



*treatment
Rooms*

TREATMENT GUIDE

Nail Treatments

Shellac nails £25 (45mins)

Shellac toes £25 (45mins)

Shellac rockstar
(Glitter/foils/chromes) £28 (60mins)

Shellac soak off £12 (30mins)

Shellac soak off & replace
£28 (75mins)

Builder gel £28 (70mins)

Builder gel infill £30 (90mins)

Builder gel infill over 4 weeks
£35 (100mins)

Builder gel soak off £15 (50mins)

Builder gel soak off & replace
£35 (120mins)

Add on:
French £6
(30mins)

Add on:
Nail art (simple)
£1 per nail (30mins)

Add on:
Nail art (detailed)
£2 per nail (45mins)

Nail repair
£4
(15mins)

Manicures & Pedicures

ElimHand luxury manicure £30 (55mins)

ElimHand luxury manicure with gel £40 (80mins)

Elim luxury pedicure £40 (80mins)

Elim luxury pedicure with gel £55 (105mins)





CND 
Hands. Feet. Beauty.

Shellac™



Eye & Face Treatments

Eyebrow tint £10 (15mins)

Eyelash tint £12 (20mins)

Eyebrow & lash tint £22 (30mins)

Brow wax £8 (15mins)

Brow tidy £6 (15mins)

Brow wax & tint £20 (20mins)

Brow wax & tint with lash tint £28 (30mins)

Lash lift & colour boost £45 (105mins)

Hi brows £25 (45mins)

Henna brows £30 (60mins)

Lip wax £6 (10mins)

Chin wax £8 (10mins)

Lip & chin wax £12 (15mins)

Eyelash Extensions

Classic full set £55 (120mins)

Classic lashes 2 week infill £30 (70mins)

Classic lashes 3 week infill £35 (90mins)

Hybrid full set £60 (120mins)

Hybrid lashes 2 week infill £35 (70mins)

Hybrid lashes 3 weeks infill £40 (100mins)

Volume full set £65 (135mins)

Volume lashes 2 week infill £35 (75mins)

Volume lashes 3 week infill £45 (105mins)

Lash removal £15 (30mins)

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Patch test required 24hrs prior to your treatment
on all tinting treatments & lash extensions full sets



Facial Treatments

Eve Taylor aromatherapy facials.

Choose from 4 facials:

Ultra soothing

Calms ultra dry, irritated,
sensitive skin

Soothing

Drying or ageing

Balancing

Normal or combination

Purifying

Blemished or hormonal

Short for time facial £30 (30mins)

Deeply relaxing facial £55 (60mins)

Eye treatment with Eve Taylor aromatherapy facial £40 (45mins)

Add the eye treatment to add more facial benefits helps to refresh & revive the delicate eye area with this brightening eye treatment! Includes a gentle exfoliation, advanced serums, eye masque to firm & tone the eye area helping puffiness! Eyes are left soothed & revitalised

Age resist facial £60 (60mins)

A rejuvenating, super hydrating facial which helps stimulate cell renewal, smoothens out fine lines & wrinkles plumps the skin leaving the skin looking smoother & more radiant! Includes age resist masks, oils, serums plumping & firming the skin

Brightening facial £60 (60mins)

A illuminating & brightening facial this amazing facial is perfect for those with dull, lacklustre, pigmentation skin! Facial includes vitamin c rich serums, ultra brighting masques, illuminating moisturisers protects & re-energises leaving skin flawlessly radiant, bright & glowing

Lifting holistic facial £65 (105mins)

A natural lift facial using acupressure massage techniques & using rose quartz crystal rollers encouraging the skin to lift using upwards movements! Includes cooling, hydrating & firming products leaving the skin looking lifted, more toned & refreshed

Winter warmer facial £35 (40mins)

A super hydrating/comforting warming facial which includes cleanse, tone, a light exfoliation & a deeply relaxing massage using warm/hot stones on the décolleté & face using slow drainage massage techniques with a scalp massage to finish the treatment pure bliss

Target & glow facial £68 (60mins)

Get your glow with this results focussed treatment. Professional resurfacing brightens the complexion whilst illuminating botanicals combined with supreme technology offer skin radiance and a naturally beautiful glow. Includes using ultra sonic micro therapy device.

Dermaplaning express facial £45 (40mins)

If you are wanting to rid your face of all the fine hairs (peachy fuzz) & reveal a glowing complexion then dermaplaning is the treatment for you! This treatment will also remove dead skin cells & exfoliate the skin, ending the treatment with a hydrate hyaluronic serum & a SPF moisture for protection!

