

OUR POLICIES

CANCELLATIONS

Due to the increasing number of clients on our waiting list, we would appreciate at least 24hrs notice if you are unable to keep your appointment. If sufficient notice is given it will enable us to contact waiting clients

Charges may be applied for missed appointment

CONSULTATIONS

Please feel free to book a free 15 mins.

Consultation appointment to discuss any needs you have.

COURTESY CALL

We operate a courtesy call appointment reminder service, for treatments with longer therapy times and will endeavour to contact you.

GIFT VOUCHERS

Vouchers are available for all treatments, products or for a specific monetary value. Vouchers can be purchased from reception or by use of a credit card over the telephone. Vouchers are valid for 6 months from date of issue and are non refundable.

**** We regret lost or out of date vouchers can not be replaced or used.****

GENTLEMEN

We welcome male clients to enjoy the variety of treatments but request that an existing female client introduces you prior to your visit

Situated in the busy town of Portishead you will find the tranquil oasis that is, the...

Natural Beauty Salon

From the moment you walk through the door and experience the relaxing music and the inviting aroma of essential oils, your senses will relax. We believe there is no better place to unwind and enjoy professional treatments than in this friendly salon

Whatever your individual needs ~ you will find a professional and committed team of therapists, who are available to give free consultations on the wide range of beauty treatments.

Our Team:~

Manager ~ Sarah Youdell

Senior Therapist ~ Georgia Disdel

Junior Therapist ~ Helen Lampon

Receptionist ~ Louise Collins.

We look forward to seeing you and hope you enjoy your visit to the

Natural Beauty Salon

GUINOT
INSTITUT • PARIS

Kissed
by 


JESSICA®


Cosmetics

FACIAL THERAPY

Beautiful skin...smooth, clear, luminous, glowing with health...

The revolutionary salon treatments and plant-based products of **Guinot** epitomise the greatest traditions of French skin care. Our salon offers expert beauty `confidantes` all trained to give personal care and attention to meet your individual skin care needs. If it is your first visit to the salon, please arrive 10 mins prior to your appointment to enable us to take initial details

THERAPEUTIC HANDS ON FACIAL TREATMENTS

The hands on touch for the ultimate in client comfort & care

<u>PRESCRIPTIVE FACIAL</u>	45 min	£36.00
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This facial is personalised and tailored to your specific skin care needs. Whatever the skin type, this facial can have the effect of energising, comforting, hydrating, anti-ageing or balancing. Creating a bespoke facial for outstanding individual results

<u>LIFTOSOME FACIAL</u>	1 hour	£55.00
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Developed to help treat the problems associated with mature skin. Using a high percentage of pro collagen, this stimulating thermal facial regenerates and energises, to leave the skin firm & radiant. The perfect treatment before a special occasion

For longer lasting results Guinot recommend a course of 3 treatments over 3 weeks	x 3	£148.50
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GENTLEMEN'S TREATMENTS

Eyebrow tidy	15 min	£8.50
Back Wax	30 min	£21.00
Chest Wax	30 min	£26.00

<u>MINI MANICURE</u>	30 min	£16.50
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This treatment includes a soak, nail shape, cuticle tidy and buff

<u>MINI PEDICURE</u>	30 min	£19.50
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This treatment includes relaxing foot soak, Nail shape, cuticle tidy, Hard skin removal and mini massage

<u>BACK, NECK AND SHOULDER MASSAGE</u>	30 min	£24.00
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<u>FULL BODY MASSAGE</u>	1 hour	£40.00
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In each of our massages we use mobility oil~ invigorating ginger, rosemary and fennel create a warming blend to soothe and comfort sports or everyday aches and pains.

<u>GUINOT TRES HOMME PRESCRIPTIVE FACIAL</u>	45 mins	£36.00
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This facial is personalised and tailored to treat male skin. It Includes cleansing, exfoliation & relaxing massage & mask, it will comfort, soothe & nourish the skin and leave you totally relaxed.

<u>GUINOT TRES HOMME HYDRADERMIE² FACIAL</u>	1 hr 15 mins	£61.00
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A clean, clear complexion – just for men.

