

Ear Piercing

Health Authority approved, using pre-packed sterile earrings.

Per pair **£14.00**

Spray Tanning

Spray tanning is the easiest and quickest way to achieve a perfectly even application. No 'rubbing in' is required, avoiding patchiness and streaking.

Face and Body **£30.00**

Hollywood Lashes

Hollywood Lashes are one of the leading semi-permanent eyelash companies in the UK. The extensions add volume and length to enhance your natural lashes, lasting up to two months.

Full Set **£75.00**

Infills **£25.00**

Ultimate Gift Packages

Sheer indulgence Ultimate Gift Packages make the perfect gift for any special occasion.

Pure Beauty

This includes an Express Facial, a Standard Manicure and Back, Neck and Shoulder Massage.

£74.00

Sheer Bliss

Orly Manicure , Orly Pedicure and Dermalogica Face Treatment.

£86.00

Total Tranquility

Total Body Care and Dermalogica Face Treatment.

£93.00

Gift Vouchers

Treat someone special to a gift voucher from Sheer Indulgence Beauty Therapy. Gift vouchers must be presented on arrival when you wish to redeem them. These vouchers are valid for 12 months.

Eve Taylor[®]

dermalogica[®]
a skin care system researched and developed by The International Dermal Institute



Opening times

Thursday	10.00am to 5.00pm
Friday	10.00am to 5.00pm
Saturday	10.00am to 4.00pm
Sunday	By Appointment Only

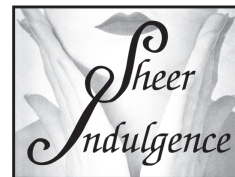
Cancellations

We kindly ask a period of 24 hours notice if you need to cancel your appointment. If the cancellation is made in less than 24 hours a fee of 50% of the treatment price will be charged.

No shows and on the day cancellations will be charged 100% of the treatment price.

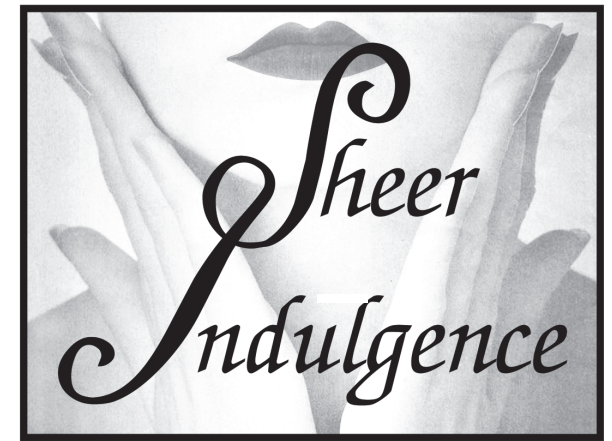
Payment

Please note when paying for treatments or products we accept cash or cheque only.



health&beauty

Potentia Performance
892 The Crescent · Colchester Business Park
Colchester · Essex · CO4 9YQ
Telephone: 07713 162331
Website: www.sheerindulgencehealthandbeauty.co.uk



health&beauty



Potentia Performance
892 The Crescent
Colchester Business Park
Essex · CO4 9YQ

07713 162331

Qualified
Beauty Therapist,
Reflexologist and
Aromatherapist

dermalogica[®]
a skin care system researched and developed by The International Dermal Institute

www.sheerindulgencehealthandbeauty.co.uk

Hand and Foot Care

Orly products represent the ultimate in natural nail care. Developed especially for professionals, they not only condition and repair, but set the standards for wearability, strength and adhesion, achieving a flawless finish everytime.

Orly Manicure with polish (45 mins)	£26.00
Orly Deluxe Manicure (1 hr 15 mins)	£29.00
Orly Pedicure with polish (1 hour)	£28.00
Orly Deluxe Pedicure (1 hr 15 mins)	£32.00
File and Paint	£12.00
Swarovski Crystal Pedicure	£55.00

Swarovski Crystal Pedicure is created by applying tiny Swarovski crystals to the whole of the nail, with good care and attention the crystals will last for three weeks.

MINX – An alternative to nail polish. Minx is made from a flexible film and is applied using heat and pressure only. It will not chip or smudge and requires no drying time. With many different designs to choose from – are you ready to be minxed?

Fingers	£25.00
Toes	£25.00

PhD Waxing System

The PhD Waxing System meets all the criteria that we demand in waxing. Clean, hygienic and effective. By using a disposable applicator, this will eliminate the worrying possibility of cross-contamination.

