



blitz

TREATMENT MENU

Our Products - All of our products are sourced to be the best for you. Our products are non-comedogenic, contain no mineral oils, lanolin, artificial colours or fragrance and no drying S.D. alcohol or formaldehyde. All ingredients are from ecologically safe sources. Nothing is tested on animals. All of our products are available for purchase. To maintain the best results from your treatments at blitz, we recommend that you use our products at home, we are happy to design a homecare routine for you... just ask

Salon Policies - We respectfully request the following: Mobile phones are switched off in the salon. Children under the age of 16 must be accompanied by an adult and must have signed permission prior to the treatment taking place. The salon is not a safe environment for young children. Patch tests must be performed 24hours before treatment where necessary to ensure your safety, please advise us of any allergies at the time of booking.

Cancellations - Should you need to cancel your treatment, we request cancellations are made at least 24hrs prior to the treatment time. A 50% charge will be made for cancellations inside of this time if we can not fill your appointment slot. It is not our wish to apply cancellation charges and we do always remain true to the policy to ensure that the business is maintained We have a very active cancellations list, all we want is for all our clients to have the opportunity to have the treatment time available when they want it. Therefore 24 hours notice is essential. We like be kept busy and when we get a cancellation or a client does not turn up it is not conducive to good business practice. Please be aware that this also includes appointments being moved within 24hours.

We make the commitment that, if in the unlikely event, we have to cancel your appointment for any reason, we will re-book you at your convenience and you will only pay a 50% charge for your treatment.

Points scheme - Points are available 1 point for every £10.00 spent on treatments (not products). When 35 points have been achieved you will be eligible for 1 treatment up to an hour long (excluding matis facials, microdermabrasion, caci). Points will not be issued when receiving treatments on offers. You must inform us at the time of booking that you are intending to use your points, requests for an individual therapist are not valid when points are being used. We reserve the right to remove points from your card if you cancel the appointment within the terms of the cancellation policy. Our points scheme is a thank you from us for your continued good custom.

Gift Vouchers - are available for any of our treatments or packages, or purchase vouchers for any monetary value.

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Welcome



I'm Jo Rea, blitz is my baby. I qualified 15 years ago and have managed several salons and a spa, always wanting to have my own. I am joined by some of my best friends and great girlies, we have some really good times and laughs.

Let's start with Jenny (Fer) Williams I met Jenny when she came to work for me after she qualified 9 years ago, she was with me when setting up the salon, we were both teaching at the local college at the time. In the first year it was just Jen and I, she really really loves being a beauty therapist.

Jackie (Bardy) Barden, also came to work for me fresh from college 11 years ago. She came back from travelling the world, joined us and is currently starting a part time career in teaching Beauty Therapy.

Rachel(Raquel)Iles qualified before most of us were born!! (only joking) She joined us in Jan 07 and after spending a year refreshing her skills, is now a very dedicated member of the team.

Leah Snow (Leah Snow) Joined us in March 2007. What can I say blitz has not been the same since.... neither has our hearing!!,

Last but not least the new girl is Emily Freeman. She is our receptionist and is "in training" to become a top class therapist, it's in her blood (she is my cousin!!!!)

I cannot finish without mentioning my best friend of all, my Mum... She is my rock and without her I would be lost.

blitz has now been open for 4 years and we are going from strength to strength ,we now have treatment rooms at the Windmill Village hotel, Golf and Leisure Club and The Nailcote Hall Hotel, Golf and Leisure Club. We all genuinely love working here, we are passionate about good customer care, and can guarantee that you will find your experience stress-free, courtesy of our extremely helpful and welcoming staff.

We want you to come in, chill out, relax and feel at home. We have our own private parking facilities, and a bus stop right outside. We are open late nights and weekends for your convenience.

We truly hope you enjoy your experience with us. Go on get blitzed you deserve it.

Facials by: **dermalogica**[®]

The blitz facial (60 mins) £39.50

This facial is customised to suit your needs. Includes face mapping, cleanse, exfoliate, mask, a relaxing neck and shoulder massage, and a moisturize. Also includes a personalised prescription for products to suit your skin care needs.

You can choose to add on any and as many of the following each one is an additional 15 minutes onto your treatment.

