

REFLEXOLOGY

25.00

Our resident Reflexologist is ready to help you and treat you as a whole. A non-invasive treatment for the whole body, applying pressure to the feet to treat the corresponding organs, glands and other parts of the body. Known to help with menopause, IBS, Period pain, stress, thyroid, Infertility, arthritis pain, depression, fatigue, gout, migraines, and any unbalance in the body. Course of 6 weekly treatments are recommended initially then fortnightly or monthly after.

EAR CANDLING

15.75

A gentle & relaxing therapy used for treatment of many common ear problems including, ear wax, tinnitus, sinusitis, snoring, relief of pressure before flying, migraines and more

MASSAGE – Our massages are tailored to suit the needs of each individual depending on the problem. Full consultation with our specialist holistic therapist. A few sessions may be required

Indian head Massage (relief for stress, tension and headaches)	£25.00
Hot stone massage (The hot stones penetrate through the muscles aiding healing and movement)	£38.00
Back, Neck and Shoulders (using hot stones if needed)	£20.00
Swedish / sports / Aromatherapy (full body) 100% essential oils used	£40.00
Arthritic. Provide pain relief for sore, stiff joints and muscles. (using essential oils and hot stones if required)	£38.00
Cellulite massage legs/buttocks (Using essential oils) Curve Contour Cellulite Controller - 100ml available from our regima skin care range for maximum effect	£16.00

BODY TREATMENTS

BODY SCRUB

£22.00

Sea salt & aromatherapy, aids tanning, improves circulation and leaves skin feeling soft & silky smooth (Fresh natural products custom made for clients) Firming medical approved body products available to purchase in salon from our regima skin care range

BODY CONTOUR WRAP

£40.00

A specially formulated unique gel helps to detoxify the body aiding inch and fluid loss.

Stockists of Regima - Cosmeceutical skin treatments. We specialise in skin care from pigmentation to scar repair, anti-ageing to acne. Full FREE consultation and skin analysis with every skin, pulsar, peel and facial treatment and recommended products for long term skin health. Prevention, repair, remove, reduce. Serious about your skin health? We are! **LET OUR SKIN CARE PROFESSIONALS PROVIDE THE RIGHT TREATMENT FOR YOUR SKIN!**

Visit our facebook page gemini therapy or check out the website www.geminitherapy.co.uk

FACIALS

With qualified skin care professionals. All skin types and ages (male/females)


(16 - 21's mini facial £20.00 / full facial £30.00) (under 16's 15.00 / 20.00)

New Dinamics hydrating - Luxurious and decadent hydration. Using cutting edge hydrating and myo-relaxing ingredients to achieve super suppleness and elasticity. Providing the relaxing benefits of ultralite massage while botox-like marine extracts diminish fine expression lines to give an instant lift. Anti ageing, mature, sun damaged skin, wrinkle. This treatment is recommended for all skin types, especially dry or dehydrated. **Mini facial £22 Full £40.00**

New Generation Purifying - Helps balance the hormones within the skin responsible for problem skin breakouts and regulates sebaceous gland activity. This treatment is for congested, blocked, problematic skins, teenage or adult acne. Our facials are tailor made to each individual's skin type and problem. **Mini facial £22 Full £40.00**

(The effects of our facials and peels are enhanced by our home care essentials which have been formulated to work synergistically)

NAILS

Shape and polish			£6.50
Mini manicure	10.50 (under 15's) 8.50 Full (19.00) luxury – includes hydrating paraffin wax		£22.00
Mini pedicure	10.50 (under 15's) 8.50 Full (19.00) Luxury – includes hydrating paraffin wax		£22.00
French polish add £1.50		French polish on its own	£5.75
NAIL EXTENSIONS		from	£35.00
Natural Tips	£ 38.00	Removals	£10.00
French / coloured Tips	£ 35.00	Infill's	£25.50
	Toes £25.00 (choose your designs in salon 1 week before appointment)	Nails	£20.00
	Toes £10.00 you supply the minx and we apply then	Nails	£10.00
Tooth Gems	£12	Teeth whitening from	£200
		Ear piercing	£13.50

WAXING

FULL LEG	19.50	HALF LEG	13.50	HALF ARM	10.50
UNDER ARM	8.75	BIKINI FROM	10.50	UPPER LIP/ CHIN	4.95
EYEBROWS	5.95	CHEST	16.00 / BACK 16.00	EXTRA AREAS WILL BE CHARGED	

ELECTROLYSIS –(Permanent hair removal) 15mins 13.00 / 30mins 25.00 / 45mins 30.00

TANNING

SUNBEDS – Choose between our turbo lie down and high powered stand up sun bed. Strictly over 16's. Single and course sessions available. Lotions and goggles to purchase

WAIKIKI SPRAY TAN – A unique bronzed spray tan that gives an instant natural look in 20 minutes. Light, medium or dark shades to suit all skin tones. Exfoliation required. £20.00

