



Elementary
SKIN & BODY



Opening Hours

Monday

Closed

Tuesday

9am - 8pm

Wednesday

10am - 8pm

Thursday

9am - 8pm

Friday

9am - 5pm

Saturday

9am - 5pm

Sunday

Closed

WELCOME TO OUR TREATMENT MENU, WE PRIDE OURSELVES ON GIVING YOU THE BEST, MOST RELAXING EXPERIENCE POSSIBLE WITH OUR PASSION FOR HOLISTICALLY TREATING THE BODY AND SKIN COUPLED WITH OUR IN DEPTH TRAINING AND KNOWLEDGE FOR CUTTING EDGE RESULTS DRIVEN TREATMENTS.

LUCIE & THE ELEMENTARY TEAM

Booking Guidelines

Contra-indications

You will be asked to carry out a full consultation via email prior to your first visit to the salon, which is updated on subsequent visits. However, please inform us if you have any specific/recent medical conditions or allergies, or if you are planning a pregnancy or breastfeeding. We reserve the right to refuse treatment if we feel your medical condition deems you unsuitable, but will endeavour to provide you with an alternative.

Children

To ensure the safety of children and the enjoyment of all clients; we ask that parents or guardians make other arrangements for children while they are receiving services. We do not have the facilities for children to accompany their parent/guardian. Children under the age of 16 cannot be treated without permission of the salon director.

Timekeeping

Please arrive 5 minutes early on your first visit, to allow time to find us and there may be additional consultation information required. Thereafter, please kindly arrive promptly to avoid the disappointment of reduced treatment time.

Cancellation Policy & Deposits

Please note that we require 24 hours notice for cancellations or a 100% charge will apply. For appointments lasting 2 hours or longer a 50% deposit may apply.

Disabled Access

We are located in a ground floor location and there is disabled access, however please contact us to discuss your requirements as we may be able to offer a home visit.

Laser Hair Reduction Treatments

Unwanted Hair Gone, with the latest leading SHR technology.

Endorsed by leading medical experts the SMARTDiode and SHR technologies are safe and highly effective in the treatment of permanent hair reduction. The Treatment uses selected wavelengths of low energy light rapidly pulsed onto the skin (up to 600 times a minute) to gently heat the target hair follicles to cause terminal damage directly to the hair's chromophores and prevent hair regrowth. Each treatment will target approximately 30% of hairs in the area.

This is because the hairs must be in anagen, the growing phase, for treatment to be effective.

We recommend a minimum of 8 treatments to achieve results, some areas may require further treatment.

All of our therapists have additional qualifications making them Advanced Level 4 Practitioners.

Consultation/Patch Test is required before initial treatment FOC

Micro Area (5cm² top lip, chin, cheek) **£25**

Small Area (50cm² bikini, underarms, half face) **£58**

Medium Area (100cm² brazilian, arms, half legs, full face) **£99**

Large Area (full legs, back, chest and abs, hollywood) **£140**

Other areas priced on request. A course of 6-8 sessions is advised for optimum results. Course discounts also available.

Electrolysis Treatments

(Diathermy method) Hair reduction treatment suitable for all skin & hair types especially lighter hairs, ideal for small areas such as chin.

12 minutes £18.50

Aesthetic Treatments

Our holistic approach to beauty continues into our Aesthetic Treatment Offering. We always carry out in depth consultations prior to any treatments and create tailored plans to suit your treatment goals and current regimes.

Aesthetic Consultation Free of Charge

HIFU Treatments

This treatments uses High Intensity Focussed Ultrasound and is a safe & effective treatment to help combat some of the signs of ageing and restore youthful looking skin on the face. Clinically proven and endorsed by surgeons as a safe alternative to going under the knife.

Patch test required.

HIFU FULL FACE & NECK £650

HIFU HALF FACE (UPPER OR LOWER) £375

HIFU JAW LINE & NECK £325

HIFU FOREHEAD & EYES £325

Dermaforce Treatments

A minimally invasive microneedling and radio frequency treatment that significantly rejuvenates and repairs the skin. A fantastic treatment for those looking to improve their skin's appearance, including reducing fine lines & wrinkles, stretch marks, pigmentation and acne scarring with little to no downtime and optimal results seen after three treatments.