Steam and extraction £10.00

Facial firming mask £10.00

Facial pressure point massage £10.00

Hand massage £10.00

Foot massage £10.00

Eye treatment £10.00

The aroma float (1 hr) £41.00

A distinctly relaxing facial, combining a full back massage with a tension relieving face, neck, scalp & shoulder massage and a facial treatment. For those who value 'time out'.

Face Treats

The Age deifier (1hr 15 min) £55.00

This is the most powerful Dermalogica treatment, specially created for clients concerned with premature ageing, mature or devitalized skin. A revitalizing power boost, firms, smoothes, nourishes, regenerates and resurfaces.

He-male facial (45 min) Yes, men have skin too! £36.00

Customised to suit your needs. Includes cleanse, exfoliation, steam, mask and neck & shoulder massage.

The express (30 mins) £26.00

A mini facial customised to suit your skin's needs. Great to combine with other treatments or for those on the go.

Eye reviver £27.00

To reduce puffiness and fine lines. Excellent for tired eyes.

Or add to your facial £15.00

Microzone Facial Treatment £20.00

These treatments target problem areas to provide an immediate solution to your most pressing skin issues, treatments last approximately 20minutes, great for your lunch breaks or a quick fix!!! Choose from the following:

Flash Exfoliation • Blackhead/Spot relief • Moisture surge • Skin drink • Skin soother

Facials by: **MATIS** PARIS

Unique facial (1hr 15)..... £65.00

A regenerating, nourishing and anti ageing facial. Incorporating the luxurious warm Unique mask and anti ageing concentrate loaded with sophisticated re-energizing and stimulating ingredients. This facial will leave your skin feeling calm, supple, plump and radiant. A real skin feeder facial!!!

Caviar facial (1hr 15)..... £65.00

Rich in wonderful anti-ageing ingredients, caviar is unique in its effect on mature, dry and dehydrated skin. This treatment offers instant comfort, smoothes fine lines and wrinkles, restoring a glowing complexion.

Intensive wrinkle corrective treatment (45mins)..... £45.00

A high precision treatment to prevent and correct expression lines, revealing a really smooth, radiant and even complexion. Recommended once a month and, used in conjunction with the homecare products, it's bye-bye fine lines and wrinkles, hello the beautiful skin that you will love !!!



Microdermabrasion - Chromaclear by CACI

The Chromaclear system is a revolutionary skin rejuvenation treatment, Microdermabrasion is a highly effective form of exfoliation to reveal fresh youthful skin. Great for fine lines, pigmentation, acne scarring, age spots. The Chromaclear system also offers light therapy for deeper skin tissue work and a gel mask to deeply rehydrate the skin. Great results will be seen after one treatment but a course of treatments is highly recommended for more severe skin problems.

Microdermabrasion (30 min).....	£35.00
Course of 5 Microdermabrasion.....	£150.00
Super Microdermabrasion (1 hr).....	£50.00

To include more concentrated work on problem areas, boosting your treatment result. Great for a one off to really promote skin health.

CACI Facial (Nip tuck -not!) The serious and safe alternative to cosmetic surgery by improving muscle tone and plumping the skin - a course of treatment will be recommended by your therapist.

CACI facial (1 hr).....	£46.00
CACI facial course (10 treatments).....	£380.00
Course of 5 maintenance.....	£190.00
CACI eye treatment (30 min).....	£28.50

Body Treats

Top-2-toe (1hr)	£38.00
Full body massage includes back, legs, feet, arms, hands, face, neck, shoulders and scalp.	
Back massage (30 min)	£26.00
Full back massage finished with a neck and scalp massage.	
The blitz massage (45 min)	£32.00
Stress minimiser includes back, feet, face, neck, shoulders and scalp using our special stress relieving oil.	
The blitz head massage (45 min)	£32.00
Will leave you feeling completely relaxed all over. Can help if you suffer with headaches, migraines, sinus problems and generally, if you lead a stressful life.	
Just for legs (30 min)	£26.50
Leg massage - great for tired, aching muscles finishing at the feet. For when you have overdone things. Using our special detoxifying oils, this treat will also help to reduce the appearance of cellulite.	

Body Treats

The blitz pregnancy rub

Using mama mio oil, especially designed for mums to be. Must be past 12 weeks and in good general health.