ST TROPEZ - A unique formulation which enables your own skin pigmentation to develop a fantastic looking tan over night. Includes exfoliation and moisturising. **£35.00**

Pampering

ULTIMATE PAMPER PACKAGE choose any 5: **70.00**

Manicure - Pedicure - Mini Facial - Neck/shoulder Massage - Make Over - Half Leg Wax - Bikini Wax - Eyebrow Wax - Eyebrow Tint – Eye lash tint

MINI PAMPER PACKAGE Choose any 3:- **35.00**

Mini Manicure - Mini Pedicure - Mini Facial - Eyebrow Wax - Eyebrow / lash Tint – Back massage


MISS PARTY PACKAGE – *girls just wanna party! Ages 4 – 16 min 4 girls*

Our Miss party packages are for girls between 4 and 16 years. Choice of 3 treatments from hair, manicure, pedicure, shape and polish (inc nail art and gems), facials, make-over (depending on the age package). A truly fun few hours for your princess and her friends. Banners and pink champagne pop and birthday gift inc. Book a 13 – 16's party package and get a complimentary buffet. (8 or more req). **From £17.50 per head**

LADIES PAMPERING – Hen party, Birthdays, Proms, etc

We can create a custom package that is right for you or choose 5 treatments from our ultimate package or equivalent in price and receive a glass of wine and a complimentary buffet (6 or more required to qualify). Why not surprise a friend, sister or mum for some serious pampering

EYE TREATMENTS

Eyebrow tint £7.00	Eyelash tint £12.00	Eyelash perming £19.75
Enhance Your Beauty		1 night salon systems lashes (known to last up to 1 weeks plus) £20.00 Semi – Permanent Lash extensions Enhancements from £55.00 Full set from £90.00 Consultation required. Takes between 1 and 3 hours to apply
 Feel free to call in and see photos		

MAKE UP AND HAIR

Bridal / prom / day / evening / bridesmaids / mother of bride / hen nights / Make-up available on the wedding day	£20.00 (travel charges apply)
Bridal Trial make-up	£15.00
Prom make up and hair styled (package)	£30.00
Prom hair styled	£15.00
Hair extensions and Bridal hair by Vicki.	(contact us for details)

Gift Vouchers | Skin care products | Mobile service

Terms and conditions – Cancellation: 24 hours is required for cancellation or re-arrangement of your appointment, if less than 24 hours notice is given we reserve the right to charge the full amount for your treatment. An appointment retainer will be taken which will be a percentage of your treatment cost, this is non refundable. We accept credit/debit cards over the phone. Opening times are seasonal and may vary. Later/earlier appointments available. See in salon for monthly special offers, discounts and launch evenings. Prices are correct at time of print and are subject to change without notice.

R
Régima
 SKIN TREATMENTS
01269 846941



21 Llandeilo Road, Crosshands, Llandelli, Carmarthen, SA14 6NA

Monday-appointment/mobile. Tue – Thurs 10 – 5/6 Fri 10 – 5 Sat 11 – 2.30

Welcome to serious skin health care with pulsar IPL and Regima cosmeceuticals

TREATMENTS FOR

Skin / Photo Rejuvenation	Pigmentation
Sun damaged, Wrinkles, anti ageing, fine lines	Active Acne, Acne scarring
Uneven skin tone, colour, texture	Scars, traumatic or operative – new or old (scar repair)
Burns – new or old scarring	Laser skin resurfacing (Laser gel) after peels
Vascular lesions	Rosacea
Facial thread veins and spider veins	Sun / age / liver spots on face
Blemished skin areas	Problem skin with breakouts

Natural “Peel and heel”

£45.00 course of 4 - £160.00

Non surgical skin resurfacing. Medically approved cosmeceutical skin care range with trained skin care professionals. This natural peel can achieve instant smoothness to the skin without any visible peeling. Repairs, regenerates, rejuvenates and improves. All skin types from acne, sensitive, mature, sun damaged, problem skin to pigmentation and age spots, dull and lifeless skin. Removes years of damage. (Suitable for sensitive skins).

Pulsar - Using the world leading system in IPL (intense pulsed light). A non invasive treatment that is clinically proven to offer you more effective, virtually pain free, quicker and longer lasting results.

Hair removal / reduction (full consultation and after care)	From £40
Full face photo rejuvenation for blemishes, wrinkles, sun damaged, anti-ageing, pigmentation, uneven skin tone. (It's the botox alternative)	From £80
Vascular / hyper pigmentation / skin rejuvenation	From £40

The above treatments work in conjunction with our medically approved skin care. A combination of treatments may be recommended for best achieved results. Peels and photo rejuvenation work well alternatively for serious skin care results !

INSTANT ANTI-WRINKLE TREATMENTS

Botox and anti-sweat treatments. Facial fillers. All carried out by our registered GP and Nurse. Free consultation. Please ring for details, appointments and special offers. (peels and photo rejuvenation enhances the effects of these treatments)