

The
Cottage
Beauty Salon

Treatment
Menu

(01603) 763009

In today's hectic world, it is important to take time out to relax. Therapeutic "me-time" can be as simple as snatching 10 minutes with a cup of tea and your favourite magazine. But if you really want a fast-track to a super-relaxed you, a trip to 'The Cottage' beauty salon can't be beaten.

Based in one of the City's oldest buildings just off historic Timberhill, The Cottage is a haven of calm and tranquillity. With attractive 17th-Century features, it is the perfect setting to pamper and indulge yourself.

The Cottage offers an alternative to the clinical, modern look of many salons. Based in a former weaver's cottage with fireplaces and exposed beams, it has a homely and inviting feel.

The salon's piece de resistance is a beautiful large beamed room with original fireplace featuring two treatment couches so friends or a couple can be pampered together.

Why not make the most of your treatment and arrive early to enjoy a freshly brewed coffee or fruit tea?

Ruth Lisa Jenna Vicky Emily



Opening Times

Phone: (01603) 763009

Email: info@thecottagebeauty.co.uk

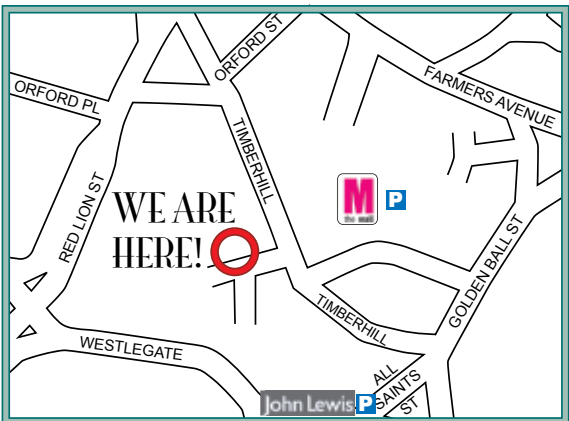
Web: www.thecottagebeauty.co.uk

Address: 2-4 Lion & Castle Yard,
Timberhill, Norwich, NR1 3JT

Monday to Friday - 9:00 till late

Saturday - 9:00 till 5:00

Sunday - Closed



Contacting Us

Finding Us

Waxing

Strip Wax

Lip/Chin	£ 6.00
Lip & Chin	£ 10.00
Half Leg	£ 15.00
Three Quarter Leg	£ 19.00
Forearms	£ 10.00
Full Arm	£ 15.00
Full Leg & Bikini	£ 25.50
Bikini Line	£ 8.00

Hard Wax

Bikini Line	£ 9.00
High Bikini Line	£ 11.50
Brazilian	£ 20.00
Hollywood	£ 24.00
Under Arms	£ 8.50
Full Leg & Brazilian	£ 39.00

Threading

Threading is an ancient technique, hairs are trapped within a twisted thread and are pulled out using even pressure. It is used to remove unwanted facial hair and gives a clean precise line with minimal skin irritation.

Eyebrows	£ 11.00
Lip	£ 9.00



OPI

All our manicures & pedicures are carried out using OPI products of the highest quality, to leave your hands and feet feeling soft and pampered. OPI have a fantastic selection of classical and fashionable colours.

File & Polish £ 10.50

Manicure £ 20.00

File, soak, cuticle work, exfoliation, massage & paint

Luxury Manicure £ 25.00

Same as manicure, plus paraffin wax

Pedicure £ 25.50

File, soak, cuticle work, hard skin removal, massage & paint

Luxury Pedicure £ 30.00

Same as pedicure, plus paraffin wax

Bio Sculpture Gel

A thin strong & flexible nail treatment to strengthen natural nails, that will not chip or smudge.

Manicure £ 30.00

Pedicure £ 35.00

Removal £ 10.00

Infill £ 24.00



EYES & MAKEUP

Eyes

Eyelash Tint	£ 12.50
Eyebrow Tint	£ 7.00
Eyelash & Eyebrow Tint	£ 16.50
Eyebrow Shape	£ 8.00
Threading	£ 11.00

A skin test is required 24hrs before tinting

Makeup

ID Bare Minerals Makeup. 100% Pure Minerals, makeup so pure you can sleep in it. Bridal makeup can be carried out in the comfort of your own home on your wedding day. Travel costs to venue extra Please ask for more details.