DERMAFORCE FACIAL TREATMENT £280

Includes an in depth consultation, Dermaforce treatment, collagen or hyaluronic mask and Dermalux LED Phototherapy.

DERMAFORCE FACIAL COURSE £756

Course of 3 Dermaforce Facial Treatments,
to be booked every 4 weeks for 3 sessions.

Other areas priced on request.

Elemental Herbology

A natural skin and body care brand based on the Five Elements of Traditional Chinese Medicine. Discover the ultimate wellness experiences through these unique treatments that can be tailored to meet your needs. *Our Treatment Menu is arranged by Elements, if you are unsure which to book, we recommend starting with a Five Element Treatment that is suitable for all.*

Five Element Treatments

FIVE ELEMENT AROMA FACIAL 60 minutes **£80.00**

Every step of this bespoke facial will be customised to your skin concerns and your individual balance of the five elements. Includes scalp, arm, leg & foot massage.

FIVE ELEMENT AROMA MASSAGE 60 / 90 minutes **£65.00 / £90.00**

The ultimate bespoke massage experience, featuring a therapeutic oil blend to suit your individual balance of the five elements.

FIVE ELEMENT HOUR OF LUXURY 60 minutes **£75.00**

Drift away for an hours luxurious relaxation, combining a 30 minute Facial & 30 minute Massage to balance the five elements and leave you totally de-stressed.

FIVE ELEMENT ACUPRESSURE SCALP MASSAGE 30 minutes **£40.00**

Perfect for centering the mind and releasing deep-seated tension.

PRE-NATAL WELLBEING MASSAGE 60 minutes **£65.00**

A nurturing massage created to address the body's specific needs during pregnancy. Suitable from the second trimester onwards.

Wood Element Treatments

The Wood element represents new beginnings, growth and development. The Wood dominant skin type is normal or combination, and the Wood dominant character is drawn to new possibilities; they are often determined and do well under pressure, but when out of balance, they can become irritable & frustrated.

WOOD BALANCE FACIAL 60 minutes **£80.00**

Perfect for normal or combination skin, this harmonising facial features our balancing, repairing and protecting Wood elemental product range, leaving your skin feeling both nourished and clarified. Includes scalp, arm, leg & foot massage.

HO-LEAF AND ROSEMARY MUSCLE MELT 60 / 90 minutes **£65.00 / £90.00**

Combining the stimulating and warming essential oils of Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep massage, this targeted treatment will help to unravel tension in sore, tight muscles. Highly recommended for anyone suffering from chronic stress or deep-seated tension.

Fire Element Treatments

The Fire element represents power and transformation. The Fire dominant skin type is oily and congested. The Fire dominant character is energetic, charismatic, sociable and approaches life with an infectious enthusiasm.

When out of balance, they can become impatient and hyperactive, leading to mental exhaustion.

FIRE PURITY FACIAL 60 minutes **£80.00**

Restore clarity to an oily or blemish-prone complexion with this purifying facial, which uses natural antibacterial botanicals to reduce excess oil and calm breakouts, leaving your skin looking clearer and feeling revitalised. Includes scalp, arm, leg & foot massage.

FIRE ZEST AROMA MASSAGE 60 / 90 minutes **£65.00 / £90.00**

Combining the energising and uplifting essential oils of Sweet Orange, Marjoram and Rosemary this targeted treatment will leave you feeling relaxed yet energised, and with greater mental clarity.

Earth Element Treatments

The Earth element represents stability but also transition and continuity. The Earth dominant skin type is dull or pigmented, and the Earth dominant character is considered to be nurturing, grounded and reliable. When out of balance, they can often worry unnecessarily and can feel emotionally depleted.

EARTH VITALITY FACIAL 60 minutes **£80.00**

Enhance skin's radiance and texture with this brightening and revitalising facial. Featuring Gua Sha massage, and our Earth elemental product range rich in kombucha and exfoliating fruit acids, this facial will leave skin bright and radiant.

Includes scalp, arm, leg & foot massage.

THAI-QI FLOW MASSAGE 60 / 90 minutes **£70.00 / £95.00**

This therapeutic, warming & nurturing massage integrates our Harmony Body Oil blend with Thai herbal compresses, to help release any stagnation & restore a healthy flow of Qi energy, resulting in a more balanced body & mind.

