

SPAritual Manicures & Pedicures

SPAritual polish is free from parabens & synthetic dyes & is biodegradable & Vegan approved

SPAritual Mini Manicure £14.00

File nails & polish (no cuticle work)

SPAritual Classic Manicure £20.00

File the nails, cuticle tidy, hand massage & polish

SPAritual Thermal Deluxe Manicure £25.00

As classic plus hand scrub & masque with heated mitts.

SPAritual Mini Pedicure £16.50

File nails, cuticle work & polish

SPAritual Classic Pedicure £22.50

File the nails, foot file & scrub, spa bath, cuticle tidy, leg & foot massage & polish.

SPAritual Thermal Deluxe Pedicure £25.00

As classic pedicure plus foot masque & heated booties.

Bio Sculpture Gel Pedicure £35.00

Bio Sculpture Gel Nails & CND Shellac Gels

Gels are the kinder alternative to acrylic or false nails. Applied like normal polish, both Bio Sculpture and CND Shellac Gels provide strong, hardwearing, non-chip, natural looking glossy nail colour that lasts for 2 or more weeks. Easy to remove leaving your natural nail undamaged. CND Shellac is slightly thinner on the nail.

Clear - £30.00 **Colour** - £38.00 **French** - £40.00

Extensions (using Bio Sculpture Gel NOT tips)

Individual nail with colour/French gel £3.50

Full set with colour gel £60.00

Full set with French gel £65.00

Soak off (before new gels or SPAritual manicure) £3.50

Soak off only (Gels) with nail & cuticle tidy £20.00

Soak off only (Acrylics) with nail & cuticle tidy £30.00

Gel Pedicure £35.00

Callus Peel

A treatment designed to remove calluses from heels & soles of feet, leaving them soft & silky smooth

Single treatment

Ideal as a one-off treatment

Heels **OR** soles- £16.50 Heels **AND** soles- £22.50

Course of 3 Treatments

Ideal if your feet are very dry & cracked. Pre-pay & pre-book for a course of 3 treatments spread over 6 weeks & save money

Heels **OR** soles- £44.50 (save £5)

Heels **AND** soles- £58.50 (save £9)

Added to a Classic Pedicure

Pedicure add-on, Heels **OR** soles- £10.00

Pedicure add-on, Heels **AND** soles - £15.00

Waxing

1/2 leg (to above knee) £16.00 1/2 leg & bikini £24.00*

Full leg £23.00 Full leg & bikini £31.00*

Bikini £10.00 1/2 leg, bikini, underarm £34.00*

Brazilian £15.00 Full leg, bikini, underarm £41.00*

Hollywood £20.00 * Brazilian add £4; Hollywood £5.

Underarm £10.00 Full arm £18.00

Forearms £12.00 Chest or Back £16.00

Chest & Back £30.00

Eyebrows, Lip or Chin - £7.50 ea; any 2 - £13.00; all 3 - £20.00

Lash & Brow Treatments

Lash tint* £13.00 Lash perm* £34.00

Lash tint & perm* £45.00 Brow tint* £7.50

Brow shape (tweeze) £7.50 Brow tint & shape* £13.00

Complete treatment - Lash tint & perm, brow tint & shape £56.00

* requires allergy patch test minimum 48 hours before

Spray Tanning with Sienna X

Sienna X gives an instant, sun kissed look which then develops into a deeper long lasting tan over 8 hours. Packed full of natural, organic ingredients to condition, tone & moisturize your skin, Sienna X is also alcohol & paraben free.

Full Body £25.00

Legs, Arms, Neck & Face £20.00

Neals Yard Facials

Since 1981, Neal's Yard has been a pioneer in organic beauty. The products contain no animal ingredients, synthetic fragrances, Parabens, Phthalates or Silicones. They are 100% vegetarian & have not been tested on animals.

Neals Yard Power Berry Antioxidant Facial

This Power Berry facial harnesses the antioxidant, brightening & radiance-boosting powers of acai, goji & bilberry to help protect against the ageing effects of free radicals, keeping skin looking younger, longer. Suitable for all skin types/ages.

Power Berry Antioxidant Facial (50 mins) £40.00

Luxury Power Berry Antioxidant Facial (75 mins) £60.00

(includes 25 minute back neck & shoulders massage)

Neals Yard Online Shop

Follow up your treatment by using Neals Yard at home!