Cleanse & Makeup	£ 25.00
Bridal (includes trial)	£ 55.00
Bridesmaid (on day)	£ 25.00 <i>each extra</i>

Eyelash Extensions

Eyelash Extensions	£ 20.00
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Gives a glamorous look that lasts up to a week.



Endermologie Lipomassage



100% Natural.
We now have the machine that will dramatically reduce your cellulite, streamline your body shape and smooth and tone your thighs. The LPG endermologie machine is the only scientifically proven machine that will do this. It is a natural treatment technique that stimulates the body's cells to aid fat elimination.

Endermologie

Single Body Treatment	£ 45.00
Course of 10	£ 350.00
Endermologie Suit	£ 25.00
Monthly Maintenance Treatment	£ 35.00

Courses can be paid for in installments.

Endermologie Liftmassage

100% Natural.
To redensify the skin - in depth without surgery or injection. Liftmassage stimulates the skin and the fibroblasts which produce collagen and elastin fibres. Wrinkles are filled in, tissues firmer and the skin is reoxygenated presenting a glowing complexion.

Single Face Treatment	£ 55.00
Course of 10	£ 450.00
Monthly Maintenance Treatment	£ 45.00

Courses can be paid for in installments.



Facials & Skin Peels

Dermalogica Facials

Dermalogica Express Facial **£ 26.50**

This treatment is perfect for people on the go. Includes cleanse, exfoliation, mask & moisturise. 45 mins.

Dermalogica Prescription Facial **£ 37.50**

This treatment is unique to each individual client. Includes all the above plus aromatherapy face & shoulder massage and relaxing massage of hands or feet while your mask is on. 1 hr.

MD Formulations Skin Peels

Medi Spa Facial **£ 42.00**

Gentle introduction to MD Formulations products, helps to prepare the skin before a course of peels. Pampering & luxury facial tailored to your skin's specific needs. 1hr 15.

Glycolic Peel **£ 40.00**

A unique treatment which eliminates dead skin build-up to allow skin to glow with health, pores are deeply cleansed and impurities removed. The skin's moisture levels and natural collagen production are improved, resulting in a clear and bright complexion. Ideal for all skin types. Contains 40% glycolic acid. 45 mins.

Alpha Beta Peel **£ 45.00**

A powerful treatment which removes dead skin build-up, creating optimum skin health and allows the skin to shine with a new found radiance. Ideal for all skin types. Move onto this after a minimum of 3 glycolic peels. Contains 50% glycolic & 1.6% salicylic acid. 45 mins.

Facials & Skin Peels

Medi Spa Facial & Peel **£ 55.00**
Facial as above, with either a Glycolic or Alpha Beta Peel included. The ultimate in luxury & results. 1hr 30.

Age Lift Mask **£ 10.00**
The most powerful mask, it contains Vitamin C to stimulate collagen and lighten pigment & Vitamin A to repair damaged tissue. It instantly lifts and tones the skin. This can be added on to any MD treatment. 15 mins.

Course of 6 peels **£ 225.00**
A course of 1 treatment a week is recommended to get maximum results.



Anti Wrinkle Treatments

We have a visiting qualified GP who carries out all the latest anti wrinkle treatments. Free consultations are available. For more information on treatments and the next available date, please visit our website or speak to one of our beauty Therapists.



Anti Wrinkle

Massage & Body Treatments

Swedish Massage

A deep tissue massage, to help relax muscles & tension.

Back, Neck & Shoulder	30 mins	£ 23.50
Full Body	1 hr	£ 37.50
Couples Full Body Massage	1hr	£ 70.00

Holistic Massage

Indian Head £ 22.00

A relaxing massage of your head, neck, shoulders & face, helps relieve stress. 30 mins.

