

## LASH LIFTING

Lash Lift	£40
Lash Lift & Tint	£45

## SPRAY TANNING

Nouvatan  
An amazing organic mango scented natural looking spray tan that lasts approximately 1 week. Available in 6 different shades. Develops over 6-8 hrs. Call in for a free patch test.

Full Body Tan	£22
Half Body tan	£17

## PACKAGES

All the packages illustrated below can be customised to your own individual requirements.

Pamper Package 2.5 hours Gelish 2 week polish on fingers and toes, express facial and make up application	£70
Pre Holiday Package 2 hours ½ leg, bikini and eyebrow wax. Gelish 2 week polish on fingers and toes and full body spray tan	£80

**Arrival:** Please arrive 5 minutes before your appointment time in order to unwind. Late arrival will limit your appointment time, as services will finish on time so that the next client is not delayed.

**Payment:** We accept all major credit/debit cards/American Express and cash. Cheques will only be accepted with a valid guarantee card and made payable to Me, Myself & I Beauty.

### CANCELLATION POLICY

Please give as much notice as possible if you need to change or cancel your appointment as we request at least 24 hours notice, failure to do so will result in a 100% charge. If a client does not turn up for the appointment without prior notice, the treatment will be charged at full price Thank you for your understanding.



*Me, Myself & I*

BEAUTY & MASSAGE STUDIO

### OPENING TIMES

Monday 10am to 6pm  
Tuesday 10am to 6pm  
Wednesday 10am to 6pm  
Thursday 12pm to 8 pm  
Friday 12pm to 8pm  
Saturday 10am to 4pm  
Sunday: Closed

Visit our website to book online  
[www.memyselfandibeauty.co.uk](http://www.memyselfandibeauty.co.uk)  
01631 562 619

**Gift vouchers can be purchased  
online via our website.**



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[www.memyselfandibeauty.co.uk](http://www.memyselfandibeauty.co.uk)



## BODY TREATMENTS

Ultimate Massage 1.5 hours	£50
The ultimate in relaxation working from the top to toe. Includes face massage and scalp treatment.	
Relaxing Massage 1 hour	£36
A highly effective and uplifting massage using stretching and kneading to release toxins. Helps to relieve joint pains, increase blood circulation and eliminate toxins.	
Back, Neck & Shoulder Massage 30 min/1 hr	£22/£36
Helps to relieve tension and joint pain, increase blood circulation and eliminate toxins in the upper body.	
Deep Tissue Massage 30 min/1 hour	£24/42
Focused massage using special techniques to relieve stress and severe muscle tension. This massage focuses on both superficial and deep layers of muscles to provide relief for sufferers of constant pain, involved in heavy physical activity or for those who prefer a deep pressure massage.	
Sports Massage 1 hour	£42
Aids the prevention of injury, muscle recovery and maximises sports performance.	
Aromatherapy Massage 30 min/1 hour	£24/£38
A wonderful treatment using essential oils derived from plants to heal the body. In this holistic treatment a blend of oils specific to your needs will be chosen and applied through massage.	
Indian Head Massage 40 mins	£25
This head, scalp, neck and shoulder massage works to release pent up tension and anxiety, helping to calm the mind, enhance the senses and promote clear thinking. An ideal therapy to promote optimum health and wellbeing.	
Reflexology 50 mins	£34
A highly effective healing therapy using the reflex areas of the feet. Provides relief for many health concerns such as migraines, digestive problems, stress and infertility.	
Hot Stone Massage 1 hour	£44
Warm basalt stones are used to provide a deeply relaxing massage therapy to balance body and mind.	
Hot Stone Back Massage 25 mins	£22
Stress Away Scalp Treatment 20 mins	£15
Focusing on working out the tensions contained on the scalp using warmed essential oil, this luxurious treatment will leave you stress free and with a clear mind.	
Hot Stone & Deep Tissue Combo 1 hour	£44
30 minute Hot Stone Massage combined with 30 minutes Deep Tissue Massage. Guaranteed to ease any aches or pains.	
Mindful Massage 75 mins	£45
A 60 minute relaxing massage followed by a guided 15 minute meditation. Perfect for soothing away any tension and quietening a busy mind. Carried out by a fully qualified mindfulness teacher.	

## MATERNITY SPA TREATMENTS

Pregnancy Massage 30 mins /1 hour	£24/£36
*MUST BE OVER 12 WEEKS FOR ANY TREATMENTS	
Pregnancy massage is very gentle and effective and has many benefits for the mother, such as increasing energy, easing aches and pains, slowing the process of varicose veins, #reducing fluid retention and releasing stress.	
Pre- Hospital Package	£35
Eyebrow tidy, bikini wax, half leg wax and file & polish on fingers and toes.	
Mother To Be Treatment 1 hour 30 mins	£55
Pregnancy massage, organic tummy mask, facial & scalp massage.	
New Mums Pamper treatment 1 hour 30 mins	£55
Must be at least 6 weeks post partum. Includes a revitalising top to toe aromatherapy massage, booster facial & scalp massage.	

## FACIAL TREATMENTS

Using Thea, an award winning organic range, we offer a facial to suit each skin type. All Thea Skincare products are 100% chemical free, pH balanced, paraben free and do not contain fragrances.	
Booster Facial 30 mins	£24
Eye Contour Treatment 30 mins	£22
Personalised Facial 60 mins	£50
After an in depth consultation your personalised facial will be designed with any concerns in mind. Includes a complimentary Hot stones neck and shoulder massage.	
Natural Man Facial 60 mins	£50
Dermaplaning	£40
Provides deeper product penetration. Removes soft facial hair that traps dirt and oils. Promotes smoother skin.	
Safe procedure for removing dead skin cells and 'peachfuzz' Reduces the appearance of acne scars.	
Diminishes the look of fine lines.. Works on all skin types.	
Dermaplaning Facial 60 mins	£60

## THREADING

Eyebrows	£8
Lip	£6
Chin	£6
Sides Of Face	£10

## WAXING & TINTING

Henna Brows 45 mins*	£25
Eyelash Tint*	£10
Eyebrow Tint*	£8
Perfect Eyes*	£20
Eyelash & eyebrow tint and eyebrow wax.	
*Note: A patch test must be done 24 hours prior to tinting if you have not had this treatment before.	
Eyebrow Wax	£8
Lip Wax	£6
Chin Wax	£6
Lip & Chin Wax	£10
Underarm Wax	£9
Bikini Wax (normal)	£15
Bikini Wax (high line)	£18
Inbetweeny Bikini Wax	£25
Brazilian Bikini Wax	£30
Hollywood Bikini Wax	£32
Full Arm Wax	£12
Half Leg Wax	£12
3/4 Leg Wax	£18
Full Leg Wax	£22
Mens Chest Wax (including stomach)	£20
Mens Back Wax	£22

## NAILS

Gel Polish Nails	£20
(Long lasting gel polish on fingers or toes)	
Gel Polish Removal (our work only)	£5
Gel/Acrylic Extensions from	£30
Infills & Colour Change	£28
Nail Fix	£3
Gel/Acrylic On Natural Nails	£22
Complete Removal (our work only)	£15
Add Extra Strength	£3
IBX Treatment (1st appointment)	£8
If your nails are thin, damaged, or peeling, the new IBX system can help restore your nails to health. IBX is a penetrating toughening agent that fuses together the nail's top layers to repair nail damage and toughen your nail.	
Future appointments	£6
All That Jazz Nails Manicure 45 mins	£25
Add Gel Polish	£3
All That Jazz Nails Pedicure 60 mins	£25
Add Gel Polish	£3
File & Polish 20 mins	£12