This high-tech facial deep cleanses, oxygenates and conditions the skin, using galvanic and high frequency electrotherapy, specialised active gels and the Guinot products which are developed especially for the different physiology of the male skin

NATURAL BEAUTY BRIDES

We know that when you walk down the aisle on your wedding day, you want to be feeling calm, confident and at your most beautiful. At Natural Beauty we have a range of packages to help you prepare for your big day

Bridal Make up **£50.00**

(includes a trial and make up on the wedding day)

Bridesmaid / Mother **£24.50**

BRIDAL PACKAGES

SAPPHIRE – simply look your best..... **1 hr 15 mins £39.50**

Shape and Polish

Express Pedicure

Eyebrow shape

RUBY – relax & unwind..... **1 hr 45 mins £67.50**

Back Massage

Aromatic Facial

Eyebrow Shape

PEARL – Prepare to bare.....** **2 hrs 45 mins £96.75**

½ leg and bikini wax

Eyelash tint

Eyebrow shape

Zen Spa pedicure

Mii Spray Tan

DIAMONDS- are a girls best friend....** **3 hrs 30 min £152.00**

Gelation Manicure

Zen Spa Pedicure

Hydradermie Facial

Exfoliation and choice of tan

Eyebrow shape

** Package is over two days

These lovely packages are available for everyone to enjoy –
you don't have to be a bride!

AGE SUMMUM

1 hour £75.00

The pinnacle of anti-aging treatments, Age Summum uses pure Vitamin C, Hyaluronic Acid and pro-collagen to target the signs of ageing-lack of radiance, loss of firmness, fine lines and wrinkles. Skin is treated with a dermabrasion exfoliating cream, a regenerating anti-ageing serum, and an active pro-collagen mask. Ingredients are penetrated into the skin using the exclusive Age Summum anti-ageing facial massage.

AROMATIC FACIAL

1 hour £49.00

Relax and unwind with a tension-reducing massage and a customised combination of plant extracts and essential oils to suit your skin's needs. This utterly relaxing aromatherapy facial balances the skin, softens fine lines, restores radiance, lifts your senses and instils an overall feeling of well being. (Includes a neck/scalp massage ~ bliss!)

BEAUTE NEUVE FACIAL

1 hour £52.00

Suitable for all skin types this hands on treatment uses fruit enzymes, amino acids and vitamin c to gently exfoliate and soften the skin. It will leave the skin truly glowing and silky smooth. A single treatment will boost the skin's radiance, however a course of three is recommended

x 3 £140.50

SPECIALISED FACIALS

HYDRA CLEAN FACIAL

Massage or Mask **30 min £29.00**

Massage & Mask **45 min £39.50**

An exclusive skin cleansing treatment that uses a warm thermoclean electrode and botanical gels to gently purify, refresh and refine the skin. The treatment comes with a choice of a relaxing massage or a radiance mask or the luxury of both. The skin will breathe, appear clearer and more radiant.

EYE LOGIC

Eye Contour Treatment

40 mins £50.00
x 3 £135.00

A unique treatment targeting signs of aging and fatigue around the eye area. Using an expert combination of machine technology, hands on massage and specially designed eye mask, this treatment helps smooth away wrinkles and fine lines and also reduces dark circles and puffiness.

HYDRADERMIE² THE STAR TREATMENT

1 hr 15 mins £61.00

Hydradermie² is an exclusive Guinot treatment that will make your skin youthful and radiant, from the very first treatment. This unique innovation enables fast and deep penetration of ionised treatment ingredients, resulting in exceptional results. Seven different types of treatment are available, depending on your beauty goals and skin type.

Your face will appear rested and luminous with a subtle glow.

****Hydradermie² now achieves double ionisation with double the results****

HYDRADERMIE² AGE LOGIC - THE ANTI AGEING STAR TREATMENT

1 hr 30 mins £74.00

A deluxe treatment to help reduce the specific ageing problems associated with the face, eyes and neck. Hydradermie² Age Logic is a luxurious, intensive three in one treatment using added serums and masks to give maximum benefit to these delicate areas. It also includes a serenity welcome massage and a relaxing massage of the arms and hands using toning essential oils.

MAKE UP

Why Mii?....Easy to choose, easy to use and easy to understand.

Mii mineral make up gives you the confidence to create a look that is uniquely, completely and unmistakably you..

We have a full range of products and no matter what your skin type or preferences, our highly trained therapists can create a look for you.

TREAT Mii

40 mins £25.00

Indulge yourself for that special occasion.

Whether a flawless elegant look for an evening out or a perfectly natural finish for lunch with friends, we'll create it for you..

TRUST Mii

1 hour £33.00*

New to wearing make up or stuck in a make up rut? We want to help you find your signature look with Mii. In this make up lesson we can show you simple techniques, give you tips and helpful hints that will give you the confidence to express yourself beautifully.

MINERAL Mii

15 mins £10.00**

Minerals are the perfect choice for sensitive or problem skin or if you are just looking for a 100% natural make up that produces beautiful results.

