

The

Heather Mitchell

Beauty Clinic

Treatments

&

Price list

3B Stockbridge Road, Winchester, Hants SO22 6RN

Telephone 01962 864366

www.heathermitchellbeauty.co.uk

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www.facebook.com/heathermitchellbeautyclinic

FACIAL TREATMENTS

New Tri-Active Facials

Discover the new Tri-Active Facials from Clarins – now more effective than ever with new techniques that come from 60 years of expertise and knowledge of the skin. Every treatment is unique: the Beauty Therapist adapts her movements and the products to your needs and wishes, taking care of your essential beauty concerns and well-being with tailor-made treatments that deliver optimal, immediate and long-lasting results. At the heart of each Tri-Active Facial treatment is a 25 minute Anti-Ageing Massage which lifts, reshapes, firms and relaxes. A unique massage that sculpts the contours of the face, giving immediately visible rejuvenating results.

Choose from five Tri-Active Facial Treatments:

Lifting Replenisher – replenishes and boosts the radiance of mature skin.

This treatment smoothes, re-sculpts and re-defines facial contours as well as visibly reducing the look of wrinkles and dark spots. The ultimate rejuvenation for your skin.

AT HOME: Clarins Super Restorative range.

Power Firmer – firms and visibly diminishes the look of wrinkles. This treatment stimulates the skin to deliver a triple rejuvenating action targeting wrinkles, firmness and elasticity. Wrinkles are smoothed, facial features lifted and your youthful vitality is restored.

AT HOME: Clarins Extra-Firming range.

Radiance Reviver – a revitalising treatment that smoothes first wrinkles and protects stressed out skin. This treatment recharges dull, tired, stressed skin with a cocktail of antioxidants and revitalizing plant extracts. Skin recovers a healthy dewy glow and early lines and wrinkles are smoothed. Your skin is better protected against lifestyle and environmental aggressors that lead to premature ageing.

AT HOME: Clarins Multi-Active range.

Moisture Quencher – helps restore comfort, softness and moisture to dry, dehydrated skin. This multi-level hydration treatment gives intense nourishment for dry, weakened skin. Dehydration lines are plumped and feelings of tightness disappear – your skin feels wonderfully soft and supple again with its radiance restored.

AT HOME: Clarins Hydra-Essentiel range.

Skin Soother – a calming treatment to soothe and comfort sensitised and irritated skin. This soothing and healing facial will help calm irritated and sensitised skin. Redness is reduced and your skin recovers its softness, suppleness and comfort.

AT HOME: Clarins Gentle range.

1½ hr appointment (treatment time 1 hr 10 mins)£68.50

2 hr appointment (treatment time 1 hr 30 mins)£84.00

2 hour appointments include a choice of either a 20 minute back massage or a 20 minute scalp and foot massage.

Clarins Aromatic Balancer Facial Treatment

Aromatic Balancer – Oily and congested, dry and dull, dehydrated or sensitive whatever your skin condition, this customized treatment will rebalance and revive it. Our natural beauty secret the potency of Clarins renowned 100% pure plant facial oils, which are prescribed according to your skin type. After a consultation, skin is cleansed, gently exfoliated and treated to an uplifting boost, before a personalised aromatherapy oil blend is massaged into the complexion using The Clarins Touch. A plant-based mask steps up the activity of the natural ingredients and you're treated to a hand and scalp massage. It's a sensory experience that leaves you with super-soft, glowing skin.

Allow 1¼ hrs

£47.50

OTHER FACIAL TREATMENTS

2-in-1 Facial - Pleasure, enjoyment and relaxation are the keynotes for this treatment, using Clarins products. The treatment commences with a back, neck and shoulder massage to ease tension and calm the mind and body. Cleansing, toning and exfoliation of the face is followed by a face, neck, décolleté and scalp massage, using pure plant and flower aromatic oils. An application of serums and masks for the face and eyes is followed by toning and moisturising. While your face mask is on, the feeling of total well-being is enhanced with a soothing hand massage.

