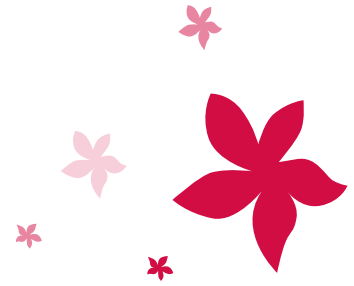
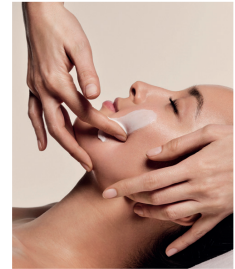
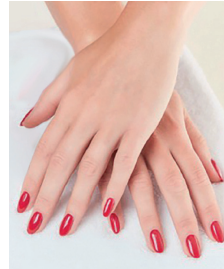


# Complexions

beauty centre



An award winning salon with a dedicated experienced team with over 200 year's experience between us!



FOR ALL YOUR SKIN NEEDS SINCE 1988

\* 8 treatment rooms \* salon car park \* skincare for all \* shopping boutique \* late night opening

CLARINS

GUINOT  
INSTITUT • PARIS

CACI

# CLARINS Professional Treatments

## Expertise meets innovation.

Every movement has been carefully crafted to enhance our high performing formulas, delivering a sensational highly effective treatment with long lasting results, tailored **just for you.**

### Pro Expert Facials



#### Hyaluronic Hydra-Glow

Walk away with skin that's visibly hydrated, plumped, and radiant - an instant confidence boost straight out of the treatment room. Get ready for a fresh, dewy complexion with the Hyaluronic Hydra-Glow facial, designed to deliver serious results in record time. This expert treatment blends professional grade exfoliation, intense hydration, and proven rejuvenating ingredients for a transformative glow.

#### Niacinamide Skin Recharge

Leave with skin that's smoother, visibly brighter and glowing – de-stressed and ready to take on the world. Experience the ultimate skin reset with the Niacinamide Skin Recharge facial. A rejuvenating, glow-boosting reset for your skin blending a cocktail of professional grade smoothing, hydrating and radiance restoring products for de-stressed skin.

#### Collagen Replenishing Rescue

Re-plumped, lifted and firm skin - after this treatment, 91% of women said their skin looked visibly younger. Experience our most effective age-defying spa treatment for firmer skin. Featuring Collagen Technology, our Collagen Replenishing Rescue facial works to stimulate collagen deep within the skin, improving elasticity and firmness for a youthful glow.

#### Natures Retinol Renewal

Renewed skin at all levels that looks instantly brighter with wrinkles appearing visibly reduced – your skin will thank you. Replenish the skin and reduce the appearance of wrinkles with this facial. Harnessing the power of Harungana, natures gentle equivalent to retinol, this treatment is perfect for those experiencing hormonal changes within the skin.

#### Peptide Age Repair

Deeply nourished, smoothed and contoured skin that glows as much as you do. Deliver deep nourishment to skin with this intensely restorative facial, designed to replenish, brighten and revive. Powered by advanced anti-ageing tetrapeptide formulas, this treatment helps to tackle loss of skin density caused by ageing.

### Wellness Treatments

#### Ultra Relaxing Facial

Serenity, rejuvenation, and a glowing complexion - 100% of women agreed their facial features felt relaxed, their face appeared less tired, and their skin felt nourished, comfortable, and more radiant. Our Ultra Relaxing Facial combines guided breathing, the soothing Ayurama Touch massage, and calming essential oils to help you disconnect from stress, rebalance your mind, and leave your skin feeling refreshed and tension-free.

### Clarins For Me

Complexions is one of only 70 Gold Awarded salons in the UK and Ireland. We are pleased to offer our clients a very generous reward scheme with Clarins product purchases. **With Clarins For Me, for every £10 you spend on Clarins products, you will receive 20% back\* towards free Clarins products of your choice.** The more points you collect, the more valuable your gift becomes. \*£150 minimum spend

CLARINS

Gold Salon  
PARTNER

### Signature Treatments Created by us just for you...

As an experienced team we have created our own range of treatments to complement our existing services. We use our award winning Clarins products to maximise these treatments and have recommended homework for each treatment to allow the salon benefits to continue from home.