We will show you how to apply and work mineral powders to create flawless radiance

SHOW Mii

15 mins £10.00**

Name your dilemma and we will attempt to solve it. Whether you choose to focus on the perfect base, blusher secrets, lipstick tricks or hints for the eyes. We can show you.

COMPLETE Mii

15 mins £10.00**

Enjoy a mini make over after a relaxing treatment. Perfect after a facial, this touch of cover and colour for skin will leave you feeling ready to face the world.

*Cost of this treatment is redeemable against any four products purchased

**Cost of these treatments are redeemable against any two items purchased

EYES

Tinting is most beneficial to clients with fairer brows and lashes. It creates long dark noticeable lashes without the feeling of mascara. An excellent pre-holiday treatment.

Please note: a patch test is required for any new client 48 hrs prior to any tinting treatment

Eye brow tint	£8.50
Eye brow tint and shape / wax	£14.50
Eyelash tint	£15.00
Eyelash and eyebrow tint	£20.00
Eyelash and eyebrow tint and shape	£24.00

EAR PIERCING

Safe & Sterile, includes gold or silver studs and after care solution for home use.

Both	£16.50
One	£9.00

NON SURGICAL FACE LIFTS

<u>HYDRADERMIE² LIFT EXPRESS</u>	1 hr	£55.00
	Course x 8	£395.00

Hydradermie² lift is for skin that shows signs of a loss of elasticity. It is a two-part treatment. Lymphatic drainage to eliminate toxins plus stimulating micro current to tone the muscles of the face & neck. The main target areas are around the eyes, mouth & forehead. It also lifts and firms the cheeks, jaw line and neck.

This treatment is suitable for all skin types and produces some fantastic results!

<u>HYDRADERMIE² LIFT PLUS</u>	1 hr 30 mins	£69.00
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This treatment has all the benefits of the Hydradermie² lift with the added luxury of a pressure point/ relaxing facial massage. An additional face mask is applied to suit your individual need.

DIANA MICRO-CURRENT FACIAL TONING

30min	£42.50
Course of 10	£380.00

This treatment uses individual electrodes placed on the lower key facial muscles and probes around the more sensitive eye areas. This exceptional toning treatment will raise and lift the forehead and eyebrows, detoxify and smooth the eye area, lift and define your cheeks and jaw and reduce the formation of lines on the upper lip.

<u>DIANA DELUXE TREATMENT</u>	1 hr 30 mins	£54.00
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Includes extended treatment time (40 minutes) and mini facial to give your skin that extra boost.

ULTIMATE FACIAL COMBINATIONS

If you are serious about your skin, these facials are the ultimate in advanced technology and produce some amazing results

Please consult with one of our highly trained therapists for advice on a skin care home routine to maximise the benefit

SUPER HYDRADERMIE² LIFT **1 hr 45 mins £104.00**

Hydradermie² and
Hydradermie² Lift express 30 + years
The complete combination facial.

HYDRADERMIE² LIFT DELUX **2 hours £116.00**

Hydradermie²Age logic and
Hydradermie² Lift Express 40 + years
The ultimate anti-ageing facial

HYDRADERMIE² ULTRA LIFT **1 hr 45 mins £99.00**

Liftosome and
Hydradermie² Lift express 30 + years
The ultimate lifting facial.

DIANA LIFT AND LIFTOSOME **1 hr 45 mins £85.00**

The ultimate toning facial.

HAIR REMOVAL

WAXING

A quick, safe and hygienic method of removing superfluous hair for up to 6 weeks the hair should be at least ¼ inch long to have an effective removal. If you are unsure please seek the advice of the therapist.

Half leg	£18.25
Half leg & bikini line	£23.50
Half leg, bikini line and underarm	£32.00
¾ Leg	£20.50
Full leg	£25.00
Full leg and Bikini line	£29.50
Bikini line	£10.50
Brazilian	£20.00
Hollywood	£26.00
Underarm	£10.50
Upper lip	£5.00
Chin	£5.00
Upper lip and chin	£9.00
Forearm	£12.00
Full arm	£17.50
Eyebrows	£9.00
Face, lip, chin and eyebrow	£17.50

ELECTROLYSIS

A safe and effective method of permanent hair removal.

A sterile and disposable needle is used each time.

Consultation is needed prior to the initial treatment.

Up to 5 mins	£12.00
10 mins	£16.50
15 mins	£19.50
20 mins	£22.50
30 mins	£29.00

GELeration TREATMENTS

With the health of the natural nail in mind, this Jessica gel delivers a long lasting, flawless finish that is dry in seconds and protects the natural nail.

Ideal for that special occasion or holiday.

