



Beauty Therapy

Bridal Beauty

Holistic Therapy

Professional Freelance
Make-up Artist & Beauty Therapist

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Treatment Guide

Health & Safety

For Health and safety reasons:

Treatments will only be carried out in a **NO SMOKING** environment which is now a legal requirement for the workplace. Clients are requested **not to smoke** during the whole of their appointment.

Children at home

Please ensure that if children are at home during your treatment time, that they are supervised at all times by another responsible adult. Due to the nature of treatments sometimes Hot Equipment, waxes and liquids etc. are used along with other chemicals.

It is required that Parents and Supervisors **do not** to allow children to venture into bags, cases and equipment which are brought onto their premises as they may contain chemicals sharp implements, plastic bags, tools and other items which should be kept out of the reach of children and may cause harm. **No responsibility** will be accepted for injuries occurring to children who are incorrectly or otherwise unsupervised.

Illnesses

Please consider if you are ill, but still require your treatments that you contact us 24 hrs before to check to see if you are able to receive them, to avoid disappointment, as some treatments may not be performed due to contra-indications. In fairness to all clients please advise if you are suffering from colds, influenza, stomach sickness or any other contagious illness so that an alternative appointment can be arranged to avoid passing on germs to myself and other clients unnecessarily.

Charges

Minimum Treatment Charge	£20.00
Less than 24 hrs Notice of Appointment Cancellation	£15.00
Surcharge for Sundays & Bank Holidays	£40.00
Travel Charges will be applied where visits are outside the Telford area	£POA

*All Treatments are available For **Women Only**, Please Bath or Shower Prior To Treatment

A professional mobile beauty couch will be provided as required for treatments.

Please switch off or place mobile phones on silent during your treatment to ensure undisturbed relaxation!

Hand & Foot Treatments

SpaRitual uses naturally-coloured vegan ingredients from around the world, including selected plant essences that are wild crafted and organic.

Transform your hands with this luxurious spa manicure. Includes nail shaping, cuticle work, scrub, masque, hand & arm massage, treatment for all nail types & polish/french polish.

The Healing Hand'- Luxurious Manicure Ritual **£18.00**

Varnish (Hands or Toes) **£8.50**

Shape & Varnish (Hands or Toes) **£10.99**

Shape & French Varnish (Hands or Toes) **£11.50**

Cuticle Tidy (Hands or toes) **£6.75**

Take the Spa Pedicure to places it's never been. Includes Foot Spa ,Nail shaping, cuticle work, hard skin treatment, scrub, masque, foot & leg massage & polish/French polish.

The Journey- Luxury Spa Pedicure Ritual. **£22.50**

The Shortcut Pedicure **£21.00**

Not as long as the journey. This is an abbreviated version of the spa pedicure get there fast but arrive in style. Includes foot spa, nail shaping, cuticle work, foot massage & polish.

Depileve Luxury Paraffin Wax

Enhance your pampering experience by incorporating this in with any manicure or pedicure. This includes Collagen skin preparations & a Vitamin rich warm paraffin mask. This will smooth, soothe & seal in moisture, leaving your skin incredibly soft. This is also ideal for arthritis or painful joints as it reduces swelling & inflammation.

Hands or Feet

£7.99

Nail Art For Fingers & Toes

Freehand Nail Art (per Nail)

from **£1.25** each

Nail Piercing with nail Jewellery

from **£6.99** each

Diamantes

£0.50 each

Twinkle Daisy Toes

£7.99

Pretty daisy design for your toes including diamantes, certainly a stunning look for summer, the beach, Weddings & Parties.

Minx Nails

Minx is a new nail fashion that is a glamorous way to extend fashion to your finger tips and toes. Minx nails have become the latest must have fashion accessory and are appearing in glossy fashion magazines. Celebs that have been *Mnxed* are, Victoria Beckham, Beyonce, Lilly Allen and Leona Lewis to name but a few.

Minx is a solid film that is heat activated, and is a chemical free application and removal process, no lengthy nail polish process, no drying time, no smudges or chips and no damage to the nails. They will last up to one-two weeks on fingers and up to four weeks on the toes.

