

Soul

Beauty & Holistic Therapy

PRICE LIST

January 2017

12 Commercial Street
Ystrad Mynach
CF82 7DX

TEL: 01443 816625
www.soulbeauty.co.uk
email: info@soulbeauty.co.uk

Soul

Beauty and Holistic Therapy

Soul Beauty and Holistic Therapy was established in November 2008 and has built a large, loyal client base which has necessitated the expansion to the current premises in Ystrad Mynach.

About the Therapists:

Tina is qualified to NVQ Level II in Beauty Therapy and has ITEC Diplomas in Massage and Reflexology and is also qualified in Hot Stone Therapy. She qualified at East Devon College while working at A Time for Beauty in Cullompton and after moving to Wales has worked at the Feet and Face Place in Cardiff before establishing Soul Beauty and Holistic Therapy.

Natasha, our senior therapist, is qualified to NVQ Level III in Beauty Therapy including Indian Head Massage and Nail Extensions. She has also obtained her Diploma in Complementary Therapies which includes Reflexology and Aromatherapy Massage.

Sara is qualified to NVQ Level III in Beauty Therapy including Nail Extensions and Nail Art. She has previously worked as a mobile therapist in the Aberdare area before joining Soul Beauty and Holistic Therapy in June 2012.

Charlotte is qualified to NVQ Level III in Beauty Therapy including Aromatherapy and Hot Stone massage. She joined our team in March 2013 and has a particular interest in Nail Art and Design.

Victoria is qualified to NVQ Level III in Beauty Therapy including Aromatherapy and Hot Stone massage. She joined our team in May 2014.

Gabrielle is qualified to NVQ Level III in Beauty Therapy including Nail Extensions and Electrolysis. She joined our team in July 2015.

We are all members of BABTAC and are fully insured for all treatments.

To book an appointment please phone the salon on 01443 816625, if we are busy with clients please leave your name and contact number, we **will** phone you back.

HAIR REMOVAL

Please note that all waxing and tinting treatments require a 24hr test patch if you have not had them done before.

½ Leg wax	£ 15.00	Under arm wax	£ 8.25
¾ Leg wax	£ 18.00	½ Arm wax	£ 12.00
Full leg wax	£ 21.50	Full arm wax	£ 15.50
Full leg & bikini wax	£ 24.50	Back wax	£ 16.75
Bikini wax	£ 8.25	Chest wax	£ 16.75
Eyebrow shape (wax or tweeze)	£ 6.95	Back & chest wax	£ 31.50
Lip wax	£ 6.50		
Chin wax	£ 4.50		
Lip & chin wax	£ 10.00		

Electrolysis

Hair removal treatment using electrical impulses to reduce and eliminate unwanted hair growth. A course of treatments is required and this will include a free consultation.

10-15 mins	£ 12.50	20-30 mins	£ 22.00
Course of 6	£ 62.50	Course of 6	£ 110.00

Both of the above courses are charged at 5 for the price of 6 but must be completed within 6 months.

SPECIALIST TREATMENTS

Jan (BSC. Dip Couns.)

Jan joins us on a regular basis and offers Reiki, Counselling, Angelic and Crystal Healing and also E.F.T (Emotional Freedom Technique). Holistic Therapies that may help balance, heal and harmonise the body, emotions, mind and spirit.

More details available on request

HAND AND FOOT TREATMENTS

All manicures and pedicures include; nail cut/file, excess cuticle removal, massage with hydrating cream and your choice of nail polish. Pedicures also include hard skin removal (with a file) and exfoliation. Please remember to bring flip flops or open toed shoes for toe nail painting.

