

# Eden

HEALTH & BEAUTY SPA

SINCE 1987

*refresh, rejuvenate & revitalise*

PROPRIETOR

*Sally Corless*

CIBTAC BTEC BABTAC DIPLOMA

*& my team of professional beauty & holistic therapists*

## OPENING HOURS

MONDAY	10.00am - 3.00pm
TUESDAY	9.30am - 6.00pm
WEDNESDAY	10.00am - 8.00pm
THURSDAY	9.30am - 6.00pm
FRIDAY	9.00am - 6.00pm
SATURDAY	8.30am - 4.00pm

*The reception is staffed  
Wednesday - Saturday*

01242 528282

44 Suffolk Road | Cheltenham | Gloucestershire | GL50 2AQ

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

[mail@edenhealthandbeautyspa.co.uk](mailto:mail@edenhealthandbeautyspa.co.uk)



# The Ultimate Experience



## WHENEVER YOU NEED TO FEEL BEYOND WONDERFUL

*A very special indulgent beauty package*

Full Body Massage, Manicure, Pedicure, Facial & light lunch	£125.00
Add on a Day / Evening Make-Up	£140.00

## ELEMIS ABSOLUTE SPA RITUAL

*From the soles of your feet to the top of your scalp.  
Body & Soul Utterly Cherished*

Well-Being Massage, Japanese Silk Booster Facial	£97.00
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# Exquisite Group Packages for all ages



## LITTLE-LADIES PAMPER PARTIES - NAILS & GLITZ SESSIONS

*Fed up with the usual children's party? Sit back whilst we take care of the girls. 2 hours of taster treatments. Photographs taken for birthday girl. Party bags provided. All ages catered for. See website for further information.*

Price up to 5 girls	£150.00
<i>Deposit required</i>	£50.00
<i>Price per additional girl</i>	£20.00
Price up to 10 girls	£250.00
<i>Deposit required</i>	£100.00
<i>Price per additional girl</i>	£15.50

## HIRE THE WHOLE SALON FOR A PARTY EXPERIENCE

*Ideal for any group including work party, birthday, hen party or just fun for a group of friends. 2 hours of taster treatments.*

Price per head:	min 15 people	£35.00
	14 people or fewer	£40.00
	<i>Deposit required</i>	£150.00

## THE EDEN EXPERIENCE

*Our own specialist massage therapy combining aspects of reiki, reflexology, La Stone therapy and traditional massage*

### Chakra Balancing

*To bring your body & emotions into total equilibrium* 45 mins £43.00

### Invigorate & Energise

*To uplift, detoxify & renew your zest for life* 45 mins £43.00

### Melt Away

*To soothe, de-stress & create a feeling of total bliss* 45 mins £43.00

## EDEN ESCAPE

£64.00

*A blissful 1¼ hr spent indulging in a luxury treatment for back, scalp & face.*

## AROMATIC MASSAGE

*A deep therapeutic massage using Elemis prescribed essential oils*

Full body £43.00

Back and Neck 20 mins £25.00

30 mins £32.00

45 mins £37.00

Back and Neck inc. Audiosonic (*a machine to help relieve tension*) £33.00

## ELEMIS DEEP TISSUE MASSAGE

*This deep tissue technique stretches limbs whilst applying deep pressure into the muscle resulting in a supple re-aligned body*

Full body £55.00

Back & Neck £34.00

## AROMATHERAPY

*A relaxing therapeutic body massage creating a feeling of harmony throughout the body and mind using individually chosen essential oils obtained from herbs and plants. An addictive holistic therapy.*

Full body £55.00

Back and Neck £34.00

## INDIAN HEAD MASSAGE

*A stimulating 1/2 hour treatment to de-stress the shoulders, neck and scalp*

30 mins £33.00

45 mins £37.00

**PHYSIOTHERAPY CLINIC** - Kat Bartholomew 40 mins £45.00  
*Available for evening & Saturday appointments*

**SPORTS MASSAGE THERAPY** - Kat Bartholomew

*An invigorating, energising & deeply stimulating treatment tailored to each individual's needs to help alleviate stress and tension that builds up in the body following physical activity.*

30 mins	£36.00
45 mins	£43.00
1 hour	£50.00
1 hour 15 mins	£57.00

**ELEMIS NURTURING MASSAGE FOR MOTHER-TO-BE**

*Specialised positioning is used to ensure the ultimate in comfort and relaxation. Adapted to each stage of pregnancy to relieve tension, alleviate swelling whilst easing the mind and uplifting the spirit*