Minx including mini Manicure

Plain	£25.00
Patterned/Metallic/French	£30.00

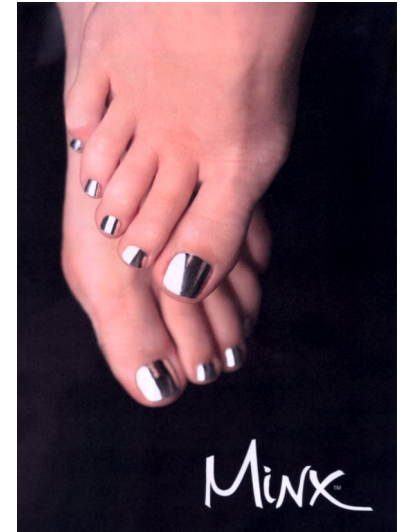
Minx including mini Pedicure

Plain	£26.00
Patterned/Metallic/French	£31.00

<i>Minx</i> removal and mini Manicure	£14.00
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<i>Minx</i> removal and mini Pedicure	£15.00
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*** Please note these are not nail extensions.**



Facial Treatments

Facial Massage

Face, Neck, Back & Shoulder massage. This is one of the most popular facials for relaxation and also feels like a wonderful 'Yoga workout' for the skin and muscles. Specific types of massage movements improve vascular & lymphatic drainage, muscle tone is improved and an increase in cellular activity, produces finer, softer skin texture and helps delay effects of ageing. Ideal for all skin types.

£31.00

Depileve Facial

As time passes Collagen is gradually lost from the skin which, leads to fine lines and wrinkles. Collagen is a natural protein that supports the skin, giving tone suppleness and a youthful appearance.

This treatment includes a facial massage & in conjunction with products that contain Collagen & Elastins, A paraffin wax mask is then applied to ensure maximum absorption of these proteins, resulting in deep cleansed soft, hydrated skin, increased elasticity, pumping up & softening of fine lines.

Active ingredients include: Peach Kernel Oil, Coconut, Gardenia, Avocado oil and Vitamin E. Excellent for dry or mature skin types.

£36.00

Induction O2 Facial

This facial conveys oxygen to the cell nucleus, neutralising deficiencies and boosting cellular metabolism. It stimulates toxin elimination, repairs, hydrates and reinforces the skin's self-protection to discover new luminosity, freshness and softness. Skin is deeply oxygenated, purer and comfortable.

This Facial is suitable for all skin types and also ideal for asphyxiated or dull skin.

£33.00

Source Isotonique

Skin loses its energy for renewal due to external agents like pollution or internal factors such as stress. This can often lead to symptoms of tired skin, such as lack of luminosity, dehydration and loss of balance.

This skin care has rich isotonic hydro-revitalising ingredients, such as, natural sea water, seaweed, vitamins and minerals, to deeply moisturise, protect and repair the skin leaving it soft supple and glowing.

£33.00

Source Isotonique with Depileve Facial Paraffin Wax

By combining the Depileve Facial Paraffin Mask this boosts the hydrating action of the treatment for balanced luminous, soft, comfortable, intensively hydrated and protected skin.

£42.00

Eye Enhancements

Eyebrow shape	£8.75
Eyelash tint	£9.00
Eyebrow tint	£6.75
(All Three)	£20.00

False eyelashes (strip) per pair	£11.00
Individual lashes (each)	£0.65

Eyelash Perming (1 hr session)

For beautiful curled lashes that will last up to 2-3 months

Tinting can be done at the same time as perming as this system is formulated to moisturise and condition hair after the chemical process.

Eyelash Perm	£25.00
Eyelash Perm & Tint	£30.00

Eyebrow Perming (40 min session)

Perming the eyebrows will straighten and control unruly eyebrow hair.


Ideal for reshaping eyebrows when combined with an eyebrow shape or wax.

Eyebrow perm	£16.99
Eyebrow perm & Tint	£20.00

***Please note before Perming or tinting, a patch test is needed 24 hrs prior to treatment, for each new client.**

Bridal Make-up

Please see my website for additional information and examples of my work and offers for Winter Weddings.



Pre-Wedding Make-up	£40.00
Bridal Make-up (Bride Only)	£45.00
Bridal Entourage (Inc. Bride) 2 or more people Ideal for Bridesmaids & Mothers too!	£39.00 each
Child Bridesmaid Enhancement (7 to 14 Yrs)	£12.99
Princess Enhancement (3-6 yrs)	£4.50
Bridal Make-up Lesson	£55.00

Make-up Designed especially for you, if you are getting married away from home, or abroad.

Bridal Packages

The perfect way to combine some stress relief & relaxation, a Bridal make-over and each package is not only discounted, but also includes a Complimentary bottle of Sparkling Wine & Chocolates.