Buy Face & Body skincare for women, men & children, plus hair care & supplements in salon or online.

www.tranquilshop.co.uk

Arbonne Facials

Arbonne Swiss skincare is a combination of plants & herbs with a scientific approach. Free from animal ingredients, parabens, mineral Oil, PABA, Petroleum, Paraffin & other chemicals.

Arbonne RE9 Anti-Ageing Facial

This facial synergises 9 major age-defying elements clinically proven to support collagen synthesis & help restore a youthful glow. Suitable from 30 years upwards.

RE9 Anti-ageing Facial (50 mins) £40.00

Luxury RE9 Anti-ageing Facial (75 mins) £60.00

(includes 25 minute back neck & shoulders massage)

Arbonne FC5 Balancing Facial

This facial uses fresh fruit & vegetable nutrients which remain intact until they touch the skin & are then absorbed. Suitable for teenage skin and up to 30 year

Arbonne FC5 Rejuvenating Facial (25 mins) £22.50

Massage Treatments

Deep Tissue Massage

Deep Tissue Massage treats specific areas of muscular pain caused by sports or everyday activities. Essential oils may be used to help ease muscle pain & reduce inflammation.

Aromatherapy Massage

A deeply relaxing massage using essential oils that will be chosen at your appointment to suit your needs.

Pregnancy Massage

Suitable once first 12 weeks have passed this massage can relieve muscle aches & reduce swelling in the arms & legs.

All 3 massage types are offered as follows:

Full Body	1 hour	£40.00
Back, Neck, Shoulders	45 mins	£35.00
Back, Neck, Shoulders, Legs	1 hour	£40.00
Back	30 min	£25.00
Legs & Feet	30 mins	£25.00

Indian Head Massage

A good treatment for easing tension, stress, anxiety, headaches & insomnia; also good for sinus congestion.

30 min £25.00

Vouchers

In addition Gift Vouchers can be purchased by phone or in person & can be redeemed against products or treatments.

Neals Yard Products

Tranquil Health & Beauty uses Neals Yard Organics skincare in treatments, which you can also buy in the salon and online www.tranquilshop.co.uk

About Tranquil Health & Beauty

Tranquil Health & Beauty salon is owned & run by Anna Toft, a fully qualified & insured complementary & beauty therapist & a qualified Aromatherapist. The 'bijou' 1-room salon is for your appointment exclusively, ensuring complete privacy & confidentiality. Anna is a member of The Guild of Holistic Therapists.

Ethical Principles

Only the most natural & pure products are used in treatments, from suppliers who do not use animal ingredients or by-products, nor test their products or ingredients on animals.

Appointments & Cancellations

A consultation is taken on the first appointment but please mention any existing conditions when booking. Please arrive a few minutes before your appointment; late arrival reduces treatment time, but not the cost. Cancellations must be made a minimum of 24 hrs before or you will be charged full cost.

Payment

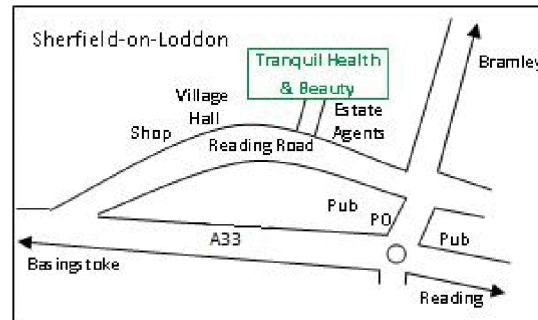
Debit/Credit cards or Cash. American Express & cheques are not accepted

Opening Times

Sunday & Monday	Closed
Tuesday - Friday	10am – 6pm
Saturday	10am – 4pm

Location

Tranquil Health & Beauty is in Sherfield-on-Loddon, behind Sherdon Estate agents. Free parking is available outside the salon, or on the Reading Road.



Tranquil Health & Beauty Salon
Sherdon House, Reading Road
Sherfield-on-Loddon, Hants, RG27 0EZ
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Information & prices valid from December 2011
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A Neals Yard Organic Salon

Manicures & Pedicures

Foot Callus Peel

Bio Sculpture Gel Nails

CND Shellac Gel Nails

“Neals Yard Organics” Facials

Waxing (including Brazilian & Hollywood)

Lash/Brow Tints & Lash Perms

Massage & Aromatherapy

Pregnancy Massage

Spray Tanning

Indian Head Massage

Gift Vouchers

Anna Toft ITEC VTCT MGBT

www.tranquilbynature.co.uk

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