



Eden

BEAUTY ROOMS

TREATMENT MENU



*Eden* (noun)  
A state of  
perfect happiness



We are a small, friendly salon and our aim is to provide a relaxing environment with quality products and unique treatments, matched with a personal and friendly service.

We pride ourselves in using the highest quality products and the latest up to date treatments. Our main brand Elemis brings you premium products combined with the highest quality therapy, they have been created to respect the body's complex physiology and work in synergy with the skin, body and mind. Our carefully selected products include Medik8, OPI, CND Shellac, Neom Organics, LVL lashes and HD Brows.

Booking in advance is advisable to ensure availability. 24 hours notice of cancellation is required or you may be charged a cancellation fee.

Gift vouchers make a thoughtful gift and can be designed to suit your needs, for a particular value or any treatment. A wide selection of retail products are available. We offer a mail order service for all our vouchers and products.

Please contact us with any queries or for more information and we will be happy to answer any questions.

*or bliss*

## ELEMIS EXPERT TOUCH FACIALS

The hands of a highly trained Elemis therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

**Elemis Expert™ Touch Define Facial** 50min £65 | 75min £80

**Energise, Rejuvenate & Sculpt.** This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. For the ultimate facial experience book our 75min option.

**Elemis Expert™ Touch Nourish Facial** 25min £40 | 50min £60

**Cleanse, Rebalance & Revive.** Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

**Elemis Expert™ Touch Reveal Facial** 25min £40 | 50min £60

**Resurface, Smooth & Glow.** Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

**Elemis Expert™ Touch Renew Facial** 25min £40 | 50min £60

**Hydrate, Lift & Firm.** Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

## ELEMIS EXPERT TECH FACIALS

Elemis Expert Tech Biotec Facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the Biotec machine works in combination with the therapist to turbo-charge your facial results.

**Elemis Expert™ Tech Lift + Rejuvenate Facial** 25min £42 | 50min £65

Restore your skin's vitality with our targeted Micro-current technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

**Elemis Expert™ Tech Radiance + Revive Facial** 25min £42 | 50min £65

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalance, nourish and radiant.

**Elemis Expert™ Tech Smooth + Polish Facial** 25min £42 | 50min £65

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED light mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

**Elemis Expert™ Add Ons** £15 each

Choose from our range of specialised treatments designed to target specific concerns:

**Elemis Expert™ Led Energy Mask**

**Glow, Soothe & Energise:** Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise leaving your skin visibly refreshed and glowing.

**Elemis Expert™ Collagen Eye Boost**

**Brighten, Hydrate & Revitalise:** Elevate your facial experience with our targeted eye treatment add on, specially designed to brighten, hydrate, and revitalise.

**Elemis Expert™ Restorative Head Massage**

**Rebalance, Restore & Relieve:** Combined with your main treatment, our restorative head massage, performed without the use of oil, helps to alleviate tension in the neck and scalp leaving you feeling completely rebalanced.

PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!  
25MIN TREATMENTS £200 | 50MIN TREATMENTS £300

PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!  
25MIN TREATMENTS £210 | 50MIN TREATMENTS £325

## MEDIK8 FACIALS

Medik8 is a dedicated professional-led skincare brand and we believe you will best achieve your desired results by having regular professional treatments every 4-6 weeks and then continue at home with a tailor-made regime of Medik8 products to optimise results.

### Platinum Facial

£60

Our signature youth-renewing facial with an instant lifting and tightening effect plus 9-in-1 age-defying actions that work behind the scenes to fortify the skin. This luxurious mask delivers both instant and long-term benefits.

### Expert Facial

£60

Target your specific skin concerns with Medik8's Expert Facial. Let your Medik8 professional prescribe the perfect facial just for you based on your exact requirements; whether that's increased hydration, greater skin clarity or a more even skin texture and tone.

### Total Skin Reset Peel Facial

£60

A multi-action peel which delivers visibly brighter and smoother skin in just 45 minutes. Total Skin Reset Peel combines three powerful exfoliation methods for maximum smoothing results and a visibly perfected complexion. This is the perfect introduction into facial peels and is suitable for all skin types.

A COURSE OF SIX MEDIK8 FACIALS - £300

## MEDIK8 PEELS

Medik8 professional peels are effective resurfacing solutions which can produce incredible results on the skin. For most effective results, we recommend a course of 6 treatments, spaced evenly every 10-14 days.

### Rewind Peel

£60

An age-defying peel that helps to promote collagen production, in order to reduce the appearance of fine lines and wrinkles. It fades away imperfections, leaving skin visibly smoothed and rejuvenated.

