



Chrysalis
Health & Beauty

Introduction

Chrysalis Health and Beauty Salons aim to offer you a great selection of Beauty treatments to both pamper you and keep you looking your best in a relaxing, tranquil environment where you can enjoy every moment, whatever the treatment may be.

We pride ourselves in using only the best products available, along with ongoing training to achieve the highest standard of treatment.

Our range of products include Germaine de Capuccini, Fake Bake, Orly, Nailtiques, Get Fresh, Jane Iredale and Universal Contour Wrap.

Take time out with us and make Chrysalis your beauty sanctuary.

Opening Times

Monday	Closed
Tuesday	9.00 - 8.00
Wednesday	9.00 - 8.00
Thursday	9.00 - 8.00
Friday	9.00 - 8.00
Saturday	9.00 - 2.00

For appointment cancellation information and policy
please turn to back page

Prices correct as of 1st September 2014

Germaine de Capuccini Facials

Spa Prescriptive (75 mins)

£43.00

Suitable for all skin types. Allow us to treat your skin on a completely individual basis choosing the right products to suit your needs. Your treatment includes a stunning cleanse with hot towels, a deeply renewing exfoliation, mask and anti-ageing massage.

Royal Jelly Anti-stress (90 mins)

£49.50

Perfect for dull, tired skin, Royal Jelly has an excellent anti-stress and oxygenating action on the skin. It works to combat the signs of stress and fatigue, leaving skin clear and full of vitality. Incorporates a Hot Stone massage on the face and shoulders – a thoroughly indulgent therapy.

So Delicate (75 mins)

£46.00

To treat even the most sensitive skins. Hypo-allergenic and specifically for skin which reacts easily, this soothing facial protects the skin by reinforcing its own self defence capacity, leaving it fresh, clear and calm.

Hydracure (75 mins)

£57.00

To restore moisture to dehydrated skin. A highly advanced therapy using Hyaluronic Acid and volcanic thermal spring water to provide total hydration to dehydrated skins. Treatment will provide immediate and lasting hydration, a complete feeling of comfort and your skin will be left smooth, firm and radiant. Helps skin resist the signs of premature ageing.

NEW!

Glycocure Roll and Lift (90 mins)

£64.00

Corrects and renews the skin in order to visibly rejuvenate and bring new youthfulness. Using the Glycocure facial peel, chronic dryness, lines and wrinkles, pigmentation, large pores and imperfections can all be reduced. Combined with the Roll and Lift Germanium wand massage to provide a lifting and toning effect plus firming mask, the visual results can be quite dramatic!

Excel 02 (90 mins)

£69.00

Works to prevent premature ageing. This Oxygen therapy treatment is perfect for those aged 25 and over who are concerned about the first signs of ageing. O2 works in a highly intelligent way to increase cellular activity and allow the skin to absorb more oxygen, leaving the skin looking and feeling younger, firmer, toned and radiant.

NEW!

Timexpert C+ A.G.E (75 mins)

£54.00

Gives immediate, intense luminosity to dull, fatigued and dehydrated skin. Pure Vitamin C combined with Ume extract leaves the skin with spectacular youthfulness, firmness, is redensified and hydrated. Vitamin C is a powerful anti-oxidant that also increases collagen production.

Timexpert White (90 mins)

£65.00

Prevents and corrects the appearance of darkspots and pigmentation. Using a powerful glycolic facial peel, together with micro-dermabrasion, Timexpert White provides instant radiance to the skin and gives a more even tone. It is also especially good before weddings and special occasions as the skin looks so incredibly radiant following this treatment.

Timexpert Lift (90 mins)

£69.00

A firming treatment which combats loss of facial volume. A highly successful therapy that helps skin recover firmness and tone, instant lifting effect, features are tautened and facial volumes are remodelled. Particular care is given to the neck – which is one of the first areas to show signs of ageing.

Timexpert Rides (90 mins)

£72.50

Specifically for lines and wrinkles. An extraordinary treatment that works effectively against wrinkles from within, filling in and slowing the formation of new expression lines. Utilising a specialised lifting facial massage, this treatment is not only relaxing to receive but with the active ingredients within, work to leave the skin rejuvenated with reduced lines and wrinkles.

