

Essence Health & Beauty



About Essence

Our Skin Therapists

All our Skin Therapists are fully qualified. We regularly provide our staff with up to the minute training on the newest techniques in our industry.

Booking and Cancellation Policy – Please Read.

To avoid disappointment, we advise you to book your appointment approximately one week in advance. We do need to take credit or debit card details at the time of booking to reserve your appointment, however, we don't need payment or a deposit, the details are only used in the event of cancellation or missed appointments.

We do appreciate that sometimes private commitments may make it difficult to keep your appointment, however if you do need to cancel or change your appointment, we would be grateful if you could give us at least 24 hours notice, otherwise we regret that we will automatically charge a **50% cancellation fee**. **If you do not let us know or you completely forget, we will unfortunately have to charge the full amount (100%) of the booked treatment to your card.**

Tiered pricing

We charge appointments at different rates depending on the time of day. Our Off Peak prices are a bit lower (week days before 4.30pm). Our evening appointments (week days after 4.30pm) and weekend appointments are charged at 'peak rate'.

Appointments with our Manager or Head Skin Therapist are charged at peak rate at all times. Please do let us know when you are booking if you would like to request a treatment with a particular therapist.

Mobile phones

Essence prides itself on providing relaxing and calming ambience for all our clients, so we ask you to switch off or silence your phone when you arrive.

Children

We love children...they're fib! However, our insurance company has asked that we do not allow children under 12 into the salon for their own safety.

Treatment times

We're here to look after you and always aim to ensure your treatment is relaxed and not rushed. To make the most of your treatment, it's a good idea to arrive at least 10 minutes prior to your appointment. Any late appointments will constitute a reduced treatment time.

Gifts at Essence

Whatever the occasion, Essence Gift Cards make an excellent gift. Our gift cards are valid for 6 months from the date of issue and can be for any value or treatment.

Website

Have a look at www.essencehealthandbeauty.com where you can download a copy of our brochure and sign up for a discount on your first treatment with us!

Where are we?

Essence Health & Beauty
62 Grove Road
Sutton
Surrey
SM1 1BT
Tel: 020 8770 1824

Email:
enquiries@essencehealthandbeauty.com

Website:
Essencehealthandbeauty.com

**Essence Is Fully
Air Conditioned.**

Treatments & Prices

Treatments for the Mind

Please arrive 10 Minutes early for your first appointment to complete your initial consultation.

Aromatherapy Full Body Massage 55 mins | off peak £48 peak £52

Aromatherapy Full Body Massage including Scalp 70 mins | off peak £53.50 peak £ 57

Aromatherapy Back, Neck and Shoulder Massage 25 mins | off peak £29 peak £31.50

Original LaStone Therapy 70 mins | off peak £55 peak £60

Hot Stone Massage is a truly relaxing treatment using hot stones of varying sizes across the body – from the forehead to between the toes - giving a deep massage and creating a sensation of warmth and comfort.

Toxin Relief Massage 55 mins | off peak £48 peak £52

Brisk body brushing and a combination of deep massage movements encourages effective circulation to help flush out toxins. The body is cleansed, renewed and refreshed.

'Yummy Mummy' Massage Treatment 55 mins | off peak £48 peak £52

Ideal from three months onwards, this treatment is adapted by the therapist at every stage of pregnancy, incorporating a relaxing back, neck and shoulder massage using deep conditioning oils and creams, a scalp and head massage and massage to the lower legs and feet, restoring a feeling of lightness and comfort.

Hopi Ear Candles 25 minutes | off peak £28 peak £31.50

Relaxing and calming therapy working on the chimney principle, drawing any impurities from the ear canal and leaving a soothing light sensation. Helpful for sinusitis, colds and flu, headaches, migraines, nervousness and stress, to name a few. Concludes with a soothing pressure point facial and scalp massage.

Reflexology with Sarah Newby ITEC - MICHT

A complementary therapy which uses manual pressure on specific reflex points on the feet, encouraging the body's own healing. Deeply relaxing and helpful for a range of ailments. Appointments should be made with Sarah herself, call us for her details.

First Treatment + Consultation/Foot Reading

90 minutes | £35.00

Regular Treatment

60 minutes | £35.00

Stress Buster Mini Treatment

30 minutes | £15.00

Treatments for the Body

Hydro Active Mineral Salt Scrub 35 mins | off peak £34 peak £36.50

A combination of fruit enzymes, dried seaweed and mineral rich sea salt exfoliate the body leaving it silky smooth. This treatment is customised with a stress relieving or detoxifying botanical complex and includes dry body brushing and an application of moisturiser to complete.