Aromatherapy Full Body £ 42.50

A lighter massage, with the added luxury of aromatherapy oils, blended uniquely to your needs, includes scalp massage. 1hr 15

Reflexology £ 30.00

An ancient technique of applying pressure to areas of the feet to allow the body to rebalance itself. Very good at relieving stress & minor ailments. 1hr

La Stone

The use of hot basalt stones and cool marble provide a deeper massage and gives you immense relaxation.

Back	30 min	£ 30.00
Full Body	1 hr 30	£ 50.00



Remedial Massage

£ 37.50

A clinical massage for treating pain and injury. Integrating sports stretching, soft tissue and deep tissue release and trigger point techniques. 1hr

Spa Body Treatments

Full Body Salt Scrub £ 22.00
30 mins.

Total Body Wellness £ 50.00
Starting with a full body exfoliation, followed by a specialised aromatherapy leg & back massage. Customised mud or gel packs are applied head to toe, finishing with a relaxing scalp massage. 1hr 45.

Hopi Ear Candles £ 28.00
with facial £ 20.00

Universal Contour Wrap

We guarantee you'll lose at least six inches or you don't pay! Bandages soaked in a warm solution of natural minerals and seaclay are wrapped around your body using a lifting and supporting technique to reshape and contour your figure. 2hrs 15

Single Treatment £ 60.00

To save your valuable time whilst wrapped up, enjoy some reduced price treatments.

Dermalogica Facial £ 20.00
Indian Head Massage £ 12.00
Eyelash Tint £ 7.00
Eyebrow Shape £ 5.00
Eyebrow Tint £ 4.00
Reflexology £ 18.00

We require a 50% deposit for this treatment

UCW

Luxury Packages

Holiday Preparation

Full Body Salt Scrub, Manicure, Pedicure, Eyelash Tint, Eyebrow Shape. 3 hrs

£ 79.50

Bride to Be

Manicure, Pedicure, Eyelash Tint, Eyebrow Shape, Practice & Wedding Day makeup.

£ 109.00

Groom to Be

Manicure, Facial, Back, Neck & Shoulder Massage. 2hrs 15

£ 73.00

Yummy Mummy

Pedicure, Eyelash Tint, Back & Scalp Massage. 2hrs

£ 55.50

Spoil Yourself

Facial, Full Body Swedish Massage, Reflexology. 3hrs 15

£ 94.50

Ultimate Spa Experience

Luxury Manicure, Luxury Pedicure, Full Body Aromatherapy Massage, MD Medi Spa Facial. 4hrs 45

£ 126.50



We require a 50% deposit on all packages booked

Tanning

If you are after the ultimate sunless tan, then St. Tropez is the best available, used by stars of film, television & fashion.

St. Tropez Spray Tan

£ 25.00



Tanning

Eyebrow Shape

£ 8.00

Chest Wax

£ 15.00

Back Wax

£ 20.00

Facial

£ 37.50

Back, Neck & Shoulder Massage

£ 23.50

Full Body Massage

£ 37.50

Manicure

£ 17.00

Pedicure

£ 25.50

For Men

Please note that any cancellations made 24hrs prior to your treatment are subject to a 50% charge.



Loyalty Scheme

To show thanks to our loyal customers, you can collect points, which are redeemable against selected future treatments.

Gift Vouchers

We have gift vouchers available to purchase. You can either buy a monetary value, or for a more personal touch, you can buy a specific treatment. Our gift vouchers make a perfect present and come in an attractive card. Gift vouchers are now available to purchase via our website.



Party Bookings

We can cater for all your party needs, From hen parties, with exclusive use of our Salon for luxury spa treatments, to princess parties for groups of children over 8 years old. Food and drink can also be arranged with advance notice. A 50% deposit will be required.

Our luxury double treatment room is available for couples or friends to enjoy treatments together.



Special Offers & New Additions

Waxing

Hand & Feet

Eyes & Makeup

Endermologie

Facials & Skin Peels

Anti Wrinkle

Massage & Body Treatments

Universal Contour Wrap

Tanning

For Men

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