

complexions  
*beauty centre*

CELEBRATING 35 YEARS  
OF COMPLEXIONS



for all your skin needs

  
nailtiques

CLARINS

GUINOT  
INSTITUT • PARIS

 CACI

gel  
BOTTLE &

ST.TROPEZ

An award-winning salon with more than 35 years experience and an exceptional loyalty scheme.

We offer eight treatment rooms, a dedicated team, large car park, home care products, late nights and a boutique with seasonal trends. Beauty and clinical skincare treatments to suit everyone.

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# GUINOT

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.

## Hydraderm Cellular Energy (HCE)

This exclusive Guinot Treatment has spectacular results in restoring beautiful and youthful skin. This patented treatment method will rejuvenate the appearance of the skin by restoring the cellular energy of younger skin. The unique ionisation process enables rapid absorption of the active ingredients for exceptional effectiveness. There are 7 bespoke treatments depending on the skins needs.

**Hydradermie lift** A viable alternative to aesthetic medicine this treatment lifts the skin and restores definition to the facial contour.

**Lift Summum** A lifting treatment that smooths and firms any areas affected by loss of firmness.

**Age Summum** A beauty treatment that combines technology and exclusive movements for visible results on signs of ageing.

**Hydra Peeling** An alternative to chemical peels this improves the complexion and dark spots.

**Eye lift** Using muscle stimulation to work to improve sagging eyelids, wrinkles, puffiness and dark circles.

**Hydraclean** The thermoclean heated electrode and the application of cleansing gels rids the skin of excess sebum and toxins. Extraction can be done if required.

**Detoxygene** Eliminating dead skin cells and pollution particles, leaving skin smooth and refined. Key feature is the pollution magnet mask used.

Guinot Upgrades Hydradermie Age Logic and the Logic and lift for the ultimate in Guinot excellence.

## Microdermabrasion

A diamond tipped wand is taken across the skin with extraction. This resurfaces the skin and promotes cellular renewal. Available as a stand alone treatment, a treatment with the added luxury of face, neck and shoulder massage and also as an upgrade mini treatment to add to any facial. By adding this to any facial you are improving the results of that facial as the skin will be at its freshest.

# CLARINS Professional Treatments

Clarins treatments are unique. They combine the power of the Clarins touch – a specialised skilful massage – with high performance formulas enriched with the purest plant extracts and aromatic essential oils. In the hands of the therapist each treatment is adapted to your needs and wishes. Exclusive Clarins Pro products are applied using precise targeted movements.



## Clarins for me

Complexions is one of only 70 Gold Awarded salons in the UK and Ireland, and 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 £2 worth of points which can be redeemed against Clarins products of your choice.

The more points you collect, the more valuable your gift becomes.

## Expert Facials



### Power Hydrator

Like a long drink for the skin, this feel-good treatment pampers dry, fragile skin types - relieving tightness, plumping out fine lines and restoring comfort, softness and radiance.

### Anti Blemish Rescue

This detoxifying, purifying treatment is perfect for oily or combination skin types. Impurities will be gently removed; shine will be reduced and pores will appear tightened. Leave with clear, refreshed and rebalanced skin.

### Radiance Booster

This glowing treatment will hit refresh on tired, lacklustre skin, delivering a double shot of radiance and hydration. Microcirculation boosting massage and targeted products will work to create deliciously plump, luminous skin.

### Skin Soother

Calm and soothe sensitive skin with this highly effective, nurturing treatment. You'll feel immediate comfort and see a reduction in redness and irritation. Your skin will be left strengthened and radiant.

### Ultra Relaxing Facial

This facial aims to sooth the mind and rebalance the skin. Completely disconnect from the stresses of modern life and worries of the outside world. Your mind will be rebalanced and refocussed and the tension in your skin will disappear.

### Clarins Aromatic Rebalancing Facial (Classic)

The perfect introduction to the Clarins range of treatments. This facial is bespoke and includes a face neck and shoulder massage. The treatment will rebalance the skin and coax it back into blooming.

### Detox and Glow Taster facial

A hydrating facial powered by nature to restore radiance and skin quality using our My Clarins range.

## Created by Complexions Complexions Signature Treatments

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 homecare for each treatment to allow the salon benefits to continue from home.

### Facial and Massage (50 mins)

This treatment combines 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. Products recommended 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 sleep well after this treatment. Products recommended for the benefits to continue at home.

### Top & Toe pamper (25 mins)

This treatment combines the feet and the scalp being treated to a relaxing experience. The feet are cleansed and exfoliated then massaged. They are then smothered in Clarins Foot cream for maximum aftercare. The face and scalp are then massaged working on the lymphatic drainage points for maximum benefit. Perfect for those who struggle with sleeping or who would like a spa treatment.

### Radiance Booster Peel (25 mins)

This facial is designed to promote radiance and leaves the skin feeling smooth and looking bright. A great introduction to the salon and to the Clarins range.

### Back exfoliation and Pore cleanse (25 mins)

The back is exfoliated, and blocked pores are extracted before a relaxing application of suitable after care products are applied. A facial for the back and a chance to be rid of blocked pores.

# Specialist treatments



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## CACI – non-surgical face lift (M)

Working directly with the individual facial muscles to combat the loss of muscle tone that causes sagging and ageing. A celebrity favourite, this is ideal for both men and women. Achieve best results with two or three sessions per week for three weeks using patented microcurrent tsunami wave technology.

