



  
**Barnsdale**  
Hall Hotel



# Hair and Beauty



**Elemis**

**Sienna<sub>x</sub>**

  
**JESSICA**

 **CACI**  
NON SURGICAL SOLUTIONS

**BED HEAD**  
TIGI

*Mi*

Mii

BED HEAD  
TIGI

COCOA  
NEW THERAPEUTICAL SOLUTIONS

J  
JESSICA

Sienna<sup>x</sup>

Elemis

Barnsdale Hair and Beauty's luxurious Salon offers expertise in both hair and beauty treatments. We offer an extensive range of specialised treatments using only highly acclaimed products to make your visit truly memorable.

The versatility of the salon allows you to visit for everyday purposes, special events, weddings as well as pure relaxation.



# Manicures

## **Jessica® Prescriptive Manicure** £24.00

Nails are not alike . . . a treatment manicure which analyses and treats each nail for its specific nail type.

The hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

## **Jessica® Prescriptive Manicure Deluxe** £36.00 **with Thermal Mittens**

The Jessica Prescriptive Manicure with Thermal Mittens for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.



# Pedicures

## **ZenSpa® Pedicure** £26.00

**Holistic foot and nail treatment to treat every nail type.**

Feet are exfoliated, a foot masque applied and a luxurious massage leaves feet smooth and soft. Nails are cut and shaped, cuticles are treated and prescriptive basecoats used for different nail types . . . Always finishing with the perfect polish.

## **Mother-to-Be Essential Pedicure** £26.00

The same as above but specially tailored to suit women in all stages of pregnancy.

## **ZenSpa® Delux with Thermal Booties** £36.00

# Just nails

## **Shape & Polish – hands or feet** £16.00

## **French Polish –** extra £3.00

\*with any Manicure or Pedicure.

## **Paraffin Wax Treatment - hand or foot** extra £9.00

\*only to be taken with a full manicure or pedicure.

## **Nail Shape and Cuticle tidy** £14.00

•••**Please remember your open toed shoes**

Professional  
**GEL**eration™  
Soak-Off Gel Polish

# The beauty of Jessica with the strength of a gel!

Available in Jessica's best-selling shades, GELeration delivers a high shine, chip free finish for up to three weeks. Working alongside the Jessica system, GELeration is designed to continue to protect the natural nail - from application, to wear and soak-off removal. Loved by clients for the long lasting results and for standing up to their rigours of everyday life, you cant fail to be impressed.

**Sets solid under an ultra-violet light, immediate results and no risk of smudging**

Gel Nails	£41.00
Gel Toes (includes pedicure)	£52.00
In-fills (2-3 weeks) (per set)	£30.00
Removals (includes a therapeutic nail treatment)	£25.00
* Removals when in same appointment as a full set	£10.00



# Hair Removal

## Waxing

Eye Brow Waxing	£9.00
Upper Lip	£7.00
Chin	£7.00
Lip and Chin	£12.00
Half Leg (below knee)	£16.00
Half Leg (above knee)	£18.00
Half Leg and Bikini	£20.00
3/4 Leg	£21.00
Full Leg	£24.00
Full Leg & Bikini	£28.00
Full Leg, Bikini and Under Arm	£34.00
Regular Bikini	£11.00
Brazilian	£19.00
Hollywood (all removed)	£25.00
Under Arm	£9.00
Forearm	£11.00
3/4 Arm	£14.00
Back or Chest	£17.00
Chest & Back	£29.00

# Electrolysis

5 minutes	£5.00
10 minutes	£9.00
15 minutes	£13.00

## Instant tanning

Half Body Tan	£15.00
Spray Tan	£29.00

A Sienna X Spray Treatment gives you a fast, flawless tan. This 15 minute treatment covering the whole body dries instantly, allowing you to step back and get dressed.

### Ergoline Fast Tanning High Power Tanning Unit £1 a minute

For your benefit we follow, and adhere to, the guidelines of the Sun Bed Association and require your co-operation in regard to Health and Safety.

### COURSES

30 minutes	£21.00
60 minutes	£36.00
90 minutes	£52.00
120 minutes	£67.00

**Note:** Due to Health & Safety requirements, there is a minimum age limit of 18 for the sun bed.

Failures to attend appointments / treatments cancelled within 24 hours of appointment are subject to a charge of 50% of the value of treatment booked.

# Eye care

Eyebrow Tint	£8.00
Eyelash Tint	£15.00
Eyelash & Eyebrow Tint	£20.00
Eyebrow Shape, Eyelash & Eyebrow Tint	£26.00

\* Must have tint test 24hrs prior to treatment.



# Make-up

Inspired by the wants and wishes of thousands of beauty spa and salon devotees, as well as a team of beauty experts, Mii launched in 2011. Taking the variety of the department store to the comfort of your salon, the range is easy to choose, easy to use and easy to understand; to encourage you to create a look that is uniquely, completely, unmistakably you.

With skin loving formulas, thirteen tailored brushes as well as a 100% pure mineral line, Mii has set its sights on ensuring that you are filled with the confidence that every makeup decision will be the right one.

## Special Occasion Make-up £31.00

Using Mii make-up, this is an ideal solution for a special occasion.