1 hour	£50.00
1 hour 30 mins	£65.00

**ELEMIS EXOTIC LIME AND GINGER SALT GLOW**

*A special exotic exfoliation ritual to invigorate and bring vitality to the body*

1 hour	£45.00
1 hour 30 mins	£65.00

**ELEMIS STRAWBERRY HERBAL BACK CLEANSE**

*A facial for the back. Cleansing and purifying.* £35.00

**REFLEXOLOGY**

*An ancient therapy to balance the energies of the body using pressure points on the feet. Effective for a variety of conditions, or for relaxation*

30 mins	£33.00
45 mins	£39.00
1 hour	£44.00

**REIKI**

*Japanese based energy balancing treatment. Gentle, non-intrusive, healing*

30 mins	£33.00
45 mins	£39.00
1 hour	£44.00

**HOPI EAR CANDLE THERAPY**

*Indian relaxation ceremony to calm the mind, soothe the head and ears, and to promote inner healing*

45 mins	£35.00
Deluxe treatment including hot stone therapy	1 hour £42.00

# Slimming



## **G5 MASSAGE**

*A deep mechanical massage to help break down stubborn fatty deposits, eliminate cellulite and tone the skin*

Individual 1/2 hour session	£23.00
Course of 6	£115.00
Individual 3/4 hour session	£32.00
Course of 6	£160.00

## **SLENDERTONE FIGURA 24+**

### ***Single body toning treatments***

	<b><i>Single Treatment</i></b>	<b><i>Course of 10</i></b>
Gymbody	£30.00	£270.00
Power workout	£30.00	£270.00
Post-natal to firm abdomen, lower back & bottom	£25.00	£225.00
Cellulite dispersal treatment	£30.00	£270.00
Lymph drainage improves the flow of sluggish lymph	£32.00	£290.00

## **SLIM GEL BODY WRAP**

*Purifying, tightening and toning, detoxifying and a natural diuretic.*

*Inch loss achieved in one treatment*

Partial wrap - knee to bust	£60.00
Full wrap	£70.00
Deluxe wrap including exfoliation & detoxifying massage	£95.00

# Skin Therapy for Men



## **ELEMIS SKIN IQ FACIAL - SKIN INTELLIGENCE FOR MEN**

£65.00

*An intelligent anti-ageing facial that adapts to super boost the skin. Prescribed to protect against the harsh, ageing effects of shaving and environmental damage. The ultimate overhaul for male skin.*

## **Elemis Urban Cleanse Facial**

£52.00

*A high performance complexion cleanse for total skin-care defence. This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.*

## **ELEMIS SKIN BOOST FACIAL**

£40.00

*To deal with day-to-day skin maintenance.*

# Facial



<b>ELEMIS TRI-ENZYME RESURFACING FACIAL</b>	1 hour	£70.00
<i>Ground breaking treatment to target fine lines, acne, superficial scarring, and uneven pigmentation. Clinically proven results.</i>		
<b>ELEMIS VISIBLE BRILLIANCE FACIAL</b>		£68.00
<i>Providing immediate results in the fight against time. Independently tested with revolutionary results; this anti-ageing facial instantly firms, rejuvenates and plumps up the skin in just 1 treatment</i>		
<b>ELEMIS JAPANESE SILK BOOSTER FACIAL</b>		£65.00
<i>Experience the ultimate in scientific skin therapy, taking your skin on a journey of total renewal. Includes scalp treatment.</i>		
<b>ELEMIS AROMAPURE FACIAL</b>		£50.00
<i>A luxurious therapeutic deep cleansing facial prescribed for your skin. Combines the power of absolutes with essential oils and specialised Eastern massage movements</i>		
<b>ELEMIS AROMATIC PRESSURE POINT FACIAL</b>		£43.00
<i>A special massage technique to achieve a deeper level of relaxation and detoxification</i>		
<b>ELEMIS AROMAPURE TASTER FACIAL</b>	30 mins	£30.00
<i>A cleansing treatment ideal to fit into a busy day</i>		
<b>COLLAGEN MASK AROMATIC FACIAL</b>		£50.00
<i>The aromatic prescribed facial incorporating a collagen mask to temporarily improve elasticity of the skin, smoothing fine lines</i>		
<b>ENVIRON AHA FACIAL PEELING TREATMENT</b>		£52.00
<i>Recommended for improving sun damaged skins, softening wrinkles, lightening pigmentation marks and treating acne</i>		
<b>ENVIRON REJUVENATING TREATMENT</b>		£59.00
<i>Using galvanic current to reach the deep layers of the skin</i>		
<b>DELUXE ENVIRON CLEAR COMPLEXION FACIAL</b>		£64.00
<i>Eliminates excess oil, unblocking pores and restoring skins natural ph, using high frequency &amp; galvanic current</i>		
<b>DELUXE ENVIRON AGE-REVERSAL FACIAL</b>		£64.00
<i>Helps to reverse the visible signs of ageing, rejuvenating the skin using high frequency &amp; galvanic current. Recommended for 25 yrs +</i>		
<b>CHIN UP - FIRMING &amp; CONTOURING MASK</b>		£17.50
<i>For chin and neck area</i>		
<i>or if combined with any other treatment</i>		
		£10.00