Thai-Qi Flow Massage will also aid the release of tight muscles..

Metal Element Treatments

The Metal element represents the processes of separation, refinement and elimination. The Metal dominant skin type is mature, and the Metal dominant character is self-disciplined, organised and methodical. Perfectionists in everything they do, they are detail-oriented and good problem solvers. When out of balance, they can feel sluggish and bloated, and their mind can feel cluttered.

METAL LONGEVITY FACIAL 90 minutes **£99.00**

This intensive facial treatment combines the high-tech plant ingredients of our Metal elemental product range with targeted anti-ageing massage techniques and Rose Quartz Rollers to address the signs of physiological skin ageing such as fine lines, deeper wrinkles, loss of elasticity and lack of radiance. Leaves the skin looking plumped and rejuvenated. Includes scalp, arm, leg & foot massage.

METAL DETOX AROMA MASSAGE 60 / 90 minutes **£65.00 / £90.00**

Combining the purifying and detoxifying essential oils of Juniper Berry, Rosemary and Grapefruit you will leave feeling relaxed, less sluggish and with a clearer and more focused mind.

Water Element Treatments

The Water element represents tranquillity, creativity and imagination. The Water dominant skin type is dry, dehydrated or sensitive, and the Water dominant character goes with the flow, but with a strong will to get things done.

They are known for their determination and being quietly philosophical. They seek out solitude and tranquillity, but when out of balance they can become fearful and indecisive, which can often lead to insomnia.

WATER HYDRATION FACIAL 60 minutes **£80.00**

Ideal for dry, dehydrated & even the most sensitive skin, this treatment features our Water elemental product range, containing patented hydration technology rich in hyaluronic acid, to dramatically increase skin's moisture and strengthen the protective barrier. Leaves the skin looking nourished & plumped & feeling soothed and comforted. Includes scalp, arm, leg & foot massage.

WATER SOOTHE AROMA MASSAGE 60 / 90 minutes **£65.00 / £90.00**

Combining the deeply relaxing & soothing essential oils of Lavender, Ylang Ylang and Rose Damask to encourage restful sleep, you will leave feeling deeply nurtured and relaxed.

Traditional Chinese Medicine believes that the five elements found in nature - Wood, Fire, Earth, Metal and Water – influence everything from our emotions, health & wellbeing to the flow of Qi through our bodies.

All treatments commence with an Element Consultation to discover your element and discuss your treatment goals, please arrive 5 minutes early to complete this.

Dermalogica Pro Skin

A personalised treatment powered by professional only products. Includes a comprehensive Skin Fitness Plan including Face Mapping and recommendations to help you achieve your healthiest skin yet.

PRO SKIN 60 60 minutes **£80.00**

PRO SKIN 30 30 minutes **£50.00**

PRO CACI 60 Minutes **£82.50**

A supercharged Dermalogica treatment that incorporates the technology of our CACI Machines to meet your skincare goals. Can include the use of microcurrent, microdermabrasion and light therapy.

Dermaplaning Facials

Give your skin a deep exfoliation with a dermaplaning facial. This treatment uses Dermalogica Products and a stainless steel blade is gently worked over the face to remove peach fuzz & dead skin cells. Leaves skin dewy, smooth & glowing.

DERMAPLANING HYDRATION FACIAL 60 minutes **£82.50**

DERMAPLANING BOOST FACIAL 30 minutes **£52.50**

DERMAPLANING FACIAL ADD-ON 20 minutes **£30***

Dermalux LED Phototherapy

Dermalux Flex MD is a non-invasive treatment that delivers clinically proven therapeutic light energy for rejuvenating & corrective benefits. Helping to resolve problematic skin conditions such as acne & redness & accelerate skin healing.

DERMALUX LED PHOTOTHERAPY 30 minutes **£40.00**

DERMALUX LED PHOTOTHERAPY COURSE OF 6 **£216.00**

DERMALUX LED PHOTOTHERAPY ADD-ON 15 minutes **£20.00***

*must be added to another treatment

Massage Treatments

SWEDISH MASSAGE

Tailored to your needs using beautiful aromatherapy oils to relax & revive.

