



*The Beauty Rooms*  
at Target Health & Fitness



## Eye Care

Eyebrow shape (wax or tweeze)	<b>£6.00</b>	Party Lashes	<b>£20.00</b>
Eyebrow tint	<b>£5.00</b>	Lasts 1-2 days maximum.	
Eyebrow shape & tint	<b>£9.50</b>	Bollywood Individual Lash Extensions	<b>£50.00</b>
Eyelash tint	<b>£7.50</b>	Lasts 2-3 months with regular infills, as used by Lady Gaga's make-up artist.	
Eyelash perm	<b>£25.00</b>	Bollywood Blink Lashes	<b>£35.00</b>
Eyelash perm & tint	<b>£30.50</b>	Express lash extensions lasting 2 weeks.	

Please note a patch test is required 48hrs before any tinting or perming treatment.

## Waxing

Lip or Chin	<b>£5.00</b>	Brazilian	<b>£15.00</b>
Lip and Chin	<b>£9.00</b>	Hollywood	<b>£16.00</b>
Underarms	<b>£7.50</b>	1/2 leg	<b>£14.00</b>
Arm wax	<b>£10.00</b>	Full leg	<b>£20.00</b>
Bikini	<b>£8.50</b>	1/2 leg and bikini*	<b>£20.00</b>
High bikini	<b>£9.50</b>	Full leg and bikini*	<b>£25.00</b>

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Men's Back Wax from **£10.00**  
Men's Chest Wax **£15.00**

\* High bikini £1.00 extra, Brazilian £6.00 extra, Hollywood £7.00 extra.

## Nail Care

File and Polish **£6.00**

Manicure **£13.50**

Cuticle and nail care, hand massage and polish application.

Luxury Manicure **£20.00**

A manicure treatment with exfoliation, massage and hand mask.

Pedicure **£19.50**

Foot soak, cuticle and nail care, hard skin removal, leg and foot massage and polish application.

Luxury Pedicure **£26.00**

A pedicure with exfoliation, massage and foot mask.  
Add French polish to any of the above for £2.50.

Minx Toes **£20.00**

## Bio Sculpture Gel

A non chip nail colour that promotes natural nail growth and strengthens! No filing ensures no natural nail damage. Thin strong and flexible. Your natural nails only better.

Colour application **£27.00** Individual nail tidy **£5.00**

French application **£30.00** Removal and nail tidy **£15.00**

## Environ Facial Treatments

All Environ facials use the highest quality ingredients and vitamins A, C & E, which are essential to maintain and repair the skin.

### Environ Facial - 50 minutes **£35.00**

Using active levels of Environ ingredients and vitamins, this treatment follows the lines of a more traditional facial of pampering and relaxing, whilst improving the skin. This facial is suitable for anyone whether they are using Environ homecare products or not.

### Teenage Facial - 30/40mins **£30.00** (course of 3) **£75.00**

A facial designed for young teenage skin, whether it be spotty, blackhead or simply skin that is feeling the effects of hormonal changes. Advice will also be given on how to look after and improve the skin whilst at home. This is a very popular treatment and effective. A deep cleanse, hot steam towel, extractions, mini massage, mask.

### lonzyme Facial Treatment - up to 1hr 15 min **£45.00** (course of 3) **£115.00**

Using active levels of Environ ingredients and vitamins this prescriptive facial is for anyone starting out with Environ or is already on moisturiser AVST or moisturiser C-Quence. This treatment is designed for anyone wishing to maintain good skin or seeking to improve their skin.

## Tanning

**St Tropez auto bronzant** - A four step application to ensure an all over golden tan.

Full body application **£30.00**

1/2 body application **£16.50**

**Su Do Spray Tanning** - For a quick, easy and even tan.  
Available in 2 shades.

Full body application **£22.50**



## Pamper Packages

### Pamper 1

**£50.00**

Includes taster facial or half body massage, mini manicure and mini pedicure.

### Pamper 2

**£65.00**

Includes Indian head massage, luxury manicure and luxury pedicure.

### Wedding Pamper

**£100.00**

Environ Facial, luxury manicure, luxury pedicure and spray tan.

### Holiday Pamper

**£58.00**

Manicure, pedicure, eyelash tint and spray tan.

## Massages

### Swedish Full Body Massage **£35.00**

It has proven to be a simple yet highly successful massage with the intensity of the depth & stroke differentiating from traditional massage. Ideal for general back problems, headaches and stiff muscles.

### Half Body Massage **£25.00**

Incorporates those areas that suffer the most from tension & stiffness. Concentrating on the back, neck and shoulders.

### Indian Head Massage **£25.00**

An ancient Indian Therapy used to relieve stress, tension, headaches and eyestrain.

### Lower Back **£25.00**

This is a deep massage which includes specialised techniques to relieve pain.

### Hand & Foot Massage **£15.00**

Relax, refresh & rejuvenate those over worked areas. An ideal treatment for those in need of pampering with little time to indulge.



## Gift Vouchers

Treat a friend or a loved one with one of our Gift Vouchers.

Gift Vouchers are available for any treatment or value, and make an ideal present for that special occasion.

## Appointments

We require at least 24hrs notice of cancellation otherwise a 50% charge will apply.

Only one discount offer or voucher may be applied to a single treatment session.

## Appointments Available:

9.00am - 9.00pm Monday to Friday

9.00am - 4pm Saturday

**Tel:** 01484 681000

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