*The 1st choice of celebrities worldwide and a powerful alternative to cosmetic injections. Oxyjet smoothes fine lines and wrinkles, especially under the eye area and upper lip by delivering pure oxygen and specialised ingredients to the deep layers of the skin.*

<b>THE OXYJET BEAUTY-TOX ENERGISING FACIAL</b>		£69.00
	Course of 5	£320.00
<b>THE OXYJET BEAUTY-TOX ANTI-AGING FACIAL</b>		£110.00
<i>The ultimate beauty-tox oxygen facial</i>	Course of 5	£500.00
<b>THE INTENSIVE OXYJET LIP TREATMENT</b>		£34.00
<i>Increase collagen production by up to 351%</i>	Course of 5	£155.00
<b>THE OXYJET BEAUTY-TOX EYE TREATMENT</b>		£34.00
<i>Great for fine lines, puffiness and sagging</i>	Course of 5	£155.00
<b>THE OXYCLEAR ANTI-ACNE OXYJET FACIAL</b>		£69.00
<i>Oxyjet dramatically fights acne and reduces scarring, giving a clear, fresh look to the skin. Scientifically proven to eliminate imperfections and fight bacteria associated with acne, restoring hormonal balance.</i>	Course of 5	£320.00
<b>MICRODERMABRASION FACIAL</b>		
<i>The non-surgical approach to skin rejuvenation using a jet of crystals to gently remove the outer layer of old skin cells. The crystals and cells are removed using a vacuum action, stimulating blood flow and production of collagen and elastin to treated area. Immediate results for a radiant skin.</i>		
30 minute treatment		£40.00
course of 6 (1 a week)		£210.00
1 hr deluxe rejuvenation treatment		£65.00
<i>combine with a soothing mask &amp; relaxation scalp, neck and shoulder massage</i>		
Microdermabrasion & Oxyjet for a dramatic result (1hr 15mins)		£85.00
<b>THE OPATRA DERMISONIC</b>	30 mins	£30.00
<i>Combines LED light therapy and ultrasonic soundwaves, with the application of creams, enabling work at a deeper cellular level. Promoting cell renewal &amp; repair, reducing age spots, redness and eliminating large pores and acne.</i>		
Opatra Dermisonic Eye Treatment	30 mins	£35.00
<i>Great for puffiness, lines &amp; dark circles</i>		
Opatra LED Facial including Eye Treatment		£50.00

# Cosmetics



## MAKE UP TREATMENTS

Cleanse and make up _____	£30.00
Special Occasion/Wedding _____	£38.00
Special Occasion/Wedding trial and day _____	£60.00
Make up Lesson _____	£47.50

## Semi-permanent make up



by Alex Bowen. alex@alexbowen.me *Each cosmetic procedure requires two treatments. Price includes both treatments.*

<b>EYELINER</b>	£280.00
Subtle lash enhancement or a more defined eyeliner	
<b>LIPS</b>	<i>from</i> £300.00
Lip liner, lip brush or full lip colour	
<b>EYEBROWS</b>	£300.00
From a hair stroke to a more defined brow	

## Eyes



Eyebrow shape _____	£9.00
Eyebrow tint * _____	£9.00
Eyelash tint * _____	£14.00
Lash and brow tint * _____	£19.00
Eyelash lift * _____	£35.00
Eyelash lift & tint * _____	£40.00

*\*Patch test required at least 24 hours prior to treatment*

<b>ELEMIS JAPANESE SILK EYE ZONE THERAPY</b>	£36.00
<i>Using the unique Japanese silk protein compress and lifting massage, to refine, soothe, oxygenate and firm.</i>	