Manicure	30-45 mins	£ 16.50
Deluxe manicure with heated mitts	45-55 mins	£ 21.00
Pedicure	45 mins	£ 22.00
Deluxe pedicure with heated booties	1 hour	£ 27.00
Shape & polish	20 mins	£ 8.50

To include a French Polish add £1.25 to the above prices

Shellac

Gel nail polish that can last up to 2 weeks without chipping and is instantly dry removing the worry of smudging

Shape and Shellac Polish fingers or toes	30-40 mins	£ 16.00
Manicure and Shellac Polish	1 hour	£ 24.50
Pedicure and Shellac Polish	1 hour 15 mins	£ 28.50

To include a French Shellac Polish add £2.00 to the above prices

To include a soak-off to the Shellac treatments above add £4.00

Soak-off Shellac file and buff	£ 8.00
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To add gems, glitters or stickers add £1.00 per nail

Nail Art from £1.50 per nail

Acrylic or Gel Nail Enhancements

Full set	1½-2 hours	£ 31.00
Fill and maintenance	1-1½ hours	£ 20.50
Soak off and manicure	1½ hours	£ 25.00
Replacement nail		£ 3.50
Soak-off, file and buff	1 hour	£ 20.00

Minx Nail Armour

Dramatic nail coatings that adhere to the nail with no need for drying or risk of smudging. Plenty of cool designs and shining metallics to chose from. All Minx applications include nail file/shape and excess cuticle removal.

Minx fingers or toes	1 hour	£ 26.00
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THE FACE

SOTHYS (Paris) is a pioneering brand used in 110 countries and 15,000 beauty centres. Its state of the art research and development is the guarantee of quality products

SOTHYS Prescription Facial*

A tailor made treatment available to suit your skin type

1 Hour £ 34.00

SOTHYS Soothing Facial with Spa(TM) Thermal Water*

Using a range of products designed to soothe and restore comfort to even the most sensitive skin

1 Hour £ 34.00

SOTHYS Seasonal Facial*

Offering a facial to target your specific needs as the seasons change

1 Hour £ 34.00

SOTHYS Eye Treatment*

To smooth the eye contour area & soothe congested eyelids, ideal for reducing bags and dark circles

30 mins £ 21.00

Combine the **SOTHYS** Eye Treatment with any one of the above facials

1 Hour 20 mins £ 49.00

SOTHYS Glysalc Peel Treatment

To refine the texture of the skin, bring instant radiance, smooth and reveal a brighter and more even complexion

45 mins £ 40.00

SOTHYS Radiance Facial

A vitamin C treatment for all skin types with orange and lemon oil giving express radiance for complete relaxation with massage.

45 mins £ 25.00

*These treatments are offered with an optional free hand massage and heated mittens

SPECIALIST FACE TREATMENTS

Non surgical face-lift

Ultra Visage is a micro-current treatment that lifts and tones the muscles of the face, upper arms or breasts. It can help to soften lines and wrinkles, improve circulation and helps restore elasticity in aging skin. A great alternative to surgery, you will see results from your first session. A course of treatments is recommended for maximum results and then monthly maintenance thereafter.

Non surgical face-lift	1 hour	£ 36.00
Course of 10 (for the price of 9)		£ 324.00
Eye area lift	20 mins	£ 15.50
Course of 10 (for the price of 9)		£ 139.50
Arm or breast lift	40 mins	£ 24.00
Course of 10 (for the price of 9)		£ 216.00
Combine an eye area lift with a Sothys eye treatment		
	45 mins	£ 31.00
Course of 10 (for the price of 9)		£ 279.00

Microdermabrasion Facial

Using diamond encrusted tips to improve the skin's regenerative capabilities. Good for controlling specific skin conditions such as, pigmentation, fine lines and acne scarring. A course is recommended and all treatments have a mask included.

$\frac{3}{4}$ Hour		£ 36.00
Course of 6 (for the price of 5)		£ 180.00

BODY AND HOLISTIC THERAPY TREATMENTS

Swedish Massage

Using Swedish massage techniques to help relieve aches and pains and relax the body and mind.

½ Hour	£ 20.50
¾ Hour	£ 26.50
1 Hour	£ 34.00

Hot Stone Massage

Hot stone massage is a truly relaxing treatment using volcanic basalt stones of varying sizes to give a deep massage and a sensation of warmth and comfort.

