

**Just For you** ..... £47.00

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

**Before you go** ..... £57.00

Manicure or pedicure, body scrub. eyebrow shape and eye lash tint (requires patch test)

**Suits you sir!** ..... £42.00

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

## Hands & Feet

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

**File & polish** ..... £11.50

**Manicure (30 mins)** ..... £21.00

**Mitts on (45 mins)** ..... £31.00

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

**Natural nail repair** ..... £3.00 per nail

**Nail Gems (10 gems)** ..... from £5.00

**Pedicure (45 mins)** ..... £29.50

**Booties on (1hr)** ..... £36.50

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

**He-male groomer (15 mins)** ..... £15.00

A manicure for men, no polish included.

Manicure with gel to finish

**For cuticle work and dry skin** ..... £42.00

Pedicure with gel to finish

**For cuticle work and hard dry skin** ..... £48.00

## Gel Nails: Biosculpture

**Full set of free-formed extensions** ..... £47.00

**Full set extensions with a manicure for cuticle work** ..... £55.00

**Nail overlay French** ..... £29.50

**Nail overlay colour** ..... £28.50

**Nail overlay with manicure for cuticle work** ..... £42.00

**Toe overlay French** ..... £29.50

**Toe overlay colour** ..... £28.50

**Toe overlay with Pedicure for hard skin removal & cuticle work** .... £48.00

**Individual overlays per nail** ..... £5.00

**Individual extension per nail** ..... £6.50

**Backfill 2 weeks** ..... £24.00

**Backfill 3 weeks** ..... £28.00

**French overlay refresher with whites** ..... £28.00

**Repair per nail** ..... £4.50

**Soak offs with gel to follow** ..... £9.00

**Acrylic soak off with gel to follow** ..... £17.00

**Soak off with no gel and a nail treatment** ..... £17.00

**Acrylic soak off with no gel and a nail treatment** ..... £25.00

## The Necessities - Go to tan

**Spray tan (max 3 coats)** ..... £26.00

**Top up within 3 days (one coat)** ..... £12.00

**Stand up sun bed (3, 6, or 9 mins)** ..... £1.00 per minute  
or buy in bulk:

**30 minutes** ..... £25.00

**60 minutes** ..... £40.00

**90 minutes** ..... £60.00

Maximum recommended time per session is 9 minutes.

## Make-up Application Using Jane Iredale mineral make up

**Make-up for any occasion (30mins)** ..... £28.00

**Make-up lesson (1hr approx.)** ..... £44.00

**Wedding make-up to include trial** ..... £67.00

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

## De- fuzz

We use PhD Waxing systems, a completely hygienic way to wax

**½ leg** ..... £14.50    **Eye brow** ..... £7.00

**¾ leg** ..... £19.00    **Lip** ..... £6.00

**Full leg** ..... £23.00    **Chin** ..... £6.00

**Bikini** ..... £12.00    **Lip & chin** ..... £11.00

**Brazilian** ..... £24.50    **Face (sides)** ..... £12.00

**Under arm** ..... £10.00    **Face to include lip and chin** £18.50

**Forearm** ..... £12.50    **Back** ..... £23.00

**Full arm** ..... £18.00    **Chest** ..... £23.00

## Eye Openers

**Eye lash tint** ..... £14.00

**Eyebrow tint** ..... £7.00

**Lash and brow tint** ..... £17.00

**Eyebrow shape** ..... £7.00

**Eye Trio (lash and brow tint, and eyebrow shape)** ..... £23.50

**Eye lash perm** ..... £39.00

**Individual eye lashes (Max 6 on each eye)** ..... £18.00

**Hollywood semi permanent lashes (lasts up to 3 months).....** £65.00

**Hollywood lashes infills (mini 30mins)** ..... £30.00

**Hollywood lashes infills (maxi 40mins)** ..... £40.00

**Hollywood lashes homecare kit)** ..... £25.00

(strongly recommended for home maintenance)

**Eye reviver (patch test not required)** ..... £28.00

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

**Eye reviver with CACI** ..... £42.00

A "double whammy" for the eye area - To reduce puffiness and fine lines, lift and firm the all around the eye area.

Patch tests will need to be given prior to treatments for tinting, perming, individual and Hollywood lashes. You will need to visit the salon for a patch test at least 24 hours prior to the treatment to ensure that no allergy exists. No appointment necessary - without the test you will be unable to receive the treatment.