Carried out in a relaxing environment, make-up is professionally applied using shades to complement your skin tone and your outfit.

## Make-up Lesson £37.00

We encourage you to bring your own make-up (if any), or using Mii make-up, to guide and teach you in the art of skilful application and professional techniques.

## Skin Specific Facials

### Fruit Active Glow

£45.00

Brings back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

### Exotic Moisture Dew

£45.00

Treat your skin to a moisture boost. Following a specialist facial massage the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

### Herbal Lavender Repair

£45.00

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

## Advanced Anti-ageing Facials

### Tri-Enzyme Resurfacing Facial

£72.00

Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32% after just 1 treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin.

### Visible Brilliance Facial

£72.00

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are clinically proven to increase by up to 61% and elasticity by 40% after just 1 treatment.

### Pro-Collagen Quartz Lift Facial

£80.00

Clinically proven, after just 1 treatment, to reduce the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

# Elemis

## Body Treatments

### **Back, Neck & Shoulder Massage (20 mins hands on) £26.00**

Relaxing or invigorating back massage using massage oils or creams, covering the whole back from the lower lumbar region to the occipital region in the neck. Very relaxing. Can easily fit in your lunch-time break.

### **Swedish Full Body Massage (50 mins hands on) £47.00**

As above, but incorporates the whole body. You will need at least an hour to enjoy this massage.

### **Deep Tissue Back Massage £32.00**

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

### **Deep Tissue Muscle Massage £62.00**

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

### **Musclease Aromaspa Ocean Wrap/Float £41.00**

Comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

### **Exotic Lime and Ginger Salt Glow £41.00**

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.



# Elemis

## Face and Body Therapy

### Face and Body Sensation

£70.00

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

### Absolute Spa Ritual

£125.00

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

## Detox Therapy

### Body Sculpting Cellulite and Colon Therapy

£70.00

Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid result. A peel off body mask is applied and combined with massage to deeply cleanse the body helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

### Cellutox Aroma Spa Ocean Wrap/Float

£49.00

Be cocooned in a foil wrap or dry float and treated to a pressure point facial massage and de-stress scalp treatment. This rich therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.



# Specialised Therapies

## **Indian Head Massage** £26.00

Indian Head Massage is based on both traditional and Indian techniques using a variety of massage movements. This is a totally non-invasive treatment and can be performed over clients' clothes. Includes the face, scalp, neck, shoulders, and upper back.

## **Hopi Ear Candles** £26.00

By inducing a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses, this treatment is very soothing and wonderfully relaxing, bringing a deep sense of security and a feeling of happiness. Includes a facial massage.

## **Full body hot stone massage** £62.00

A blissful experience! Hot stones are used to skilfully massage your entire body using aromatic oils.

## **Hot Stone back massage** £35.00

A blissful experience! Hot stones are used to skilfully massage your back using aromatic oils.

## **Aromatherapy massage** £55.00

After a consultation, essential oils are selected for use during this full body treatment.

## **Reflexology** £42.00

During the treatment your feet are gently massaged and subtle changes in specific points corresponding organs or systems in the body are also worked upon through only touching the feet.



Our choice of specialised therapies has been designed so that there really is something for everyone, whether you need to target a specific problem or just looking for a bit of relaxation, you will find the perfect treatment for you.



# Floatation Therapy

30 minutes	£30.00
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40 minutes	£40.00
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**“Floating works for just about anyone, there is no training required, no secret wisdom, no guru and no weeks of discipline”.**

The Dead Sea, between Israel and Jordan, is 30% compared to other seas with 3% salt. Imagine floating effortlessly in Dead Sea waters where the weight of gravity is non-existent. The therapeutic benefits of floating in the Dead Sea have been well researched and the practical application of this type of treatment is now incorporated in the Hydrofloat.

Float effortlessly in a pool filled with water and dead sea salts heated to body temperature. During floatation, floating in darkness, with complete silence, and no extreme hot or cold temperatures deprives your usual senses; the result is a deep state of relaxation for both mind and body.



## **The benefits of floatation therapy include:**

- Relieving stress
- Easing of Arthritis
- Releasing Endorphins-the body's natural pain killer
- Improving the condition of the skin and hair
- Detox the system
- Increasing circulation and energy levels
- Improving concentration
- Assisting the treatment of depression
- Regulating sleep patterns-one float simulates 4 hours of sleep
- Relief from old injuries
- Increased mobility
- Aids the digestive tract
- Increases general bloody and lymph

## **Contra-indications**

- Epilepsy
- Heart Conditions
- High Blood Pressure
- Kidney disorders
- Severe Eczema
- Severe Psoriasis
- Diabetes
- First and Final trimester of pregnancy

\* Please disclose any health problems at time of booking!

Failures to attend appointments / treatments cancelled within 24 hours of appointment are subject to a charge of 50% of the value of treatment booked.

# Men's Treatments

## Executive Hand and Nail Treatment for Men £22.00

Hand Treatment Programme to condition and smooth hands. Nails perfectly shaped, cuticles conditioned and gently pushed back.