GELeration is available in clear (to strengthen) or French and also available in the most popular Jessica colours.

GELeration Gel overlay manicure **1 hour** **£31.00**

Includes hand exfoliation, massage, cuticle care and nail shape. Finished with Jessica's geleration polish

Deluxe GELeration Gel overlay Manicure **1hr 15min** **£41.00**

Includes the benefits of the luxurious LeRemidi Hand treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails shaped and again finished with Jessica's GELeration gel polish

GELeration Gel nail shape and Polish **30 mins** **£20.00**

Nails are simply shaped and finished using a Jessica GELeration polish

GELeration Refresh **30 mins** **£18.00**

Add a coat of your existing gel polish to make your GELeration manicure last even longer

GELeration Polish Removal **30 mins** **£10.50**

GELeration polish removed, nails filed and nourished

***We recommend that the GELeration polish is removed after a maximum of 4 weeks. Please return to the salon to have the product professionally removed, do not pick or scrape the product from the nails as this may cause damage to the nail itself.**

GELeration Gel overlay Pedicure **1 hour** **£31.00**

Same as the manicure only on the toes

Zen Spa Pedicure with GELeration **1hr 15min** **£46.00**

A Full Pedicure treatment including hard skin removal, exfoliation, cuticle tidy, toe nails shaped and finished with GELeration gel polish. Finally creams are massaged into the feet.

MASSAGE TREATMENTS

In each of our massages we use 'Absolute Aroma' pre blended oils specifically selected for the individual clients needs.

With a choice of De-stress, Relaxation, Mobility or Detox. A massage will relax and alleviate muscular tension and stress.

Back, Neck & Shoulder Massage **30 mins** **£24.00**
40 mins **£31.00**

Full Body Massage **1 hour** **£40.00**

Top to Toe Massage **1 hr 30 mins** **£52.00**

(Massage to the full body, face and scalp – pure bliss!)

De stress Treatment **1 hour** **£42.00**

After cleansing the skin and gently exfoliating the face. A relaxing neck, face and scalp massage is performed using a blend of essential oils for your skin type. It is then followed by a deep tissue back massage with a blend of energising oils

A truly relaxing experience!

De stress deluxe treatment **1 hr 15 mins** **£48.00**

This blissful treatment begins with a back exfoliation, then a soothing massage for tired muscles. This is followed by a relaxing facial treatment that combines an arm and hand massage. This special treatment will leave your skin feeling radiant and your body relaxed.

BODY TREATMENTS

FULL BODY EXFOLIATION

45 mins £30.00

An invigorating body exfoliation treatment to eliminate dry, dull skin. It refines the skins texture and leaves it silky, soft & smooth.
This treatment includes the use of a shower and an application of a nourishing body cream

AROMATIC WELL BEING TREATMENT 1hr 30 mins **£59.50**

This relaxing treatment includes a sugar – kiwi body exfoliation, menthol back mask and a energising and de-stressing massage with citrus essential oils. It is a relaxing, toning and re-hydrating treatment for the skin and gives a feeling of ‘well being’.

AROMATIC SPA TREATMENT

2 hr 15 mins £91.00

Combines the Aromatic well being Treatment with the Aromatic Facial – pure pampering!

PREGNANCY PAMPERING TREATMENT 1hr.30m **£62.50**

This relaxing treatment has been created especially for expectant mums to revitalise the face and body. One & a half hours of complete pampering, which includes a mini facial and lots of relaxing massage on lower legs and body to relieve discomfort from pregnancy. A real tonic

NATURAL NAIL CARE FOR THE FEET

Once thought of as pure luxury, a Pedicure is a vital therapy for the stresses of modern life.

EXPRESS PEDICURE

30 mins £18.50

This treatment includes a soak, nail shape, cuticle tidy and application of treatment colour.

JESSICA ZEN SPA PEDICURE

1 hr. £33.00

This treatment begins with the removal of hard skin and the use of a micro dermabrasion foot scrub. The feet are then treated to a revitalizing foot soak and massage with a silkening foot lotion. The nails are also shaped, cuticle work completed and finally an application of long lasting Jessica Polish.

JESSICA DELUXE ZEN SPA PEDICURE

1hr. 15 min £39.50

All the benefits of the Jessica Zen spa pedicure. Plus the extra luxury of a double exfoliation and massage of entire foot & lower leg. This is followed by a nourishing foot balm, which is combined with heated booties to improve circulation and sooth stiff & tense joints.
Pure Bliss, you will leave the salon literally walking on air!

