

COURTYARD

Treatment Menu



# Introduction

The Courtyard is a family run, independent beauty spa offering a wide range of specialised treatments. It is situated in an out-of-town, stand-alone building with a central courtyard and 22 private parking spaces. Since opening our doors on 3rd November 2012 we have worked hard to gain a very professional reputation. In 2017 we were very proud to be awarded the prestigious Gold Salon status by one of our luxury partners, Clarins. We have also been voted a 5\* salon by our clients for 5 consecutive years through our salon software Phorest. With a team of professional and welcoming staff you will receive an attentive and individualised service whether you are visiting us for 'maintenance' or one of our luxurious treatments.

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# Clarins Facial Treatments

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## Deluxe Signature Facial

Each facial is unique and perfectly adapted to you. At the heart of each treatment is a 25 minute anti-ageing facial massage which lifts, firms and sculpts the contours of the face giving immediately visible rejuvenating results. Includes either a 20 minute back massage or a 20 minute scalp and foot massage.

Appointment time: 100 minutes | Treatment time: 80 minutes | Price: £88 | Course: £440

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## Signature Facial

Each facial is unique and perfectly adapted to you. At the heart of each treatment is a 25 minute anti-ageing facial massage which lifts, firms and sculpts the contours of the face giving immediately visible rejuvenating results.

Appointment time: 80 minutes | Treatment time: 60 minutes | Price: £72 | Course: £360

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## Aromatic Balancer Facial

Oily, congested, dry and dull, dehydrated, sensitive. Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

Appointment time: 60 minutes | Treatment time: 45 minutes | Price: £52 | Course: £260

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## Face and Eyes Refresher

Express facial that freshens and smoothes the face, eye area and décolleté. Targets signs of tiredness and stress, to leave you looking rested.

Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £42 | Course: £210

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## Age-Defying Eyes

Intensively replenishes the delicate eye area visibly reducing fine lines and wrinkles to reveal more youthful-looking eyes from temple to temple. A complete anti-ageing treatment for bright and beautiful eyes.

Appointment time: 40 minutes | Treatment time: 25 minutes | Price: £32 | Course: £160

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All courses are six treatments for the price of five. To continue your salon regime at home, all products used in our treatments are available for purchase on departure.

# Clarins Wellness Treatments

Suitable for both men and women

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## Beauty Sleep

Calm your mind, body and soul and prepare for the best night's sleep of your life. Includes a relaxing spiral figure-of-eight movement carried out in a continuous flow and rhythm from the top of the head to the tips of the toes, focusing on the areas known to promote sleep. Using formulas enriched with pure plant extracts and aromatic essential oils, the treatment includes a mini facial which leaves skin looking revitalised, rested and radiant. We recommend this treatment at the end of the day. NB Does not include massage for muscular tension.

Appointment time: 85 minutes | Treatment time: 65 minutes | Price: £70 | Course: £350

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## Rise and Shine

Super Charge your mood, let go of anxieties and feel invigorated. Includes an uplifting spiral figure-of-eight movement carried out in a continuous flow and rhythm from the top of the head to the tips of the toes, focusing on the areas known to revive energy levels. Using formulas enriched with pure plant extracts and aromatic essential oils, the treatment is an instant shot of invigorating energy and revitalisation for face and body. We recommend this treatment throughout the day. NB Does not include massage for muscular tension.

Appointment time: 85 minutes | Treatment time: 65 minutes | Price: £70 | Course: £350

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All courses are six treatments for the price of five. To continue your salon regime at home, all products used in our treatments are available for purchase on departure.

# Clarins Body Treatments

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## Contour Shaper

A body treatment to sculpt and firm the skin. Includes over an hour of contouring movements to deeply drain and firm for more refined body contours. A thermo-activated body mask boosts micro-circulation to target areas of stubborn and newly forming cellulite. NB Does not include massage for muscular tension.