Sparkle

£75.00

Eyebrow shape or Wax
Shape & Varnish Hands
Shape & Varnish Toes
Twinkle daisy Toes
Bridal Make-up

Love is in the air

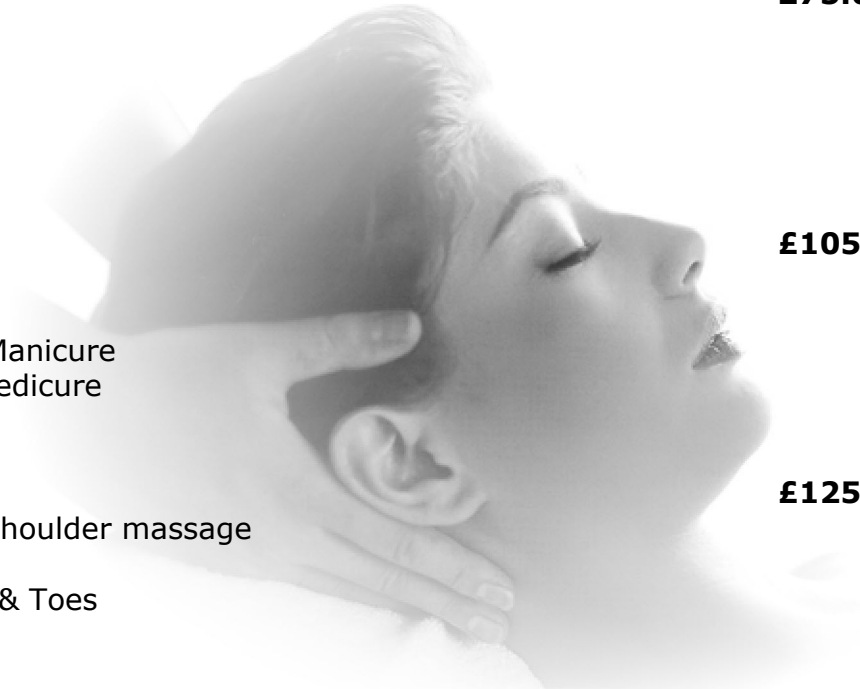
£105.00

Eyebrow shape or Wax
Pre wedding facial
SpaRitual Healing Hand Manicure
SpaRitual The Shortcut Pedicure
Bridal Make-up

Confetti Countdown

£125.00

Hot Stone Back, neck & shoulder massage
Holistic Facial
Shape & Varnish Fingers & Toes
Bridal Make-up



Make-up

Prom Make-up for School leavers

from **£26.00**

Special Occasion Make-up

£38.00

Personal Make-up Lesson

£55.00

This 2 hour session covers everything you need to be able to apply your make-up with confidence. Great if you need help with make-up or if you need to up-date your existing look.

You will be able to find out how to take short-cuts. It is advisable to have your make-up bag to hand, so that any cosmetics that you already have can be used and where appropriate will be used, the object being that you will not need to go and spend money on too many products and have unnecessary expense.

You will be shown and taught throughout the lesson and will apply half of the make-up yourself under guided supervision, this will enable you to learn and gain confidence right from the start. This lesson covers: consultation, Skin types, appropriate skin care products, choosing and applying cosmetics, which brushes to use, advice throughout

You will receive a make-up face chart to refer to which will help you to practice your new make-up skills and precise sequence at home.

Photographic Make-up

Please ask for a Quotation

Holistic Therapy

Indian Head Massage

This treatment has been practiced in India for over a thousand years & is the oldest Indian healing system on both a physical & psychological level. During this treatment you will remain fully clothed & sat in a chair. The upper back, neck, shoulders, face & scalp is massaged and energies will become rebalanced & a feeling of relaxation & calm will be achieved. It can also have an invigorating, refreshing effect. This treatment is excellent for headaches, eyestrain, sinusitis, anxiety, stress, insomnia, mental tiredness.

£18.75

Hopi Ear Candles (Thermal Auricular Therapy)

A treatment dating back as far as the Ancient Greeks and Indians of Northern and Southern America.

This treatment is performed whilst the client is lying on the couch, under warm blankets. The non-burning end of the essential oil ear candle is gently placed into the outer ear passage and held in place whilst the hollow candle gently burns. This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses.

It is very relaxing, calming and soothing. Helpful for earache, headache, sinus congestion, compacted or excessive earwax, snoring, pain or pressure caused by flying, scuba diving etc. This treatment also encourages healing, stimulates the cleansing circulation of the lymph glands and a cleaning program for the body as a whole.