Allow 1½ - 1¾ hrs

£68.50

Express Facial - This facial treatment is customised to suit all skin types and conditions. Using Clarins products, this 30 minute treatment is designed to brighten and freshen the complexion, giving your skin an instant boost. Cleansing and exfoliation is followed by a mask, tone and moisturise.

Allow ½ - ¾ hr

£33.50

BODY TREATMENTS

Clarins Body Treatments

Our deep touch massages help release deep-down muscle stress and tension while the lighter touch massage using hot stones gently soothes and de-stresses mind and body.

Melting Honey Hot Stone Massage With Relax Honey Massage Gel - A deeply relaxing and uniquely personalised hot stone massage that gently releases tension, soothes aching muscles, eliminates toxins and calms mind and body. The secret is in the intuitive way the therapist uses her hands in harmony with 9 smooth, individually shaped, heat-releasing marble and slate stones. Intensified by a melting honey massage gel, rich in relaxing aromatic essential oils.

Allow 1½ hrs

£62.50

Rebalancing Massage with Relax Essential Oils – This deeply relaxing, rhythmic full body massage releases even long standing knots and tensions within the deeper muscle layers, using a bespoke sequence of slower movements and pressure point techniques. The relaxation is intensified with an essential oil blend rich in deeply soothing Basil, Camomile and Petit Grain.

Allow 1½ hrs

£57.50

Rebalancing Massage with Tonic Essential Oils – using a bespoke sequence of more energising movements and pressure point techniques, this deep and rhythmic full body massage not only releases muscular knots and tensions but restores vitality and flagging energy levels. The effect is intensified with an essential oil blend rich in invigorating Rosemary, Mint and Rosewood.

Allow 1½ hrs

£57.50

Clarins Triactive Body Treatments, powered by CLARINSPRO formulas. Highly personalised results-driven treatments:

Allow 1½ hrs (1¾ hrs for first appointment)

£68.50

The Body Sculptor – intensively streamlines body contours with skin refining exfoliation, sixty minutes of detoxifying and sculpting massage and super-shaping body mask. A pampering shortcut to a body that's svelte, toned and silky smooth.

The Moisture Quencher – restores extreme softness, suppleness and comfort to parched or dried skin with smoothing exfoliation, sixty minutes of moisture replenishing and cocooning massage and a deeply nourishing body mask. For a body that gleams like satin and is velvet to the touch.

The Firming Age Corrector – restores youthful firmness, smoothness and luminosity with skin refining exfoliation, sixty minutes of revitalising and toning massage and an intensive firming body mask. Think of this as an all-in-one body youth boost.

Clarins Exfoliating Treatment

The Body Polisher – Intensive double exfoliation deep cleanses and re-textures for a body that's supple and smooth. It also helps minimise dark spots and stretch marks so skin looks fresher, brighter and more even toned, the final touch is a deeply conditioning application of body lotion.

Allow ¾ hr

£36.50

OTHER BODY TREATMENTS

Body Massage - using Swedish-style massage with plant oils to help release muscular tension, relieve stress and promote a sense of well being.

1 hr Full Body Massage. *Allow 1¼ hrs*£51.00

½ hr Back, Neck and Shoulder Massage. *Allow ¾ hr*..... £32.50

½ hr Foot and Lower Leg. *Allow ¾ hr* £32.50

HOLISTIC TREATMENTS

Indian Head Massage - a form of massage used to help relax, soothe and balance the mind and body. It involves a series of massage techniques over the upper back, shoulders, scalp and face. Coconut oil is used to complement this treatment.

Allow ¾ hr

£35.50

Hopi Ear Candles – The candle's smoke draws out excess fluid from the sinuses, and wax and toxic debris from inside the ears, relieving pressure. It clears congestion which can reduce the effectiveness of all the senses. The natural infection-fighting properties of the beeswax and herbal essences infuse into the ear, sinuses and lymphatic drainage system, helping to improve hearing, balance, vision, taste and smell. It also helps to detoxify the sinuses and so can help prevent earaches, chronic headaches and even allergies such as hay fever.

