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skin care and beauty spa

***opening hours***

Tuesday 9am–6pm  
Wednesday 9am–8pm  
Thursday 9am–7pm  
Friday 9am–6pm  
Saturday 9am–4pm

**024 7667 0202**

30 Earlsdon Street,  
Earlsdon, Coventry CV5 6EJ

[www.refinedbeautyspa.com](http://www.refinedbeautyspa.com)

**f** Refined Skin Care & Beauty Spa

**t** @refinedspa



**refined**

# refined

***your precious time and relaxation is in our hands...***

Guinot facial treatments

CACI Ultra

body

holistic treatments

make up

tanning

hands and feet

eyes

waxing

electrolysis

client information

# Guinot facial treatments

## Hydradermie<sup>2</sup>

Double the results, double the comfort. We didn't think Guinot Hydradermie could get any better but it has with this latest cutting edge technology where in an hour of sheer relaxation, gentle galvanic and high frequency massage releases the active ingredients in specialized preparations, re-hydrating and rejuvenating the deeper layers of the skin and leaving a smoother, clearer complexion. The treatment is customized for your skin type, particularly de-hydrated, mature, oily, sensitive or pigmented.

**£48.00**

*1 hour*

## Hydradermie<sup>2</sup> Age Logic

Created especially to help address specific ageing problems associated with the face, eyes and neck. Hydradermie<sup>2</sup> Age Logic is a luxurious, intensive three in one treatment giving maximum benefit and also includes a serenity massage to the neck, arms and hands using toning essential oils.

**£65.00**

*1 hour 30 minutes*

## Hydradermie Lift - The immediate lift treatment

Hydradermie<sup>2</sup> Lift brings revolutionary youthfulness and renewed tone by stimulating the facial muscles and providing a massage that lifts the facial features. In the same way that body muscles are 'sculpted' at a gym, this treatment adds a spectacular 'lift effect' to your face after just a few sessions...without injections! In addition to treating and toning the skin, Hydradermie<sup>2</sup> Lift smooths facial features deep down through muscular exercise. As muscles are toned, they take on new vitality and skin becomes amazingly smoother. From the very first session your face will look younger.

**£48.00**

*1 hour*

## Hydradermie Lift Express

Express non surgical lifting facial with lymphatic drainage and muscle stimulation.

**£40.00**

*30 minutes*

## Hydradermie Lift Deluxe

Guinot's ultimate anti-ageing facial that includes deep penetration of intensive firming gels, serums and masks for the vulnerable eye and neck areas and also the immediate lifting effect on the facial contours.

*(Hydradermie<sup>2</sup> Age Logic combined with Hydradermie Lift Express.)*

**£79.50**

*1 hour 45 minutes*

***Purchase a course of three facials and receive a 10% discount.***

### **Hydradermie Lift Yeux**

A lifting treatment for eyes to combat tiredness, dark circles and the first signs of ageing.

**£39.00**

*30 minutes*

### **Eye Logic - The instant eye repair treatment**

This unique treatment targets signs of ageing and tiredness around the delicate eye area, including fine lines, wrinkles, puffiness and dark circles. Using an expert combination of machine technology, a specific hands-on massage and a specially designed eye mask soaked in a concentrated skin repair serum for maximum effectiveness.

**£42.00**

*40 minutes*

### **Eye Logic Deluxe**

A perfect combination of the Eye logic and Hydradermie Lift Yeux for amazing results.

**£46.00**

*1 hour*

### **Hydraclean**

A 30 minute deep cleansing treatment using a patented thermoclean electrode to eliminate toxins and an option of either a massage or a mask to leave skin hydrated and luminous. Perfect for the younger client, or clients with little time to themselves.

**£25.00**

*25 minutes*

### **Hydradermie Pour Homme**

Using the men's skin care range within the original deep facial.

**£48.00**

*1 hour 15 minutes*

### **Aromatic facial**

A relaxing aromatherapy facial with natural plant extracts and essential oils that restores radiance, lifts your senses and instills an overall feeling of well-being.

**£44.50**

*45 minutes*

### **Liftosome**

A rapid 'lifting' effect that instantly makes the skin look more youthful. Triple action: Firming, lifting, and anti-fatigue. Includes a deeply relaxing thermal mask.

**£45.00**

*1 hour*

### **Beaute Neuve**

A renewing, double peeling treatment using fruit acids and pure vitamin C. Refines skin texture, improves pigmentation problems. Great for all skin types to reveal a fresher more radiant complexion.