Body Foliation Therapy 35 mins | off peak £34 peak £36.50

Gentle, customised exfoliation that smoothes and brightens skin.

Enzymatic Sea Mud Wrap 70 mins | off peak £52 peak £56

A relaxing and detoxifying treatment beginning with a customised hydro-active mineral salt scrub, followed by an application of purifying seaweed and mineral mud poultice, infused with botanicals and aromatherapy oils. This detoxifies the body, stimulates circulation and improves skin tone and texture.

Body Therapy Hydro Pack Wrap 70 mins | off peak £52 peak £56

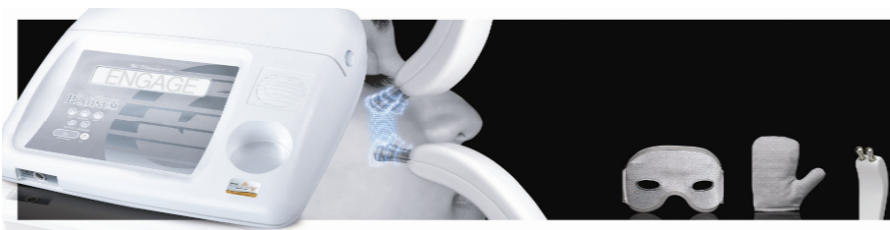
An ultra soothing and hydrating treatment beginning with a customised hydro-active salt scrub, followed by an aloe based gel personalised with aromatherapy oils to infuse the skin with moisture. Ideal for dry, dehydrated skins and after sun exposure.

Deep Cleansing Back Treatment 35 mins | off peak £34 peak £36.50

This treatment begins with deep cleansing and exfoliation of the back, shoulders and upper arms. Removing excess oil, congestion and impurities. Tension is then released with a relaxing massage before a deep cleansing or hydrating pack is applied to the skin.

Deep Thermal Therapy with Thermal Stamp 85 mins | off peak £64.50 peak £70

Inspired by 14th century Thai Therapy, this treatment utilises a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralise, de-stress, exfoliate and relax.



Treatments for the Face

Face Mapping 25 mins | off peak £10 peak £10 expert £10
 (Charge is redeemable against purchases of products or treatments).

The Dermalogica Face Treatment 55 mins | off peak £45.50 peak £48
 What we do at Essence is simple. We offer personal, customised skin treatments and emphasise skin health and preventative care; not pampering, luxury or faux miracle cures. We'll design you a customised skin treatment based on in-depth Face mapping consultation. This Face Treatment, targets your skin's needs right on the spot.

Dermalogica MicroZone Face Treatment 25 mins | off peak £25 peak £27
 We know that skin can sometimes be unpredictable as the weather or the next catwalk trend. So we understand that not all skin emergencies can be planned for – like the pre-party pimple or stress-induced breakout before an interview. MicroZone treatments offer a unique solution to treating skin issues by targeting a specific area to give maximum results. Perfect as a check-up between skin treatments.

Face Treatment Add-Ons
 We know your skin, but only you know your mood!
 That's why you select your Touch Therapies and add them to your facial! Each Touch Therapy is a 15-minute experience designed to address a single area of the body.

Add as many as you want! | off peak £12 peak £14
 •Stress Relief Back Massage •Revitalising Eye Treatment
 •Extra Extractions •Milia Removal
 •Leg & Foot Massage •Scalp Massage

MD Formulations – Cosmeceutical Face Peels
 For over 20 years, MD Formulations has been at the forefront of converging science with beauty. Their skincare products are clinically proven to deliver dramatic results while maintaining the highest standards of safety. Unlike chemical peels, MD Formulation peels use gentle 'friendly acids' to break down layers of dull, unwanted dead skin to reveal fresh, bright cells underneath. Hydration levels are increased, collagen levels are boosted and fine lines and pigmentation marks are reduced, restoring full skin vitality.

*These treatments are suitable for virtually all skin types but you must be using MD Formulations glycolic products for a minimum of 2 weeks prior to any of the following treatments to prepare the skin. Pop in to the salon to purchase the MD continuous Renewal Corrector or one of their excellent value starter kits.

Mild Glycolic Peel* 35 mins | off peak £45 peak £48
 This original glycolic peel is designed to accelerate the removal of dry and dull skin while deep cleansing and re-texturising all skin types. It instantly reveals softer, smoother, more radiant skin and is a great pick-me-up for the client in a hurry, or for those with more sensitive skin.

