anti-bacterial, acne and ageing

### EkSeption PHA Facial Peels 60mins £60

#### includes LED Light Therapy

Uses superficial PHA (polyhydroxy) Acids to gently resurface your skin. Causes less irritation than traditional glycolic peels.

#### Choose from:

**Glow:** hyperpigmentation, age spots and dull skin

**Refresh:** Fine lines wrinkles and dehydrated skin

**Pure:** Spots, troubled and sensitive skin

### Dermaplaning

A scalpel is used to gently exfoliate away dead skin cells, impurities, peach fuzz to achieve a bright + glowing complexion.

### Basic 45mins £45

### with Brightening Masque 60mins £50

### with Peel & LED Light Therapy 75mins £60

**Choice of Peel:** Anti Ageing, Revitalizing or Anti-Pollution

### No-Needle Mesotherapy

Microchip Electroporation technology to propel Meso Solutions deeper into the skin for faster results! All with no needles and pain like Botox!

### Whole Face & Neck 60mins £95

### Eyes & Forehead 30mins £60

### Lip & Jaw 30mins £60

### Neck & Decollete 30mins £60

### Hands 30mins £60

### Scalp Revitalisation 30mins £60

### Scars & Stretch Marks 45mins £80

### Body Cellulite 60mins £95

Depending on the severity of the skin condition treating a one-off treatment has some results, but a course is recommended for optimal results. A Skin consultation is advised where all this can be discussed.

Any Course of 6 Facials for price of 5