

LASH LIFT & TINT

- A setting serum that creates a curled effect from the root of your natural lashes, adding volume and length. Lash tint is included to further darken the appearance of the lashes.

£50

EYELASH TINTING

- An application of dye to lengthen, darken and thicken the appearance of the eyelashes for a natural finish.

£18

Please note:

- Lash Lift & Tint and Eyelash Tinting require a **patch test 24hrs before the treatment**. Please be aware that we **cannot** carry out either treatment if you are suffering from Conjunctivitis, Stye, Blepharitis or Viral Infections or if the patch test is not completed.

EXPRESS MANICURE

Basic Manicure **£12**

LUXURY MANICURE

Basic Manicure plus Paraffin Wax and Hand Massage (Base coat optional) **£20**

Please note:

- We **cannot** treat anyone suffering with Fungal or Bacterial Infections. Please see a GP if you are unsure of a current infection you may have before booking an appointment.

EXPRESS PEDICURE

Basic Pedicure **£15**

LUXURY PEDICURE

Basic Pedicure plus Foot Mask and Foot Massage (Base coat optional) **£25**

WAXING

Half Leg	£22	Eyebrows	£10
Full Leg	£35	Lip	£9
Half Arm	£20	Chin	£9
Full Arm	£27	Lip & Chin	£14
Underarms	£15		

THREADING **£10**

Please note:

- If you suffer from any of the following conditions please be aware that waxing **cannot** be carried out i.e. Contagious Skin Conditions, Sensitive Skin or Irritated Skin, Scabbing, Unidentified Lumps or Sunburn. If you have thin or fragile skin, waxing **cannot** be carried out. This includes use of Steroid Medication, Accutane Medication (for Acne), Antibiotics or Salicylic Acid. Waxing may cause the skin to become red and sensitive for around 24-48hrs therefore we recommend **limiting sun exposure as much as possible after having a wax and considering this before you book an appointment**. You must also wait a minimum of 7 days before waxing after a light chemical peel, microdermabrasion or any form of extreme exfoliation.



INTIMATE WAXING

Brazilian	£20	Bikini Line	£15
Hollywood	£25	Bikini Line & Half Leg	£30
G-String	£18	Bikini Line & Full Leg	£40

FILE & POLISH (HANDS OR FEET)

Basic Manicure or Pedicure plus Nail Polish Application. **£17**

GEL (HANDS OR FEET)

Gel Hands	£23
Gel Feet	£25
Soak Off	£10

GEL POWDER (HANDS)

Full Set	£33
Infill	£21
Take Off	£13
Take Off & Re-do	£35

Please note:

- We **cannot** treat anyone suffering with Fungal or Bacterial Infections. Please see a GP if you are unsure of a current infection you may have before booking an appointment.

ACRYLIC (HANDS)

Full Set	£33
Infill	£18
Take Off	£13
Take Off & Re-do	£32

MINX OR FOILS (HANDS)

Full Set	£28
Take Off	£10
Take Off & Re-do	£38

SPECIAL OCCASIONS

Our packages are suitable for any special occasion, as a gift or to indulge as a well-deserved treat!

BRONZE PACKAGE

1 hour £60
Gel Manicure
Freshen Up Facial

SILVER PACKAGE

1.5 hours £87
Gel Manicure
Freshen Up Facial
Aroma Massage

GOLD PACKAGE

2 hours £114
Luxury Manicure with Polish
Luxury Pedicure with Polish
Freshen up Facial
Aroma Massage

HEN PACKAGE

3 hours £155
Gold Package plus Lash Lift and Tint Treatment.

Please note:

- Lash treatment requires a **patch test 24hrs before the treatment** so please consider this when booking a package for yourself or someone else.



PRICE LIST

SPORTS MASSAGE

- A deep tissue massage which can help to reduce localised or referred aches and pains. Beneficial for anyone suffering from acute or chronic pain, muscle tightness, muscle imbalances, poor posture, migraines and headaches.

£30 for 30 minutes £50 for 1 hour

KINESIOLOGY TAPING

- Facilitates the healing process of an injury and provides support and stability to muscles and joints. Suitable for anyone suffering with aches and pains caused by injury or overuse e.g. Tendonitis, Ligament Sprain, Muscle Strain, Arthritis, Back Pain, Whiplash and Plantar Fasciitis.

£15 per area application

SPORTS INJURY EXAMINATION/ASSESSMENT

- A one-to-one injury assessment with one of our Sports Therapists which will identify the cause and best treatment options for your injury through objective and subjective assessment. Included in this appointment, we also offer a thorough after care programme with rehabilitation advice to promote the best recovery for your injury.