#### Facial and Massage (50 mins)

This treatment combines a taster facial with a back neck and shoulder massage. A great combination allowing a spa like treatment within the hour. A perfect partnership for an all-round sense of wellbeing with all the benefits of the Clarins aromas. Your therapist will recommend products to continue the benefits at home.

#### Comfort Spa Wrap (50 mins)

Body exfoliation and cell stimulation with rigorous body brushing followed by an application of a tailor-made cocktail of Clarins oils and creams. The body is then wrapped to allow the products to penetrate the skin whilst the face and scalp is massaged for an all overall blissful pamper. You will feel fully relaxed after this treatment. Products recommended for the benefits to continue at home.

#### Menopause Edit

A combined treatment of massage and facial targeting areas and conditions most effected by the menopause.

### Massages using Clarins Oils Tailored to your needs...

#### Back, Neck and Shoulder Massage

Choose from Manual, Hot Stones or Bamboo (firm)

#### Full Body Massage

Choose from Manual, Hot Stones or Bamboo (firm)

## Upgrade Your Treatment Would You Like The Add On Options?

Upgrade your treatment by adding a 10 minute Diamond Tome Microdermabrasion, a hand and arm massage, shoulder, scalp or back massage.

## We are a Guinot Awarded salon, one of only 18 in the UK and Ireland.

Using a combination of dynamic ionisation, thermal energy and lifting stimulation, Guinot's patented technology will allow you to achieve visible, clinically proven results after just one treatment. Improve and maintain your skin to its best with Guinot salon treatments and homecare product.

### Hydradermie 1000

A viable alternative to cosmetic surgery, Hydradermie 1000 is a treatment that visibly rejuvenates the skin by restoring the cellular energy to reveal youthful and radiant skin. Treatment benefits include Dynamic Ionisation, oxygenation by thermal effect and relaxing massage and serums. 52% more moisture and 49% decrease in wrinkle depth.

#### Hydradermie 1000 Lift

This is a non surgical face lifting treatment. See also CACI who specialise in this lifting. The Guinot lift works well and is slightly more relaxing than the CACI one.

#### Hydra Clean

A great introduction to the range and perfect for problem, oily or teen skin.

#### Hydra Peeling

A skin rejuvenating treatment with two peeling options to suit your skin.

#### Detoxygene

A manual facial perfect for those exposed to atmospheric pollution. This facial helps remove harmful microparticles from the skin while the detoxifying clay mask absorbs toxins.

#### Eye Lift

Reducing signs of ageing and fatigue in the eye area. Exclusive muscle stimulation with micro current and a mask.

#### Age Summum

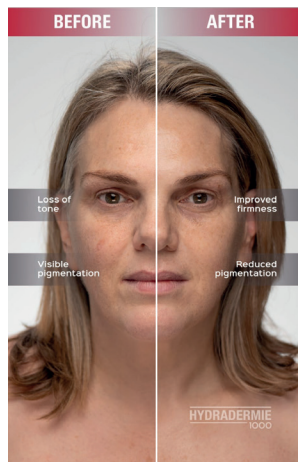
The anti ageing treatment erases signs of ageing from the face using unique complexes enriched with highly concentrated Vitamin C, Hyaluronic Acid and Rambutan.

#### Lift Summum

Global firming action reduces signs of fatigue and ageing in the face, neck and décolleté is viably firmer, plumped and lifted.

#### Hydra Summum

The ultimate hydrating facial.



### VAR Visible Age Reverse

Revolutionary innovation restores youthful skin in a 30 minute non invasive treatment. A course of 4 is recommended.