Appointment time: 85 minutes | Treatment time: 65 minutes | Price: £72 | Course: £360

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## Moisture Quencher

Restores extreme softness, suppleness and comfort to parched or dry skin. Using a blend of aromatic essential oils, this treatment includes over an hour of moisture replenishing and cocooning movements and a deeply hydrating body lotion to restore comfort to dry, dehydrated skin. NB Does not include massage for muscular tension.

Appointment time: 85 minutes | Treatment time: 65 minutes | Price: £72 | Course: £360

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## Skin Smoother

An intensive double exfoliation treatment using both mechanical and biological exfoliation techniques to deep cleanse and re-texture skin. This complete exfoliating treatment is the ideal preparation for all Clarins Body Treatments. NB Does not include massage for muscular tension.

Appointment time: 50 minutes | Treatment time: 35 minutes | Price: £40 | Course: £200

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## The Sun Glow

A self tanning treatment for face and body, which includes skin-smoothing exfoliation and a deeply pampering application of an award winning self tanner. This treatment will leave you with smooth skin and a natural gorgeous glow. Loose dark clothing should be worn and a patch test is required at least 24 hours prior to your treatment.

Appointment time: 70 minutes | Treatment time: 50 minutes | Price: £54

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All courses are six treatments for the price of five. To continue your salon regime at home, all products used in our treatments are available for purchase on departure.

# Clarins Massage Treatments

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## Hot Stone Massage

A deeply relaxing and uniquely personalised hot stone massage that gently releases tension, soothes aching muscles, eliminates toxins and calms mind and body. The secret is in the intuitive way the therapist uses her hands in harmony with 9 smooth, individually shaped, heat-releasing marble and slate stones. Intensified by Relax Body Treatment Oil, rich in relaxing aromatic essential oils.

Appointment time: 80 minutes | Treatment time: 60 minutes | Price: £64 | Course: £320

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## Rebalancing Massage

A deeply relaxing and rhythmic full body massage which uses a bespoke sequence of slower movements and pressure point techniques to release knots and tensions within the deeper muscle layers. The effect is intensified with an essential oil blend rich in either soothing basil, camomile and petit grain or invigorating rosemary, mint and rosewood.

Appointment time: 80 minutes | Treatment time: 60 minutes | Price: £60 | Course: £300

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## Mother-to-be Pampering Face & Body

This luxurious and indulgent treatment for face and body is adapted to pre and post-natal stages of pregnancy and to how you look and feel. It will help ease aching backs, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin.

Appointment time: 80 minutes | Treatment time: 60 minutes | Price: £55 | Course: £275

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## Energising Back, Neck & Scalp Massage

A detoxifying and decongesting back cleanse which restores fresh, blemish-free skin while twenty five minutes of massage melts away tension and soothes tired muscles.

Appointment time: 50 minutes | Treatment time: 35 minutes | Price: £38 | Course: £190

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All courses are six treatments for the price of five. To continue your salon regime at home, all products used in our treatments are available for purchase on departure.

# Massage

These treatments are suitable for both men and women

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## Hot Stone Massage

Smooth basaltic rocks are heated in water and used by the therapist to perform a bespoke massage with a variety of techniques, using Clarins aromatic oils. The heat of the stones penetrates deep into the muscle allowing them to relax four times faster than standard massage.

**Full Body:** Appointment time: 90 minutes | Treatment time: 70 minutes | Price: £60 | Course: £300

**Neck & Back:** Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £40 | Course: £200

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## Aromatherapy Candleling

Aromatherapy candles are melted creating a luxurious, scented oil which is gently poured onto the skin and used as a massage medium for a deeply relaxing massage.

**Full Body:** Appointment time: 90 minutes | Treatment time: 70 minutes | Price: £60 | Course: £300

**Neck & Back:** Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £40 | Course: £200

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## Aromatherapy

Blended essential oils are selected to suit each person, influencing mood and emotion whilst a slow and soothing massage comforts and relaxes.