Dermaplaning deluxe facial £60 (60mins)

This facial is an extra special take on the express dermaplaning facial includes all of the same of the express with an added hyaluronic acid face mask while this is on you would be having a deeply relaxing neck, shoulder & scalp massage, finishing the treatment off with facial massage leaving the skin looking brighter, hydrated & a smoother complexion

Express dermaplaning & peel2glow facial £60 (45mins)

This facial is an extra special take on the express facial This includes all of the 'Express dermaplaning' facial along with our skin peel 'peel2glow' a chemical skin peel may reduce the appearance of fine lines/wrinkles, acne scarring, superficial blemishes & pigmented problems & leaving a younger fresher you more rejuvenated & hydrated

Dermaplaning & peel2glow deluxe facial £75 (60mins)

This facial is an extra special take on the deluxe facial This includes all of the 'Deluxe dermaplaning' facial along with our skin peel 'peel2glow' a chemical skin peel may reduce the appearance of fine lines/wrinkles, acne scarring, superficial blemishes & pigmented problems & leaving a younger fresher you, more rejuvenated & hydrated, followed by a deeply relaxing shoulder, neck, face & scalp massage, finishing with a protective moisturiser





Advanced Clinic Treatments

B12 injections £30 (25mins)

Microneedling £65 (50mins) or course of 6 treatments £340

This treatment uses a 12-pin microneedling pen which glides over the skin. It lightly stamps microscopic channels into the skin which stimulate a wound-healing response, resulting in intense renewal, repair and rejuvenation. Perfect for scarring, aging skin & those wanting a skin glow!

Dermaplaning & microneedling £95 (70mins)

Combine the ultimate glow facial

Massage Treatments

Swedish Massage

Back massage £25 (30mins)

Full body £50 (60mins)

Hot Stones

Back £30 (30mins)

De-stress back & neck £47 (55mins)

Full body £55 (60mins)

Full body & face £67 (80mins)

Advanced

Back £37 (40mins)

Full body £70 (80mins)

Pregnancy

Back £40 (45mins)

Full body £65 (75mins)

Holistic treatments

**Indian head
massage**
£40 (45mins)

Reiki
£40
(55mins)

Hopi ear candles
£42
(45mins)

Taster treats
£50
(55mins)

Choose one of the following taster treats:



**Swedish back
massage with
Eve Taylor facial**

**Hot stone
back massage
with Indian head
massage**

**Swedish
back massage
or hot stone back
massage with foot
massage**

**Indian head
massage with
Eve Taylor facial**

Hopi ear candles is a relaxing treatment, soothing, relieving pain from the ears & head. Works from having the candle in one ear at a time with a lit flame, creates vibration in the ear candle letting it burned down drawing out blocked wax, then for a relaxing pressure point/drainage massage helping to soothe & help cold like heads such as headaches & stress!

Reiki is energy healing treatment working around each individuals' chakras, balancing the body's energy helping mentally, emotionally and spiritually. A very relaxing, gentle treatment promoting self-healing, positive thinking, reducing stress/anxiety, healing the body from any pain allowing the body to flow the energy around your body!







Body Treatments

Hydrating body wrap £52 (55mins)

Hydrating body wrap - Discover the ultimate feeling of relaxation and well-being with our full body hydrating wrap. Starting the treatment by body brushing the back, legs and arms then for a relaxing gentle massage using aromatherapy oils designed to hydrate the body, then wrapping the body in a spa sheet finishing with a scalp massage.

Full body exfoliation £57 (55mins)

A full body exfoliation, removed with aromatic warm towels then a relaxing massage with an oil of your choice from body firming / cellulite detox / stimulating uplifting / anti-stress / well-being

Marine full body £82 (85mins)

Marine full body -Refresh and renew with this highly detoxifying full body treatment. Marine salts assist the buffing away of dulling skin cells ready for potent aromatics to be infused into the skin. A highly active seaweed body wrap will purge toxins and re-mineralise the skin. A skin drenching moisturising blend finalising the treatment leaving your skin feeling silky soft, smooth and glowing.

Manual lymph drainage £45 (60mins)

MLD is a specialised technique that uses slow, light, rhythmical movements to help stimulate the lymphatic system, MLD helps with conditions such as swollen ankles/legs, cramps, restless legs, IBS/digestive/constipation problems, torn ligaments, migraines, cellulite, fibromyalgia, ME, lymphedema, sinusitis, tinnitus & regular colds!

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Manual lymph drainage

1 treatment won't just do it I offer a course of 7 treatments for £300

First treatment includes more of the consultation finding out why you have booked the treatment & how you are going to feel after having the first treatment & then to have the second treatment within a 2 week period for the first 2 then to see how long your benefits last & we go from there

CACI



CACI

The new CACI Synergy system combines the functionality of our two best-selling systems, the CACI Ultra & the CACI Ultimate & introduces pioneering S.P.E.D™ microcurrent LED technology, a breakthrough new advancement in microcurrent therapy.