Home care advice will be provided after every treatment to guide you to better skin year round. We carry the homecare product range for Guinot and your therapist will recommend suitable products for you to continue your skins journey when you leave the salon. All of our product purchases come with loyalty reward points along with all treatments at the salon, these loyalty points are exchanged for complimentary treatments at the salon.

# Specialist Treatments



## NON SURGICAL SOLUTIONS

Treatment combines micro current facial toning with skin exfoliation technology and LED skin rejuvenation. CACI will tone and lift your facial muscles and neck area, whilst improving skin elasticity and reduces the appearance of fine lines and wrinkles.

CACI Ultimate full face treatment with all additional options.  
Recommend course of 10-12

### CACI – The Ultimate Lift Non-Surgical Facial Toning (90min)



This treatment is a non invasive facial treatment, using microcurrent impulses. This will lift and tone your facial muscles and neck area, whilst improving the skin's elasticity and reduces the appearance of fine lines and wrinkles.

CHOOSE 4  
ADD ONS

### CACI – Non-Surgical Facial Toning (60min)



This treatment is a non invasive facial treatment, using microcurrent impulses. This will lift and tone your facial muscles and neck area, whilst improving the skin's elasticity and reduces the appearance of fine lines and wrinkles.

Firms your face and gives your skin a more youthful, fresh appearance and glow. Like sending your face to the gym, this works best with a course of 10-12 sessions over 3 weeks then monthly maintenance.

### CACI – Jowl Lift (15min)



Targets muscle laxity around the jawline using CACI microcurrent. This treatment will lift and firm your muscles and redefine facial contours to give a firmer, more toned appearance. Ideal for those wanting to improve the appearance of sagging jowls or who desire a more chiseled jawline.

### CACI – Eye Revive (30min)



Lifting and firming the muscles around the eye area. Using serum filled microcurrent rollers together with an eye revive mask to reduce puffiness and dark circles. This will soften the appearance of fine lines and wrinkles around the eye area.

### CACI – Hydratone Mask (15min)

This treatment is designed to deeply nourish, hydrate and firm the skin. A soothing gel mask with powerful anti-aging ingredients is used to help soften lines and wrinkles. The rejuvenating energy transmitted through the rollers provides immediate and intensive hydration and helps to restore skin firmness, soften fine lines and rejuvenate your skin. Ideal for those with dehydrated or sun damaged skin.

### CACI – Wrinkle Revolution (30min)

CACI Unique wrinkle comb targets deep lines and wrinkles such as crows feet and laughter lines. This treatment is a non-invasive, needle-free alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

*Please note our express treatments can be performed alone or as an add on to the CACI non surgical facial toning.*

### Upgrade options

- Wrinkle Comb
- LED Light Therapy
- Hydra Mask
- Microdermabrasion
- Oxypods
- Anti-age hand treatment



# Clinical treatments

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## Microblading

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A natural way of enhancing or creating brows using organic pigments to suit individual needs. A hand held tool consisting of a row of tiny needles that form a blade. Consultation essential.

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## Eyeliner / Lash Line / Brow Tattoo

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The tattoo is placed into the upper lash line to open up the eye and flatter. This form of semi-permanent make-up can last 2-5 years and make a huge difference, creating that fresh-faced and ready to go look straight from the pool, the gym, off the beach or just waking up and looking gorgeous.

### Brow Tattooing

Using micropigmentation the brow shape can be enhanced or created. This is a machine treatment. Consultation essential.

### Previous brow removal/tattoo removal

Brow treatments can be removed using our laser. We hold a specific licence and insurance for all of our treatments ensuring the greatest care for all our clients. Small tattoos can also be removed.

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## Microneedling Skin Rejuvenation

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Eighteen plastic needles pierce the skin at 100 times per second to take the skin to trauma point, accelerating cellular renewal. You will leave the salon glowing. Your skin will flake over the next few weeks to reveal younger, smoother, brighter skin. For best results, 3 treatments 4 weeks apart every 12 months. We recommend purchasing a numbing cream.