Specially targeted CACI treatments are available as add-ons that can be combined to offer a personal experience, treatment, or all together as a complete CACI Ultimate experience.

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## CACI Ultimate (M)

Incorporating lifting, microdermabrasion, light therapy, wrinkle comb and hydratone mask.

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## CACI Lifting (M)

Like sending your face to the gym! Tiny electrical impulses work the facial muscles using serum filled buds containing active peptides – these can be purchased for at-home care.

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## Microdermabrasion (M)

A handset rotates and extracts the superficial dead skin cells to reveal a softer youthful complexion. Microdermabrasion makes any facial more efficient.

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## Jowel Lift (M)

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.

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## Eye revive (M)

Lifting and firming the muscles around the eye area. Using serum filled microcurrent rollers together with a eye revive mask to reduce puffiness and dark circles.

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## LED Light Therapy

Proven anti-ageing light therapy and acne treatment.

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## Wrinkle Comb

Combines high frequency and photo stimulation providing a needle free alternative to fillers.

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## Hydratone Mask

A soothing gel mask with powerful anti-ageing ingredients to help soften lines and wrinkles.



# Clinical treatments

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## Microblading

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Natural brow enhancement price includes treatment and follow up appointment 6-8 weeks later.

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## Annual top up treatment

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To maintain the look, the brows will need to be treated every 8-10 months as a guide but it is often longer as it depends on skin and lifestyle. Any treatments over 20 months will be full price.

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## Eyeliner

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This form of semi-permanent make-up can last 2-5 years and make a huge difference, creating that fresh-faced and ready look straight from the pool, the gym, off the beach or just waking up and looking gorgeous.

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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 per year. 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.



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## Facial Thread Veins

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Broken capillaries on the cheeks and nose that appear as thin red veins can be removed either by laser or electrolysis.

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## Skin Tags

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Part of the wart family this little virus presents as little wobbly bits of skin and 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.

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## Warts/Cherry Spots/Milia/ Blemishes

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There are many of these skin imperfections that we can remove at the salon as part of our clinical offering. Larger areas may need 2-3 sessions, this will be discussed at consultation.

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## Introduction Prescription Facial High Definition Peel – Express Treatment

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Ideal for monthly maintenance – noticeable results, minimal downtime. Advised to use a recommended product for 2 weeks before Peel.

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## PRO Power Prescription Peel

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A skin boosting peel that provides an elevated experience with remarkable results.

# Nails and Massage

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.



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## Gel Nails

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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.

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## Essential Manicure/Pedicure

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

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## Luxury Manicure/Pedicure

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The treatment includes all of the above with the additional luxuries of a foot soak, scrub, massage and a mask. You can choose to upgrade either the essential or the Luxury treatments to a gel finish.

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## Nail treatment removal

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For Gel polish and Builder removal.

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## Massage

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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.

Spa 30 - Back Neck and Shoulder Massage.

Spa 50 - Full Body Massage

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

Back neck & shoulder (25mins)

A relaxing massage focusing on the upper body. Great for aid to sleep and to unwind the mind.

Full body (50 mins)

This can be tailored to suit as time can be spent in specific areas if required. Your therapist will work with your individual requirements with pressure and specific massage movements.

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## Hot stones

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The added benefit of intensely heated basalt stones and the efficiency of massage this really works into the muscles for a deeper result.

Back neck & shoulder massage Full body massage.

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## Ear Candles

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

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## Indian Head massage

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

[see page 2 for additional massage treatments](#)

# Eyes Waxing and Tanning

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## Tinting

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

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## Lash Lifting

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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.

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## Individual Lash Extensions

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A range of lash lengths and desired looks to suit all age. Patch test essential. 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.



Natural look  
fuller look  
2 week infill  
3 week infill

Pre made cluster lashes - often called russian lashes these have 2-4 lashes per lash to lash application.

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## Brow Lamination

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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.

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## St Tropez Tanning

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See the back page for how to guidelines. 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.

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## Waxing

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### Waxing Facial Area

Brow, lip, chin, sides of face.

### Bikini

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

### Legs

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

### Arms

Underarm, forearm, full arm.

### Men

Chest, back, shoulders.

Hot Wax also available.

Suitable for sensitive areas.

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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.

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## Ear Piercing

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From age 8 upwards

# Important Information

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## Booking

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- 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.

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## Cancellation Policy

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- Non-arrival for an appointment - the full treatment cost will be charged
- Cancellation of an appointment with less than 24 hours notice - 50% charge
- Late arrival may cause an appointment to be shortened

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## Massages

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Briefs to be worn for all treatments.

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## Aftercare for IPL Hair removal and clinical treatments

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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

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## St Tropez treatment preparation

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- For best results, exfoliate and moisturise 3-5 days prior to your treatment
- Come freshly showered with no makeup, deodorant or moisturiser
- Wear loose black clothing and flip flops
- Allow minimum of 6 hours for your tan to develop

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## Mobile Phones

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Please turn phones to silent mode on entry.

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## Children

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The salon is child free to ensure a relaxed experience for everyone.

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## Opening times

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Monday 9.20-8   Tuesday 9.20-6   Wednesday 9.20-7  
Thursday 9.20-8   Friday 9.20-8   Saturday 9-4

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

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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