

## Massage & Holistic

### Swedish

Reduces stress, improves circulation, relaxes muscles & eases tension.

|                                    |            |     |
|------------------------------------|------------|-----|
| <b>Back massage</b>                | 30 minutes | £34 |
| <b>Back &amp; neck</b>             | 45 minutes | £45 |
| <b>Full body</b>                   | 60 minutes | £50 |
| <b>Full body, face &amp; scalp</b> | 90 minutes | £75 |

### Deep Tissue/Aromatherapy

A detoxifying, intense massage using blended essential oils to relax & de-stress the mind and body.

|                                    |            |     |
|------------------------------------|------------|-----|
| <b>Back massage</b>                | 30 minutes | £34 |
| <b>Back &amp; neck</b>             | 45 minutes | £45 |
| <b>Full body</b>                   | 60 minutes | £50 |
| <b>Full body, face &amp; scalp</b> | 90 minutes | £75 |

### Indian Head Massage

Deep tissue neck, shoulder & scalp massage to ease tension & reduce stress.

|                                                                             |            |     |
|-----------------------------------------------------------------------------|------------|-----|
| Deep tissue neck, shoulder & scalp massage to ease tension & reduce stress. | 30 minutes | £34 |
|                                                                             | 45 minutes | £45 |

### Reflexology

A relaxation treatment using pressure point massage on the feet, stimulates energy to rebalance, detoxify & promote self-healing.

|            |     |
|------------|-----|
| 60 minutes | £50 |
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### Hot Stone Massage

Massage using hot basalt stones to warm the muscles for ultimate relaxation.

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|------------------------------------|------------|-----|
| <b>Back &amp; neck</b>             | 45 minutes | £45 |
| <b>Full body</b>                   | 60 minutes | £50 |
| <b>Full body, face &amp; scalp</b> | 90 minutes | £75 |



## Body Treatments

### Body Glow & Hydrate

30 minutes £34

This Sothy's therapy polishes skin to a soft glow using our exclusive warm oil sugar & salt scrub followed by an express massage providing the critical hydration and nourishment skin needs.

### Deluxe Back Blitz

60 minutes £50

Dry body exfoliation followed by a scrumptious scrub combined with hot mitts, a cocooning hydrating mask & a soothing back, neck & shoulder massage using hot stones & our expert hands on massage

### Hanakasumi

75 minutes £70

Enjoy a relaxing, rebalancing & nourishing body ritual inspired from Japanese tradition. Includes exfoliation, stimulating foot massage & warm shea butter application from top to toe using scents of cherry blossom & Asian essences. The mind is clearer, skin is more nourished & delicately perfumed.

### Ultimate Body Bliss

90 minutes £75

This luxurious Top to Toe pampering experience commencing with body brushing to remove dead skin, followed by a super relaxing back & neck massage. Cocooned in warm blankets, relax with our 'time out' facial where your skin care specialist will select products to suit your skins needs with an added scalp & stress-releasing foot massage. Total relaxation leaving you recharged & refreshed.

Create your own bespoke relaxation experience

please enquire for more information 90 minutes £75

### Spray Tanning

From £20

Our St Tropez gives the perfect natural tan every time. Choose from St Tropez classic, dark or express, designed to suit every skin type.

## The Ultimate Touch Beauty

Proprietor: Sarah Louise Kent

B.A.B.T.A.C C.I.D.E.S.C.O

I.I.H.H.T



### Opening Hours

Monday 9am-5pm

Tuesday 9am-5pm

Wednesday 9am-5pm

Thursday 9am-8pm

Friday 9am-9pm

Saturday 9am-5pm

Sunday Closed



## Weddings

|                |      |     |
|----------------|------|-----|
| <b>Make Up</b> | From | £26 |
| <b>Hair</b>    | From | £38 |

Home Visits available.

Please contact Sarah for more information.

21 Town Green  
Wymondham  
Norfolk  
NR18 0PN

01953 665100





## Facials

|                                   |            |     |
|-----------------------------------|------------|-----|
| <b>Essentials Skincare Facial</b> | 30minutes  | £30 |
|                                   | 60 minutes | £50 |

A rejuvenating deeply hydrating facial suitable for all skin types. Skin is left cleansed, polished and beautifully conditioned for healthy, soft, radiant results

|                                                                                                                       |           |     |
|-----------------------------------------------------------------------------------------------------------------------|-----------|-----|
| <b>GlycoPeel</b>                                                                                                      | 45minutes | £45 |
| Unique resurfacing, anti-aging treatment to boost collagen, reduce lines & promote radiance & luminosity to the skin. |           |     |
| <b>Book 6 treatments &amp; receive a Free Glycowash Cleanser</b>                                                      |           |     |

|                                                                                                                                                                                                                                                 |            |     |
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| <b>Anti-Aging</b>                                                                                                                                                                                                                               | 60 minutes | £52 |
| This anti-aging treatments developed for skin that requires a firm, smooth approach. Advanced formulations and relaxing targeted massage techniques ease the appearance of fine lines, leaving, skin looking and feeling radiantly invigorated. |            |     |

|                                                                                                                                                                                                                                                        |            |     |
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| <b>Black Diamond</b>                                                                                                                                                                                                                                   | 75 minutes | £60 |
| A dazzling combination of precious black diamonds, gemstones, crushed mother of pearl and anti-aging peptides, the Black Diamond treatment visibly illuminates and plumps, reducing fine lines and wrinkles to award the look of youthfulness to skin. |            |     |

## Crystal Clear Micro-Dermabrasion

Dramatically & visibly improves the texture and appearance of fine lines, wrinkles, pigmentation and acne scarring.

