

## 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 imbalance, arthritis pain, depression, fatigue, gout, migraines, and any unbalance in the body. Course of 6 treatments is initially recommended on a weekly basis for maximum benefit and fortnightly or monthly thereafter

## EAR CANDLING

15.00

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

<b>Indian head Massage</b> (relief for stress, tension and headaches)	<b>£25.00</b>
<b>Hot stone massage</b> (The hot stones penetrate through the muscles aiding healing and movement)	<b>£38.00</b>
<b>Back, Neck and Shoulders</b> (using hot stones if needed)	<b>£20.00</b>
<b>Swedish / sports / Aromatherapy</b> (full body) 100% essential oils used	<b>£38.00</b>
<b>Arthritic.</b> Provide pain relief for sore, stiff joints and muscles. (using essential oils and hot stones if required)	<b>£38.00</b>
<b>Cellulite massage legs/buttocks</b> (Using essential oils) Curve Contour Cellulite Controller - 100ml available from our regima skin care range for maximum effect	<b>£15.00</b>

## BODY TREATMENTS

### BODY SCRUB - £20.00

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.

**i-LIPO – The alternative to liposuction From £80 per area. Course of 4 from £280**

i-lipo is the latest in laser lipolysis, offering you a way to achieve inch loss and body contouring with no pain, needles and no down time. i-Lipo can be performed on calves, thighs, buttocks, stomach, arms and chin. Treatment times per area approx 40mins and Includes 10mins lymphatic area drainage massage to rid the excess fat cells. A course of 8 is recommended per body area .

**DIETICIAN** – Weight reduction, diabetes, pre & post surgery, high blood pressure, high cholesterol, healthy lifestyle advise and prevention of chronic disease. Combine the i-Lipo treatment with dietician sessions for healthy, safe weight loss. (Do it right and keep it off)

**Stockists of Regima - cosmeceutical products for skin treatments from scar repair to anti-ageing to acne. Consultation required before any purchase of these products**

[www.geminietherapy.co.uk](http://www.geminietherapy.co.uk)

01269846941

visit our facebook page gemini therapy

**FACIALS** – With qualified skin care professional. All skin types. Skin analysis/consultation

( Under 16's mini facial £15.00. Under 16's Problem skin mini facial £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**

**New Generation Purifying** - Helps balance the hormones within the skin responsible for problem skin breakouts and regulates sebaceous gland activity. This treatment is recommended for congested, blocked, problematic skins, teenage or adult acne. Our facials are tailor made to each individual's skin type and problem. **Mini facial £20 Full £38.00**

**New age peel and heal** - The Regima "Peel & Heal" is a medically accepted treatment which has a unique action. It is potent, yet gentle and safe, delivering powerful results. This treatment is suitable for all ages, even the very young problem skins. Suitable for wrinkles, sun damaged, age spots, uneven skin tone, acne scarring. Restore pigmentation. *Home care products will be recommended for you in order to continue your treatment and get maximum benefits and long term results with all our facials, peel and pulsar treatments.*

## NAIL CARE

Shape and polish	<b>£6.50</b>
Mini manicure <b>10.50</b> (under 15's) <b>8.50</b> Full ( <b>19.00</b> ) luxury – includes hydrating paraffin wax	<b>£22.00</b>
Mini pedicure <b>10.50</b> (under 15's) <b>8.50</b> Full ( <b>19.00</b> ) Luxury – includes hydrating paraffin wax	<b>£22.00</b>
French polish add £1.50	French polish on its own <b>£5.75</b>
<b>NAIL EXTENSIONS FROM</b>	<b>£35</b>

Natural	Acrylic <b>38.00</b>	Gel <b>38.00</b>
French	Acrylic <b>35.00</b>	Gel <b>35.00</b>
Infill's	Acrylic <b>25.00</b>	Gel <b>24.00</b>
Removals	<b>9.75</b>	<b>9.75</b>

**A selection of nail art, gems and nail dangles available at an extra charge**

## WAXING

FULL LEG <b>19.00</b>	HALF LEG <b>13.00</b>	HALF ARM <b>10.00</b>
UNDER ARM <b>8.50</b>	BIKINI FROM <b>10.00</b>	UPPER LIP/ CHIN <b>4.95</b>
EYEBROWS <b>5.85</b>	CHEST / BACK <b>15.00</b>	EXTRA AREAS WILL BE CHARGED