Important: Please ensure you bring a pair of open toed shoes with you to your pedicure, to avoid spoiling the polish

NATURAL NAIL CARE FOR THE HANDS

**JESSICA is one of the World's number one natural nailcare systems.
A therapeutic manicure prescribing a range of treatments for
individual nail types to cultivate beautiful hands & nails**

JESSICA SHAPE AND VARNISH 30 mins £16.50

LE REMEDI HAND TREATMENT 30 mins £19.00

A luxurious and effective treatment to leave the hands
Feeling softer, smoother and looking younger.
It includes hand cleansing and exfoliating followed by a mask and lipsome
serum.

JESSICA PRESCRIPTIVE MANICURE 45 mins £27.00

Nails are not all alike... this treatment manicure
Analysis and treats each nail for the specific nail type.
The hands are exfoliated then massaged.
The cuticles are cared for using oils and creams,
the nail shape is perfected and finally treatment
base coats and colour are applied for the perfect finish.

**JESSICA PRESCRIPTIVE MANICURE DELUXE
1hr 15 mins £36.50**

The ultimate pampering treatment for your hands and nails. This treatment
combines all the benefits of the prescriptive manicure and the Le Remedi
Hand Treatment. Pure Luxury!

BODY TREATMENTS continued

CONDITIONING BACK TREATMENT 45 mins £33.00

Often a neglected area, this treatment provides a facial for the back. With
exfoliation, massage and conditioning mask, it will soothe tired muscles
and nourish the back.

* Ideal before that special occasion / holiday*

**G5 MASSAGE TREATMENT 30 mins £23.00
x 6 £124.00**

This treatment is a very deep intense mechanical massage using the G5
massage machine. This has all the benefits of Swedish massage but can
penetrate a lot deeper, helping to create lymph flow, boost circulation and
remove toxins much faster. Used in conjunction with a healthy life style
there is nothing better for the removal of stubborn cellulite.

*** Specific areas of the body can be targeted
as required by the client***

GUINOT TECHNI BODY WRAPS

**1hr. 15mins £59.00
x 3 £160.00
x 6 £300.00**

Using an in depth massage combined with carefully formulated serums and
a unique body wrap, these treatments visably reduce the appearance of
cellulite and restore's the skins firmness.

TECHNI FIRMING

Designed to firm the body and tone the skin, using crelastin B to improve
the skin's elasticity and Alana Esulenta to fight against slaking.

TECHNI SLIMMING

Containing Caffeine and Isoslim Complex, this treatment combats stubborn
cellulite, inhibiting the formation of new fat in the targeted area, refining
and smoothing the silhouette.

TANNING TREATMENTS

Kissed by Mii.....

Created with Marine Minerals our Mii tans has taken the nourishing benefits of coral seaweed and coastal flowers to replenish your skins natural minerals, leaving it sublimely soft so that your tan develops beautifully.

Effortless to choose and even easier to use! our three simple steps help you to Prepare, bare and care for your skin, leaving you looking radiant and feeling truly irresistible all year round.

A complete home range is available to purchase in our beauty reception.

Before your tan.....

Shower but do not apply moisturisers. Kissed by Mii seriously smoothing moisturiser can be used because it contains plant collagen that will help develop the tan.

Bring black underwear or bikini to tan in.

Wear loose dark cotton clothes and flip flops to wear after treatment.

Bring an umbrella, just in case it rains!

Kissed By Mii Spray Tan	30 mins	£27.00
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Legs only	15 mins	£15.00
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Exfoliation & Spray Tan	1 hour	£40.00
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Kissed by Mii relaxing manual tan treatment (with exfoliation)		
	1 hr 15 mins	£43.00

HOLISTIC THERAPIES

<u>INDIAN HEAD MASSAGE</u>	40 mins	£32.00
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Indian Head Massage is known as a great ‘stress buster’ But its calming benefits can be enjoyed at any time. The treatment is carried out in a sitting position; the massage starts on the back and continues to the neck, shoulders and arms. Moving finally to the scalp and face. A light coconut oil is used to soothe the muscles, restore balance and harmony to the mind & body.

<u>REFLEXOLOGY</u>	1 hour	£34.00
	x 3	£92.00

This is the application of pressure, stretch and massage to the feet that effect corresponding parts of the body. The treatment can be used to help restore and maintain the body’s natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. It is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. Many people use reflexology as a way of relaxing the mind and body and counteracting stress.

* A course of treatment is recommended to help with any specific conditions*

<u>HOLISTIC UNWIND</u>	1hr 30mins	£60.00
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Enjoy an Indian Head massage with coconut oil and relax on a couch while you have your reflexology treatment.