# blitz

## Beauty Salons

MILLISONS WOOD - WEST MIDLANDS

## TREATMENT MENU



# 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 - 7 pm    Sat 10 am - 4 pm    Sun 10 am - 4 pm

9-11 Birmingham Road, Millisons Wood, Nr Meriden. CV5 9AY

## Facials by dermalogica

**The blitz facial (60 mins) ..... £42.00**

This facial is customised to suit your needs. Includes face mapping, cleanse, exfoliate, mask, a relaxing neck and shoulder massage, and a moisturize plus 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 ..... £11.00**

**Facial firming mask ..... £11.00**

**Facial pressure point massage ..... £11.00**

**Hand massage ..... £11.00**

**Foot massage ..... £11.00**

**Eye treatment ..... £11.00**

**The aroma float (1hr) ..... £42.00**

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'.

**Juice boost (1hr) ..... £45.00**

A vitamin packed facial & powerful exfoliating treatment to reduce the signs of premature ageing, combining the use of vitamins to bring a glow to tired, dull complexions. Great for sun-worshippers, smokers or for those who know they need a 'boost'.

**The smoothie (1hr) ..... £45.00**

For fine lines & imperfections using AHA's exfoliation. This facial will improve the skin's own cellular renewal, creating a fresh, new appearance and giving you smooth skin.

**The calmer (1hr) ..... £45.00**

Soothing and healing, will reduce redness and irritation, reducing skin damage caused by environmental pollution and hormonal changes.

**Pore purifier (60 mins) ..... £45.00**

Specialised treatment only for acne prone, congested skin. Deep cleansing, re-balancing, repairing and soothes irritation.

**The Age defier (1hr 15) ..... £58.00**

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 (45mins) ..... £36.00**

Yes, men have skin too! Customised to suit your needs. Includes cleanse, exfoliation, steam, mask and neck & shoulder massage.

**The express (30mins) ..... £27.00**

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

**Eye reviver ..... £28.00**

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

**Eye reviver with CACI ..... £42.00**

A "double whammy" for the eye area. To reduce puffiness and fine lines, lifts and firms all around the eye area

**Microzone Facial Treatment ..... £22.00**

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

## Microdermabrasion - Chromaclear by CACI

The Chromaclear system is a revolutionary skin rejuvenation treatment: Microdermabrasion is a highly effective form of exfoliating 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 mins) ..... £37.00**

**Course of 5 Microdermabrasion ..... £150.00**

**Super microdermabrasion (1hr) ..... £53.00**

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

## C.A.C.I (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 (1hr) ..... £47.00**

**Caci Facial course (10 treatments) ..... £400.00**

**Course of 5 maintenance ..... £210.00**

**Caci eye treatment (30 min) ..... £29.50**

**Eye reviver with CACI ..... £42.00**

A "double whammy" for the eye area

To reduce puffiness and fine lines, lift and firm all around the eye area

**Super CACI (1hr) ..... £64.00**

Using specialised Dermalogica products including an exfoliation treatment and a firming masque, leaving the skin radiant, fresh, lifted and firm

## 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 (30mins) ..... £28.00**

**Caci body course of 10 x 30mins ..... £190.00**

**Detox Caci (lymphatic drainage) ..... £30.00**

**Caci hand treatment ..... £28.00**

## Body Treats

**Top-2-toe (1hr) ..... £42.00**

Full body massage includes back, legs, feet, arms, hands, face, neck, shoulders and scalp.

**Back massage (30 mins) ..... £27.00**

Full back massage finished with a neck and scalp massage.

**The blitz massage (45 mins) ..... £34.00**

Stress minimiser includes back, feet, face, neck, shoulders and scalp using our special stress relieving oil.

**The blitz head massage (45 mins) ..... £34.00**

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 mins) ..... £27.00**

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.

## 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 mins) ..... £29.50**

**Body (60 mins) ..... £42.50**

**Back brightener (30 mins) ..... £29.00**

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 mins) ..... £27.50**

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

**Body wrap (45 mins) ..... £38.00**

Sea mud to detoxify and deep cleanse the skin

**Hydrating wrap (45 mins) ..... £38.00**

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

**Thermal stamp (1hr) ..... £65.00**

An intensive relaxing, soothing body treatment offering relief for tense muscles whilst 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 devitalized 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 mins) ..... £34.00**

Healing through the feet. A deep rhythmic massage of the feet (finger walking) is used to clear imbalances in the feet relating to corresponding parts of the body

**Traditional ear candles (30 mins) ..... £26.50**

An ancient Native American ritual to gently clear ears and sinuses, calm the mind - a very relaxing treatment

## 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 mins) ..... £38.00**

**Hot Stone Full body (1hr 15) ..... £49.50**

## Heatfreeze 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 mins) ..... £38.00**

**Heatfreeze Leg massage (45 mins) ..... £38.00**

**Heatfreeze Full body (1hr 15) ..... £49.50**

## Special occasions & pampering packages

**Pre-mummy must have ..... £49.50**

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 ..... £49.50**

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