**Full Body:** Appointment time: 90 minutes | Treatment time: 70 minutes | Price: £58 | Course: £290

**Neck & Back:** Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £38 | Course: £190

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## Swedish Massage

Bespoke massage using a variety of techniques to relax muscles and relieve tension, using Clarins aromatic oils.

**Full Body:** Appointment time: 75 minutes | Treatment time: 60 minutes | Price: £55 | Course: £275

**Neck & Back:** Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £35 | Course: £175

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## Deep Tissue Massage

Firm pressure is applied with a variety of deep compression movements to help ease any tension or relieve areas of concern, using Clarins aromatic oils.

**Full Body:** Appointment time: 75 minutes | Treatment time: 60 minutes | Price: £55 | Course: £275

**Neck & Back:** Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £35 | Course: £175

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## Indian Head Massage

Indian head massage relieves tension in neck, shoulders, upper back, arms, head and face. The treatment can be performed seated or laying down.

Appointment time: 60 minutes | Treatment time: 45 minutes | Price: £42 | Course: £210

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## Reflexology

A highly skilled complimentary therapy that involves the application of pressure to specific reflexes on the feet to encourage the body to heal from within. The therapy is based on the principle that the feet contain 'mini-maps' of the whole body and that by applying pressure the reflexologist can have a positive and deeply relaxing effect on corresponding parts of the body.

Appointment time: 60 minutes | Treatment time: 45 minutes | Price: £42 | Course: £210

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## Hopi Ear Candling

A relaxing and non-invasive treatment of the ears used to benefit many problems and conditions related to the ears, nose and throat, as well as creating a calming feeling. Includes a 20 minute facial massage.

Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £38 | Course: £190

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All courses are six treatments for the price of five.

# Meso ME Facial

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## Meso ME Facial

Meso ME cell boosting products penetrate right into the intersection between the epidermis and dermis improving overall skin texture whilst boosting collagen production. It can also help reduce the appearance of acne scarring. Meso ME is a gentle skin needling concept suitable for most skin types and for clients who want minimal trauma and down time without the use of numbing creams. As a result, redness dissipates within 1-2 hours. Using hyaluronic skin infusions and an 18 point plastic needle cartridge, the appearance of fine lines and wrinkles will be improved along with the skin texture and tone.

### **Initial Treatment**

Includes a cleanse, skin peel, meso treatment and facial massage. This can be booked as a one off treatment, or as an initial treatment prior to booking a course.

Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £70

### **Top-up Treatment**

Includes a cleanse, meso treatment and facial massage. A course of weekly treatments is recommended for more permanent results. Once a course has been completed this treatment is recommended monthly for maintenance.

Appointment time: 45 minutes | Treatment time: 30 minutes | Price: £60 | Course: £300

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All courses are six treatments for the price of five.

# Hands and Feet

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## Manicures

Jessica is a world renowned natural nail care system, which allows the therapist to customise the manicure or pedicure to the clients specific nail type to help improve their nails. There are three finishes within the Jessica range; Jessica Custom Nail Colour is their classic polish which can take up to 8 hours to dry thoroughly. Jessica Phenom polish dries within 1 hour, has a gel like shine and is removed with nail polish remover. Jessica Geleration, the beauty of Jessica in a gel, with long lasting results, dry in seconds using an LED lamp and also protects the natural nail. Geleration needs to be removed professionally.

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## Deluxe Manicure

Includes hand cleanse, exfoliation, mask, massage, serum, cuticle care, heated mitts and nail shape.

Treatment time: 75 minutes

No Polish £28 | Jessica Polish £33 | Phenom Polish £43 | Geleration (excludes heated mitts) £53 | Geleration + Removal £60

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## Classic Manicure

Includes hand exfoliation, massage, cuticle care and nail shape.

Treatment time: 60 minutes

No Polish £23 | Jessica Polish £28 | Phenom Polish £38 | Geleration £48 | Geleration + Removal £55

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## Mini Manicure

Nails are shaped, hands and cuticles are moisturised. Recommended as a top up treatment between full manicures. Does not include cuticle work.