Timexpert Ultimate Eye (45 mins)

£33.00

A targeted treatment for the delicate eye area. This dramatic eye treatment works to vastly minimise lines and wrinkles around the eye contour area. Helps to minimise puffiness and dark circles and relieves tired, over worked eyes.

NEW!

Our Eye treatment can be added onto any other facial at a cost of **£25.00**

For Men (75 mins)

£57.00

Men's skin needs specific care simply because their skin is different to women's. It has a slightly more acid pH, produces more sebum and suffers from the daily aggressions of shaving. Based on a cocktail of ingredients selected to specifically cater for men's skin to re-energise and detoxify.

All facial appointment times include an added 15 minutes to allow for Consultation.

Germaine de Capuccini Massages

NEW!

Sperience Senses Massage

30 mins £21.50

60 mins £34.50

A soothing, relaxing massage in which you select the areas of the body you wish to target, helping to restore the senses and offer absolute tranquility.

Aromatherapy blends to choose from:

Revitalising - Restores energy, revitalises skin and mind

Siam Benzoin - Calming and anti-stress

Soothing - Soothes mental fatigue, eases headaches

NEW!

Aromatic Energy Massage (60 mins)

£39.50

Feel re-energised with this stimulating body massage. Great for increasing circulation and soothing tired muscles. The Active blend of aromatherapy oils gives added benefits to improving muscular aches and pains.

NEW!

Deep Tissue Back Massage (45 mins)

£31.00

A remedial massage for the back and shoulders. Using a self heating massage gel combined with deep kneading techniques to help to release tension and knots in your shoulders and back.

NEW!

Deep Heat Back Massage (30 mins)

£26.00

A therapeutic treatment combining heat with hands-on massage to relieve back pain. Infrared is used throughout to warm the muscle tissue to increase circulation and oxygen to promote faster healing. Highly effective for aches and pains in the shoulders, lower back and along the spine.

NEW!

Anti-Cellulite Massage Therapy (45 mins)

£31.00

A detoxifying massage of the hips, thighs and bottom to assist with the treatment of cellulite and fluid retention.

Hot Stone Back, Neck & Shoulders (45 mins)

£33.00

Heated massage stones are used to gently ease tension, improve circulation, relieve stress and relax muscles to treat aches and pains. The heat transfers into the muscle to give similar effects as a deep massage in a much more relaxing way.

NEW!

Full Body Massage with Hot Stone Back (75 mins)

£49.50

Enjoy the benefits of a hands-on body massage combined with the luxury of a hot stone back massage to give you the best of both in one treatment!

Germaine de Capuccini Body Treatments

NEW!

Love Your Legs (30 mins)

£25.00

Smoother, lighter, more beautiful legs. Using powerful organic oils to relieve tired, heavy legs. A treatment of nourishing exfoliation followed by a relaxing massage, completed with application of the Dreamy Legs product. Your legs feel cool and refreshed and incredibly silky!

NEW!

Sperience Hydration (45 mins)

£34.50

A nourishing treatment to leave skin smooth and hydrated. A mineral enriched sea exfoliation removes dead skin cells through massage. The skin is then spritzed with moisturising sea water to protect from further moisture loss.

Lighter Legs (60 mins)

£35.00

A cooling and refreshing leg treatment designed to reduce puffiness, fluid retention and stimulate circulation. Excellent for heavy legs during pregnancy, anyone who stands for long periods in their work and excellent after long haul flights.

Spa Anti Stress Detoxifying (90 mins)

£54.50

A treatment designed to balance any emotional or physical tension and help to eliminate negative energy, restoring harmony to the body, mind and spirit. Includes full body exfoliation for silky, smooth skin and anti-stress massage.

NEW!

Pure C Revitalising (90 mins)

£56.00

Loaded with Vitamin C, this full body treatment provides an extraordinary regenerating effect on the body, stimulating Collagen production, improving firmness and suppleness. Treatment commences with a body polish rich in vitamin C, lemon and papaya concentrate and continues with a relaxing massage as the vitamin wrap is gently applied to the body.

NEW!

Mediterranean Dream (90 mins)

£59.00

Let your mind escape with exotic aromas of the Mediterranean. Commencing with an olive and orange flower exfoliation, followed by an exquisite candle massage. The warm, hydrating butter from the candle is poured over the body and slowly massaged into the skin to induce a state of deep relaxation. Complete and utter bliss!