### Even Peel

£60

A brightening peel which targets sun damage, hyperpigmentation and dull, uneven skin tone. Helping to minimise excess melanin production, the Even peel visibly fades hyperpigmentation for a more even and radiant complexion.

### Clarity Peel

£60

A purifying peel to effectively clarify and decongest the complexion. This peel rapidly brings blemishes under control and dramatically reduces the risk of future breakouts.

### Universal AHA Peel

£60

An 'everyone' peel which is suitable for all skin types and concerns. It visibly brightens, smooths, decongests and revitalises the skin. Ideal for a first-time peel or to prolong the results of previous peels.

### Sensitive PHA Peel

£60

A gentle yet effective peel, designed for extremely sensitive or redness-prone skin. This peel works to visibly smooth the skin texture and helps to promote a stronger skin barrier.

### Eye Reveal

£45

An ultra-gentle but effective solution to target signs of ageing around the delicate eye area.

A COURSE OF SIX MEDIK8 PEELS - £300

## MASSAGE THERAPIES

### Eden Body Massage

1hr £48

A massage tailored to suit your needs from deep pressure to light relaxing movements on the areas you need concentrated on most.

### Eden Back Neck and Shoulder Massage

30min £32

### Eden Aromatherapy Body Massage

1hr £48

From the soles of your feet to the crown of your head, pure aromatherapy oils prescribed to your needs are massaged over the body to deeply relax your body and mind.

### Elemis Aromatherapy Back Massage

30min £32

### Elemis Expert™ Deep Tissue Tension-Ease Massage

25min £34 | 50min £50

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

### Sports Massage

£39

With therapist Clare. This is a focused deep tissue massage to work on targeted areas of the body. Using a combination of deep and light massage and audio sonic waves to loosen muscles, improve blood flow and increase mobility. Perfect for people with physically demanding lifestyles or hobbies.

### Eden Hot Stone Body Massage

1hr £50

Tailored body massage using hot stones to heat up your muscles and to induce relaxation.

### Eden Hot Stone Back Massage

30min £34

### Elemis Face & Body Sensation

£60

Pure body indulgence with exceptional anti-ageing facial results! A unique Elemis hot stone back massage to alleviate stress and ease muscles with an intensive anti-ageing booster facial that will restore youthful radiance.

### Hot Lava Shells Body Massage

£60

This is an indulgent and truly pampering relaxation treatment using the natural benefits of heated shells. Relieve your deepest aches and pains, stress and tension with this revolutionary and unique full body massage, restoring balance to body and mind.

### Hot Lava Shells Back Massage

£35

For an intensive back treatment this deep tissue massage uses heated lava shells to release tension and leave you feeling instantly stress free.

**ADD A HEATED EYE MASK  
TO ANY MASSAGE - £3**





## NEOM BODY TREATMENTS

Neom Wellbeing Treatments have been created by 11 wellbeing experts to provide true therapeutic benefits. Each treatment begins with a beautifully fragranced room, a peaceful guided meditation, reflexology and breathing techniques.

### NEOM Sleep Treatment

60mins £50 | 90mins £70

Throughout this sleep inducing treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and massage every inch of the body, including key stress relieving points on the head, face, neck and back. We harness the very best massage techniques of shiatsu, cranio, Thai and trigger point work. Prepare to be lost in a blissful state, ready for a deep night's sleep.

### NEOM De-Stress Treatment

60mins £50 | 90mins £70

Throughout this de-stressing treatment, we drizzle the Neom Intensive Skin Treatment Candle oil over the skin, and provide specialist massage to key stress relieving points of head, face, neck and back. We harness the very best massage techniques of shiatsu, cranio, Thai and trigger point work. This treatment allows tension to drift away and for a calm new you to be uncovered.

### NEOM Happiness Treatment

60mins £50 | 90mins £70

By applying purposeful techniques of shiatsu, cranio, Thai massage and trigger point touch to the back, shoulder, face and scalp we work to decrease stress levels and release endorphins, leaving you feeling relaxed and happier. This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like the best version of you.



## MOTHER-TO-BE

At this special time you deserve a treat. Many of our treatments at Eden are completely safe during pregnancy and some after the 1st trimester, please ask for more details.

### Elemis Peaceful Pregnancy Massage

60mins £50

Massage for each stage of pregnancy

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning is used to ensure the ultimate in comfort and relaxation. Relieves tension in the upper back and alleviates swelling in the hands and feet. This treatment includes a light facial to cleanse and moisturise with a gentle scalp massage.