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## IPL Hair Reduction

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For a permanent reduction to unwanted hair, this works particularly well where there is a contrast in hair and skin colour. Competitive pricing. Consultation and patch test required. We have a team of 6 that offer this service.

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## Skin Blemish Removal

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### Warts / Cherry Spots / Milia / Blemishes / Sebhoric keratosis (Brown Crusted Warts)

We can treat a wide selection of skin blemishes at the salon. Often referred to as cosmetic treatments which are unavailable on the NHS. We offer consultation and can often treat on the same day. More than 1 session will be advised if needed.

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## Skin Tag Removal

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Part of the wart family, this little virus presents as little wobbly bits of skin that vary in size from a rice grain to a pea. Best to treat when small as they will grow and multiply. They appear in areas of friction, for example underarm, neck and waist. Book in with one of the team to see how we can help.

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## Facial Thread Vein Removal

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Facial thread veins are tiny thin red blood vessels which sit close to the surface of the skin. We offer laser treatment as an effective way to remove these veins. Using heat to break them down, the veins collapse in on themselves and gradually dissolve and disappear through the body's natural immune system. The treated area may appear red immediately after the procedure, and around days 3-4 it can form slight scabbing as the skin begins to heal. Makeup can usually be applied from day 2, and full recovery typically takes up to two weeks. Several treatments may be required for more dense areas. The treatment can be uncomfortable, so we recommend taking a mild painkiller beforehand, similar to what you would take for a headache.

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## Microdermabrasion - Diamond Tome

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A diamond tipped wand is taken across the skin with Vacuum extraction. This gives deep exfoliation removing layers of dead skin cells to leave the skin brighter and stimulated to make new cells. Recommended once a month or can be added to any facial as an upgrade to improve the results of any facial.

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## Acid Peels

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### Express Acid Peel

A mild acid peel to benefit the skin cellular rejuvenation process. The Express Peel is suitable for those short on time. Ideal for minimal downtime and maximum results.

### Luxury Acid Peel

With the addition of a relaxing face, neck and shoulder massage and a face mask. Both Peels can be done weekly for 3 weeks then monthly maintenance.

**Products need to be used prior to treatment**

# Massage and Nails

## Massages

The healing power of the hands... often recommended by medical professionals as an alternative to medication for anxiety and depression. All our massages are carried out using Clarins oils.

Mini Treat massage can be added to any facial treatment from the Complexions menu to enhance your experience.



## Massage Menu

Choose the time that suits you best and the therapist will discuss areas to work on with you:

- 25 Minutes, suitable for Back, Neck and Shoulder.
- 45 Minutes suitable for a more intense Back, Neck and Shoulder Massage or Full Body
- 60 Minutes, pure relaxation Bliss. Extended full body massage.

### Choose from:

- Manual (therapists hands) • Hot Stones • Bamboo (firm)

**A ten minute massage can be added to any facial to add that touch of luxury and relaxation.**

## Ear Candles

An ancient Eastern treatment that can help with blocked sinuses, tension, stress and headaches.

## Indian Head Massage

The scalp, shoulder and upper back areas are treated to a relaxing massage. Ideal to relieve tension, soothe muscles and aid sleep.

## Nails

The hands and feet are just as important as the face and benefit from care and attention. We offer an extensive range of treatments to suit all clients.

We regret we are unable to remove nails applied elsewhere.

## Gel Nails

We have a large collection of highly pigmented gel colours used for overlays on the natural nail and cured under a UV light. If looked after following therapists guidelines they can last a few weeks. Also available is a builder gel which can be used as a base for strengthening. Infinite number of colours as they can be mixed one layer of each colour.

We regret we cannot remove Gels products applied elsewhere.

## Essential Manicure / Pedicure

Treatment includes nail shaping, Clarins creams and lotions, cuticle and nail work and a single colour nail paint. The mini polish is then yours to take home.

