

# Jacqueline Stewart

*Member of the Federation of Holistic Therapies*

*Has qualified with HNC*

Anatomy and Physiology

Diploma Indian Head Massage

Diploma Clinical Aromatherapy

Body Massage, Reiki Master/Teacher

Graduate of the Scottish School of Reflexology

Diploma in Stress Management

Diploma in Pregnancy Massage



## Opening Hours

Tuesday & Wednesday 10.00 ~ 5.00

Thursday 10.00 ~ 8.30

Friday 10.00 ~ 6.30

Saturday 10.00 ~ 5.30

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

Visit Our Website for Monthly Offers

Credit Cards Accepted



# Alternative Beauty

*Price List 2009/2010*

232 Glasgow Road, Wishaw

*(Parking at rear off Heatherly Road)*

*Tel: 01698 373707*

**Dermologica Skin Centre & Retailers**

**Free Face Mapping and Skin Bar Holistic Therapies**

**Balance Body Mind & Spirit**

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

# Facials

## Free Face Mapping & Skin Bar

Face mapping is a revolutionary skin analysis developed by The International Dermal Institute exclusively to Dermalogical. Our professional skin therapist have a comprehensive technique with which to analyse every aspect of their client's skin and make a prescription of home care regime which will fully address each client's concerns. Face mapping divides the face into fourteen distinct zones each with its own set of potential problems and unique needs. Skin bar allows you to use the products and experience them for yourself.

Dermalogica's Face Mapping provides a deep look into your skin's health. The latest advances in skin analysis provide you with a treatment specifically designed to address your personal skin concerns.

## Micro Zone Treatments

What's the benefit to your skin? Microzone treatments provide an immediate solution to whatever might be plaguing your skin at the time. We will address your immediate skin care concern and apply the Microzone treatment which has been customised to meet your skin care needs. Lip Renewal, Hand Repair, Flash Exfoliation, Blackhead Relief, Eye Rescue, Spot Treatment, Mens Skin Fitness.

**30min** **£20.00**

## Express Facial

Achieves maximum results in minimum time, through a blend of cleansing, exfoliation, customised mask, toning and moisturising. Ideal for those with a busy lifestyle.

**45 min** **£28.00**

## Prescriptive Facial

A facial tailored to your skin's exact needs - whatever they may be. Your expert therapist will use the exclusive Dermalogica "face mapping" technique and adapt the facial to your personal needs.

**45 min** **£35.00**

## Age Smart Facial

This is the most powerful of all the Dermalogica facial treatments, especially for those clients concerned with the signs of premature aging and sun damaged skin.

**1 hour 15 mins** **£38.00**

## Medibac Clearing Treatment

Breakouts have finally met their match — our MediBac clearing treatment will focus on purifying your skin with deep cleansing followed by extractions.

**1 hour 15 mins** **£35.00**  
**Course of 3 within 2 months** **£90.00**



## Chroma White TRX Treatment

Helps stop uneven pigmentation at its cause. This treatment when combined with proper home care actually regulates pigment production on a cellular level, helping to balance the complexion.

**1 hour 15 mins** **£35.00**  
**Course of 7 over 16 weeks** **£220.00**  
**Course of 9 over 4 weeks** **£365.00**

# Holistic Therapies

## Reiki

The word "Reiki" is Japanese and means "universal life force". It brings together healing, love, balance and harmony. Treats the person as a whole, body, mind and spirit. Universal energy (life energy which flows through living things) flows through the practitioner to the recipient activating the body's own healing abilities including a feeling of deep relaxation and well-being — with no need to undress it is a popular treatment with people who are self-conscious with strangers.

**1 Hour £28.00**

## Aromatherapy

Massage combined with the use of 100% natural essential oils and aromatic plant extracts which possess a variety of therapeutic actions - they can stimulate, sedate, relieve anxiety and pain, balance between body and mind.

**1 Hour 15mins Full Body £32.00**

**Half hour Back, Neck, Shoulders £18.00**

**Half Hour Legs and Back £18.00**

**20 mins Face, head. Sinus Drainage £15.00**

## Swedish

A stimulating and invigorating massage used to improve lymphatic drainage, circulation and muscular and joint aches and pains (especially after exercise).

**1 Hour Full Body £29.00**

**Half Hour Back, Neck, Shoulders £18.00**

## Reflexology

Includes applying pressure and manipulation of reflex points in the hands, feet or face which corresponds to organs and glands within the body releasing blockages and promoting the body's own healing abilities, removing toxins and waste and improving nerve and blood supply including a feeling of deep relaxation and well-being. Can help prevent illness and maintain good health.

