

health and beauty 2010

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pampering @ powfoot

.. your time
 .. your space

There are lots of beauticians out there - so what makes us think we're different? Well, how about . .

- **The location** - we're right on the shores of the Solway Firth - with the best views in town!
- **The setting** - in our superb purpose built spa lodge, easy to get to and with loads of free parking
- **The experience** - with **your** choice of soft relaxing music, but most of all
- **The beauticians** - our Pam and her team, of a certain age, these ladies have rather more in common with us mere mortals than most beauty experts!

At pampering you're amongst friends - no need to feel embarrassed or intimidated here!

We're so confident you'll love it here that we'll give you a free mini manicure with your first treatment! Or tell a friend and get a free mini manicure with their first treatment! Now how's that for a great deal!



Why not combine your treatment with one of our superb spa sessions? **Go on - you deserve it!**

Terms and conditions apply to all our treatments - please ask us for further details.

Approx time (mins)	£	Bits & bobs - contd
15	£10	Nail polish - take off and redo To keep your own nails looking at their best - and as healthy as possible - have your polish removed and reapplied on a regular basis. See also below for special offers.
75	£40	Manicure and pedicure The ultimate in pampering - this is the luxury manicure and luxury pedicure above but at a great price!
Why not sign up for one of our pampering plans - here's a sample of the great deals we offer!		
	£45	Our acrylic infill plan Pre book 3 infill sessions when we first apply your acrylics - and save a great £5 per session!
	£50	Our monthly mini manicure plan Pre book 6 mini manicure sessions - and get one free!
	£75	Our luxury monthly facial plan Take care of yourself - pre book three monthly luxury facials and get a mini manicure free!

Hands and feet

Approx
time
(mins)

£

A regular manicure or pedicure keeps nails tidy and improves their appearance, the skin is cared for and we only use high quality products to promote strength and growth of the nails.

A home care plan may be recommended to maintain and enhance the treatment at home.

Choose from our standard maintenance treatments or our luxury ranges for a **truly pampered experience**.

Mini manicure

Nails are reshaped, cuticles tidied, and a nail treatment base coat and varnish applied

20

£10

French manicure

The French manicure is hugely popular - particularly with brides!

Nails are filed and shaped, cuticles tidied and the hands & lower arms are massaged. Nails are finished with a French polish and the tips of the nails are painted white and left with a natural base.

60

£22

Luxury manicure

Hands are soaked & cleansed before an application of natural scrub removes all traces of dead, rough skin. Scruffy cuticles are tidied & the hands & lower arms are massaged with a moisturising balm for long lasting suppleness. At the end of the treatment your nails are filed & painted with a colour of your choice.

45

£25

Luxury pedicure

Feet are soaked & cleansed. Nails are cut & reshaped. Scruffy cuticles & skin are tidied & the feet and lower legs are massaged with a moisturising balm for long lasting suppleness. At the end of the treatment your nails are painted with a colour of your choice.

45

£25

Manicure and acrylics

A luxury manicure (above) & full set of acrylic nails. Acrylic powder is used with layers of resin to produce a very strong and sturdy nail. This is cured using an activator spray and can be used with tips or onto natural nails.

60

£35

Facials

Having a regular facial is a great way to relax - and many clients find the facial alone works wonders in reducing stress levels.

Mini facial

Consists of a cleanse and a facial exfoliation to get rid of any dead / dull skin, followed by a revitalising mask. The mini facial leaves your skin feeling fresh and recharged - without breaking the bank!

20

£10

Luxury facial

This is the mini facial (above) but with a deep penetrating oxygenating treatment to firm, tone & nourish your skin, leaving it feeling supple & looking healthy. Great as a once a month boost for you & your skin!

45

£25

Massage

Our massage techniques are specifically aimed at relaxing your muscles and increasing oxygen flow, thus aiding the body to remove the build up of toxins.

The mini stress buster

A neck and shoulder massage that targets all those knotted muscles.

30

£20

The maxi stress buster

Again targeting those knotted muscles, but this time it's a full body massage - so stress doesn't stand a chance!

60

£35

Bits & bobs

Here are some of those special little treats that our clients love - as well as some great offers.

Acrylic infill

To keep those acrylic nails looking their best - and to keep your nails as healthy as possible - we strongly recommend an infill each two to three weeks (depending on how fast your nails grow). See also below for special offers.

45

£20