Treatment time: 30 minutes

Jessica Polish £18 | Phenom Polish £28 | Geleration £38 | Geleration + Removal £45

## Pedicures

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### Zenspa Deluxe Pedicure

Luxury pedicure using Zenspa products containing Asian Aquatic Plant extracts, with refreshing lemongrass scent to stimulate, balance and rejuvenate the senses. Includes hard skin removal, foot soak, exfoliation and massage up to the knee, heated booties, cuticle care and nail shape. Not available with Geleration.

Treatment time: 75 minutes

No Polish £33 | Jessica Polish £38 | Phenom Polish £48

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### Zenspa Pedicure

Luxury pedicure using Zenspa products containing Asian Aquatic Plant extracts, with refreshing lemongrass scent to stimulate, balance and rejuvenate the senses. Includes hard skin removal, foot soak, exfoliation, massage, cuticle care and nail shape.

Treatment time: 60 minutes

No Polish £28 | Jessica Polish £33 | Phenom Polish £43 | Geleration £53 | Geleration + Removal £60

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### Mini Pedicure

Nails are shaped, feet are filed, feet and cuticles are moisturised. Recommended as a top up treatment between full pedicures. Does not include cuticle work.

Treatment time: 40 minutes

Jessica Polish £22 | Phenom Polish £32 | Geleration £42 | Geleration + Removal £49

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### Existing Geleration Removal - On hands or feet £12

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Times are for guideline purposes only, please allow an extra 15 minutes for gel removal on top of treatment time. Mini Manicure and Mini Pedicure with Geleration take 45 minutes. Please arrive 10 minutes prior to your treatment to allow time for selecting a colour. Please remove all old polish before attending your appointment. Allow plenty of drying time after your treatment; The Courtyard cannot accept responsibility for smudged nails once the client has left the salon. To ensure your manicure or pedicure lasts as long as possible we recommend booking in for a treatment that includes cuticle work. We cannot remove other brands of gel or acrylics. Bespoke nail art and loose glitter is available for an additional £5 to £10.

# Tanning

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Kissed by Mii spray tanning products are created with marine mineral extracts to care for your skin whilst delivering beautiful even results. The spray tan is available in light, medium and dark. This is then left on for a minimum of 8 hours and showered off at home. We also offer an express tan which develops within 1 to 3 hours, the end results of the tan will depend on how long the tan is left on. Shower off after 1 hour for a gentle glow, 2 hours for a medium tan or 3 hours for a deep tan. Loose dark clothing should be worn and a patch test is required at least 24 hours prior to your treatment.

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## Kissed by Mii Spray Tan with Exfoliation

Includes a full body exfoliation carried out in one of our treatment rooms, this is then showered off and you are taken through to our tanning room where the spray tan will be applied.

Appointment time: 60 minutes | Price: £50

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## Kissed by Mii Spray Tan

A full body exfoliation should be carried out at home 24 hours prior to your treatment.

**Full Body:** Appointment time: 30 minutes | Price: £28

**Legs:** Appointment time: 20 minutes | Price: £18

**Face & Arms:** Appointment time: 20 minutes | Price: £18

# Hair Removal

<b>Hot Wax</b>		<b>Strip Wax</b>		<b>Threading</b>	
Hollywood*	£35	Full Leg	£30	Eyebrows	£14
Brazilian*	£30	3/4 Leg	£27	Lip or Chin	£12
G-String	£22	Half Leg	£25	Forehead or Sides of Face	£12
Bikini	£20	Full Arm	£25	Eyebrows & Lip	£20
Underarm	£15	Forearm	£14	Lip & Chin	£20
Lip or Chin	£12			Full Face	£32
Eyebrows	£12				
Eyebrows & Lip	£20				
Lip & Chin	£20				
Nostril	£8				

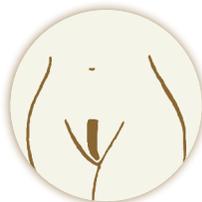
\*Must be 6 weeks post natal before having this treatment. Minimum age for this treatment is 18 years.



