

## Hands & Feet

- Nail Tidy* £8.00 (30 Mins)  
A general nail shape, buff & varnish.
- Manicure* £11.50 (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* £13.50 (1 hr)
- Basic Pedicure* £12.50 (1 hr)  
Feet, cuticles & nails treated then painted in your choice of colour.
- Luxury Pedicure* £14.50 (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* £8.50 (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* £18.50 (1 hr)  
*Course of 6 Weekly Treatments* £95.00

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* £22.00 (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* £22.00 (1 hr)  
This relaxing facial increases smoothness of the skin, improves elasticity & can have long lasting results.

*Deep Cleansing Facial* £22.00 (1 hr)  
Detoxify & re-balance your skin for a fresh, clean feeling. Benefits all skin types.

*Facial Soufflé* £23.00 (1 hr)  
Natural paraffin wax with essential oils. Leaves a wonderful sense of improvement to your skin texture.

*Superficial Cleanse & Tone* £11.00 (30 Mins)  
Thoroughly cleanse, tone & moisturise your skin. Ideal base for make up.

## Make Up Treatments

*Makeover* £15.00 (1 hr)  
A special occasion treatment using Precious make up to suit your skin & enhance your looks.

*Wedding Make Up* £34.50  
Make your special day spectacular, look natural & radiant. Includes practice & 10% off other treatments in that special week.

## St. Tropez Tanning Treatments

*Full Body* £33.00 (1 hr 15 Mins) *Partial Treatment From* £12.00  
Indulge yourself with the richest looking tan for that special occasion. Individual areas can be treated separately. Lasting up to two weeks.

*Quick Fix Tan* £21.00 (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	£21.00 (1 hr 15 Mins)	¾ Leg	£14.50 (1 hr)
½ Leg	£10.50 (40 Mins)	Underarm/Bikini	£5.50 (20 Mins)
Forearm	£6.50 (30 Mins)	Eyebrow	£5.50 (20 Mins)
Lip	£3.50 (20 Mins)	Chin	£3.50 (20 Mins)
Lip & Chin	£6.00 (30 Mins)		

## Body Treatments

*Full Body Massage* £23.00 (1 hr 15 Mins)  
Improves circulation, helps restore slack muscles (aromatherapy oils optional).

*Back & Shoulder Massage* £13.00 (30 Mins)  
Luxurious, relaxing massage concentrating on well known stress points (aromatherapy oils optional).

*Neck, Face & Scalp Massage* £13.00 (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* £19.00 (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 £23.00 (1 hr 30 Mins)  
Full Body Wrap £29.00 (2 hrs)