Full Leg	£23.00
³ / ₄ Leg	£19.00
¹ / ₂ Leg	£15.00
Bikini Line	from £10.00
Brazilian	from £15.00
Hollywood	£25.00
Under Arm	£9.00
Upper Lip	£7.00
Chin	£7.00
Eyebrow	£9.00
Forearm	£14.00
Back	£20.00
Chest	£20.00

Eye Treatments

Eyebrow shape	£9.00
Eyebrow tint	£8.00
Eyelash tint	£14.00
Lash, brow tint and shape	£27.00

Please note: when tinting a patch test is required 24 hours before treatment.

Facials

All Dermalogica products are non-comedogenic, non-acnegenic and have never contained mineral oil, artificial colours, fragrances, irritating lanolin or S.D. alcohols. Our therapeutic treatments focus on restoring you to optimum skin health and body wellness

Dermalogica Face Treatment (1 hour)..... £42.00
This treatment forms the foundation of Dermalogica facials. Based on the Face Mapping analysis we are able to customise the treatments with our unique botanical mixers to suit each individual client.

Power Regeneration Treatment (1 hour) £42.00
Dermalogica's MultiVitamin products contain high levels of antioxidant vitamins to help regenerate, restore and repair prematurely-ageing skin.

Ultra Calming Treatment (1 hour) £42.00
If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! Our super-soothing cleanser will remove impurities from your skin followed by a calming oatmeal masque.

Skin Exfoliation Treatment (1 hour) £42.00
The Skin Exfoliation System is a unique, professional-use exfoliant that offers an advanced combination of exfoliating ingredients. To help smooth the skin and stimulate cell renewal.

Collagen Treatment (1 hour) £42.00
These freeze dried collagen sheets help plump out lines and wrinkles, evens skin texture and offer intense hydration. The hydration levels are increased by up to 180% this increase is clinically proven to last up to 14 days.

AGE Smart Treatment (1 hour) £48.00
AGE Smart is the only system designed to specifically treat and control the structural manifestations associated with skin ageing and the biochemical triggers that lead to these changes, resulting in smoother firmer skin.

MediBac Clearing Treatment (1 hour) £48.00
The MediBac Clearing facial is designed for clients suffering with adult acne. This system is great for adults because the ingredients work to fight acne and control oil production, all while helping to control the inflammatory process that leads to ageing.

Express Treatment (30 mins) £28.00
This treatment achieves maximum results in the minimum of time to help refresh and revitalise your skin.

Massage

Massage relieves the symptoms of stiff tired joints and muscles, improves circulation and promotes deep relaxation. Choose between the Dermalogica Stress Relief treatment oil, or the Energising treatment oil, for a truly therapeutic experience.

Full Body (1 hour)	£39.00
Back, Neck & Shoulders (30 mins)	£27.00
Face, Neck & Scalp (30 mins)	£27.00

Thermal Body Therapy

For centuries, Spa Body Therapy treatments have been embraced for their revitalising and therapeutic effects. From ancient mineral hot springs to modern seaweed wraps, these treatments detoxify the body, de-stress the mind and revitalise your skin.

Mineral Salt Scrub Therapy (45 mins) £35.00
Ideal prior to holiday and tanning treatments. Mineral rich sea salt, dried seaweed and fruit enzymes will smooth and silken the body. Includes dry body brushing.

Back Therapy Treatment (1 hour) £40.00
A deep cleanse and exfoliation is followed by extractions then a therapeutic massage. A customised mask will leave you relaxed whilst a leg massage will help relieve tired achy muscles.

Full Total Body Care (1 hr 25 mins) £60.00
The hydroactive mineral salt scrub will remove dry dead skin cells, and improve circulation. This is followed by a therapeutic full body massage.

Holistic Therapy

Reflexology (1 hour) £39.00
Reflexology has been around for over 4000 years, originally practised by ancient Egyptians and Chinese. Reflexology uses the techniques of applying pressure to the flexes on the feet which corresponds to organs and glands in the body. This will help clear the vital energy pathways that can become blocked due to the stress and strains of life.

Indian Head Massage (30 mins) £28.00
Indian Head massage is a treatment based on old Ayurvedic techniques involving work on the upper back, shoulders, neck, scalp and face. This helps increase joint mobility and flexibility in the neck and shoulders, whilst improving circulation and lymphatic flow. Particularly good for headaches, migraines and eyestrain.

Aromatherapy Massage

Aromatherapy is the therapeutic use of aromatic plant oils known as essential oils. These essential oils offer a wide variety of health benefits such as physical, mental, emotional and spiritual balance when brought together with the revitalising effects of massage.

Full Body (1 hour)	£40.00
Back, Neck and Shoulder (30 mins).....	£28.00
Face, Neck and Scalp (30 mins)	£28.00