30 mins £36.50 45 mins £46.50 60 mins £56.50

HOT STONE MASSAGE

Perfect to soothe aching muscles and relieve deep tension.

30 mins £46.50 45 mins £56.50 60 mins £66.50

REFLEXOLOGY 50 mins £50.00

A relaxing holistic foot therapy to balance & restore.

REIKI 50 mins £50.00

A natural, non-invasive healing treatment that realigns the body's energy centres.

Further Massage Treatments can be found under Elemental Herbology Treatments

Gentlemen's Grooming

CACI FACIAL FOR MEN 45 minutes £62.50

Targets skin impurities, tightens and firms facial muscles resulting in a youthful, well defined jaw line and clearer complexion.

DERMALOGICA PRO SKIN 30 30 minutes £50.00

A 30 minute Facial Treatment to focus on specific skincare concerns.

STRESS BUSTER MASSAGE 50 minutes £52.00

50 minutes of tension relieving massage focusing on the back of the body.

FOOTLOGIX PEDICURE 45 minutes £50.00

A transformational pedicure using pharmaceutical grade products to nourish and pamper the feet treating dry skin, cracked heels, calluses and more.

FOOTLOGIX EXPRESS PEDICURE 30 minutes £40.00

Target a specific foot concern and revitalise feet in just 30 minutes.

MEN'S GROOMING RITUAL 60 minutes £80

A scalp massage, facial, and Footlogix Express Pedicure served with a cold beer.

Nail Treatments

JESSICA PHENOM

The 3-Step Phenom Polish System delivers fast-drying in natural light, chip resistant, gel like shine that last up to 10 days, and removes easily like polish.

DELUXE JESSICA PHENOM MANICURE OR PEDICURE 60 minutes **£46.00**

Includes exfoliation, cuticles, shape, mask, heated mitts/booties & polish.

JESSICA PHENOM MANICURE OR PEDICURE 35 minutes **£35.00**

Includes exfoliation, cuticles, shape, moisturise & polish.

JESSICA LAREMEDI HAND TREATMENT 25 minutes **£26.00**

A soothing, revitalising and nourishing treatment

JESSICA GELERATION

Jessica GELeration is a next-generation soak-off gel nail system, created with the nurture of your natural nail in mind.

JESSICA GELERATION MANICURE OR PEDICURE 50 minutes **£43.00**

Nails shaped, cuticle work, exfoliation, moisturise and gel application.

JESSICA GELERATION FINGERS OR TOES 30 minutes **£33.00**

Nails shaped, cuticle work, followed by gel application.

JESSICA GELERATION FINGERS OR TOES REMOVE & REDO 45-60 minutes **£46.00**

Gels removed, nails shaped, cuticle work, and gel application.

GELERATION SOAK OFF 25 minutes **£18.00**

(there may be an additional charge for non-GELeration removal)

FOOTLOGIX PEDICURE TREATMENTS

Where Medi meets Pedi. Footlogix uses pharmaceutical-grade ingredients to give transformational results for concerns including cracked heels, dry skin & calluses.

10 STEP PEDICURE 60 minutes **£55.00**

A transformational pedicure to nourish and pamper the feet including polish.

10 STEP PEDICURE NO POLISH 45 minutes **£50.00**

FOOTLOGIX EXPRESS PEDICURE 30 minutes **£40.00**

Target a specific foot concern can be with or without polish.

Waxing Treatments

We use Tea Tree wax, suitable for sensitive skins. Hot wax is also available for an additional charge, please ask when booking.

Eyebrows	£13.50	Extended bikini	£22.50	Full Leg	£37.00
Upper Lip	£13.50	Brazilian	£31.00	Three Quarter Leg	£29.00
Chin	£13.50	Playboy	£33.50	Half Leg	£23.00
Upper Lip & Chin	£20.00	Hollywood	£36.00	Full Leg & Bikini	£52.00
Arm	£23.00	Hot Brazilian	£38.00	Full Leg, Bikini & Underarm	£67.00
Underarm	£16.00	Hot Playboy	£40.50	Full Chest/Back	£32.50
Regular bikini	£17.50	Hot Hollywood	£43.00	Half Chest/Back	£22.50

Lash Treatments

For all lash treatments, a patch test is required at least 24 hours before treatment and then every 6 months or after changes to your medical history, including vaccinations, viruses, pregnancy or medication changes.

