

Hands & Feet

Nail Tidy £8.50 (30 Mins)

A general nail shape, buff & varnish.

Manicure £12.00 (45 Mins)

Nails soaked & filed & cuticles treated. Nails buffed then varnished in a colour of your choice.

Luxury Manicure £13.50 (1 hr 15 Mins)

Relaxing manicure where nails & cuticles are treated & buffed. Includes hand & arm massage.

French Manicure £14.50 (1 hr)

Basic Pedicure £13.50 (1 hr)

Feet, cuticles & nails treated then painted in your choice of colour.

Luxury Pedicure £15.50 (1 hr 15 Mins)

Foot soak, nails cut & filed, cuticle work. Nails buffed then painted in your choice of colour. Includes lower leg & foot massage.

Paraffin Wax £9.50 (20 Mins)

Deep cleansing to help dry skin & nails, eliminate hangnail & calluses. This can also help reduce the pain of rheumatism & arthritis. Includes nail tidy & polish.

Reflexology

This treatment relieves stress & induces a state of total relaxation. Natural & drug free healing therapy based on applying pressure to reflex points in the feet that correspond with functions of the body.

Initial Consultation & Treatment £22.00 (1 hr 15 Mins)

Follow Up Treatments £19.50 (1 hr)

Course of 6 Weekly Treatments £99.50

All Cosmetics are Available to Purchase

Gift Vouchers Available on Request

10% Discount on 3 or More Treatments

Salon Address:

7 Eye Lane, East Rudham, King's Lynn PE31 8RJ

Hours of Business:

Monday - Friday 9am til 9pm, Saturday 9am til 5pm

50% charge on cancellations without at least 24 hours prior notice

Female clients only



East Rudham

Tel: 01485 529078

Mobile: 07956087232

email: donna@shed7beauty.co.uk

web: <http://www.shed7beauty.co.uk>

IHBC / IHHHT Qualified with more than 10 Years Experience
Female clients only please

Facial Treatments

Derma New Rejuvenation Facial £22.50 (1 hr)
This relaxing facial helps improve texture of the skin & relieves stress as it smooths & refines delicate skin. Helps diminish the appearance of fine lines & wrinkles. For all skin types.

Professional Collagen Masks £22.50 (1 hr)
This relaxing facial increases smoothness of the skin, improves elasticity & can have long lasting results.

Deep Cleansing Facial £22.50 (1 hr)
Detoxify & re-balance your skin for a fresh, clean feeling. Benefits all skin types.

Facial Soufflé £23.50 (1 hr)
Natural paraffin wax with essential oils. Leaves a wonderful sense of improvement to your skin texture.

Superficial Cleanse & Tone £11.50 (30 Mins)
Thoroughly cleanse, tone & moisturise your skin. Ideal base for make up.

Make Up Treatments

Makeover £15.50 (1 hr)
A special occasion treatment using Precious make up to suit your skin & enhance your looks.

Wedding Make Up £35.00
Make your special day spectacular, look natural & radiant. Includes practice & 10% off other treatments in that special week.

St. Tropez Tanning Treatments

Indulge yourself with the richest looking tan for that special occasion. Individual areas can be treated separately. Lasting up to two weeks.

Full Body £33.50 (1 hr 15 Mins)
Partial Treatment From £12.00

Quick Fix Tan £21.50 (1 hr)
Using the St. Tropez Whipped-Bronze Mousse Tanning System. Light tan lasting up to 3 days. Perfect for a night out.

Eye Treatments

Lash Tint £8.50 (20 Mins)
Dye your eyelashes in a choice of colours. Lasts about 6 weeks.

Brow Tint £5.50 (15 Mins)
Give your eyebrows a good colour to suit your skin & hair colour (covers grey).

Lash & Brow Tint £12.50 (30 Mins)

Eyebrow Shape £5.00 (20 Mins)
Shape your eyebrows to define & enhance with a natural look.

Waxing Treatments

Full Leg	£21.50 (1 hr 15 Mins)	¾ Leg	£15.00 (1 hr)
½ Leg	£11.00 (40 Mins)	Underarm/Bikini	£5.50 (20 Mins)
Forearm	£6.50 (30 Mins)	Eyebrow	£5.50 (20 Mins)
Lip	£4.00 (20 Mins)	Chin	£4.00 (20 Mins)
Lip & Chin	£7.00 (30 Mins)		

Body Treatments

Full Body Massage £23.50 (1 hr 15 Mins)
Improves circulation, helps restore slack muscles (aromatherapy oils optional).

Back & Shoulder Massage £14.00 (30 Mins)
Luxurious, relaxing massage concentrating on well known stress points (aromatherapy oils optional).

Neck, Face & Scalp Massage £14.00 (30 Mins)
A relaxing yet firm massage concentrating on the well known pressure points of the neck, face & scalp (aromatherapy oils used in hair).

Detoxifying Body Blitz £19.50 (1 hr)
Relaxing treatment including skin brushing & gentle exfoliation. Moisturises your body making you feel fresher, helping circulation & breakdown of fatty deposits such as cellulite.

Inch Loss Wrap
Inch loss gel & dry wrap treatment. Boosts incentive when beginning or during a diet. Ideal treatment to help fit in an outfit on those special occasions. Also help in reduction of stretch marks & cellulite.

½ Body Wrap £24.00 (1 hr 30 Mins)
Full Body Wrap £30.00 (2 hrs)