Alpha/Beta Peel* 35 mins | off peak £50 peak £55
 This alpha/beta customised peeling system has been clinically proven to improve fine lines and wrinkles and to clarify skin tone and texture by up to 47%. It is specifically designed to stimulate cell renewal and provide intense skin rejuvenation for all skin types without irritation or dryness. The custom "intensifiers" individually address your most stubborn skin care concerns.

Luxury Age Control Firming Facial 70 mins | off peak £63.50 peak £67.50
 This *ultimate* 'Anti-Ageing' Facial utilizes high potency Vitamin A to repair and renew damaged skin. By working beneath the skin's surface this powerful mask diminishes the appearance of fine lines, wrinkles and uneven pigmentation. Also a hand and arm renewal treatment is included.

Bio-Ultimate Platinum - Non-Surgical Face Lift
 Non-surgical face lift technology combined with scientific skincare. Utilising new state of the art technology, the Bio-Ultimate Platinum aids in reducing the signs of ageing and diminishes the appearance of fine lines and wrinkles by using a technology known as microcurrent.

Turbo Lift 25 mins | off peak £40 peak £43

Course of 12 off peak £400 peak £430

Bio Ultimate Age Defying Facial 55 mins | off peak £60 peak £63

Course of 12 off peak £600 peak £630

We run a Loyalty Scheme too!
 Receive a FREE Face Treatment when you have 50 points.

CACI Chromaclear Microdermabrasion

This treatment provides an instant rejuvenated texture and lift to skin and can be adjusted for a more in-depth treatment for fine lines, wrinkles, acne scarring, uneven pigmentation and general sun damage. Dermatologist and dermatology approved. Reportedly loved by a number of 'celebrities', CACI Chromaclear is the next best thing in microdermabrasion. The treatment reduces fine lines, open pores, blemishes, dark circles and lines around the eyes, and helps to produce collagen and elastin for youthful skin. A course of treatments is highly recommended to achieve optimum results.

CACI Chromaclear Face or Upper Back 25 mins | off peak £40 peak £43
Course of 10 off peak £360 peak £387

CACI Chromaclear Ultimate Facial 55 mins | off peak £60 peak £63
Course of 10 off peak £480 peak £504

Hands & Feet

Essence Colour Manicure 40 mins | off peak £23.50 peak £25.50
Fully prescriptive hand and nail treatment using Jessica® products.

Essence Deluxe Manicure 55 mins | off peak £26 peak £28.50
Hand and nail treatment programme. A facial for the hands and nails consisting of cleanse, exfoliate, masque and nourishing serum.

Essence Maintenance Manicure 25 mins | off peak £19 peak £21
Basic manicure excluding polish.

Essence Zen Spa Pedicure 40 mins | off peak £30 peak £32.50
Including exfoliation, soak, cuticle work, rejuvenating foot massage, nail shape and polish.

Essence Zen Spa Deluxe Pedicure 55 mins | off peak £34 peak £36.50
Including all of the above as well as a reviving foot masque with heated boots and a feature length foot and leg massage.
(Please remember to bring open toe shoes when having a pedicure)

File & Varnish on hands or feet 15 mins | off peak £12.50 peak £15

French Polish – an additional 15 mins | off peak £2.50 peak £3.50

BioSculpture Everlasting Polish

BioSculpture is an amazing treatment that leaves your nails looking naturally thin, glossy and gorgeous for up to 3 weeks. BioSculpture comes in various colours, including clear and french and dries instantly. (A full manicure is carried out each time the gel is applied)

French Gel off peak £42 peak £43.50

Clear/Colour Gel off peak £40 peak £41.50

BioSculpture Pedicure off peak £45 peak £46.50

Soak Off off peak £10 peak £12

Soak Off & Manicure off peak £29 peak £30.50

(If you require removal of your BioSculpture without having them re-applied)

Pure Mineral Makeup by Bare Escentuals®

"Makeup so pure you can sleep in it"

Experience this amazing range that protects and preserves the skin whilst giving luminous, flawless coverage with a dazzling array of breathtaking colour!

ID Bare Mineral Trial | off peak £15 peak £15 (redeemable on 2 or more purchases)

Make Up (for a special occasion) 55 mins | off peak £36 peak £38 Zara £60

Make Up Lesson with Zara 55 mins | £60

Bridal Make-up by Zara – direct to your home or wedding venue

£60 Trial - £75 on the day (including 30 mins of travel) - £15 Individual Lashes

Additional Bridesmaids/Mother of the Bride - £40 – Speak to Zara for more information.