**1 Hour £28.00**

## Thermal Auricular Therapy (Hopi Ear Candles)

Hopi ear candles — how they work — they have a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the candles, generating a massage-like effect on the eardrum. This includes a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache, headache, ear noise, stress and nervousness. These benefits have been well known through 15 years of experience and confirmed by thousands of doctors worldwide Biosun ear candles are regularly tested by independent institutes and are certified medical products according to EC guidelines 93/42.

**45mins £28.00**

## Indian Head Massage

Relieve stress and tensions with massage of the upper back, upper arms, shoulders, head, neck and face helping to reduce stress, tension in the upper body, anxiety, providing a feeling of deep relaxation and well-being, improves hair and scalp conditions.

**1 hour 30mins £35.00**

## Hot Stone Therapy

When hot stones are applied to the skin they are aided by gravity application by the hand which means the effect is intensified and penetrates the tissue layers up to and over 1.5 inches. Heat is carried down to the deeper layers by the blood which will cause local physiological and systematic changes.

**1 hour 30mins £45.00**

**45mins Back, Neck, Shoulder £25.00**

## Pregnancy Massage

Massage advice and techniques are adapted to suit each individual and stage of pregnancy. Massage will help relieve stress, tension, nausea, fluid retention. It will also help reduce muscular pain and strain, improve your well-being when physical and emotional changes are occurring.

**1 hr 15min per treatment £40.00**

**Course of 6 £200.00**

# Dermalogical Body Treatments

## Hands and Arms

Your arms and hands will meet their relief during this thermal touch treatment that includes paraffin. This customised treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed. **1 hour (including polish) £28.00**

## Neck & Chest

Don't stop at the neckline! Improve the health and appearance of your neck and chest with this treatment that is great for prematurely aging, sunburnt or irritated skin. Help repair damage brought on over the years or from recent exposure to the elements with intensively hydrating and nourishing ingredients.

**45 mins £25.00**

## Back Purification

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply cleansing scrub sloughs off dead skin cells readying the skin for removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed. **40 mins £25.00**

## Legs & Feet

Its time to give your lower legs the attention they deserve. Cleanse, exfoliate, hydrate and moisture for healthy and revitalised skin and muscles that are ready to take on the day! **1 hour (including polish) £28.00**

## Air Brush Make Up

Airbrush make up provides flawless coverage by minimizing skin imperfections while giving your skin a beautiful natural finished look. Lasts 18 hours without a touch up. Great for weddings, special events, photo shoots and TV.

### Trials

Bride	£35.00	Bridesmaid	£30.00
Mum/Guest	£30.00	Ages 16 or Under	£18.00

### On the Wedding Day

Bride	£65.00	Bridesmaid	£35.00
Mum/Guest	£30.00	Ages 16 or Under	£20.00

## Eye Treatments

Eyebrow Shape	£4.50	Eyebrow Tint	£4.00
Eyelash Tint	£6.50	All Three	£13.50
Eyelash Extensions	£1.00 each	Eyelash Perm Inc. Free Tint	£27.00
Hollywood 3D Lashes inc.			£55.00
Corner Flicks including Free Tint			£30.00

*A patch test is required 4 hours prior to tinting.*

## Waxing - Temporary Removal of Unwanted Hair

Full Leg and Bikini	£20.00	Stomach	£5.00
Full Leg	£16.00	Lip or Chin	£4.00
Three-quarter Leg	£12.00	Lip and Chin	£7.00
Half Leg	£9.00	Eyebrow	£4.50
Bikini	£6.00		
Brazilian	£15-£20	<i>Men</i>	
Full Leg & Brazilian	£28.00	Chest	£15.00
Underarm	£5.50	Back	£15.00
Forearm	£7.00	Hands and Fingers	£6.00
Full Arm	£10.00	Eyebrows	£4.50



## Eye brows less than fabulous?

If you have to constantly pencil in or tint your brows then consider MICROPIGMENTATION. Beautiful natural looking eyebrows that don't wash off. 'as good as a facelift'. Check the website [www.alternativebeauty.co.uk](http://www.alternativebeauty.co.uk) for the next available appointment.