Back, shoulders, neck and scalp (30 min) £27.50

Body (1 hr) £40.00

Back brightener (30 min) £26.50

A facial for the back. A deep cleanse to remove excess oils, exfoliation to smooth and brighten the skin, steam, extraction if required, stress relieving massage to finish. Ideal for those of you who are prone to breakouts on the back.

Thermal body exfoliation (30 min) £29.00

A warm exfoliating treatment to smooth the whole body and eliminate dry skin.

Body wrap (45 min) £37.00

Sea mud to detoxify and deep cleanse the skin

Hydrating wrap (45 min) £37.00

A drink for the skin, great for sun worshipers or those with dehydrated skin. Leaves skin refreshed.

Body Treats

Thermal stamp (1hr) £65.00

An intensive, relaxing, soothing body treatment offering relief from tense muscles while reducing inflammation and rebalancing the body. This treatment uses customised oils to suit individual needs.

Hot foaming cocoa wrap (1hr) £45.00

Preceded by a salt scrub, this chocolate mousse applied to the whole body will soothe and nourish dry devitalised skin; the warm delicious aroma will relax mind and body.

Cocoon body wrap (1hr) £45.00

A relaxing treatment that cocoons the body in a bath of soothing warmth, to intensively nourish very dry, stressed skin and give instant radiance to the whole body.

Reflexology (45 min) £32.00

Hopi ear candles (30 min) £25.00

Hot Stone Massage

The muscle melter - a massage using smooth, heated stones in combination with pre-blended aromatherapy oils. This treat is guaranteed to help you unwind.

Hot Stone Back, neck & shoulders (45 min) £37.00

Hot Stone Full body (1hr 15) £48.00

Heat Freeze Massage

Using hot and cold stones we massage the body to really boost circulation - a very invigorating experience. To wake up the body, the mind and the soul.

Heatfreeze back massage (45 min) £37.00

Heatfreeze Leg massage (45 min)..... £37.00

Heatfreeze Full body (1hr 15min)..... £48.00



Body Treats by: CACI Body - lie down, tone up

There is a range of slimming, toning, breast enhancing and detoxifying benefits from this treatment. Book in for a chat with us and we will find out what you need so you can get the most from it. A course of treatment will be highly recommended.

Body treatment (30min)	£25.00
CACI body course of 10 x 30 min.....	£190.00
Detox CACI (lymphatic drainage)	£30.00
CACI hand treatment.....	£25.00

Special occasions & pampering packages

Pre-mummy must have £48.00

Using our special Mama Mio products designed for pregnancy and after. - Pedicure, leg massage, 'the express' facial and neck, shoulder and scalp massage.

Mummy must have £48.00

For special mummies. Scrub or 'the express' facial, the blitz massage plus file and polish on hands or feet.

Just For you £45.00

Choose any two treatments from the following: Express facial, back massage, manicure or pedicure, leg massage, make up application

Before you go £55.00

Manicure or pedicure, body scrub, eyebrow shape and eyelash tint (requires patch test)

Suits you sir! £40.00

He-male express facial including neck and shoulder massage, eye brow tidy, nails groomed.

Hands & Feet: All of our manicures & pedicures include full colour polish or French polish unless otherwise stated.

File & polish..... £11.00

Manicure (30 min)..... £19.50

Mitts on (45 min)..... £29.00

A luxury manicure, including heated mitts to nourish the hands and improve the condition of cuticles and nails.

Great for extremely dry skin conditions and joint problems.

He-male groomer (15mins) £15.00

A manicure for men, no polish included.

Manicure with gel to finish..... £40.00

For cuticle work and dry skin

Pedicure with gel to finish..... £45.00

For cuticle work and hard dry skin

Natural nail repair (per nail)..... £3.00

Nail Gems (10 gems) from £5.00

Pedicure (45min) £27.50

Booties on (1 hr) £34.50

A luxury pedicure, including heated booties to soften hard skin and improve circulation. Great for extremely dry skin conditions and joint problems.