Tooth Gems **12.00** Teeth whitening from £200.00 ear piercing **£12.75**

Tattoo removal from £100 per session (non laser)

## 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 in stock.

**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 or £15.00 Monday - Wednesday**

**ST TROPEZ** - A unique formulation which enables your own skin pigmentation to develop a fantastic looking tan over night. Includes exfoliation and moisturising. **£30.00**

## Pampering

**ULTIMATE PAMPER PACKAGE** Choose any 5:- **69.00**  
 Manicure - Pedicure - Mini Facial - Neck/shoulder Massage - Make Over - Half Leg Wax - Bikini Wax - Eyebrow Wax - Eyebrow Tint

**MINI PAMPER PACKAGE** Choose any 3:- **28.00**  
 Mini Manicure - Mini Pedicure - Mini Facial - Eyebrow Wax - Eyebrow Tint

**MISS PARTY PACKAGE** – *girls just wanna party!*

Our Miss party packages are for girls between 4 and 15 years. Choice of treatments. Free pink champagne pop, Party games, Birthday decorations. PLUS birthday girl receives a free gift. Over 15's party available, a truly fun few hours for your princess and her friends where older girls will learn skin care and make up application skills. Min 4 girls. **Prices from £15 a head**

**LADIES PAMPER NIGHTS** We also cater for ladies pamper days and nights. We create a custom package that is right for you. Go on spoil yourself or surprise a friend!

## EYE TREATMENTS

Eyebrow tint <b>£6.75</b>	Eyelash tint <b>£11.75</b>	Eyelash perming <b>£19.50</b>
One night lashes <b>£15.00</b>	semi-permanent lash enhancement <b>£60.00.</b>	Semi-permanent lashes (full set) From <b>£120.00</b>
lasts up to 2 months. Maintenance req every 2-4 weeks. Approx 1 hour treatment		Lasts up to 2 months. Maintenance required every 2-4 weeks. Approx 2 hour treatment

## MAKE UP

Bridal / prom / day / evening / bridesmaids / mother of bride / hen nights / photo-shoots / portfolios. Make-up available on the wedding day (travel charges apply)	<b>£20.00</b>
Trial make-up	<b>£15.00</b>
Semi-permanent make-up. Eyebrows, eye liner (top and bottom), lips. Last between 3 and 5 years. Top up may be required	<b>£300 per area</b>

## HAIR EXTENSIONS / BRIDAL HAIR. .

Ring for details and prices

**ELECTROLYSIS** – hair removal **15mins 13.00 / 30mins 25.00 / 45mins 30.00**

## 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. A 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.



**21 Llandeilo Rd,  
 01269 846941 Crosshands  
 SA14 6NA**

Monday-appointment/mobile only. Tuesday – Thursday 10-6 Friday 10-5 Sat 11-2.30

**It's a Life style... Live it**

**Welcome to pulsar IPL and Regima cosmeceutical skin care.**

## 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 / stretch marks	Rosacea / port wine stains / birthmarks / stretch marks
Facial thread veins and spider veins	Sun / age / liver spots on face
Blemished skin areas	Problem skin with breakouts

**Natural "Peel and heel" 45 mins £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. Suitable for all skin types from acne, sensitive, mature, sun damaged, problem skin to pigmentation and age spots

**Microdermabrasion 45 mins £45.00 course of 4 £160.00**

non surgical skin resurfacing. Includes RegimA skin care face mask and after peel skin treatments for maximum effect. Consultation and skin analysis.

## 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.

**Pulsar IPL Hair removal / reduction from £40.00 per area**

**Vascular / hyper pigmentation / skin rejuvenation treatments from £40 per session.**

**Full face rejuvenation for blemishes, wrinkles, sun damaged etc from £80 per session**

*The above treatments work in conjunction with our medically graded skin care range for optimum results and we will recommend products to keep using for longer lasting results if serious about your skin*

## INSTANT ANTI-WRINKLE TREATMENTS

*Botox and anti-sweat treatments. Facial fillers using Restylane. All carried out by our registered GP and Nurse. Free consultation. Please ring for details, appointments and special offers*