## Sienna X Spray Tan *(as recommended by Marie Claire)*

Full Body £15.00

## Nail Enhancements *(Acrylic Nails using the NSI Nail System)*

Tips	£28.00	Repairs per Nails	£2.50
Infills	from £18.00	Removal and Manicure	£16.00

## Hand/Foot Treatments

File and Polish	£7.50	Express Pedicure	£13.00
Express Manicure	£12.00	Luxury Spa Pedicure	£28.00
Spa Deluxe Manicure	£25.00	French Polish extra	£1.00

## Packages

### Wedding Packages

Dermalogica facial, express manicure and pedicure, half leg, bikini, underarm & eyebrow wax £75.00  
Acrylic Nails £100.00  
Gel Nails £115.00

### Holiday Package

Half leg, bikini, underarm & eyebrow wax with eyelash tint £29.50  
Full leg and Brazilian £38.00  
Full leg or Brazilian £33.00

### Pampering Package

3 1/2 Hours Dermalogica facial, aromatherapy massage, express manicure & pedicure £80.00



## Mineral Salt Scrub Therapy

### Body Foliation Therapy

Give your body the customised exfoliation it needs coupled with the warming sensation it craves! A gentle oatmeal and rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sunspots and hyperpigmentation. Skin is smoother and prepped for maximum absorption of rich, smoothing botanical oils. You'll leave this therapy with silky healthier skin.

45 min £30.00

### Nourishing Sea Mud Therapy

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while tropical Asian ginger and white tea stimulate circulation and smooth skin. Customised essential oils provide aromatherapeutic and skin benefits while caffeine provides all over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals.

45 min £40.00



## Power Recovery Therapy

An intensive wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of wheat protein and honey act as maximum hydrators while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin. Customised essential oil blends in a massage medium offer aromatherapeutic benefits, while rich kukio nut, olive and grape seed oils smooth and provide antioxidant protection.

**45 min** **£40.00**

## Mud Massage Therapy

A unique and exotic treatment that combines detoxifying and cleansing capabilities of earth clays with the intensively moisturising power of natural oils. Olive and grape seed oils protect, smooth and condition while fortifying skin with antioxidants, and a unique blend of Asian herbs stimulate circulation. Your skin is smooth, soothed and protected.

**1 hour 30mins** **£65.00**

## Deep Thermal Therapy with Thermal Stamp

Inspired by the practices of 14th century Thai therapy, this thermal body therapy treatment utilises a unique fabric stamp filled with skin benefiting ingredients and the power of heat to detoxify, remineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while tropical Asian ginger and white tea stimulate circulation and smooth skin. The deep manipulations along the pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

**1 hour 30mins** **£65.00**

## Universal Contour Wraps *(guaranteed to lose 6in)*

Bandages are soaked in sea clay, then applied to the body which cleanses and detoxifies by drawing out toxins and impurities from the system.

**2 hours 30 mins**  
**£75.00 per treatment**  
**£200.00 course of three**  
**£10 booking fee applies**

## Endermologic

*The first treatment to precisely target localised fat tissue that doesn't respond to diet and exercise.*

The LPG technique of Lipomassage for the body has proven effectiveness in treating cellulite, trapped fat and loose skin, and is the only treatment approved by the FDA for cellulite reduction. Lift massage for the face is the only scientifically proven technique that naturally redensifies facial skin. This technique is perfect for smoothing out wrinkles, firming loose skin and improving skin texture. These techniques are completely natural and pain free — our experienced therapists will treat your problem areas through of course of 10 sessions.

<b>celulite treatment</b>	<b>£40.00</b>	<b>loose skin treatment</b>	<b>£40.00</b>
<b>bust lifting treatment</b>	<b>£40.00</b>	<b>face lifting/ lines treatment</b>	<b>£40.00</b>
<b>body firming</b>	<b>£40.00</b>	<b>contouring treatment</b>	<b>£40.00</b>
<b>all of the above course of 10</b>			<b>£360.00</b>

## Calgel

Calgel is an organic nail enhancement system which contains no harmful or harsh chemicals to damage the nails. Calgel will let your nails grow and look fabulous. You can choose from a selection of styles, clear, colour or French overlays that don't chip. You may also choose from enhancements, sculptured or tips so real they look like your own nails. A consultation with your therapist will ensure you the best treatment.

<b>Clear overlays</b>	<b>£23.00</b>	<b>Colour/French overlays</b>	<b>£28.00</b>
<b>Extensions</b>	<b>£35.00</b>	<b>Repairs</b>	<b>10% per nail</b>
<b>Removal and Manicure</b>	<b>£16.00</b>	<b>Infills: Fingers</b>	<b>from £18.00</b>
<b>Gel Toes</b>	<b>£20.00</b>	<b>Infills: Toes</b>	<b>from £15.00</b>
<b>Home Care Kit</b>	<b>£21.00</b>		

*For more information on any of our treatments please call us at the Salon on 01698 373707 or alternatively visit us at*

**[www.alternativebeauty.co.uk](http://www.alternativebeauty.co.uk)**