## Executive Foot Care for Men £22.00

Toenails perfectly shaped, cuticles conditioned and gently pushed back and a foot massage. A luxurious foot treatment preventing build up of hard skin and calluses.

## Advanced anti-ageing facial for men

### Skin IQ+ Facial £75.00

Clinically proven, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.



## Advanced performance facial

### Urban Cleanse Facial £75.00

Eliminates blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

## Elemis face & body therapy for men

### Total Time Out £125.00

Select either the Anti-Ageing Elemis Skin IQ+ or the Urban Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!



# The most advanced Non surgical Treatment system

The CACI ultimate as the name suggests really is the ultimate aesthetic treatment system.

It is the very first treatment to combine Micro current face and body toning, crystal free Microdermabrasion and LED photo therapy. Truly the most versatile treatment system available.

CACI Facelift	£47.00
Hydro Tone Facial	£30.00
Microdermabrasion	£41.00
CACI Hydro Tone Facial	£67.00
(CACI Facelift and HydroTone Mask)-	
CACI Legs and Buttocks Lift	£31.00
CACI Course of 10 Facials	£410.00
CACI Ultimate Radiance	£55.00
( Microdermabrasion and light therapy)	
CACI Ultimate Eye Treatment	£36.00
CACI Ultimate Anti-ageing Facial	£82.00

CACI treatment systems truly deliver visible and corrective results without the need for surgery or invasive procedures. The dramatic results achieved using our exclusive technologies has attracted an impressive celebrity following and created huge demand for CACI treatments.

As we grow older our facial muscles naturally start to lose tone and elasticity. Genetics, lifestyle, weight fluctuation and environmental factors can all influence the rate and degree to which our muscles will lose their tone as we all know first impressions count and a sagging face can make you look tired, miserable and older than your years. CACI International offer a non surgical solution to combat loss of muscle tone using CACI micro current facial toning therapy.

Skin re-surfacing technologies such as Microdermabrasion can help to reduce the signs of premature lines and wrinkles by stimulating the production of new collagen. Hydrating treatments like Hydratone can help to re-hydrate the skin and plump out deep lines and wrinkles



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## Hairdressing & Styling

Re-style cut & blow dry	£38.00
Cut & blow dry	£35.00
Shampoo & set/blow dry	£19.00
Cut shampoo and set	£35.00
Wet cut	£19.00
Children's hair (under 14)	£12.00
Children's cut and blow dry (under 14)	£19.00
Children's hair (under 6)	£6.00
Full head curling	£26.00

(hair must be washed and dried before appointment)

Occasion Hair up	£31.00
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(hair must be washed and dried before appointment)

Conditioning Treatment	£6.00
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## Men's hair

Gent's wet cut	£11.00
Creative hair colour	£29.00
Cut & blow dry	£16.00

## Colouring/Chemical

Woven colour - full head	£56.00
Woven colour - partial head	£46.00
Capped	£30.00
Full head colour	£37.00
Root colour	£32.00
Perm	£40.00
Hair colour	£39.00



# Weddings

**Wedding Hair Trial** £45.00

**Wedding Day Hair** £40.00

(hair must be washed and dried before appointment)

**Wedding Hair Trial and Day** £70.00

(hair must be washed and dried before appointment)

**Wedding Make-up Trial** £31.00

**Wedding Day Make-up** £36.00

**Wedding Trial and Day Make-up** £67.00

**Bridal Package** £140.00

Wedding Trial and Day Makeup

Manicure

Pedicure

Back neck and shoulder massage

**Groom package** £88.00

Nail tidy

Foot tidy

Full body massage



# Treatment Packages

**Top to toe treat** £55.00

Back massage, use of our leisure facilities, light lunch in our restaurant from a select menu and a wash and blow dry.

**Revitalising experience** £76.00

Mini Elemis face and body sensation, file and re-varnish

**Relaxing experience** £88.00

Floatation therapy, back, neck and shoulder massage, Mini Elemis Skin Specific facial

**Serenity experience** £93.00

Mini Elemis Skin Specifics facial, luxury manicure and pedicure

**Mother and daughter treat (per person)** £72.00

Mini Elemis Skin Specifics facial, back, neck and shoulder massage, file and re-varnish

**Floatation break (per couple)** £216.00

Elemis Skin Specifics facial, 30 minute floatation therapy and 1 night's dinner bed and breakfast.

**All of our treatment packages include complimentary use of our extensive leisure facilities.**

**Treatment packages are NOT subject to change.**

Failures to attend appointments / treatments cancelled within 24 hours of appointment are subject to a charge of 50% of the value of treatment booked.



## Hair & Beauty

Nr Oakham Rutland LE15 8AB

**Tel: 01572 771313**

[www.barnsdalehotel.co.uk](http://www.barnsdalehotel.co.uk)

Facebook: Barnsdale Hair and Beauty

## Opening Hours

Monday	CLOSED		
Tuesday	9.00am	-	6.00pm
Wednesday	9.00am	-	6.00pm
Thursday	9.00am	-	6.00pm
Friday	9.00am	-	6.00pm
Saturday	9.00am	-	6.00pm
Sunday	CLOSED		

- Gift Vouchers Available • Free onsite parking

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