Allow 1hr for first treatment, ¾ hr thereafter

Individual treatments£34.50

Course of three£89.50

CLARINS TREATMENTS FOR MEN

Skin Blitz Facial – Shaving bumps and irritation, stress and tiredness, greyness and congestion.... Whatever life has hit your skin with, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

Allow 1¼ hrs.

£47.50

Muscle Ease Body Massage – Whether you've overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress -relieving benefits, restoring your sense of well-being.

Allow 1¼ hrs

£51.00

Energizing Back Neck & Scalp Massage – Back cleansing and deep massage rolled into one rejuvenating treatment that sorts out congested skin and tired muscles. The ultimate post-exercise pick-me-up, it leaves you feeling chilled out instead of strung out.

Allow ¾ hr

£36.50

MOTHER TO BE AND NEW MUM TREATMENT

Pampering Face and Body Treatment – Pure indulgence for face and body, adapted to pre- and post-natal stages of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin. This treatment is not recommended during the first three months and last month of pregnancy.

Allow 1½ hrs

£52.50

EYEBROWS AND EYELASHES

Eyebrow shaping – a professional contouring treatment, using tweezers, to enhance the browline.

Eyebrow Tidy. Allow ¼ hr £9.50
Eyebrow Shape. Allow ¼ hr £11.50

Threading is a highly specialised method of temporary hair removal, originating in the Far East, suitable for eyebrows, lip, chin and any facial hair. A thin twisted cotton thread is rolled over the skin to trap the hairs, so plucking the hair at follicle level. Threading can remove even the finest of hair, which is difficult with tweezing, and gives a finish similar to waxing without traumatizing the skin and as such is much kinder and so suitable for sensitive skins.

Eyebrows from £11.00

Lip & chin. Allow ½ hr£15.50 Lip or chin. Allow ¼ hr ...£10.50

Eyelash/brow tinting - vegetable dyes are used to deepen the natural colour of your lashes or brows. Effects last 4 - 8 weeks.

A patch test is required 24 hours prior to treatment if you haven't had an eyelash/eyebrow tint at the Heather Mitchell Beauty Clinic within the previous 9 months.

Eyebrow tinting. Allow ¼ hr..... £9.50
Eyelash tinting. Allow ½ hr £16.00

Eyelash Perming - A semi-permanent method of curling eyelashes to enhance the eyes. An extremely flattering treatment, the effects last 2 - 3 months. Eyelash perming and tinting complement each other and so we also offer a combined treatment.

A patch test is required 24 hours prior to treatment if you haven't had an eyelash perm at the Heather Mitchell Beauty Clinic within the previous 9 months.

Eyelash perming. Allow 1 hr.....£37.50
Eyelash perm and tint. Allow 1½ hrs.....£48.00

Semi-Permanent Eyelash Extensions - Eyelash extensions are attached to each hair individually with a super lightweight adhesive which remains soft, flexible and bouncy, causing absolutely no damage. Due to the natural life cycle of the lashes, top-ups are recommended every two to three weeks to maintain a full look or as a great one-off treatment for those special occasions.

A patch test is required 24 hours prior to treatment if you haven't had eyelash extensions at the Heather Mitchell Beauty Clinic within the previous 9 months.

Full set eyelash extension Allow 1½hrs£59.50
Mini set of eyelash extensions Allow 1 hr.....£39.50
Top Up Extensions. Allow ¾ hr.....£29.50
Top Up Extensions. Allow ½ hr.....£23.50
Eyelash Removal Allow ½ hr.....£14.50

HANDS AND FEET

Nailtiques Manicure - a relaxing and therapeutic treatment, designed to address every nail problem, (splitting, peeling, brittle etc) by adding moisture and proteins to strengthen the nails. Cuticle treatment, nail care and nail shaping are followed by heated mitts which help the specialised treatments to penetrate and nourish the hands and nails. A hand and arm massage follows, leaving the skin soft, smooth and silky.

Allow 1 hr

£28.00

Manicure – Hands are gently exfoliated and cuticles are tidied and moisturised. Nails are then shaped, followed by a relaxing hand massage using a Clarins hand cream.