½ Hour	£ 24.50
1 Hour	£ 40.00

Aromatherapy Massage

Using pure essential oils and grapeseed mixed to make a tailored blend to suit your individual needs. This massage gives deep relaxation and a feeling of well being.

½ Hour (back, neck & shoulders or head, neck & face)	£ 23.00
1 Hour	£ 37.00

Indian Head Massage

A fully clothed treatment which can help release the stress and tension that accumulates in the tissue, muscles and joints of the head, neck and shoulders.

½ Hour	£ 24.00
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Hopi Ear Candling

Using a cotton tube impregnated with beeswax and therapeutic oils inserted painlessly in the ear to act as an aid to draw out impurities. The treatment includes a head massage.

£ 24.00

Body Exfoliation

The perfect way to prepare the skin for self tanning, holidays or that special occasion. Treatment lasts 1 hour and includes massage with hydrating body lotion

£ 34.00

Back Treatment

A facial for the back to target problem areas. Treatment lasts for 1 hour and includes a deep cleanse, exfoliation, massage, mask and application of moisturiser

£ 34.00

Reflexology

A specialised massage of the feet (or hands) using pressure points to restore balance to the body and create a sense of wellbeing

1 st treatment to include consultation	1 Hour	£ 28.00
Follow up treatments	45 mins	£ 28.00
Buy a course of 6		£ 140.00

LASHES, TINTING and TANNING

Tinting

Eye brow tint	£	6.50
Eye lash tint	£	11.50
Eye lash & brow tint	£	16.50

Semi-permanent eye lashes

An individual lash that adheres to your own eye lashes to give an enduring natural finish that can last for two to six weeks with no need for mascara. A selection of lengths is available to suit personal taste.

Full set	1½ - 2 Hours	£	65.00
2 week infill	30 – 45 mins	£	18.00
3 week infill	45 mins	£	22.50
4 week infill	1 Hour	£	30.00

Temporary lashes

Weekend lashes (Flare)	£	11.50
Strip lashes (per set)	£	5.00
Strip lashes (fitted)	£	10.00

Please note that a 24 hour test patch is required for tint/lash glue

Spray Tanning

Using Tanworx solution available in 9% (light) or 12% (dark) or 2 hour rapid tan.

Full Body	£	20.00
Legs only	£	12.00
Face & arms	£	12.00

PACKAGES

Bronze save £8.00 £ 55.50

Sothys Radiance Facial
Manicure
Pedicure

Silver save £11.00 £ 82.00

½ Hour Massage
Manicure
Pedicure
Sothys Seasonal Facial

Gold save £15.00 £106.50

1 Hour Massage
Sothys Facial and Eye Treatment
Manicure
Pedicure

If you would like to customise a package please ask for details

MAKE UP

Standard make up £ 27.00

Bridal make up and tailor made wedding packages on request. Please ask for details.

USEFUL TIPS

- Waxing, tinting and false lashes require a 24 hour test patch if you have not had them before
- Please bring flip flops or open toed shoes for pedicures & toe nail painting
- If you are pregnant or have a medical condition, please inform us as this may affect your treatment suitability
- Male clients are requested to wear shorts for body treatments
- Gift vouchers are available on request & are valid for 6 months from date of issue
- Before having a spray tan please shower and exfoliate and refrain from using moisturisers or lotions as this will act as a barrier. Waxing and shaving should be carried out at least 24hrs before tanning treatment

**PACKAGES AND GIFT VOUCHERS ARE AVAILABLE FOR SPECIAL OCCASIONS OR GIFTS.
PLEASE ASK FOR DETAILS.**

OPENING TIMES

Monday	9am-5pm
Tuesday	9am-5pm
Wednesday	9am-7pm
Thursday	9am-8pm
Friday	9am-7pm
Saturday	9am-4pm
Sunday	Closed

How to find us