Mums To Be

After your all important first Trimester, you can begin to treat yourself again whilst looking after your body and baby with our specially selected must-haves, perfectly safe during this wonderful time!

NEW!

Love Your Legs (30 mins) £25.00

Using powerful organic oils to relieve tired, heavy legs. A treatment of nourishing exfoliation followed by a relaxing massage, completed with application of the Dreamy Legs product. Firms, tones and is ideal for fluid retention.

NEW!

Firming Massage (60 mins) £39.50

Concentrating on the areas that need it most, with the added benefits of our Collagen body cream to keep skin firm and supple. Shoulders, lower back, feet and bump are gently massaged to soothe and relax you, relieving tensions and anxiety. Can also aid a more restful sleep.

NEW!

Timexpert C+ A.G.E (75 mins) £54.00

Although all of our facials (except Timexpert White) are safe during pregnancy, C+ is particularly recommended due to its firming, brightening and hydrating benefits. It gives immediate, intense luminosity to dull, fatigued and dehydrated skin leaving your skin glowing.

Classic Pedicure £27.00

A great idea when you can no longer reach or see your own feet! Feet are cleansed with hot towels and massaged to soothe and relieve tension, nails and cuticles are tidied and dry skin is buffed. All finished off with your choice of Orly polish.

Classic Manicure £21.50

Pregnancy affects the condition of your nails in different ways. Let us assess your nail type and keep them healthy using Nailtiques products. Your cuticles and nails are nourished, moisturised and perfectly tidied before a hand massage and application of Nailtiques Protein formula and Orly polish.

Concerned about stretchmarks? Let us help. We have a range of products safe and effective for use during pregnancy to keep skin supple and hydrated to prevent stretchmarks. Please ask in Salon for recommendations

Universal Contour Wrap Classic

An excellent inch-loss treatment, using natural sea clay solution to increase elimination of toxins from the body. By cleansing the body of unwanted toxins, cells become more compact and the skin tightens.

We guarantee that if you do not lose at least 6 inches on your first wrap – we will not ask you to pay! **£55.00**

Course of 3 - £135.00

Universal Contour Wrap Elite

UCW Chrysalis is a toning machine allowing UCW Classic to go one step further; combining Classic's skin tightening effect with muscle toning and shaping in just one simple treatment. To enhance comfort and results, you are also wrapped in a heated blanket. This combination of treatments is unique to Universal Contour Wrap. **£70.00**

Course of 3 - £180.00

NEW!

Universal Contour Wrap Elite with Mini Facial

Enjoy the full benefits of the relaxation element of the UCW Elites heated blanket and add a mini facial whilst you are wrapped up. A hot towel cleanse, exfoliating treatment, massage and moisturiser suited to your skin type, leaves your skin refreshed while you lose inches! **£90.00**

Course of 3 - £240.00

A course of 3 treatments is highly recommended to ensure the best results. These are to be taken 7-10 days apart and each appointment will increase the overall inch loss achieved.

Please note treatment courses are valid for 3 months from purchase.

Hand Care

Express Manicure **£14.00**

Using Nailtiques products, your cuticles are tidied, nails are shaped and Protein formula and polish applied. Excellent when time is of the essence.

Classic Manicure **£21.50**

Achieve beautiful nails using Nailtiques products. Your cuticles and nails are nourished, moisturised and perfectly tidied before a hand massage and application of Nailtiques Protein formula and Orly polish.

Luxury Manicure **£28.50**

Enjoy a Classic Manicure as above with the added indulgence of an intensely moisturising, thermal treatment using Hot Stones.

Paraffin Wax Manicure **£28.50**

In addition to our classic manicure, a paraffin wax mask is applied to the hands. This is an effective way of applying heat to improve circulation and soothe pain from arthritis. It has excellent skin softening properties.

Nailtiques offer prescriptive nailcare that really works! After years of using the range, we have seen fantastic results achieved. Talk to your therapist about which products are best suited to your individual nail condition and get the nails you've always wanted.

