

essence

HEALTH & BEAUTY

Our Mission:

“At Essence we aim to enhance the well-being of our clients by providing professional skin care advice and treatments in hygienic and relaxing surroundings, delivering an outstanding level of customer care”



PRICE LIST

Treatments for the Mind

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

Aromatherapy Full Body Massage

60 Minutes | £45.00

Aromatherapy Full Body Massage including Scalp

75 Minutes | £48.00

Aromatherapy Back, Neck and Shoulder Massage

30 Minutes | £27.00

De-stress Muscle Release Massage

60 Minutes | £45.00

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

Toxin Relief Massage

60 Minutes | £45.00

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

60 Minutes | £45.00

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

30 minutes | £30.00

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 massage.

Reflexology

A complimentary 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.

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

30 Minutes | £32.50

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

30 Minutes | £32.50

Gentle, customised exfoliation that smoothes and brightens skin.

Enzymatic Sea Mud Wrap

75 Minutes | £53.00

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

75 Minutes | £53.00

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

40 Minutes | £35.00

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

90 Minutes | £64.50

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, remineralise, de-stress, exfoliate and relax.

Treatments for the Face

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

The Dermalogica Face Treatment

60 minutes | £43.00

Beginning with a detailed consultation and Face Mapping your Skin Therapist will create a completely customised facial treatment using products and methods tailored to suit your needs.

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!

- Stress Relief Back Massage
 - Revitalising Eye Treatment
 - Extra Extractions
 - Milia Removal
 - Leg & Foot Massage
 - Scalp Massage
 - Nap Time
- Each additional extra £10

NEW! - MD FORMULATIONS FACIALS

Mild Glycolic Peel

45 minutes Including Consultation | £45.00

Experience the benefits of this unique and advanced anti-ageing treatment. Glycolic penetrates to the deeper living layers of your skin, smoothing away years of damage to reduce lines and improve the texture. This creates a younger, healthier functioning skin that's visibly brighter and simply radiant! Peels can only be booked after a minimum of 1 week's MD Formulations homecare use.

Cancellation policy

We request that clients provide us with 24 hours notice for the cancellation of an appointment. Failure to do so will incur a non-cancellation fee of 50% of the treatment/s booked. Thank you for your consideration in this matter.

Alpha/ Beta Peel

45 minutes Including Consultation | £50.00

Taking the results to the next level, MD Formulations Alpha/Beta Peel is an enhanced rejuvenating treatment which swiftly and deeply removes dead skin build-up creating optimum skin health very quickly. This powerful treatment reverses damage caused by UVA and UVB and the environment. Collagen production and moisture content of the skin is enhanced resulting in a plumper and younger looking skin. Ideal for all skin types particularly sun damaged, acne, rosacea, congested and pigmentation. Incorporating a stronger peel for those already using MD Formulations homecare and for those who have already had glycolic peels at Essence.

Receive one treatment free when you purchase of a course of six!

Course of six MD peels £225

Course of six Alpha/Beta peels £250

Skin Care Consultation

FREE Skin Care Consultation

£20 deposit required when booking, refundable upon appointment arrival

Our therapists have the most 'up to the minute' training in the industry and are a hub of knowledge when it comes to skin health! So if you're having problems with your skin or would like to know how to reverse the signs of ageing, talk to us. Whether it's about treatments, products or cosmetics, this is a completely free of charge, no obligation appointment, so take advantage of our years of experience - we're here to help!

Post Facial i.d. Make-up

10 minutes | £8.00

For those not wanting to leave the salon without make-up, this is the only solution! Don't undo the benefits of your facial with regular cosmetics. Let us apply the i.d mineral make-up for you so you can leave with a natural, fresh-faced glow.

Energizer Facial

30 Minutes | £28.00

This complete treatment achieves maximum results in the minimum of Time (does not include extractions or massage)

NEW!

CACI Chromaclear Micro-Dermabrasion

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, the microdermabrasion technique performs a progressive rather than aggressive solution over a course of treatments. 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

30 Minutes | £40.00

A quick rejuvenating treatment providing immediate results.

CACI Chromaclear

60 Minutes | £60.00

An hour of pure rejuvenation and relaxation!

Incorporating the Caci Chromaclear with our signature Dermalogica Face Treatment, you will receive extractions, massage, mask and specialised serums alongside the CACI Chromaclear.

Course of Ten

30 Minutes | £360.00

Course of Ten

60 Minutes | £480.00

CACI Chromaclear Back Treatment

30 Minutes | £40.00

A deep cleansing facial treatment for the back with the added benefit of microdermabrasion!

CACI Chromaclear Stretch Mark Treatment

30 Minutes | £40.00

To improve the appearance of stretch marks on areas of the body. Courses of ten are recommended. Free consultation available.

NEW!

Bio-Ultimate Platinum

More than Just a Facial!

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 Facial

30 Minutes | £40.00

A quick lifting treatment providing immediate results.

Bio-Ultimate Age Defying Facial

60 Minutes | £60.00

A preventative treatment for younger clients and rejuvenating for mature clients, skin is re-hydrated, circulation is improved and a firmer revitalized appearance achieved.

Platinum Touch Hand Renewal

20 Minutes | £26.00

Treat aged hands with a combination of microcurrent and intense product infusion to fade pigmentation and smooth sun damaged skin.

Course of Twelve Turbo Lift

30 Minutes | £400.00

Course of Twelve Age Defying

60 Minutes | £600.00

Course of Twelve Platinum Touch Hand Renewal

20 Minutes | £312.00

Bio-Ultimate Platinum Body Firming Treatments Cellulite, Body Contouring, Stretch Marks, Body Toning, Texture Improvement, Body Firming.