With Polish. *Allow 1 hr*£28.50 Without polish. *Allow ¾ hr*.....£22.50

French-Polish. *Allow 1¼ hrs*.....£33.50

Express Manicure – A maintenance treatment for non-problem nails.

With Polish. *Allow ¾ hr*£23.50 Without polish. *Allow ½ hr*£17.50

Luxury Pedicure – Hard skin is softened and the feet are treated to a gentle exfoliation, and a therapeutic foot bath. The cuticles are then tidied, nails cut and filed, followed by a relaxing foot massage using a Clarins foot cream, leaving you feeling like you are walking on air.

Without Polish. *Allow 1 hr*£29.00 French Polish. *Allow 1½ hrs* ..£39.50

With Polish. *Allow 1¼ hrs* ..£34.50 With gems *Allow 1¼ hrs*£38.50

Express Pedicure – a maintenance treatment for non-problem nails.

With Polish. *Allow 1hr*£29.50 Without polish. *Allow ¾ hr*£24.50

File and polish for fingers or toes *Allow ½ hr*.....£17.50

Polish only for fingers or toes *Allow ¼ hr*£13.50

Please bring open-toed sandals if toenails are to be painted.

Shellac for hands and feet - A true innovation in chip-free extended-wear colour, with zero drying time, Shellac combines the ease of nail polish with the permanence of gels. A Shellac treatment includes cuticle and nail preparation, and an application of hand/foot cream. The results – up to 14 days of glorious high gloss shine that's truly addictive.

Shellac Manicure *Allow 1hr* £39.50

Shellac Removal and Shellac Manicure *Allow 1¼ hrs*£44.00

Shellac Pedicure *Allow 1¼ hr* £45.00

Shellac Removal and Shellac Pedicure *Allow 1½ hrs*£49.50

Shellac Removal *Allow ½ hr*£13.50

We do not recommend pedicures or foot massage where there is evidence of athlete's foot or verrucae.

HAIR REMOVAL

Waxing - highly effective method of hair removal, lasting 4 - 8 weeks, which leaves your skin feeling smooth and silky. Although not permanent, re-growth is usually finer. Results can be excellent with regular treatment.

Lower Half Leg	£16.00
Lower Half Leg & Normal Bikini	£25.50
Lower Half Leg, Bikini & Underarm	£32.50
Upper Half Leg	£20.50
Upper Half Leg & Bikini	£28.50
Three-quarter Leg	£21.00
Three-quarter Leg & Normal Bikini	£29.50
Three-quarter Leg, Normal Bikini & Underarm	£35.50
Full Leg Wax	£28.00
Full Leg & Normal Bikini	£33.50
Full Leg, Normal Bikini & Underarm	£39.50
Underarm	£11.50
Normal bikini (Bridget Jones)	£11.50
Thong bikini	£14.50
Brazilian	£19.00
Hollywood (¾ hr – 1½ hr)	£26.50-£49.50
Forearm wax	£14.50
Full arm wax	£18.50
Men's Back Wax (T-shirt)	£25.50
Men's Back Wax (Vest)	£21.50
Men's Chest Wax	£19.00
Men's Chest Wax & Abdomen	£28.50
Lip or Chin Wax	£9.00
Lip and Chin Wax	£14.00

Electrolysis - a safe and effective way to permanently remove unwanted hair from the face and body. Each individual case has to be assessed and for this reason a consultation and patch test prior to treatment is essential for which there is no obligation or charge. A new Sterex pre-sterilised, disposable needle is used for every client. Make-up should not be worn for approximately 24 - 48 hrs after treatment.

¼ hr	£14.50	½ hr	£26.00
Minimum charge		£11.00	

A consultation and patch test is required if you haven't had an electrolysis treatment at the Heather Mitchell Beauty Clinic within the previous 9 months

Threading - as per page 7.

ADDITIONAL TREATMENTS

Ear Piercing - hygienic, using pre-sterilised studs. There is an attractive range of solid white, yellow gold and titanium studs. The price includes piercing, studs, antiseptic after-care lotion and home-care instructions.