## Luxury Manicure / Pedicure (Exfoliation, Massage and Mask)

The treatment includes all of the above with the addition of a foot/hand soak, heated mitts/booties, scrub, massage and a mask.

**You can choose to upgrade either the essential or the luxury treatments to a gel finish.**

## Nail Treatment Removal

Gel bottle removal and conditioning treatment

# Waxing and Eyes

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## Waxing

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### Waxing Facial Area

Brow, lip, chin, sides of face.

### Bikini

Pant line tidy, high leg, strip through, Brazilian (off underneath), Hollywood (all off)

### Legs

Half upper, half lower, three quarter (back of thighs), full leg.

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### Arms

Underarm, forearm, full arm.

### Men

Chest, back, shoulders.

Hot wax available for an additional charge.

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## Electrolysis

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Still the only method of permanent hair reduction for all types and colour of hair. Often works well as a combined treatment with IPL. Using individual Sterex probes with a range of aftercare available from the salon. Facial hair is often something we have and deal with in our own way at home - it wont go away by magic - it will get worse if you tweeze at home. Let the professionals help. We are one of a very few salons that offer this treatment .

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## Ear Piercing

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From age 8 upwards

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## St Tropez Tanning

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St Tropez spray tan gives a natural glow that suits everyone. Prepare the skin well and you will enjoy a golden glow for several days. Perfect for weddings, parties and holidays. See the back page for how to guidelines.

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## Lash Lifting and Brow Lamination

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### Lash Lifting

The lashes are tinted and curved upwards (like a lash curler) to give a wow effect. This lasts weeks as it is a permanent change to the lash and will grow out. **Patch test essential.**

### Brow Lamination

The perfect way to tame unruly brows into a shape that suits. This process changes the direction of the hair, maximises the hair that is there and sets it in position. If the hairs are sparse, Microblading is the way to go. Brow lamination includes tinting and shaping and sets the brows in a trained position allowing easier care and a groomed look.

**Combined treatment of lashes and brows treatment is recommended.**

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## Tinting

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The go-to for an instant spark to the eyes and brows. Combine brow tint, lash tint and brow shape for the best results and a saving. Patch test essential.

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## Lash Extensions

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We have a selection of lashes to suit all ages and eye shapes but focus on a more natural look. All lashes are applied one lash to one lash where possible although some have more. Care of the lashes must be adhered to in order to ensure they cause minimal or no damage to the natural lash. Your therapist will be able to advise on the best option for your lashes. **Patch test essential**

### Natural look | Fuller look

Lash appointments available for 2 and 3 week infills

# Important Information

## Booking

- We have our own salon app which is the easiest way to book all your appointments.
- All our appointments require a 50% booking fee.
- We require mobile number and email for reminders of appointments.

## Aftercare for IPL Hair Removal and Clinical Treatments

- Before all treatments and for up to 5 days after;
- No hot bath/shower or any heat inducing activity
  - Do not exercise. Sweat can cause upset to the skin
  - Apply only creams advised
  - Do not go in the sun or use a sunbed
  - Do not apply make up to the area
  - Do not apply perfume to the treated area

## Mobile Phones

Please turn phones to silent mode on entry.

## Massages

Briefs to be worn for all treatments.

Ladies only

## Children

The salon is child free to ensure a relaxed experience

## Cancellation Policy

- Non-arrival for an appointment - the full treatment cost will be charged
- Cancellation of an appointment with less than 24 hours notice incurs full payment
- Late arrival may cause an appointment to be shortened

## Opening Times

**Monday** 9.20am-8.00pm  
**Tuesday** 9.20am-6.00pm  
**Wednesday** 9.20am-7.00pm  
**Thursday** 9.20am-8.00pm  
**Friday** 9.20am-8.00pm  
**Saturday** 9.00am-4.00pm

Sundays available for private events by arrangement.  
Car park and on street parking available.  
Secure door entrance system.



See our price list

We are always grateful for support with our social media presence on Tik Tok, Instagram, Facebook and Google reviews.

THANK YOU

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