Gel FX - Gel Polish

A 2 week nail polish that is versatile yet long lasting. Dries instantly with no smudges or chipping! Gel FX is Vitamin infused to help promote healthy nails. Over 60 colours to choose from.

Gel FX Hands or Toes	£25.00
Gel FX Glitter Hands or Toes	£30.00
Gel FX Manicure (Includes nail soak, cuticle treatment and hand massage)	£30.00
Gel FX Pedicure (Includes cleanse, massage, hard skin removal, exfoliation and repair cream)	£35.00
Removal	£10.00

Foot Care

Express Pedicure

£16.50

Feet are cleansed, cuticles are tidied, nails are shaped and polish is applied. Ideal for when time is precious.

Classic Pedicure

£27.00

Keep your feet in tip top condition with our Get Fresh lemongrass pedicure range. Feet are cleansed with hot towels and massaged to soothe and relieve tension, nails and cuticles are tidied and dry skin is buffed. All finished off with your choice of Orly polish.

Luxury Pedicure

£35.00

In addition to the Classic Pedicure as above, enjoy a moisturising thermal treatment with Hot Stone massage for instant relief for tootsies. The deep heat encourages circulation and relaxes the muscles, making feet feel lighter!

Paraffin Wax Pedicure

£36.50

Enjoy a Classic Pedicure with an application of paraffin wax. This is an effective way of applying heat to improve circulation, relieve that achy feeling and to further soften feet.

Intensive Softening Foot Treatment

£23.00

A deeply softening foot treatment to remedy dry, cracked heels and calluses. 'Totally Soaked' gel dissolves dead skin cells before hard skin is effectively buffed away. The treatment is completed by applying 'Rescue Me' lemongrass repair creme, loaded with Shea Butter and Aloe Vera.

Remember to bring open toe shoes or flip flops with you to allow your polish to dry thoroughly without smudging!

Waxing

Using specially selected, natural Italian waxes to ensure the most comfortable waxing experience. Treatments are recommended every 3-4 weeks depending on individual needs.

Eyebrow Reshape	£9.25
Eyebrow Tidy	£7.25
Lip or chin	£6.50
Lip and chin	£9.50
Extended chin (Includes side of face)	£10.00
Navel line	£6.50
Underarm	£8.25
Bikini	£10.00
Extended Bikini	£14.50
Brazilian - Landing Strip	£20.00
Hollywood - All Off!	£24.50
Forearm	£12.50
Full arm	£15.00
Half leg	£15.50
Three quarter leg	£19.75
Full leg	£24.00
Mens Chest or Back	£17.00
Maintenance package	£36.00
(Includes half leg, bikini, underarm and eyebrow wax)	

We highly recommend the use of Australian Bodycare Tea Tree lotion as aftercare following waxing treatments. It cares for the skin but also prevents the formation of ingrowing hairs associated with hair removal. This is available to purchase in salon.

Eye treatments

Eyelash tint	£9.75
Eyebrow tint	£7.00
Eyelash & eyebrow tint	£14.00
Eyelash tint, eyebrow tint & brow tidy	£21.25
Eyebrow tint & tidy	£11.50
Eyebrow tint and reshape	£13.50

(Patch test required 24 hours prior to your tinting treatment)

Fake Bake Tanning

Skin preparation is the key to ensuring a long lasting, even tan. To ensure you get the best results always use the Fake Bake Body Polish and Oil-Free Moisturiser prior to your tan, available to purchase in salon.

Spray tan	£20.00
Spray tan with full body exfoliation	£35.00
Spray tan double application (2nd appointment within 14 days)	£30.00
Spray tan course of 10 (Valid for 6 months from purchase)	£160.00

We recommend you wear loose, dark clothing with slip on shoes for all tanning treatments. Tan is to be left on the skin up to a maximum of 3 hours after application before showering.

Caflon Ear Piercing

Choice of gold plated studs	£19.50
Solid gold/Titanium studs	£29.50

Includes Aftercare Solution. Earrings must be kept in for a minimum of 6 weeks before removing/changing.

Semi-Permanent Make-Up

by Karen Fisher

Imagine knowing your make-up is perfectly applied every minute of every day without even a glance in a mirror. Well, this is possible with semi-permanent make-up. It is the application of pigment into the skin to create beautiful eyebrows, luscious lips, smudge-free eyeliner and a rosy glow that lasts 2-5 years.