Allow ½ hr

from £34.50

No children under 8 years old. Children under 16 must be accompanied by a parent/guardian.

Bleaching - a semi-permanent lightening of the hair. Allow ¼-½ hr

Lip or chin..... £12.50 Lip and chin..... £16.50 Sides of Face £18.50

A patch test is required if you haven't had a bleaching treatment at the Heather Mitchell Beauty Clinic within the previous 9 months

ADVANCED ELECTROLYSIS - The Heather Mitchell Beauty Clinic offers this exclusive and highly specialised treatment for the removal of :

Red Veins – also known as thread veins, broken veins or broken capillaries. Red veins usually appear around the nostrils, on the cheeks and legs and in time they become coarser and more widespread.

Spider Naevus – bright red spots that usually occur on any part of the face, neck or chest.

Skin tags – Fibrous tags of skin, generally on the neck or near to the underarm.

Whiteheads or milia – white pearlised beads that form under the skin, generally around the eyes.

¼ hr£33.50 ½ hr£57.00

Minimum Charge £27.50

Each individual case has to be assessed and for this reason a consultation prior to initial treatment is essential, for which there is a £10 charge.

For subsequent treatments a consultation and patch test is also required if you haven't had an advanced electrolysis treatment at the Heather Mitchell Beauty Clinic within the previous 9 months.

TANNING TREATMENTS

Clarins Self-Tanning Treatment - exfoliation and a skin-conditioning treatment are followed by an application of Clarins self-tanning cream, giving a safe, natural and healthy golden glow any time of the year. Colour takes approximately 2 - 3 hours to appear and lasts for 4 - 6 days. It is advisable to wear loose clothing after treatment.

Top-to-toe bronzing treatment. Allow 1½ hrs£47.50
Legs. Allow ¾ hr£26.00

St Tropez Spray Tanning - Your body is sprayed with atomised St Tropez mist giving you an instant glow that will continue to develop over a period of 4-6 hours. A body exfoliation at home is recommended prior to your treatment, and waxing or shaving should be carried out at least 24 hours before the spray

Full Body. Allow ½ hr..... £26.50
Legs. Allow ¼ hr..... £14.50
Upper Body Allow ½ hr £18.50
Full Body Express Tan Allow ½ hr..... £29.50

A patch test is required if you haven't had a St Tropez Spray Tan treatment at the Heather Mitchell Beauty Clinic within the previous 9 months

MAKE UP

Clarins Make-up - Clarins make up offers a complete range of products to enhance natural beauty and ensure radiant results. Easy to wear natural colour combinations adapt from morning to evening perfectly.

Day Make Up - preparation of skin and application of a simple, attractive makeup, perfect for daytime wear. Includes colour recommendation chart.

Allow ¾ hr £29.00

Evening Make Up - includes skin preparation and colour recommendation chart. Ideal for the more sophisticated or glamorous look.

Allow 1 hr £37.50

Make Up Lesson - how to apply perfect make up every time. Learn new techniques on colour and applying make up.

Allow 1½ hrs £49.50

Wedding Make Up - for the bride and her entourage, special arrangements can be made for a home visit on the wedding day. A trial run is advisable at the clinic to ensure that perfect look on the day.

Trial Make up. Allow 1½ hr person.....£58.50

Wedding Make up In salon. Allow ¾ hr per person£46.00

Home Visits. We charge £59.50 per hour for time spent away from the clinic.
(This includes travelling time).

PAMPER DAYS

We can provide the ultimate day, perfectly suited to your personal needs - a day for you or that someone special. We have endeavoured to put together a comprehensive selection of Pamper days to suit all tastes, but if you are still unable to find the ideal Pamper for you please feel free to contact us and we will be happy to discuss individually tailored Pampers.

AROMATIC STRESS CURE

- Clarins Aromatic Balancer Facial
- Full Body Massage
- Clarins Body Exfoliation

Allow 3 hrs

AROMATIC STRESS CURE - to relax the mind, lift the spirits and restore the body's equilibrium, this programme combines stress releasing massage movements and soothing essential oils in a deeply relaxing facial and aromatic body treatment.