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| <b>Flash</b> | 30 minutes | £32 |
| <b>Delux</b> | 60 minutes | £55 |

## Make-Up

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| <b>Application</b> | 45 minutes | £35 |
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## Nails

Jessica natural nail treatments offer an answer for all your nail problems.

|                           |            |     |
|---------------------------|------------|-----|
| <b>Express Manicure</b>   | 30 minutes | £20 |
| <b>Manicure</b>           | 45 minutes | £28 |
| <b>Deluxe Manicure</b>    | 60 minutes | £35 |
| (Includes heated mitts)   |            |     |
| <b>Zen Spa Pedicure</b>   | 60 minutes | £35 |
| <b>Deluxe Pedicure</b>    | 75 minutes | £45 |
| (Includes heated booties) |            |     |

**Please bring flip flops when having a pedicure.**

|                                            |            |     |
|--------------------------------------------|------------|-----|
| <b>Paraffin Wax</b>                        | 15 minutes | £10 |
| Luxury re-hydration for dry, cracked skin. |            |     |

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| <b>Callus Peel Hard Skin Removal</b>                                                           | 30 minutes | £20 |
| A foot treatment that removes hard callused skin leaving your feet feeling soft & revitalised. |            |     |

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| <b>Zen Spa Pedicure &amp; Callus Peel</b> | 75 minutes | £50 |
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## Gel Overlays

A semi-permanent gel that adds strength to the natural nail & offers a long lasting, high gloss, chip free finish, for fingers or toes.

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| <b>Clear</b>        | 45 minutes | £30 |
| <b>Colour</b>       | 45 minutes | £32 |
| <b>French</b>       | 45 minutes | £34 |
| <b>Infills</b>      | 60 minutes | £32 |
| <b>Extensions</b>   | 90 minutes | £40 |
| <b>Soak Off</b>     | 30 minutes | £15 |
| <b>Gel Pedicure</b> | 60 minutes | £40 |

|                                |        |           |
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| <b>Nail Art &amp; Glitters</b> | 1 Nail | All Nails |
| <b>Glitter</b>                 | Free   | £3        |
| <b>Nail Art</b>                | £3     | £5        |

**Acrylic Nails** — Please contact us for more details

## Waxing

|                                 |            |          |
|---------------------------------|------------|----------|
| <b>½ Leg</b>                    | 30 minutes | £18      |
| <b>¼ Leg</b>                    | 30 minutes | £20      |
| <b>Full Leg</b>                 | 45 minutes | £25      |
| <b>½ Leg Bikini/Underarm</b>    | 30 minutes | £28      |
| <b>¼ Leg Bikini/Underarm</b>    | 30 minutes | £30      |
| <b>Full Leg Bikini/Underarm</b> | 60 minutes | £35      |
| <b>Bikini Line</b>              | 15 minutes | From £15 |
| <b>Underarm</b>                 | 15 minutes | £14      |
| <b>Arms</b>                     | 30 minutes | From £14 |
| <b>Eyebrow</b>                  | 15 minutes | From £12 |
| <b>Lip/Chin</b>                 | 15 minutes | From £10 |
| <b>Lip &amp; Chin</b>           | 15 minutes | From £12 |
| <b>Back/Chest</b>               | 30 minutes | From £15 |

## Apilus/Electrolysis

|            |        |            |        |
|------------|--------|------------|--------|
| 5 minutes  | £10.00 | 15 minutes | £20.00 |
| 10 minutes | £15.00 | 20 minutes | £25.00 |

## Laser

Permanent hair reduction. Prices start from £20.00  
Free consultation

## Eyes

**A patch test is required 24hrs before a tint or eyelash lift/extensions.**

|                                   |            |     |
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| <b>Eyelash Tint</b>               | 30 minutes | £15 |
| <b>Eyebrow Tint</b>               | 15 minutes | £12 |
| <b>Eyebrow shape &amp; tint</b>   | 30 minutes | £20 |
| <b>Eyelash &amp; Eyebrow Tint</b> | 30 minutes | £20 |
| <b>Brows by Mii</b>               | 45 minutes | £21 |

A multi-step procedure to enhance & define the brow.

|                                             |            |     |
|---------------------------------------------|------------|-----|
| <b>Duralash</b>                             | 30 minutes | £14 |
| Semi-permanent eyelashes last up to 3 days. |            |     |

|                                                      |            |     |
|------------------------------------------------------|------------|-----|
| <b>Eyelash Extensions</b>                            | 90 minutes | £40 |
| Extensions to enhance lengthen & thicken your lashes |            |     |

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| <b>LVL Lash Lift</b>                                                                                                                                                                                  | 60 minutes | £45 |
| Length, Volume, Lift – straightening, lifting and tinting your natural lashes resulting in the appearance of longer, thicker lashes. Lasts 6-8 weeks. Patch test required 48 hours prior to treatment |            |     |

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| <b>Mina Henna Brow</b>                                                                                                                                                                                                | 30 minutes | £25 |
| The ultimate vegan friendly brow technique – no ammonia, lead or oxidants making it totally organic. Long-lasting colour that covers greys & tints the skin to create a fuller brow & Make-Up effect. Lasts 6-8 weeks |            |     |

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| <b>Brow Lamination by Mina Brow</b>                                                                                                                                                                                                                          | 45 minutes | £30 |
| The perfect solution to realign the brows to give you a more desirable fuller look making the most of how much or how little natural brows you have! This treatment creates the ultimate shape, volume & colour giving you amazing brows for up to 2 months. |            |     |

|                                          |            |     |
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| <b>Brow Lamination &amp; Henna brows</b> | 60 minutes | £45 |
|------------------------------------------|------------|-----|