Utilising the Bio-Therapeutic glove system, this specialised approach to microcurrent permits the Therapist to massage and relax the client whilst stimulating circulation, smoothing texture and revitalizing the skin's elasticity and regenerative processes. The results are visible after just one treatment and continue to improve during the following 24 hours.

30 Minutes | £40.00

60 Minutes | £60.00

Courses are to be taken two or three times a week with a gap of 24 hours between each one. Courses must be completed within a six week period for optimum results. Your Skin Therapist will advise you accordingly.

Hands & Feet

Essence Colour Manicure

£21.00

Basic manicure including colour polish.

Essence Deluxe Manicure

£25.00

Hand treatment programme. A facial for the hands and nails consisting of cleanse, exfoliate, masque and nourishing serum.

Cancellation policy

We request that clients provide us with 24 hours notice for the cancellation of an appointment. Failure to do so will incur a non-cancellation fee of 50% of the treatment/s booked. Thank you for your consideration in this matter.

Essence Maintenance Manicure

£18.00

Basic manicure excluding polish.

Essence Zen Spa Pedicure

£28.00

Including exfoliation, soak, cuticle work, rejuvenating foot massage, nail shape and polish.

Essence Zen Spa Deluxe

£32.00

Including all of the above as well as a reviving foot masque with heated boots and a feature length foot and leg massage.

File and Varnish

£10.00

French Polish

add £2.50

(Please remember to bring open toe shoes when having a pedicure)

Skin Care Make Up By ID Bare Minerals

"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! Create this seasons hottest looks with bare essentials, leading the mineral make up revolution!!!!

Professionally applied make-up

(for a special occasion)

45 Minutes | £35.00

Bridal Make-up

£65.00

(Including trial and make up on the day)

Eye Treatments

Eye Lash Tint	£12.00	Eyebrow Tint	£8.00
Eye Lash Perm	£25.00	Eyebrow Shape	£9.00
Lash and Brow Tint	£18.00		
Eyelash Perm and Tint	£35.00		

Waxing

1 / 2 Leg	£17.50	3 / 4 Leg	£21.00
Bikini	£10.00	'G-String' Bikini	£15.00
'Brazilian'	£25.00	'Hollywood'	£30.00
Under Arm	£9.00	1 / 2 Arm	£14.00
Full Arm	£17.00	Upper Lip & Chin	£10.00
Lip or Chin	£6.00 each	Eyebrows	£9.00
Full Leg	£26.00	Full Leg & Bikini	£31.00
Full Leg & 'G-String' Bikini	£37.00		
Full Leg & 'Hollywood'	£51.00		
Full Leg & 'Brazilian'	£46.00		
Facial Waxing from	£6.00		
Abdomen	£7.00		

Tanning

Fake Bake Full Body Tan

60 Minutes | £43.00

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.

Treatments for Men

Men's Skin Care Treatment

60 minutes | £43.00

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.

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!

- Stress Relief Back Massage
- Extra Extractions
- Leg & Foot Massage
- Nap Time
- Revitalising Eye Treatment
- Milia Removal
- Scalp Massage

Each additional extra £10

BODY MASSAGE FOR MEN

De-stress Muscle Release Massage

60 Minutes | £45.00

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

Aromatherapy

Full Body Massage 60 Minutes

| £45.00

Aromatherapy Full Body Massage including Scalp 75 Minutes

| £48.00

Aromatherapy Back, Neck and Shoulder 30 Minutes

| £27.00

HANDS & FEET

Men's Manicure 30 minutes | £16.00

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

Men's Pedicure 45 minutes | £25.00

Including exfoliation and revitalising foot massage.

WAXING FOR MEN

Back £25.00

Chest £25.00

Eyebrows £9.00

Essence Gift Packages

'Rejuvenation'

3 ½ Hours | £120.00

Face treatment, eyelash tint, back massage, manicure & pedicure.

'Teen Angel'

1 hour | £44.00

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

Pit Stop For Men

1 ½ Hours | £65.00

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

Cancellation policy

We request that clients provide us with 24 hours notice for the cancellation of an appointment. Failure to do so will incur a non-cancellation fee of 50% of the treatment/s booked. Thank you for your consideration in this matter.

Opening Hours

Monday, Tuesday & Friday 9.30am-6pm

Wednesday & Thursday 9.30am-8pm

Saturday 9am-5.30pm

Sunday Closed

Courses

We will be happy to advise you on the benefits of a series of treatments and will assist you in the planning of a personal programme, to suit your individual needs.

Courses once booked are non refundable or transferable.

FREE treatment when you purchase a course.

Gift Cards

Gift Cards are available for an amount or treatment/s of your choice. Gift Vouchers are valid for a period of six months from the date of purchase.

Please note that they are non refundable, non transferable.

Parties/Group Visits

We can open our treatment areas to cater for clients who wish to indulge in our selection of beauty services with their friends. Wine and canapés can be provided.

Mobile phones

We aim to create an ambiance of relaxation and calm for all our clients to enjoy. With this in mind we respectfully request that all mobile phones be switched off during your visit to Essence.

Consideration

Please arrive in good time for your appointment. The first time you visit Essence you will be required to complete a client card. Late arrival for your appointment will constitute a reduced treatment time.

Conditions

Prices and opening times are correct at the time of going to press but are subject to variation without notice.



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