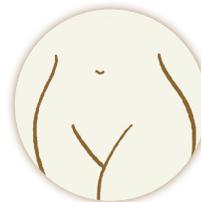
**Bikini**



**G-String**



**Brazilian**



**Hollywood**

## Electrolysis

Consultation (includes patch test) | 30 minutes £15

Up to 10 minutes £17 | Up to 15 minutes £22 | Up to 20 minutes £27 | Up to 30 minutes £37

Courses of 6 treatments for the price of 5 available to purchase on all hair removal

# Eye Treatments

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## Tinting & Lifting

Eyebrow Tint: £12 | Eyelash Tint: £18 | Eyelash & Eyebrow Tint: £22 | Eyelash Lift: £42  
Eyelash Lift & Tint: £50 | Precision Brows:\* £25

\*Includes eyebrow wax, tweeze, trim, tint, application of Clarins Eye Contour Gel and brows filled in with Clarins Brow Palette.

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All Tinting & Lifting requires a patch test at least 24 hours prior to the treatment.

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## Eyelash Extensions - Individual Extensions

Single synthetic strands of eyelashes are applied one by one directly to your individual eyelashes creating a natural look and feel. With routine infills every 2 to 4 weeks, you can have amazing eyelashes indefinitely.

Please book in for a consultation at least 48 hours prior to having a full set of eyelash extensions; this is to carry out a patch test and to ensure this treatment is right for you.

Eyelash Extension Consultation | 20 minutes | Price: £10

Full Set of Individual Eyelash Extensions | Up to 3 hours | Price: £65

Individual Extension Infills:

2 weeks - approx 60 minutes: £28 | 3 weeks - approx 75 minutes: £40 | 4 weeks - approx 90 minutes: £55

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## Russian Volume Extensions

These super lightweight extensions are applied by creating a fan of 2 to 6 extensions that are then carefully attached to a single natural lash. This technique gives an incredibly dense and lush look, much more noticeable than individual lash extensions.

Please book in for a consultation at least 48 hours prior to having a full set of eyelash extensions; this is to carry out a patch test and to ensure this treatment is right for you.

Eyelash Extension Consultation | 20 minutes | Price: £10

Full Set of Russian Volume Eyelash Extensions | Up to 3 hours | Price: £75

Russian Volume Extension Infills:

2 weeks - approx 75 minutes: £32 | 3 weeks - approx 90 minutes: £47 | 4 weeks - approx 105 minutes: £63

# Make-Up

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## Make-Up One-to-One

Try Clarins latest make-up collections and trends with the guidance of your Clarins therapist, perfect for clients wanting to update their current style and products.

Appointment time: 60 minutes | Price: £50

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## Make-Up to Go

Choose the shades from Clarins latest collections and leave the salon with a beautiful natural look.

Appointment time: 45 minutes | Price: £35

# Treatments for Men

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## Skin Blitz Facial

Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life puts your skin through, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

Appointment time: 60 minutes | Treatment time: 45 minutes | Price: £52 | Course: £260

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## Muscle Ease Body Massage

Whether you've overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of well-being.

Appointment time: 70 minutes | Treatment time: 55 minutes | Price: £52 | Course: £260

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## Energising Back, Neck and Scalp Massage

Back cleanse and massage rolled into one rejuvenating treatment that sorts out congested skin and tired muscles. The ultimate post-exercise pick me up, it leaves you feeling chilled out instead of strung out.

Appointment time: 50 minutes | Treatment time: 35 minutes | Price: £38 | Course: £190

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## Men's Hand and Foot Treatments

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### Standard Manicure

Includes hand exfoliation, massage, cuticle care and nail shape finished with Jessica's Matte-4-Men treatment polish.

Appointment time: 45 minutes | Price: £23

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### Standard Pedicure

Includes hard skin removal, foot soak, exfoliation, massage, cuticle care and nail shape.