### Eden Pregnancy Treat

90mins £65

Starting with a luxury pedicure, including soaking and a relaxing foot and leg massage to relieve your tired feet. This is then followed by an Elemis Pro Glow 30 facial to suit your skin needs including a relaxing scalp massage.

### Elemis Japanese Camellia Oil

£45

This is the finest grade oil for Aromatherapy. For many centuries Camellia Oil from Japan has been used for the care of nails, hair, scalp and combination skin. Used in the Elemis Nurturing Mother-To-Be pregnancy massage, this light oil is easily absorbed and rich in plant collagen to keep the skin moisturised and supple, helping to prevent stretch marks. This is a great 'at home' product to use daily during pregnancy.

## HOLISTIC THERAPIES

### Reflexology

£38

A technique that stimulates pressure points on the feet to rebalance body's energy system, promotes calmness, relaxes the body and mind, reduces muscle tension and relieves fatigue. It has been shown to be effective for a wide range of conditions including: - hormonal imbalance, menopause, back pain, migraines, headaches, digestive problems, circulatory problems, stress related disorders and arthritis.

### Indian Head Massage

£38

Designed to alleviate stress, this massage concentrates on the scalp and manipulates soft tissues in the shoulders and the neck, along with stimulating facial pressure points. Perfect for a stress-free body.

### Hopi Ear Candles

£38

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is completely painless and helps to rebalance the ear by drawing out impurities. It is a relaxing, soothing and natural alternative to syringing. This treatment is excellent for anyone who suffers from sinusitis, headaches, migraines, head colds, glue ear, hay fever or excessive earwax. Treatment includes a mini facial and relaxing lymphatic drainage facial massage.





## MENS TREATMENTS

### Men's Total Time Out £85

Achieve the ultimate goal for complete skin, body and lifestyle management. Select either an Anti-Ageing or a deep cleansing facial combined with a de-stressing Scalp Massage and combine it with the Elemis Deep Tissue Back Massage. Total Time Out!

### Eden Back, Neck and Shoulder Massage £32

A Massage tailored to suit your needs from deep pressure to light relaxing movements on the areas you need concentrated on most.

### Eden Hot Stone Back, Neck and Shoulder Massage £34

### Elemis Deep Tissue Back Massage £34

Specifically targeting the back, shoulders and neck areas, this powerful massage will help to relieve tension, stress and aching muscles.

### Back Wax £24

### Eyebrow Tidy £10

## HAIR REMOVAL

### TRADITIONAL WARM WAXING

Lower Leg £16

Upper Leg £18

Full Leg £26

Underarm £10

Bikini Line £15

Underarm and Bikini Line £20

Eyebrows £10

Lip or Chin £10

Lip & Chin £15

Forearm £18

Full Leg & Bikini £35

Full Leg, Bikini & Underarms £42

Half Leg, Bikini & Underarms £34

### HOT WAX

Hollywood Wax (complete removal) £38

Brazilian Wax (landing strip, complete underneath removal) £35

Bikini Line (tidy) £20

Underarm Wax £15

Lip or Chin Wax £10

### THREADING

Eyebrows £12

Lip or Chin £10

Lip & Chin £15

Face, Lip & Chin £18





## LASH & BROW TREATMENTS

Eyebrow Shaping	£10	LVL Ceralift Lash Treatment*	£48
Eyebrow Tinting*	£10	Revolutionary new lash treatment to add length, volume and lift to your own natural lashes. A great alternative to lash extensions, lasting up to 6 weeks.	
Eyelash Tinting*	£16		
Eyebrow Shape and Tint*	£20	Classic Eyelash Extensions*	From 1-2hrs £80
Eyelash, Eyebrow Tint & Shape*	£30	Transform your lashes into longer, fuller, thicker ones through this professional application of a single synthetic lash being applied to your own natural lashes. They look and feel completely natural making them great for regular daily wear as well as special occasions. We have a wide range of sizes we can create a look from completely natural to very glamorous. With regular maintenance these will last for months.	
HD Brows*	£29		
A unique seven-step brow shaping treatment, you can have the ultimate in well-groomed high definition eyebrows. Whether yours are overgrown or over plucked, HD Brows will sculpt your brows into the perfect shape.			
Brow Lamination*	£38	Replacement Set	£68
Brow Lamination to include HD Brows treatment. Whether you dream of achieving that full, fluffy eyebrow look, want to create symmetry in uneven brows or tame unruly hairs, our brow lamination treatment is for you. This corrective treatment helps you to achieve your desired position for up to 6 weeks.		Recommended every 4 months to regular customers to ensure that they look perfect.	
		Classic Lash Maintenance	£34
		Recommended every 2-3 weeks to maintain lashes.	
		Classic Lash Mini Maintenance	£22
		Lash Removal	£15
		For safe removal of lashes with no damage to natural lash.	

