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CARYS GROOM

— BEAUTY & HOLISTIC —

T R E A T M E N T L I S T

M a s s a g e

Shoulder, scalp & facial massage (35 minutes) These areas hold a great deal of stress & tension so this treatment is perfect to alleviate any aches and pains. It can also be performed without the use of oil. £23

Personalized massage

This Swedish massage is designed to focus on particular problem areas to ensure you gain the full benefits of the massage. To either relax or re-energize & to help ease muscle aches & tension.

30 minutes £20

45 minutes £25

1 hour £30

1 hour 15 minutes £39

1 hour 30 minutes £48

Reflexology (40 minutes)

A session of reflexology involves acupressure & a heavenly massage to the feet. It is a holistic therapy used to aid the body's natural healing process. £28

Hopi ear candles (30 minutes)

An extremely relaxing treatment to help reduce pressure & build up in the ear. Perfect for sinus pain, colds & facial pressure. £20

F a c i a l s

natural spa factory™
— EST. BATH ENGLAND —

All of our facials use products from Natural Spa Factory. They are 100% natural, not tested on animals, and are free from harsh chemicals such as parabens, SLS and many more..... All of the products are also available to purchase along with professional guidance of which products are perfect for your unique skin type and to treat your concerns. I know you will love them as much as I do! Find out more on their website www.naturalspafactory.com

The Ultimate Illuminating Facial Restore radiance and brighten your complexion as well as boosting nourishment and luminosity! Enjoy complete anti-ageing and maximum relaxation for 75 minutes - £40

Bamboo Microdermabrasion Facial Indulge in a gentle but effective deep cleansing facial using the organic silica extracted from bamboo stems. The bamboo particles will gently remove dead skin cells and stimulate new ones, fade fine lines and help maintain a clear complexion. 45 minutes - £35

Classic CG Facial Awaken the skin with our classic facial, tailored to your skin type. The skin will be cleansed, polished and a mask will be applied to restore the skin to its natural beauty, finishing with a moisturiser to smooth the skin. 45 minutes - £30



M A N I C U R E - P E D I C U R E

using o.p.i polish

Shape and polish on fingers or toes £12

Classic CG manicure (45 minutes) shape, soak, cuticle work, moisturize, finishing polish. £19

Classic CG pedicure (45 minutes) shape, hard skin removal, soak, cuticle work, moisturize, finishing polish. £22

Total luxury manicure (1¼ hour) classic manicure with the addition of a rejuvenating hand & arm exfoliation, hydrating mask & relaxing massage. £27

Total luxury pedicure (1¼ hour) classic pedicure with the enhancement of a brightening foot scrub, cooling mask & luxurious massage. £30

Gel manicure or pedicure £26 each Using Gelish or NexGen

W A X I N G

½ leg wax £13

¾ leg wax £16

Full leg wax £18

Basic bikini wax £7

Thong bikini wax £10

Brazilian bikini wax £20

Hollywood bikini wax £22

Underarm wax £7

Lip or chin wax £5

Both hard wax & strip wax are available to ensure every waxing treatment is tailored to hair type & skin sensitivity.

It's the

LITTLE DETAILS

that count!

Eyebrow shape £6.50

Eyebrow tinting £6

Eyelash tinting £12

Flare eyelash extensions £25

Eyelash extension removal £10

Eyelash lift & tint £31

N E W Hi Brow perfect brow treatment £23 A combination of waxing, threading, tweezing and tint are used to tidy and structure the brow, balancing the colour to create perfectly designed eyebrows. This unique professional eyebrow service is a must have for anyone who desires beautifully styled brows to complement their face shape, age and image!

Please note, all tinting & lash extensions will require a glue/tint test 24 hours prior to the treatment.

E S S E N T I A L G R O O M I N G

Men's manicure (30 minutes) £20

Men's pedicure (30 minutes) £20

Back or chest wax from £13

Eyebrow tidying £6.50

Essential muscle soothe massage (1 hour) To either relax or re-energize & to help ease muscle aches & tension. £30

and a little A B O U T M E

Carys Groom Beauty & Holistic is a business that I have dreamed of starting through my 9 years in the beauty therapy industry. After working for a number of very reputable salons and spas as a spa therapist or senior therapist, I felt the need to spread my wings. I have received training of the highest standard alongside additional courses, all of which has enabled me to offer a quality service tailored to your own unique needs, either in the comfort of your own home or in the studio. I am dedicated to providing a memorable experience for each client through exceptional service and technical excellence. I will go the extra mile to accomplish this mission with passion, expert advice, the utmost professionalism and courtesy.

C A R Y S .



O·P·I



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