LVL CERALASH LIFT 60 minutes **£52.00**

The revolutionary breakthrough in natural lashes that creates masses of length, volume & lift while nourishing & strengthening your natural lashes.

No mascara. No extensions. No maintenance.

100% vegan formula, 100% recyclable sachets and UK manufactured.

EYELASH TINT with relaxing scalp massage 25 minutes **£23.50**

EYEBROW TINT 10 minutes **£13.50**

EYELASH & EYEBROW TINT 25 minutes **£31.00**

CACI Non-Surgical Treatments

A results driven, proven, safe & effective treatment to target your skincare concerns without the need for cosmetic procedures or harmful ingredients.

Treatments are tailored to suit a variety of skin concerns from ageing, dehydrated, dull skin to blemish prone, problem skins and are suitable for all ages. CACI's anti-ageing treatments primarily work using a tiny micro-current that helps to tone, lift & re-educate the muscles. CACI works for the face like going to the gym does for your body, as it works to tighten & retrain the muscles.

We recommend a course of 10 initial treatments, 2-3 times a week to provide the best results. Maintenance treatments should be continued every 3-6 weeks.

CACI SYNERGY FACIAL 90 minutes **£122.50**

The very best in CACI Non-Surgical facial toning using breakthrough S.P.E.D Microcurrent LED Technology that simultaneously uses LED light therapy & microcurrent with the skin rejuvenating benefits of both ultrasonic peeling & microdermabrasion to enhance results.

CACI ULTIMATE FACIAL 90 minutes **£107.50**

A combination of microcurrent, orbital microdermabrasion & LED Light therapy working together to revitalise the skin and tighten & tone the facial muscles.

CACI SIGNATURE FACIAL WITH S.P.E.D 60 minutes **£77.50**

Developed to lift & tone muscles in the face and neck. Includes S.P.E.D technology which simultaneously uses LED light therapy & microcurrent to enhance results.

CACI SIGNATURE FACIAL 60 minutes **£67.50**

The original toning & lifting facial focusing on the muscles in the face & neck area.

CACI SYNERGY PURIFYING FACIAL 45 minutes **£67.50**

This facial tackles problematic skin leaving the complexion looking smooth & radiantly healthy. Using LED light therapy, deep cleansing & skin exfoliation.

CACI FACIAL FOR MEN 45 minutes **£62.50**

Targets skin impurities, tightens and firms facial muscles resulting in a youthful, well defined jaw line and clearer complexion.

CACI ULTIMATE REJUVENATION 45 minutes **£62.50**

Reveal a smoother, brighter, younger looking complexion with microdermabrasion, wrinkle comb & light therapy.

CACI ORBITAL MICRODERMABRASION 30 minutes **£50.00**

Deeply exfoliates, rehydrates & nourishes skin for a healthy, glowing complexion.

CACI EYE REVIVE TREATMENT 30 minutes **£46.00**

Target just the eyes to smooth lines, target dark circles & lift the eye area.

CACI DELUXE JAW LIFT WITH S.P.E.D 35 minutes **£39.50**

Targets the jaw line and neck area: lifting sagging jowls & defining the lower face.

CACI JAW LIFT WITH S.P.E.D 25 minutes **£29.50**

Targets the jaw line; lifting sagging jowls & defining the cheek bones.

CACI HYDRATONE 20 minutes **£30.00**

Instantly rehydrates, revitalises & plumps skin.

CACI BUST CONTOUR 30 minutes **£40.00**

Helps to lift, tone and strengthen muscles around the bust area, giving an enhanced, fuller appearance. Even after one treatment, you can see & feel a lift.

UPGRADE YOUR TREATMENT WITH A CACI ADD ON

CACI EYE REVIVE ADD ON 25 minutes **£31***

CACI MICRODERMABRASION ADD ON 15 minutes **£19***

CACI HYDRATONE ADD ON 15 minutes **£19***

CACI JAW LIFT ADD ON 10 minutes **£13***

CACI ULTRASONIC ACCTUATOR ADD ON 10 minutes **£13***

CACI HAND REVIVE ADD ON 10 minutes **£15***

*must be added to another treatment

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 Elementary Skin & Body