

## MASSAGES

Courses of 4 Massages available

Organic Grapeseed Oils used

### Swedish - Medium to Firm Massage

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

**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	45 mins	£45
Full Body	60 mins	£50
Full Body with Head	75 mins	£55

**Lower Leg and Foot Massage** 30mins £35

## HOLISTIC

**Indian Head Massage** 30mins £35 45mins £40

### Hopi Ear Candling

without massage 30mins £20

### Foot Reflexology

60mins £45

First treatment with FREE Initial Consultation

## MUM TO BE

### Pregnancy Massage

After First Trimester with specially blended Aroma Oils to relieve tension

Back, Neck and Shoulders	45mins	£45
Full Body	60mins	£50 75mins £55

## BODY TREATMENTS

**Back Facial** 45mins £35

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

### Salt Scrub

Back 30mins £25 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 £50

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

All products removed with Hot Mitts

THE BEAUTY HIDEAWAY

## 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	£20
High Bikini	£23
Brazilian <i>includes Peach</i>	£38
Hollywood <i>includes Peach</i>	£38
Peach <i>Butt Crack &amp; buttocks</i>	£15
Nose	£10

### Using Roller Or Jax Wax Strip Wax

Half Leg	£18	3/4 Leg	£20	Full Leg	£25
Forearm	£12	3/4 Arm	£15	Full Arm	£18
Chest or Back	£25				

### Using Jax Wax Strip Wax

Lip or Chin	£9
Lip and Chin	£15
Facial Area - sideburn/cheeks	£12
Underarms	£12

## BROWS & LASHES

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

Eyebrow Wax	£13	Eyebrow Tint	£13
Lash Tint			£13
Eyebrow Wax & Tint			£20
Eyebrow Tint & Lash Tint			£22
Lash Lift <i>45mins</i>			£30
Lash Lift & Tint <i>60mins</i>			£35

## FACE WAX COMBO

### OPTION 1

Sideburn/Cheeks, Lip, Chin & Brow Wax	£35
Incl Brow Tint	£40

### OPTION 2

Lip, Chin and Brow Wax	£25	Incl Brow Tint	£30
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## FACIALS

### Using Eve Taylor Skincare Range

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

**Prescriptive Facial** 60mins £45

Includes Facial and Shoulder Massage

**Luxury Facial** 75mins £50

Includes Facial and Shoulder Massage, Serums and Peel Off Mask

### TARGETED FACIALS

All include Ultrasonic treatment using a microcurrent handheld device to clarify, ionise and exfoliate, supercharging your results

**Ultra Bright Facial** 70mins £50

designed for dull/hyperpigmentation skin

**Age Resist Facial** 70mins £50

designed for mature skin

**Clear & Clarify Facial** 70mins £50

designed for congested, clogged dull skin

**Skin Rescue Facial** 70mins £50

designed for dry/ dehydrated sensitive skin

### LED Light Therapy Facial - Canopy

15mins £15

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

### Dermaplaning

A scalpel is used to gently exfoliate away dead skin cells, impurities, peach fuzz to achieve a bright + glowing complexion. 45mins £45

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

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

### Diamondpeel Microdermabrasion

60mins £50

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

Courses of 4 Facials available

## ADVANCED FACIALS

### 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

### 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.

Courses of 4 Facials available