# Piercing



Ear \_\_\_\_\_ £19.00

# Hands and Feet



**MANICURE** \_\_\_\_\_ £23.00

**FRENCH MANICURE** \_\_\_\_\_ £25.00

**SPA MANICURE** *including polish* \_\_\_\_\_ £35.00

**PARAFFIN WAX MANICURE** *conditioning treatment* \_\_\_\_\_ £35.00

**PEDICURE** *including foot massage* \_\_\_\_\_ £28.50

**FRENCH PEDICURE** \_\_\_\_\_ £31.00

**AROMATIC FOOT TREATMENT** *(no polish)* \_\_\_\_\_ £40.00

*A special treatment for the feet*

**CALLUS PEEL PEDICURE** \_\_\_\_\_ £36.00

**PARAFFIN WAX PEDICURE** *to condition* \_\_\_\_\_ £40.00

**FILE & RE-VARNISH** \_\_\_\_\_ £11.50

**FILE & FRENCH POLISH** \_\_\_\_\_ £13.50

Orly polish or vinylux weekly polish

## SHELLAC NAILS

*New innovation gel, applies like polish for long lasting wear. Dries instantly.*

Application (hands or feet) \_\_\_\_\_ £23.00

Full manicure & Shellac \_\_\_\_\_ £31.00

Full pedicure & Shellac \_\_\_\_\_ £40.00

Shellac removal \_\_\_\_\_ £10.00

*if applied at Eden*

*if applied elsewhere* \_\_\_\_\_ £15.00

## CHROME NAILS OR ROCK STAR NAILS

*using special glitters combined with Shellac*

**Above Shellac price plus** \_\_\_\_\_ £2.00

# Tanning



## ST TROPEZ TANNING

*The ultimate self-tanning experience.  
Single or combination of areas available,  
price on request*

Full Body	£46.00
Top half	£27.00
Legs only	£19.00

## REVOLUTIONARY ST TROPEZ MOUSSE TAN

20 min treatment	£27.00
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## ST TROPEZ SPRAY TAN

*A choice of strengths.*

Full body tan	£25.00
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# Electrolysis



## THE ONLY PERMANENT METHOD OF HAIR REMOVAL

*Free consultation available*

	<b>Thermolysis</b>		<b>Blend</b>
10 mins	£13.00		£15.50
15 mins	£15.00		£18.00
30 mins	£25.00		£30.00

## Milia Removal

*from* £13.00

## THREAD VEIN TREATMENT

*The removal of unsightly red veins. Excellent for face.*

5 mins	£40.00
15 mins	£60.00

## Skin Tag Removal

*Free consultation available*

*from* £15.00

# Threading



*Removes entire hair follicle, lasts up to 6 weeks. Particularly good for sensitive skin.*

**EYEBROWS** \_\_\_\_\_ £10.00

**LIP** \_\_\_\_\_ £8.50

**CHIN** \_\_\_\_\_ £11.00

**LIP & CHIN** \_\_\_\_\_ £15.00

**LIP, CHIN & SIDES OF FACE** \_\_\_\_\_ £24.00

# Waxing



*Using a warm creme wax for semi permanent hair removal*

<b>HALF LEG</b> Lower Half	£16.00
Top Half ( <b>Not Inc Bikini Wax</b> )	£22.00
Top Half & Bikini Wax	£28.00
Top Half & Brazilian	£33.00
Top Half & LA Strip	£35.00
Top Half & Hollywood	£36.00
<b>3/4 LEG</b>	£23.00
<b>FULL LEG</b>	£27.00
<b>FULL LEG &amp; BIKINI</b>	£32.00
<b>FULL LEG &amp; BRAZILIAN</b>	£38.00
<b>FULL LEG &amp; L.A. STRIP</b>	£40.00
<b>FULL LEG &amp; HOLLYWOOD</b>	£44.00
<b>BIKINI</b>	£11.00
<b>BRAZILIAN WAX</b> (landing strip)	£20.00
<b>L.A. STRIP BIKINI</b> (small strip/clear underneath)	£24.00
<b>HOLLYWOOD</b> (all hair removed)	£28.00
<b>UNDER ARM</b>	£10.00
<b>UPPER LIP</b>	£8.00
<b>CHIN</b>	£9.00
<b>LIP &amp; CHIN</b>	£14.00
<b>LIP, CHIN AND SIDES OF FACE</b>	£20.00
<b>EYEBROW</b>	£9.00
<b>FOREARM</b>	£15.00
<b>FULL ARM</b>	£22.50
<b>BACK</b>	£25.00
<b>CHEST</b>	£25.00

Our FREE personal 1-to-1  
Health & Beauty Consultation  
will determine your  
specific treatment programme  
in order to establish your total well-being.

*Gift Vouchers available*

**Eden**  
HEALTH & BEAUTY SPA

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*A charge will be made for appointments cancelled without 24 hours prior notification*