£125.00

THE EXTRA RELAXING FACE AND BODY PAMPER

Pleasure, enjoyment and relaxation are the key notes for this pamper, the perfect antidote to a stressful lifestyle. Pure aromatic plant oils are used to ease away deep tissue tension, commencing with a body massage and ending with a deeply relaxing facial and scalp massage.

£156.00

THE EXTRA RELAXING FACE AND BODY PAMPER

- Clarins Aromatic Balancer Facial
- Full Body Massage
- Luxury Pedicure with polish
- Manicure with polish
- Complimentary Light Lunch

Allow 5 hrs

MINI PAMPER

- Back, Neck & Shoulder Massage
- Manicure with polish
- Luxury Pedicure with polish

Allow 3 hrs

MINI PAMPER - A combination of treatments to give maximum benefit in a shorter space of time.

£90.50

Gift vouchers—valid for 9 months, can be bought for all treatments (including Pamper Days) the clinic offers. They are also available in monetary amounts exchangeable for treatments, skin care products or make-up. They make the perfect gift for someone special and can be purchased either from the clinic, or ordered by telephone, paid for by credit card and sent by post—what could be easier?

CONTRA-INDICATIONS FOR BEAUTY TREATMENTS

A pre-treatment consultation form will need to be completed for every client to ensure there are no contraindications for the treatment booked.

A patch test, 24 hours prior to the treatment, is essential for clients who have not had eyelash tinting, perming or extensions, eyebrow tinting, bleaching, spray tanning, electrolysis or advanced electrolysis within the last 9 months at the Heather Mitchell Beauty Clinic.

Waxing is not recommended before or after any form of heat treatment, ie sunbeds, sunbathing etc.

We do not recommend pedicures or foot massage where there is evidence of athlete's foot or veruccae.

Facial treatments should not be taken directly before or after heat treatments ie waxing, electrolysis, sunbeds, sunbathing etc.

Contact lenses should be removed before make-ups, facials, eyelash tinting, perming or extensions.

Make-up should not be worn for approximately 24 - 48 hrs after red vein, milia, spider naevus, electrolysis treatments or facial waxing.

CLIENT INFORMATION

24 hour answerphone when clinic unattended.

Most major credit cards accepted.

All prices include VAT.

All prices, treatments and information are correct at the time of going to print and may be subject to revision without notice.

Should you wish to cancel an appointment, the courtesy of 24 hours notice would be appreciated, or a cancellation fee may be charged.

All courses must be paid for on or before commencement of treatments. Money is not refundable but may be used for an alternative treatment or products.

All treatment times stated are approximate. Face and body treatments include time for changing etc.

Gift vouchers - valid for 9 months (unless otherwise stated), can be bought for all treatments the clinic offers. They are also available in monetary amounts exchangeable for treatments, skin care products or make-up. They make the perfect gift for someone special. They can be purchased either direct from the clinic, or ordered by phone, paid for by credit card and sent by post - what could be easier?

The Clarins for Me Privilege Card - issued as a reward for valued custom, is a scheme that makes your Clarins purchases count. Your card will be credited with one Clarins For Me point for every full £10 spent on Clarins products. Each point is worth £2 towards any Clarins products of your choice.

Refreshments - we are delighted to offer our clients a selection of beverages - fresh coffee or a choice of teas - served with our compliments.

PUNCTUALITY. We kindly request that you arrive on time for your appointment so that we can ensure that full treatment time is given to you and to prevent inconvenience to other clients.

Opening Hours:

Tuesday	9.30 - 7.00	(5.00 – 7.00 by appointment only)
Wednesday	9.30 - 8.00	(5.00 – 8.00 by appointment only)
Thursday	9.30 - 8.00	(5.00 – 8.00 by appointment only)
Friday	9.30 - 8.00	(5.00 – 8.00 by appointment only)
Saturday	9.30 - 5.00	

There is restricted parking in nearby streets. Directly outside the salon is a one hour parking bay and also by the rear of the railway station on St Pauls Hill. For longer appointments we have parking permits for Elm Road, just pop in to the salon to pick one up.