\*Allergy test required minimum of 48 hours prior to treatment

## HANDS & FEET

Mini Manicure	£20
to include file, cuticle tidy, buff and polish.	
Luxury Manicure	£35
to include soak, scrub, file, cuticle treatment, nourishing mask with heated mitts, massage and polish.	
Luxury Manicure with Shellac	£45
Mini Pedicure	£20
to include file, cuticle tidy, buff and polish.	
Luxury Pedicure	£35
to include soak, hard skin removal, scrub, cuticle treatment, mask, massage, file and polish.	
Luxury Pedicure with Shellac	£45

Pedicures, please bring open toe shoes.

## NAIL ENHANCEMENTS

Shellac	£30
Long lasting, no dry time, 14 day wear, mirror like finish, can be worn on hands or feet, glitter included in price.	
Hands	£30
Toes	£28
Add nail art	From £1
Shellac Removal	£6
or free with another Shellac service.	
Shellac Removal and Mini Manicure	£22



## A-LIFT FACIAL TREATMENT

Revolutionary facial treatment proven to fight the signs of ageing. A-Lift is a new age reversal treatment that uses unique nano-current technology to re-energize the skins cells. Effects of ageing can be reversed in this non-invasive, pain free treatment

The treatment is proven to improve the skins structure resulting in a dramatic reduction in lines and wrinkles, firmer facial muscles, and healthier more youthful looking skin. Some benefits are:

- Collagen and Elastin production are increased
- Increased Lymphatic drainage (reduces toxins)
- Lines and wrinkles are reduced as skin plumps out
- Circulation is increased for a healthier appearance
- Dark circles and puffy eyes are improved
- Muscles are re-educated and toned, lifting the face and neck
- New cells mimic those before them, taking on their energized characteristics
- Boosts cell's energy levels (ATP) up to 500%

We use Elemis in all our A-Lift facials and a course of 10 treatments is recommended, ideally 1-2 per week until the course is complete.

Each treatment achieves natural, subtle improvements with results building over time. Skin looks fresher, brighter, healthier and more youthful.

To maintain treatment course results we recommend 1 treatment every 4-6 weeks.

### Express A-Lift

30mins £40

This is a great way to enjoy the benefits of a regular A-Lift facial but without having to consume too much time. This treatment will give you facial toning, skin hydration, smoother, more radiant skin, improved application of make up and the famous A-Lift glow. Great way to try out the treatment and get skin fit on a cellular level, great for all ages to maintain a youthful look.

### A-Lift

50mins £60

This treatment is the signature A-Lift facial giving you amazing results. Recommended as part of a course but you can also have this as individual treatments too. The more treatments you have and the more frequent you have them determines the end results, but you won't be disappointed. This treatment will give you Intensive lifting and firming for face and neck, Reduce the appearance of eye bags, lines and wrinkles and delay the signs of ageing. This facial again will be bespoke, focusing on the areas of your concern.

## PACKAGES

### Elemis Expert Face and Back Ritual

50mins £60

Perfect for those seeking a quick yet deeply relaxing treatment. Treatment begins with a personalised Elemis Expert back massage followed by an Elemis Expert Touch or Tech 25 facial.

### Elemis Expert Absolute Face and Body Ritual

105mins £96

Indulge in the ultimate face and body ritual for top-to-toe relaxation tailored just for you. Your pampering begins with either a personalised Elemis Expert full body massage followed by an Elemis Expert Touch Or Tech 50 Facial which will leave you feeling relaxed and totally rejuvenated.

### Elemis Expert Peaceful Pregnancy Experience

105mins £96

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin followed by one of Elemis Expert Touch Facials.

### Eden Indulgence

£70

Eden Aromatherapy Back Massage  
Elemis Expert Touch 25 Facial  
Relaxing Scalp and Foot Massage

### Pure Indulgence

£150

Elemis Expert Touch 50 Facial  
Elemis Aromatherapy Body Massage  
Shellac Hands & Feet

PAY FOR A COURSE OF FIVE FACIAL TREATMENTS & GET THE SIXTH FREE!

30MINS TREATMENTS £200 | 50MIN TREATMENTS £300





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