For the first time on the market, skincare specialists will be able to harness the power of LED light therapy at the same time as using microcurrent. The dual action of simultaneous LED & microcurrent energy stimulates tissue regeneration & helps in the production of collagen. The synergy of these two technologies provides more visible & longer lasting results.

The CACI Synergy offers: new S.P.E.D™ microcurrent LED technology, orbital dermabrasion, ultrasonic peeling & CACI's unique Wrinkle Comb (a non-invasive alternative to dermal fillers).

With so many treatment options available, we can now offer a complete range of anti-ageing & skin rejuvenation solutions using just one advanced treatment system.



CACI red carpet facial - £90 (90 mins) | Course of 10 £800

This facial combines our signature non-surgical facial toning with the skin rejuvenation benefits of both our Ultra & Ultimate treatments. It also introduces our breakthrough S.P.E.D Microcurrent LED technology which uses light therapy to enhance results providing the very best in CACI Non-Surgical Facial Toning. Ultrasonic peeling & orbital microdermabrasion are used to exfoliate leaving a brighter, smoother complexion. Microcurrent impulses combined with LED light therapy will then lift & tone the face & neck, followed by CACI's unique Wrinkle Comb to target fine lines & wrinkles. After a course of treatments, you can expect to see a more youthful & toned appearance with glowing, healthy skin.

CACI advanced non-surgical facial toning - £60 (60mins) | Course of 10 £500

This treatment uses microcurrent impulses, to lift & tone & LED light therapy to improve skin elasticity & reduce the appearance of fine lines & wrinkles. It uses advanced skin exfoliation techniques to revitalise your skin resulting in a brighter & smoother complexion. It will plump fine lines & wrinkles & instantly lift & turn your face & firm your neck.

CACI synergy purifying - £45 (45mins)

This treatment tackles problematic skin & leaves your complexion looking smooth & radiantly healthy. A combination of red & blue LED light therapy, deep cleansing, & skin exfoliation techniques are used to brighten & even your skin tone.

CACI skin calm - £30 (30mins)

This targets skin prone to breakouts & irritation. The treatment uses LED light therapy that is known for its anti-bacterial & anti-inflammatory healing properties, combined with the gel mask to soothe, calm, reduce redness & re-hydrate your skin.

CACI eye revive - £35 (30mins) | Course of 10 £315

Lift & firm muscles around your eye area, particularly where you may tend to lose definition as you age & develop 'hooded eyelids'. This treatment use serum filled microcurrent rollers, together with the soothing & calming Eye Revive Mask to reduce puffiness & dark circles, & soften the appearance of fine lines & wrinkles around your eyes.

CACI jowl lift - £25 (25mins) | Course of 10 £225

Target muscle laxity around the jawline using SPED Dual Action Technology. This harnesses the power of LED light therapy at the same time as using the CACI microcurrent. This treatment will lift & firm your muscles & redefine facial contours to give a firmer, more toned appearance. This is ideal for women wanting to improve the appearance of sagging jowls & for men who desire a more chiselled jawline.

CACI Gentleman's facial - £45 (45mins)

Using a combination of advanced technologies, this treatment is designed to specifically address male skincare concerns. Deep cleansing & skin exfoliation techniques tackle razor bumps & in-growing hairs, electrical impulses tighten, firm & redefine the jawline. The mask & LED light therapy are then used to hydrate, calm & smooth the skin, leaving your complexion refreshed & revitalised.

Caci Express Treatments

These can be performed as a stand alone, or add-on to one of the other treatments

CACI wrinkle revolution - £20 (20mins)

This targets deep lines & wrinkles, such as crow's feet & laughter lines. It is a non-invasive needle free alternative to collagen injections & dermal fillers that will instantly plump fine lines & wrinkles from the very first treatment.

CACI lip booster - £15 (15mins)

This will enhance your pout & is designed to give you fuller plumper lips & soften the top lip lines.

CACI skin confidence - £30 (30mins)

This treatment is designed to soften & refine the appearance of stretch marks & scarring using advanced skin exfoliation techniques together with the regenerating effects of microcurrent stimulation & LED light therapy to trigger skin tissue repair & healing.

CACI hydratone - £35 (30mins)

Facial rollers emitting simultaneous microcurrent impulses & LED light therapy are gently massaged over a hydrating gel facial mask. The rejuvenating energy transmitted through the rollers provides immediate & intensive hydration & helps to restore skin firmness, soften fine lines & rejuvenate your skin. This is ideal for the treatment of dehydrated or sun damaged skin.