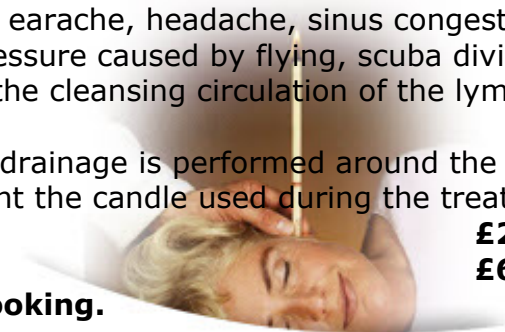
It is also a natural form of ear syringing. Lymphatic drainage is performed around the ears, face and head afterwards with essential oils to compliment the candle used during the treatment.

£25.00

£69.99

Course of 3 sessions

Courses must be fully paid for at the time of booking.



Reflexology

Reflexology is an Ancient Massage Therapy that works on the principle that specific areas of the feet (Reflex Points) correspond to different body organs.

Pressure massage of the reflex points can help to bring about healthy changes in the corresponding organs and leaves you and your feet relaxed.

£25.00

Reflexology with Foot Spa and Polish

£32.00

Reflexology with SpaRitual Journey Pedicure

£44.00

Aromatherapy Hot Stone Massage

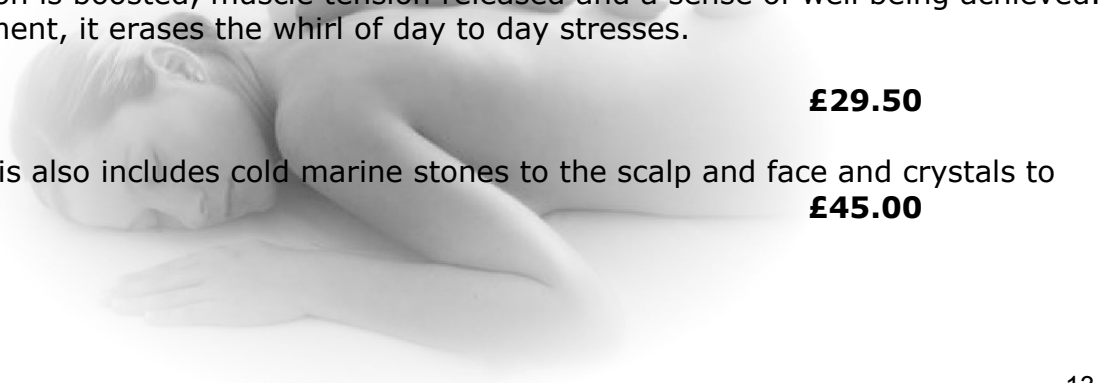
Feel yourself melt as the aromatherapy oils and warm Volcanic basalt stones glide over your skin and the warmth radiates through your body. Relaxation is instant as the warmth cocoons you. Physically, the circulation is boosted, muscle tension released and a sense of well being achieved. This is a lifestyle treatment, it erases the whirl of day to day stresses.

Back Neck & Shoulders

£29.50

Full Body Massage - This also includes cold marine stones to the scalp and face and crystals to balance the Chakras.

£45.00



Holistic Facial

This treatment includes cleansing, facial massage, Acupressure points of the face and scalp, using essential oils and a Scalp Massage, also Cold Marine stone drainage and Crystal balancing. This releases tension in the face and scalp, relieves headaches, migraine and unblocks energy channels, creating total relaxation, uplifting and a feeling of well being.

£38.00

Swedish Massage

Back Neck & Shoulder Massage

Soothing & relaxing massage using ready blended aromatherapy oils to help ease mental & physical fatigue

£18.50

Full Body Massage

One Hour Body Massage

Relaxing & Stimulating Massage using ready blended Aromatherapy Oils. The massage improves blood & lymphatic systems, relieve aches & pains, helps break down fatty deposits & leaves body & mind chilled out!

£33.00

Body Treatments

Strictly Professional Body Contour Wrap

Achieve Inch Loss!!!

Cellulite reduction, skin firming and toning effects with an aromatherapy based Body Wrap. This treatment is ideal when used in conjunction with diet, exercise and other beauty treatments, such as massage.

A bikini or 2nd best underwear must be worn during this treatment.

PLEASE NOTE: - A Shower or bath must be taken before this treatment.

Not Suitable for clients with:

Menstruation, Epilepsy, Heart Problems, Pregnancy, High/Low Blood Pressure, Varicose Veins, Thrombosis, severe bruising, Diabetes.

1/2 Body Wrap

Legs, hips, Buttocks, Abdomen.

