

LASH LIFTING

Lash Lift £42
Lash Lift & Tint £47

Please note a patch test is required at least 24 hours prior to your appointment if you have not had this treatment with us before.

PACKAGES

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

Pamper Package 2 hours £90
Gel polish on fingers and toes, booster facial and back, neck & shoulder massage.
Pre Holiday Package 2 hours £90
½ leg, bikini eyebrow wax, brow tint and lash tint. Gel polish on fingers and toes.

Arrival: Late arrival will limit your appointment time, services will finish on time so that the next client is not delayed.

Payment: We accept all major credit/debit cards and cash.

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.



OPENING TIMES

Wednesday 10am to 6pm
Thursday 10am to 8pm
Friday 10am to 8pm
Saturday 10am to 4pm
Subject to change

VISIT OUR WEBSITE TO BOOK ONLINE
www.memyselfandibeaauty.co.uk
07476412455

f memyselfandibeaauty
@ me_myself_and_i_beauty

GIFT VOUCHERS CAN BE PURCHASED ONLINE VIA OUR WEBSITE.

Scan to book





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BODY TREATMENTS

Ultimate Massage 90 mins The ultimate in relaxation working from the top to toe. Includes scalp treatment.	£60
Relaxing Massage 60 mins A highly effective and uplifting massage using stretching and kneading to release toxins. Helps to relieve joint pains, increase blood circulation and eliminate toxins.	£45
Back, Neck & Shoulder Massage 30 min/60 mins Helps to relieve tension and joint pain, increase blood circulation and eliminate toxins in the upper body.	£27/£45
Deep Tissue Massage 30 min/60 mins 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.	£52/£48
Sports Massage 60 mins Aids the prevention of injury, muscle recovery and maximises sports performance.	£48
Indian Head Massage 40 mins 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.	£35
Reflexology 50 mins 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.	£40
Hot Stone Massage 60 mins Warm basalt stones are used to provide a deeply relaxing massage therapy to balance body and mind.	£48
Hot Stone Back Massage 25 mins	
Stress Away Scalp Treatment 20 mins 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.	£20
Hot Stone & Deep Tissue Combo 60 mins 50 minute Hot Stone Massage combined with 50 minutes Deep Tissue Massage. Guaranteed to ease any aches or pains.	£50
Mindful Massage 75 mins/105 mins A 60 minute relaxing massage followed by a guided 15 minute meditation. Perfect for soothing away any tension and quietening busy mind. Carried out by a fully qualified mindfulness teacher.	£55/£68

MATERNITY SPA TREATMENTS

Pregnancy Massage 30 mins / 1 hour *MUST BE OVER 12 WEEKS FOR ANY TREATMENTS A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Mama Mio Omega rich oils to relax those specific lower back muscles that are carrying that beautiful bump.	£28/£45
Lucky Legs Treatment 30 mins A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.	£30
Pre- Hospital Package Eyebrow tidy, bikini wax, half leg wax and file & polish on fingers and toes.	£55
Mother To Be Treatment 1 hour 30 mins Pregnancy massage, organic tummy mask, facial & scalp massage.	£67
New Mums Pamper treatment 1 hour 30 mins Must be at least 6 weeks post partum. Includes a revitalising top to toe aromatherapy massage, booster facial & scalp massage. Must be at least 6 weeks post partum.	£67

FACIAL TREATMENTS

Using an expert range of products can be easily mixed & matched to create a personalised skincare routine perfect for you.	
Booster Facial 30 mins	£30
Eye Contour Treatment 25 mins	£28
Personalised Facial 60 mins 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.	£55
Bedtime Ritual 75 mins Personalised facial with sleep goody bag (book an evening appointment and arrive in your pj's for the ultimate bedtime treat)	£60
Natural Man Facial 60 mins	£55

THREADING

Eyebrows	£10
Lip	£8
Chin	£8
Lip & Chin	£12
Sides Of Face	£15

WAXING & TINTING

Henna Brows 45 mins*	£25
Henna Brows, Lash Lift & Tint Combo	£65
Eyeshadow Tint*	£12
Eyebrow Tint*	£8
Perfect Eyes* 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.	£24
Eyebrow Wax	£10
Lip Wax	£8
Chin Wax	£8
Lip & Chin Wax	£12
Underarm Wax	£15
Bikini Wax (normal)	£15
Bikini Wax (high line)	£18
Inbetweeny Bikini Wax	£27
Brazilian Bikini Wax	£30
Hollywood Bikini Wax (Bare)	£32
Full Arm Wax	£20
Half Leg Wax	£22
3/4 Leg Wax	£26
Full Leg Wax	£30
Mens Chest Wax (including stomach)	£30
Mens Back Wax	£30

NAILS

Elim Medi Hand Manicure with Gel Polish 60 mins	£34
Gel Polish Nails (Fingers or toes)	£25
Gel Polish Removal (our work only)	£8
Full Tip Soft Gel Xtensions	£58
Removal & Reapplication of Xtensions	£58
Nail Fix (Chargeable after 3 days)	£3
Complete Removal of Xtensions (our work only)	£10
Add Extra Strength- BIAB	£10
IBX Treatment (1st appointment)	£12
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 IBX Treatment (Recommended every 2 weeks)	£10
Elim Medi Heel Express Treatment 20 mins	£20
Elim Medi Heel Full Pedicure 60 mins	£35
Elim Medi Heel Full Pedicure with Gel Polish 90 mins	£50