Caci Body Treatments

CACI electro cellulite massage - £30 (30mins) | Course of 10 £270

Give an instant lift, shape & tone to your buttocks & thigh area. This treatment improves the appearance of cellulite & breaks down fatty deposits. It stimulates circulation & lymphatic drainage, which will help to flush toxins away giving a smoother & tighter dimple free appearance. This treatment is great for a pre-holiday body blitz!

CACI electro cellulite massage - £45 (45mins)

This treatment combines the above with a full exfoliation treatment

CACI





Before



After



Before



After



Before



After



Before



After

Relaxing!



"I highly recommend the CACI treatments by Holly. I thoroughly enjoyed the course of 10 treatments.

Every treatment was therapeutic, relaxing & enjoyable with great results"

Easy & Fab!

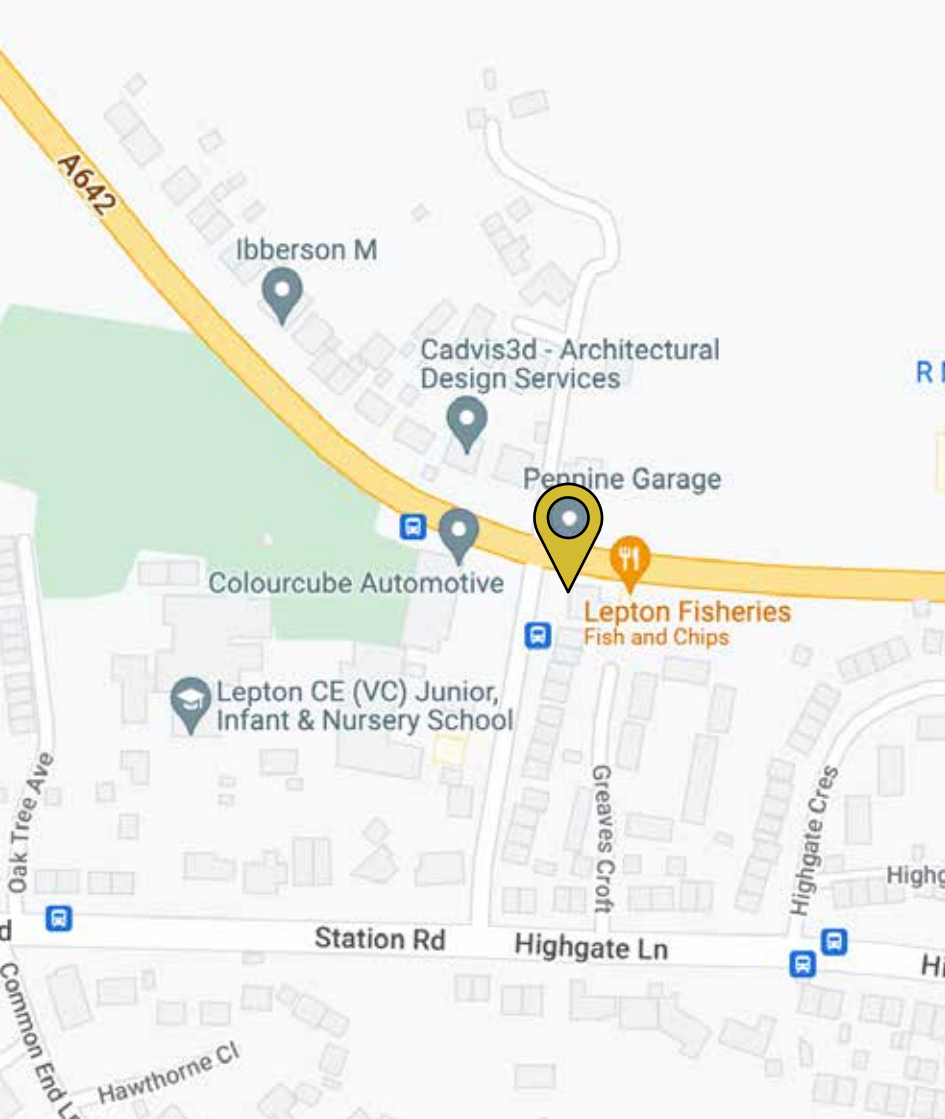


"I've been having my jowls with the CACI, I started with 10 treatments now I have top-ups, easy & fab results. I would highly recommend Holly at HR Treatment Rooms, beautiful salon"

Perfect!



"I would highly recommend the CACI treatments with Holly, my personal favourite is the red carpet CACI treatment and the eye revive it's perfect for tired eyes"



Tuesday..... 9.30am - 7.30pm
Wednesday 9.30am - 5pm
Thursday 9.30am - 8pm
Friday 9am - 5pm
Saturday 9am - 3pm

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