**£45.00**

*1 hour*

*Guinot facial skin care products are available to purchase in the spa shop.*

# CACI Ultra

*Our state of the art non surgical face lifting system gives fantastic anti-ageing results and skin rejuvenation.  
A course of ten–twenty treatments is recommended, followed by a monthly maintenance treatment.*

## **CACI - The original non surgical face lift**

A revolutionary treatment which helps to gently tighten and tone sagging muscles whilst smoothing the appearance of fine lines and wrinkles, producing immediate and dramatic results.

**£48.00**

*1 hour*

**£432.00**

*Course of ten*

## **CACI Ultra - Non surgical face lift with much more... includes Jowl Lift**

Ultimate anti ageing treatment to include ultrasonic skin peeling, muscle lifting and toning, laser light and micro current targeting lines and wrinkles. Micro massage and ultrasound increases circulation and tissue oxygenation, whilst deeply hydrating the skin.

**£62.00**

*1 hour 15 minutes*

**£558.00**

*Course of ten*

## **Deep wrinkle treatment**

Skin rejuvenation treatment designed to ‘plump out’ and reduce the appearance of deep lines and wrinkles. Particularly beneficial when treating around the forehead and nose to mouth lines.

**£30.00**

*30 minutes*

**£270.00**

*Course of ten*

## **Healing treatment**

Designed to treat acne and blemished skins and reduce the appearance of pigmentation. By stimulating cellular regeneration and the body's natural healing processes, oil production can be balanced and impurities expelled from the skin.

**£30.00**

*30 minutes*

**£270.00**

*Course of ten*

## **Hydratone**

Fast and effective procedure, for intensive skin hydration and face firming. An energy charged mask infused with collagen, hyaluronic acid, vitamin C and vitamin E will quench dehydrated and sun damaged skin in just 10–15 minutes. Works spectacularly when combined with the traditional CACI non surgical face lift.

**£16.50 / £12.00**

*15 minutes / add on*

**£135.00**

*Course of ten*

## **Cellulite treatment with electro cellulite massager**

By combining the effects of ultrasound, microcurrent and laser, the skin is left smoother, tauter, toned and dimple free. Microcurrent is used to lift and tone the muscles on the legs and buttocks.

**£48.00**

*1 hour*

**£432.00**

*Course of ten*

### Stretch mark / Scar tissue treatment

Treatment is most effective if caught in the early stages when skin is actively repairing the damaged tissue. Treatment stimulates collagen and elastin production to smooth and tighten skin.

**£30.00**

*30 minutes*

**£270.00**

*Course of ten*

### CACI Jowl Lift

Specifically targets muscle laxity around the jawline which can cause drooping jowls and loose skin. Lifts and firms the muscles of the lower face for a toned contoured appearance. *Add on to CACI Original Facial for just £10.*

**£25.00**

*20 minutes*

**£225.00**

*Course of ten*

### CACI Lip Treatment

CACI's award winning Amino lift peptide complex is combined with the Wrinkle comb and red LED light therapy to instantly plump the lips and soften lines, typically associated with smoking, giving the perfect party pout.

**£10.00**

*10 minutes*

**£5.00**

*Add to any facial*

### Deluxe Lip Treatment

Includes peeling to improve deeper lines.

**£15.00**

*20 minutes*

**£10.00**

*Add to any facial*

## body

### Pregnancy pampering treatment

For expectant mums at any stage of pregnancy. Full body cleansing, toning, exfoliating and moisturising, with massage and body masks to relieve discomfort from pregnancy.

**£54.00**

*1 hour 15 minutes*

### Aromatic Body Bien-Etre

A kiwi and sugar cane full body exfoliation, and de-stressing massage with energising essential oils to leave skin wonderfully soft and silky.

**£52.00**

*1 hour 30 minutes*

### Aromatic Body Minceur

This anti-cellulite treatment features detoxing cypress and green tea essential oils, lymph draining massage and a refining body saunamask. Firms, tones and revitalises the body.

**£52.00**

*1 hour 15 minutes*

**£137.50**

*(course of three)*

*Guinot body products are available to purchase in the spa shop.*

# holistic treatments

## Reflexology

Ancient Egyptian therapy using the pressure points in the feet, to encourage the body to cleanse itself and restore the internal environment.

**£38.00**

*45 minutes*

## Aromatherapy

Holistic massage, using essential oils chosen for individual needs. Pure relaxation for mind and body.

**£46.00**

*1 hour 15 minutes*

## Swedish body massage

Traditional deep massage, improving circulation, skin texture and easing muscular tension.

**£45.00**

*1 hour*

## Back massage

Complete relaxation or deep remedial work for a healthier back.

**£27.00 / £34.00**

*30 / 45 minutes*

## Indian Head massage

**£30.00 / £38.00**

*30 / 45 minutes*

## Face and scalp ritual

Pure bliss. Relieves tension in the face, neck and scalp. Ideal for headaches, eyestrain, sinus and shoulder pain.