£45 for Consultation + 30 minute Sports Massage

* Please note:

- If you suffer from any of the following conditions please be aware that **massage can only take place once it has been approved by your GP in writing (before your session)** – Cardiovascular conditions (Phlebitis, Hypertension, Heart Conditions), Oedema, Skin Conditions (Psoriasis or Eczema), High Blood Pressure, Osteoporosis, Cancer, Heart Problems (Angina/Pacemakers), Epilepsy or Diabetes.
- If you suffer from any of the following please be aware that **massage cannot take place under any circumstance** – Contagious Diseases, Vomiting, Diarrhoea, Fever, Severe Pain, Kidney Disease, DVT (Deep Vein Thrombosis).

DEEP HEAT STRESS BUSTER

- A deep tissue massage to reduce specific areas of muscle tension. Alongside this a self-warming body oil is used to promote blood circulation and reduce fluid retention. Aromatherapy oils are optional for an added relaxation affect.

£35 for 30 minutes £50 for 1 hour

AROMA MASSAGE

- A therapeutic Swedish massage that can help anyone suffering from Stress, Insomnia, Anxiety or Depression. We use a blend of essential oils, all containing natural ingredients that will help uplift or relax your mood.

£35 for 30 minutes £50 for 1 hour

SENSORY JELLY MASSAGE

- A relaxing Swedish massage with a choice of Cinnamon, Green Tea or Sapphire Massage Jelly. This treatment promotes blood flow, de-stresses the mind and body and re-hydrates the skin. Great for clients suffering from very dry skin.

£35 for 30 minutes £50 for 1 hour

PREGNANCY MASSAGE†¹ £35 for 30 minutes

- A much-needed massage for a mother-to-be/new mothers. This massage treatment is a safe, effective, calm and a drug-free method of relieving stress and common discomforts during pregnancy such as back pain, neck stiffness, headaches and joint swelling.
- Full body treatment or focus on areas of tension.

PURIFYING BACK THERAPY £35 for 30 minutes

- A deep cleansing, de-stressing back treatment. Good for clients suffering from acne, ingrown hairs, blemishes or dry skin.
- This treatment consists of a back exfoliation with a choice of either a Spice or Chocolate scented exfoliant to get rid of any dry skin. A red clay mask is then applied to purify the skin and tighten pores. Following this a Swedish massage with one of our massage jellies to promote relaxation. To conclude the treatment a hydrating moisturiser is applied to rehydrate the skin. Blemish tools are used if needed.

INDIAN HEAD MASSAGE £30 for 30 minutes

- A relaxing head massage to reduce tension in the head, neck & shoulders. Beneficial for individuals suffering with headaches, migraines or stress.

†¹ Please note:

- All of our massage therapists have received specialised training and are certified in pregnancy massage to allow effective and comfortable positioning during the massage. Pregnancy massage **can only be used during the 2nd and 3rd trimester** of pregnancy however you should still seek advice from a healthcare professional before this treatment. You should **NOT** have pregnancy massage if you have a history of miscarriage/high risk pregnancy, prone to blood clots, experiencing cramping or bleeding, following a C-section. Please contact your doctor before making an appointment if you have any concerns regarding your pregnancy.

FRESHEN UP FACIAL £30 for 30 minutes

- A relaxing and hydrating facial that leaves your skin feeling revitalised and refreshed.

PUREXPERT RE-BALANCE FACIAL £55 for 1 hour

- A facial to reduce oiliness and breakouts, provides the skin with a clean, healthy and matt appearance. This is perfect for young/teenage skin or anyone suffering with blemishes.

AOX CLINICAL PEEL £40 for 40 minutes

- A deep exfoliation treatment that renews the skin with a highly anti-oxidising effect. Improves skin texture, reduces lines, wrinkles and scars.

†¹¹ Please note:

- If you suffer from any of the following conditions please be aware that you will **NOT** be able to have any type of facial treatment – Viral Infections (Fever, Colds, Cold Sores or Warts), Bacterial Infections (Impetigo, Boils, Conjunctivitis or Sties), Fungal Infections, Undiagnosed Lumps or Swelling, Sensitivity or Allergy to Products, Skin Conditions (Severe Eczema, Severe Psoriasis or Severe Acne), Facial Cancer, Head Lice, Unstable Blood Pressure, Recent Head or Neck Injury, Contagious Disease or Recent Haemorrhage.

MINI FACIAL £15 for 15 minutes

- An on-the-go treatment to freshen the face. Includes an exfoliation, face mask and moisturiser. We have a range of masks to suit different skin types – Hydrating, Anti-Ageing, Sensitive and Blemish Control.

BLACKHEAD BUSTER FACIAL £15 for 15 minutes

- An on-the-go treatment to deep clean the skin and minimise the appearance of blackheads. Includes an exfoliation, Charcoal Mask and moisturiser.

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www.gentsgroomroom.co.uk

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