£30.00

Full Luxury Body Wrap

Legs, hips, Buttocks, Waist, Abdomen, Bust, Chest, Arms.

£41.00

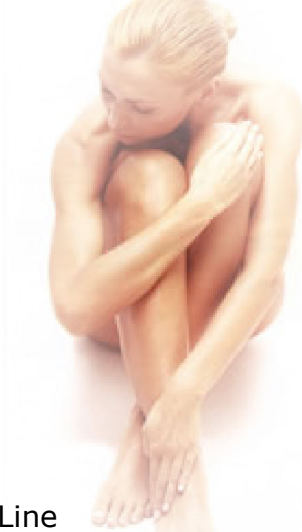
Warming back Treatment

The ideal way to ease tired, aching muscles by enjoying an aromatherapy back massage and then paraffin wax is applied to warm, and relax tense muscles, this leaves the skin feeling silky smooth.

£27.50

Waxing - New PhD Waxing System

Professional, Hygienic & Disposable hair removal, which lasts approximately 4 Weeks.

1/2 Leg Wax		£13.75
3/4 Leg Wax		£15.75
Full Leg Wax		£20.00
Under Arm or Bikini		£8.75
Abdomen		£7.25
Lip or Chin		£7.25
Eyebrow		£8.75
Arm		£12.45
Wrist to Elbow		£10.45
Fingers or Toes		£6.25
Package: Full Leg, Under arms, Bikini Line		£34.00

*Please note that hairs need to be 1/4" long for removal.
Sun beds must not be used 24 hrs before or after waxing.
Spray tanning cannot be applied for 24 hrs after waxing.

Tanning *NEW FOR NOVEMBER 2009!

Sol glo Spray Tan - Winner of the 2008 Beauty Awards in the Beauty Industry. Professional Tanning Product of the Year! Beating all other leading brands.

Boost your confidence with a gorgeous, flawless and natural looking golden tan. It is filled with natural ingredients to give a lasting tan and nourishes your skin. It adapts to suit each individual skin tone, gives a healthy glow without any of the health risks associated with the real thing.

A patch test is required 24 hrs before tan, please ask for additional details for Advice before & After Treatment care.

Individual Full Body Tan Spray

£25.00

Spray tanning parties available- invite friends to your place and you all get tanned. In next to no time you and your friends will look as though you have just come back off a great holiday!
See additional leaflet for details.

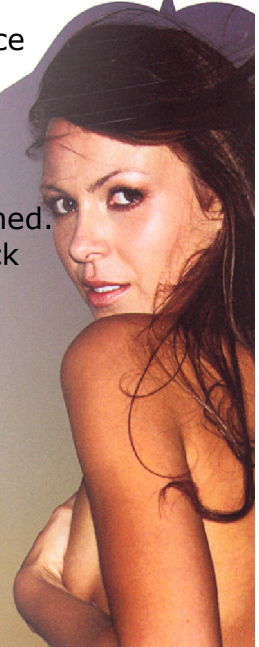
2-5 people

£20.00 each

6+ people,

A free spray tan for hostess and **£20.00** for each guest.

Ideal for Weddings, hen parties, pre holiday, dance schools etc.



Beauty Packages

Party or Prom Diva

School Leavers
Adults

Mini manicure
Minx mini pedicure & Minx Toenails
Prom Make-up or Special occasion make-up

£60.00
£70.00

Heaven at Home

Hot Stone Back Massage
Holistic Facial
Spiritual Luxury Manicure
Shape & varnish toes

£86.00



Group Bookings

Do you have something to celebrate? Or need an excuse for you & your friends to be pampered? Receive a 10% discount on groups of 4 or more. Ideal for, Hen Parties, Birthdays, Christmas Parties, New Mothers, or a girlie night in.

(Excludes packages, tanning/minx parties & Bridal Services see Terms and Conditions)

Looking for the Ideal Gift? Gift Cards are available.

Simply choose a treatment(s) that you know the recipient would love or simply have a specified amount applied to the attractive gift card, which comes with an envelope for you to send.

They make ideal gifts for Birthdays, Christmas, and Mothers Day or just for saying thank-you.

For further information please visit my Website:
www.rachelsavine.co.uk Which features more examples of my
work, Q&A, testimonials from happy Brides & much more.

To download copies of my Beauty Brochures please go to:
www.rachelsavine.co.uk/book

Gift Vouchers Available

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Standard Terms and Conditions apply to all work ordered unless otherwise agreed in writing.
Copies of our Terms and Conditions are available on our website and by request.