Appointment time: 45 minutes | Price: £30

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## Men's Waxing Treatments

Full Back	£33	Half Leg	£28
Half Back	£20	Full Arm	£25
Chest & Stomach	£33	Half Arm	£18
Chest or Stomach	£20	Underarm	£17
Full Leg	£33	Eyebrows	£12
¾ Leg	£30	Nostril	£10

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Courses of 6 treatments for the price of 5 available to purchase on all hair removal and massage treatments.

# Pamper Packages

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## Deluxe Pamper Package

Includes three treatments;

One treatment up to 90 minutes (e.g. Clarins Signature Facial, Clarins Body, or a Massage Treatment), one 60 minute treatment (e.g. Clarins Aromatic Facial, Indian Head, Reflexology, Manicure or Pedicure) and one treatment up to 45 minutes (e.g. Neck and Back Massage, Mini Pedicure, Mini Manicure, Hopi Ear candling).

Please note there is a £10 additional fee for Geleration.

Price: £120

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## Standard Pamper Package

Includes two treatments;

One treatment up to 90 minutes (e.g. Clarins Signature Facial, Clarins Body, or a Massage Treatment) and one 60 minute treatment (e.g. Clarins Aromatic Facial, Indian Head, Reflexology, Manicure or Pedicure).

Please note there is a £10 additional fee for Geleration.

Price: £95

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Packages are available Monday to Thursday for both men and women. Packages taken in the morning include a light lunch and a glass of wine if desired. Packages in the afternoon include afternoon tea with a glass of wine. Treatments are subject to availability and therapist qualification. Please give at least a months' notice when booking packages. A 50% deposit is taken at the time of booking; this is refundable as long as 48 hours notice of cancellation is given.

# Essential Information

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## Children

Children under the age of 13 are not allowed on the premises with or without an adult. Teenagers from the age of 13 to 16 can have hair removal, manicures, pedicures and tanning but must be accompanied by an adult at all times. The minimum age for intimate waxing is 18, for the rest of our treatments it is 16.

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## Pregnancies

Pregnancies must be mentioned at the time of booking. Pregnant ladies must be at least 12 weeks pregnant for the majority of our treatments and 6 weeks post natal (12 weeks if C-section)

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## Medical Conditions

Medication and current medical conditions must be mentioned at the time of booking. Clients who have undergone treatment for cancer in the last 5 years must book their appointments with one of our Amethyst Trust specialists.

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## Arrival & Consultation

All treatments include a consultation appropriate to the treatment. We will require you to complete a consultation form upon arrival, so please arrive 10 minutes prior to your appointment. Late arrivals will result in shortened treatments.

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## Booking Deposit

When booking online a small booking fee will be taken according to the price of the treatment. This is non-refundable and managed by Phorest Online Booking Software. All new clients booking with our receptionist are required to pay a 50% deposit to secure your booking. A 50% deposit may also be required for treatments of over £50. A 50% deposit is required for all Pamper Packages.

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## Cancellation Policy

We require 24 hours notice for all cancellations. Cancellations within 24 hours will incur a 50% charge, even if the appointment is rescheduled. We expect full payment for appointments if a client fails to attend without prior notice or cancels within 1 hour of the start of the appointment. We require 48 hours notice for rescheduling and cancelling of Pamper Packages.

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## Full Terms of Service

For our full terms of service, salon etiquette and information on our Gift Cards please visit [www.thecourtyardhampshire.co.uk](http://www.thecourtyardhampshire.co.uk) By booking an appointment with us you are agreeing to our terms of service. We reserve the right to refuse service if our terms are not met.

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# Notes

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# Opening Times

Monday: 9am - 6pm

Tuesday: 9am - 6pm

Wednesday: 9am - 9pm

Thursday: 9am - 9pm

Friday: 9am - 6pm

Saturday: 9am - 6pm

Online booking app available from apple or android app store

*search for thecourtyardhampshire*

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