Eye Treatments

Luxury Eye Lash Tint | off peak £14 peak £16

(including Revitalising Hand & Arm Treatment)

Eyebrow Tint | off peak £8.50 peak £10

Eyebrow Shape | off peak £11 peak £12.50 (includes application of minerals to cover redness, brow makeup and gel to finish the look)

Lash and Brow Tint | off peak £20 peak £24

Eyelash Perm 55 mins | off peak £40 peak £43 (includes FREE scalp/Hand & Arm Treatment and a brow tint*. There is no price reduction if you prefer not to have these).

Individual lashes/strip lashes | | off peak £18 peak £20

Important note: To ensure best results for your perm, please be sure to arrive without mascara or contact lenses if you wear them. If you are allergic to sticking plasters, sadly this treatment won't be for you.

***Top tip:** if you've not had a tint with us before, please pop in for a quick tint test at least 24 hours before your treatment to make sure you don't suffer any adverse reaction.

Fake Bake Tanning 55 mins | off peak £43 peak £48

It's here! The famous Fake Bake® tanning treatment popular with many celebrities. Organic gel formula which lasts approximately 7 days. Full body exfoliation is carried out before hand.

Top tip: please come with no makeup/jewellery/body cream/deodorant. Wear loose fitting dark clothing. You will leave looking very dark with the guide colour on! It is advisable to go straight home whilst your tan is developing! This will wash off after a minimum of 6 hours, leaving a rich, natural looking tan.

Waxing

1/2 Leg | off peak £19.50 peak £22.50
Bikini | off peak £11 peak £12.50
'G-String' Bikini | off peak £14 peak £16.50
'Brazilian' | off peak £25 peak £27
'Hollywood' | off peak £30 peak £32
Under Arm | off peak £10 peak £12
Full Arm | off peak £18 peak £20
Half Arm | off peak £15.50 peak £18.50
Upper Lip & Chin | off peak £12 peak £14
Lip or Chin (each) | off peak £7.50 peak £8.50
Eyebrows | off peak £10 peak £12
Full Leg | off peak £28.50 peak £30.50
Full Leg & Bikini | off peak £35 peak £39.50
Full Leg & 'G-String' Bikini | off peak £38.50 peak £42
Full Leg & 'Hollywood' | off peak £53 peak £57
Full Leg & 'Brazilian' | off peak £49.50 peak £53.50
Facial Waxing from £7.50
Abdomen from £7.50

Top tip: for bikini areas, it will be much more comfortable if the hair is between 5-10mm so we recommend trimming before your appointment if they are too long.

We also offer men's waxing...take a look at the men's waxing section for more details.

Treatments for Men

Men's Skin Care Treatment 55 mins | off peak £45.50 peak £48

Beginning with a detailed consultation your therapist will prescribe a personal treatment programme to suit your needs. This is a deep cleaning treatment to exfoliate the skin and help to eliminate blocked pores, soothe shaving bumps and irritation whilst leaving the skin rejuvenated and revitalised.

*You can add more time to your Skin Care Treatment; check out our 'Add Ons' at the beginning of our price list!

NEW! Shave Mapping 25 mins | off peak £10 peak £10 expert £10

(Charge is redeemable against purchases of products or treatments)

Experience the healthiest skin ever with Dermalogica shave's 3 step regime, prescribed through shave mapping. Especially for men, make shaving problems a thing of the past!

De-stress Muscle Release Massage 55 mins | off peak £48 peak £52

Using Swedish massage methods, this deep tissue massage will relieve tight and fatigued muscles.

Aromatherapy Full Body Massage 55 mins | off peak £48 peak £52

Aromatherapy Full Body Massage including Scalp 70 mins | off peak £53.50 peak £57

Aromatherapy Back, Neck and Shoulder 25 mins | off peak £29 peak £31.50

Men's Manicure 25 mins | off peak £18 peak £20

Including massage and buffing of the nail plate to create a shine.

Men's Pedicure 25 mins | off peak £25 peak £27

Including exfoliation and revitalising foot massage.

Waxing for Men

Back | off peak £26 peak £29

Chest | off peak £26 peak £29

Eyebrows | off peak £10 peak £12

Please note: If we require more time and more wax, we may have to charge you a bit more!

Essence Packages

'Ultimate Rejuvenation' allow 3 hours | off peak £142 peak £155

Face treatment, luxury eyelash tint, eyebrow shape, back massage, manicure & pedicure.

'Teen Angel' 55 mins | off peak £49.50 peak £55

For teens up to the age of sixteen. (under sixteen's will need full parental consent). Microzone Face Treatment, eyebrow shape & mini manicure.

Pit Stop for Men 80 mins | off peak £69.50 peak £74.50

Men's face treatment & aromatherapy back, neck & shoulder massage.

Please provide 24 hours notice of cancelling or changing your appointment to avoid charges.

April 2009