With hundreds of semi-permanent make-up procedures, including correctional work, completed since 2004, you can be assured your treatment will meet your expectations and you will never look back!

Eyebrows

Powdered effect	£325
3D Hairstroke	£385

Lips

Thin Lipliner	£300
Thick Lipliner	£350
Lip Blush	£450
Full Lip Colour	£560

Eyeliner

Thin liner	£325
Thick liner	£380
Latino eyeliner	£425
TwoTone	£425

Cheek Blush	£450
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Beauty Spot	£85
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Correctional work	£POA
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Colour top ups up to 24 months following are charged at half of the above prices

Free consultations available, please ask or ring to book.

Treatment Packages

Spa Indulgence Package - £115.00

The ideal way to relax and unwind. Enjoy a Back Massage to relieve tensions and stress, followed by a Spa Prescriptive Facial including a stunning cleanse with hot towels, a deeply renewing exfoliation, mask and anti-ageing massage. Continue the experience with a Luxury Manicure and Luxury Pedicure.
(4 hours)

Holiday Countdown Package - £120.00

Let the preparations begin! Get all you need to look your best on holiday wherever you go with this complete package. Includes full leg, extended bikini, underarm and eyebrow wax, eyelash tint and Gel FX hands and toes. Return the following day for a Fake Bake Spray Tan as the finishing touch!
(3 hours, 15 minutes)

Mens Reviver Package - £105.00

They don't always admit it but men need pampering too. This top to toe package includes a Full Body Tension Massage, a Germaine For Men Facial and Pedicure, all guaranteed to help him unwind.
(3 hours, 15 minutes)

Experience Bliss Package - £88.00

A great 'pick-me-up' leaving you feeling all new again. Including facial hot stone massage for extra luxury, the Royal Jelly Anti-Stress Facial suits all skin types. Our Sperienc Hydration treatment massages, buffs and moisturises the whole body and stimulates circulation for silky soft skin. All this is topped off with an Express Manicure.
(3 hours)

Weekend Retreat - £63.00

Perfect for the end of the working week when you can finally relax. Take time out for yourself with a Sperienc Senses 30 minute massage tailored to your own preferences, followed by a Classic Manicure and Classic Pedicure.
(2 hours, 30 minutes)

Girls will be girls - £69.00

A night out with the girls, hen party or girly weekend: all of these require preparation to look your very best and we can do just that. Includes Gel FX Manicure, Express Pedicure and Fake Bake Spray Tan including Exfoliation.
(2 hours, 30 minutes)

Gift Vouchers

Gift vouchers make a wonderful and unique present for a loved one or friend for any occasion. Vouchers are valid for 12 months and may be purchased for chosen treatments or any amount from £10.00

Loyalty Scheme

Loyalty points are earned whenever you spend on treatments, homecare products and gift vouchers. For each £1 you spend you will earn 5 points. Each of these points is worth 1p and can be saved up to be redeemed on free treatments.

Points earned are stored on your account and are added automatically. If you require a balance update please ask in salon on your next visit.

When you have collected enough points, you may choose a treatment you have never had with us before and pay using your Loyalty Points. Your balance must equal the full cost, unfortunately loyalty points cannot be 'topped-up'.

Loyalty points are to reward you for your valued custom with us here at Chrysalis, therefore cannot be transferred to another client.

Management reserve the right to change the Loyalty Scheme at any time.

NEW!

VIP Membership

Please ask in Salon for more details about becoming a Chrysalis VIP. Memberships are available Yearly and Monthly and provide great savings for you on treatments and homecare purchases, as well as VIP only promotions and events.

Appointment Cancellations

Cancellations should be made by calling the salon. If you are cancelling outside of normal salon operating hours please leave a short message on our answer phone or you may also cancel by email
(cancellations@chrysalis-beauty.co.uk)

You will receive an automatic response email confirming your cancellation.

Thank you for your consideration.

Cancellation Policy

We request that at least 24 hours' notice is given when cancelling an appointment, otherwise 50% of the full treatment value will be charged. If you fail to show for the appointment, your treatment(s) will be charged at full cost.

Due to scheduling commitments to other clients, if you arrive late, then we regret that your treatment may be reduced.