**£24.00**

*25 minutes*

## Refined relaxation

Complete time out for mind and body. Back massage followed by face and scalp ritual.

**£39.00**

*50 minutes*

# make up

## Make up session

**£35.00**

## Bridal make up

To include trial and home or hotel visit on the day.

**£90.00**

*plus 50p per mile*

# tanning

## Sienna X spray tanning

Award winning, natural sunless tan. Choose from a range of intensities to suit any skin tone – develops over 8 hours. Or choose 'Tonight's the night' for a tan you can wear that evening!

**£20.00**

*20 minutes*

*Guinot & Sienna X home care products are available to purchase in the spa shop.*

# hands and feet

## Express polish

**£12.50**

*20 minutes*

## Men's nail grooming

**£12.50**

*20 minutes*

## Manicure / Luxury spa manicure

**£24.00 / £28.00**

*45 minutes / 1 hour*

## Pedicure / Zen spa pedicure

**£27.00 / £35.00**

*1 hour / 1 hour*

## Geleration manicure / pedicure

Soak off gel polish from Jessica. Work and play hard with perfectly groomed and glossy nails that last up to three weeks. This gel system gives a wide range of beautiful colours that look like a polish but performs like a gel. Protects nails, chip resistant, no smudging and dries instantly.

**£30.00 / £40.00**

*1 hour 15 minutes*

**£35.00 / £45.00**

*with soak off*

## Express Gels

Nails filed and application of Geleration colour.

**£19.00**

*30 minutes*

## Soak off

Recommended to remove the hard wearing gel colour.

**£10.00**

*Jessica nail care products and colours are available to purchase in the spa shop.*

# eyes

Eye brow shape / Eye brow shape and tint

Eye lash tint / Eye brow tint

Eye lash and brow tint

Eye trio (lash and brow tint plus eyebrow shape)

**Party lashes** Full glamour or a natural effect. Can last up to two weeks.

**NEW Lash Perfect**

These eyelash extensions behave just like natural lashes and achieve a thicker, fuller and more flattering look. They can last up to 8-12 weeks, depending on your natural lash growth cycle. To keep your lashes at their very best, we recommend infill maintenance every 2-3 weeks and to avoid the use of oil-based eye products.

£9.50/£15.00

£15.00/£7.50

£18.50

£26.50

£25.00

£60.00

*infills from*  
**£25.00**

# waxing

Half leg / Three quarter leg

Full leg / Full leg including bikini

Bikini line

Brazilian / Hollywood

Underarm

Chest or Back / both

Half Arm / Full Arm

Lip or chin / both

Face (lip, chin and sides)

£16.00/£22.00

£25.00/£31.00

£11.00

£25.00/£30.00

£11.00

£17.00/£26.00

£15.50/£18.00

£7.70/£9.50

£13.00

# electrolysis

Permanent hair removal

£10.00 /

£13.00 / £23.00

10/15/30 minutes

*Purchase a course of six treatments and receive a 10% discount.*

# client information

## Double Therapy Room

Our double therapy room holds two treatment couches. We are able to take bookings for clients who would like to have treatments together with a friend or a partner. A 50% deposit is required at time of booking. In the event of a cancellation with 24 hours notice, a full refund will be given.

Ideal as a treat or special occasion.  
Subject to availability.

## Bookings

At the time of all bookings, we will ask for a contact telephone number. Clients are requested to provide at least 24 hours notice of cancellation, or 50% of the treatment cost will be charged. This includes holders of gift vouchers.

## Appointments

At Refined we always like to keep a prompt appointment schedule as a courtesy to all of our clients. Please understand that late arrival may result in the treatment time being reduced.

## Consultations

Consultations are free and without obligation. You will be asked to fill out a confidential form on your first visit to Refined, which will help us decide which treatments are best for you.

## Mobile phones

To make your visit more comfortable, please turn off your mobile phones.

## Smoking

We have a strict no smoking policy within the spa.

## Parking

There are many side streets in which to park your car. Directly outside the spa it is one hour parking only. We recommend you give yourself an extra 10 minutes to park, as Earlsdon is a popular area. Why not indulge in a taxi or arrange a lift to make the most of your relaxation time?

## Payment

We take cash, debit and credit cards. Please note that credit card payments will be subject to a 2% charge. Debit and credit card transactions must be over £10.

## Gift Vouchers

Available up to any value for treatments and products. They are strictly valid for six months from the date of purchase and cannot be exchanged for cash.

## Spa Shop

We will be happy to recommend products from our skin care, tanning and nail care ranges to compliment your treatments or for great gift ideas.



**refined**

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