

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

Visit Our Website for Monthly Offers

Credit Cards Accepted



Alternative Beauty

Price List 2010/2011

232 Glasgow Road, Wishaw

(Parking at rear off Heatherly Road)

Tel: 01698 373707

Dermalogica Skin Centre & Retailers

Free Face Mapping and Skin Bar Holistic Therapies

Balance Body Mind & Spirit

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.

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.

1 hour £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



Non Surgical Face Lifting Treatments

Endermologie lift massage for the face is the only scientifically proven technique that naturally redefines facial skin this technique is perfect for smoothing out wrinkles, firming loose skin and improving skin texture.

per treatment £40.00

Course of 10 £360.00

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 (includes face/head massage) £28.00

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

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 £28.00



Body Treatments

Multivitamin Hand and Arm Treatment

Your arms and hands will meet their relief during this thermal touch treatment. This customised treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed.

45 mins **£25.00**

Multivitamin Leg & Foot Treatment

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!

45 mins **£25.00**

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**



Free Skin Scanning Available

Do you really know what damage has been done to your skin? If you are serious about maintaining a healthy skin, then you need to start by seeing what is going on underneath the skin surface. The skin scanner accurately diagnoses any problem areas in facial skin by using a special ultraviolet filter that reveals underlying damage to the skin long before it comes to the surface. The procedure is quick and pain free and can detect dehydration, oily skin, pigmentation, and healthy skin.

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**
course of three (*£10 booking fee applies*) **£200.00**

Dermalogica Body Treatments

Dermalogica Body Treatment

Get ready to take on the world again with our revitalizing and energizing body treatment that features body mapping!. we start with exfoliation to remove dulling skin cells then move on to a specialized aromatherapy and pressure point massage session. customized mud or gel packs are applied from head to toe to hydrate and detoxify skin, and to wrap it all up, you will receive a deeply relaxing acupressure scalp massage. mind and body will feel relaxed, regenerated and renewed.

1 hour 30 mins **£65.00**

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 **£40.00**

Eye Treatments

Eyebrow Shape	£4.50	Eyebrow Tint	£4.00
Eyelash Tint	£7.00	All Three	£14.00
Eyelash Extensions	50p each	Eyelash Perm Inc. Free Tint	£27.00
Hollywood 3D Lashes			£55.00
Corner Flicks including Free Tint			£30.00

A patch test is required 4 hours prior to tinting.

Revitalizing Eye Rescue

Firm, tone and revitalize your tired eyes with our unique blend of vitamin therapies and firming botanicals. our gentle exfoliation will remove dulling debris while a super-soothing masque will help reduce irritation.

Eyebrows 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 for the next available appointment.

Waxing - Temporary Removal of Unwanted Hair

Full Leg and Bikini	£21.00	Stomach	£5.00
Full Leg	£17.00	Lip or Chin	£4.50
Three-quarter Leg	£13.00	Lip and Chin	£7.50
Half Leg	£9.50		
Eyebrow	£4.50		
Bikini	£6.50		
Brazilian/Hollywood	£15 - £20		
Full Leg & Brazilian	£29.00		
Underarm	£5.50		
Forearm	£7.00		
Full Arm	£12.00		

Men

Chest	£15.00
Back	£15.00
Hands and Fingers	£6.00
Eyebrows	£4.50
Back & Chest	£25.00

Threading

an ancient Indian hair removal process has been a celebrity secret for the past few years and is now becoming popular beyond the boundaries. Threading is performed by twisting a loop of thread around one's fingers and running it over the skin, plucking unwanted hair out at the root without pinching the skin. It removes hair quickly in a precise line.

Eyebrow	£6.50	Lip	£4.50
Chin	£6.00	Lip & Chin	£9.00
Full face	£20.00		

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.

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

Hand & Foot Treatments

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

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

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

Full Body £15.00

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 T.V.

Trials

Day/Evening	£30.00	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

Endermologie

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, reduces stretch marks and improves scar tissue - the only treatment approved by the FDA for cellulite reduction. These techniques are completely natural and pain free — our experienced therapists will treat your problem areas through of course of 10 sessions.

celulite treatment	£45.00
loose skin treatment	£45.00
bust lifting treatment	£45.00
face lifting/ lines treatment	£45.00
body firming	£45.00
contouring treatment	£45.00
Course of 10	£360.00

Packages

Wedding Packages - £75.00

Dermalogica facial, express manicure & pedicure, half leg, bikini, underarm & eyebrow wax.

Plus Acrylic Nails - £100.00

Plus Gel Nails - £115.00

Holiday Package - £30.00

Half leg, bikini, underarm & eyebrow wax with eyelash tint.

Plus Full leg & Brazilian - £38.00

Plus Full leg or Brazilian - £33.00

Night Out Package - £30.00

File and Polish on fingers & toes, eyelash extensions (corners), & Spray Tan.

or including hair up
or curls (hair by stylist) - £45.00

Pampering Package - £80.00

3 1/2 Hours Dermalogica facial, Aromatherapy Massage, Express Manicure & Pedicure

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