Gel Nails: Choice of Bio Sculpture or Calgel

Full set with tips	£45.00	Toe overlay with Pedicure for hard skin removal and cuticle work	£45.00
Full set free formed	£45.00	Individual overlays per nail	£5.00
Full set with a manicure for cuticle work	£55.00	Individual extension per nail	£6.00
Nail overlay French	£28.50	Backfill 2 weeks	£22.00
Nail overlay colour	£26.50	Backfill 3 weeks	£27.00
Nail overlay with manicure for cuticle work	£40.00	French overlay refresher with whites	£27.00
Toe overlay French	£28.50	Repair per nail	£4.00
Toe overlay colour	£26.50	Soak offs with gel to follow	£8.00
		Soak off with no gel & a nail treatment	£15.00
		Acrylic soak off	£15.00

Necessity no1 - De-Fuzz!

We use PhD waxing systems, a completely hygienic way to wax.



1/2 leg	£13.50	Eyebrow	£6.50
3/4 leg	£18.00	Lip	£5.50
Full leg	£21.00	Chin	£5.00
Bikini	£11.00	Lip & chin	£9.00
Brazilian	£22.00	Face (sides)	£10.00
Under arm	£9.00	Face to include lip and chin	£16.50
Forearm	£11.00	Back	£21.00
Full arm	£16.00	Chest	£21.00

Necessity no2 - Tanning!

Spray tan (max 3 coats)	£26.00
Top up within 3 days (one coat)	£10.00
Stand up sun bed (3, 6, or 9 min)	per minute £1.00
Or buy in bulk 30 minutes £25.00 60 minutes £40.00 90 minutes	£60.00

Maximum recommended time per session is 9 minutes.

Necessity no3 - Make-up Application!

Make-up for any occasion (30 min)	£27.00
Make-up lesson (1 hr approx.)	£42.00
Wedding make-up to include trial	£65.00

House visits can be arranged for the day of the wedding; however there is an extra charge for this service.

Our Suppliers: All of our products are sourced to be the best for you. Our products are non-comedogenic, contain no mineral oils, lanolin, artificial colours or fragrance and no drying S.D. alcohol or formaldehyde. All ingredients are from ecologically safe sources. Nothing is tested on animals. All of our products are available for purchase.

dermalogica®

For years, Dermalogica's formulas have pioneered new standards for product performance. Using only the finest ingredients available.

jane iredale
THE SKIN CARE MAKEUP™

The #1 choice of skin care professionals



CACI Facial (Nip tuck -not!) The serious and safe alternative to cosmetic surgery by improving muscle tone and plumping the skin

MATIS
PARIS

For over 25 years, Matis Professional Skin Care gathers all its expertise to take care of the beauty, offering innovative, highly performant and personalised treatment responses.

J
JESSICA

"Jessica Vartoughian" Considered the world's foremost authority on natural nail care. Described by the New York Times as "The first lady of nails"



Perfect presents for ALL supermamas :-
Your supermama-to-be, your supermama wife, your supermama best friend, your supermama mama, your supermama granny. Mama Mio has the gifts for ALL the girls on your list.



Bio Sculpture® Gel - looks as thin and natural as your own nails, only better! Discover the difference of a healthier nail treatment that is a pleasure to use and wear.



The nail system of the future. Calgel Nail system is widely used by many celebrities. Recent converts included Jerry Hall, Nadia Sawalha and Tina Hobley.



Why we choose PhD?
Because PhD is simply the best waxing system we have ever seen.

Eyelash tint	£13.00
Eyebrow tint	£6.00
Lash and brow tint	£16.00
Eyebrow shape	£6.50
Eye Trio (lash and brow tint, and eyebrow shape)	£22.00
Eyelash perm	£38.00
Individual eyelashes (Max 6 on each eye)	£16.00
Eye reviver	£27.00

To reduce puffiness and fine lines. Excellent for tired eyes.

IMPORTANT:

Please Note: You will need to visit the salon for a patch test at least **24 hours prior to the treatment** to ensure no allergy exists. Without the test you will be **unable to receive the treatments.**

blitz

Beauty Salon

Tel: 01676 521100

Main Salon opening times: Mon - 10 am - 5 pm Tues 9 am - 7 pm Wed 9 am - 9 pm
Thurs 9 am - 9 pm Fri 9 am - 5.30 pm Sat 9 am - 5 pm Sun 10 am - 2 pm

Head Office & Salon: 9-11 Birmingham Road, Millisons Wood, Nr Meriden. CV5 9AY