

Columbines

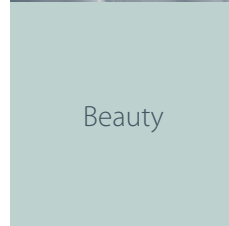
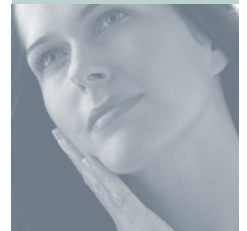
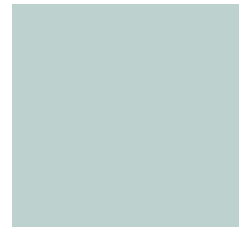
Beauty & Wellbeing

Treatment List

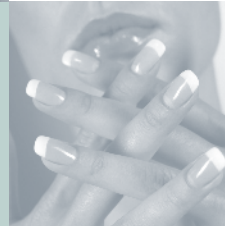


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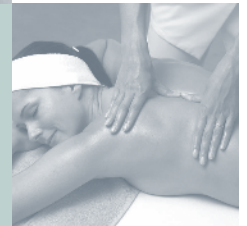
Established in 1991 by Ann Winney, Columbines has grown into a collection of specialist therapists who offer an extensive range of beauty and wellbeing services. All our therapists are fully qualified and will make you feel relaxed and welcome during your visit to Columbines.



Beauty



Wellbeing



Ann Winney Beauty & Wellbeing

Ann trained as a beauty therapist in 1988. After a period of working overseas, she settled in Hurstpierpoint and established Columbines. Ann is fully qualified in all aspects of beauty therapy and winner of 'Manicurist of the Year' 2001.

Contact Ann on 01273 833133

Facial treatments

We use Susan Molyneux Skin Care preparations suitable for all skin types – even the most sensitive. All our facials are designed to thoroughly cleanse and rehydrate the skin. We are happy to advise on all skin type problems.

Aroma facial

A deep-cleansing, rehydrating facial using aromatherapy oils. **£47.00**

Prescription facial

An individual facial with preparations mixed to suit your skin. **£49.00**

Collagen bio-facial

An intensive collagen treatment with outstanding hydrating action, suitable for dry or mature skin. **£50.00**

Zit zapper facial

Designed for young skin to deep-cleanse and leave the skin feeling smooth, fresh and clean. **£42.00**

Eyes

Lash perm or lift - transforms eyes without the use of mascara or lash curlers **£38.00**

Lash tint - the perfect alternative to mascara **£14.00**

Brow tint - ideal for fair brows **£9.00**

Brow tidy **£10.00**

Body treatments

Heavenly body air brush tan

Give yourself a perfect sunless tan. **£25.00**

Legs **£12.00**

Top **£12.00**

Top to toe

Really give yourself an overhaul. Facial, deluxe manicure, pedicure, plus eyelash tint or brow tidy. **£115.00**

Electrolysis

Permanent removal of unwanted hair using Diathermic current and disposable needles.

Up to 10 minutes **£13.00**

20 minutes **£20.00**

Skin tag removal **£25.00**

Waxing

For smooth long-lasting, hair-free skin.

Full leg, including bikini **£33.00**

Full leg and Brazilian **£38.00**

3/4 leg **£23.00**

1/2 leg **£20.00**

Top back leg **£2.00**

Top of leg and bikini **£23.00**

Bikini **£12.00**

Brazilian bikini **£19.00**

Underarm **£10.00**

Forearm **£10.00**

Lip or chin **£8.00**

Lip and chin **£12.00**

Fingers and toes

Pedicure

A wonderful treatment – includes hard skin removal, massage and varnish **£32.00**

Deluxe pedicure

A real treat for feet! Our usual pedicure plus a mega massage and paraffin wax treatment **£38.00**

Manicure

Includes nail reshape, cuticle tidy, varnish or French manicure **£27.00**
File and paint. **£12.00**

Deluxe manicure

A luxury hand and nail treatment, smoothing rough hands and rehydrating with paraffin wax dip **£31.00**

Shellac

A long lasting instant drying light cure nail polish perfect for holidays

Manicure **£38.00**

Pedicure **£39.00**

Removal **£7.00**

File and paint gel **£20.00**

Bits for blokes

Executive facial

Most men suffer from razor burn, sensitive skin or clogged pores etc. Our men's facial is designed to thoroughly clean and rehydrate your face.

£42.00

Back waxing

Removal of hair from the back. Leaves the skin smooth and hair-free for weeks.

£22.00

Hand and nail treatment

The ultimate in men's grooming leaves hands smooth, nails buffed and neat.

£25.00

Claire Barber

Eyelash extensions

Eye Lash extensions lengthen, thicken and volumise your own lashes. No need for mascara. Great for special occasions, holidays or with infill maintenance, look Fabulous everyday!

New set	£95.00
In fills: up to 3 weeks (45 mins)	£36.00
Longer appt. (1 hour)	£43.00
3-4 weeks. (1 hour)	£43.00
Top up. (25 mins)	£23.00

Eyebrow extensions

To create the brows you have always wanted. Whether you have over plucked, have a gap, scar or have sparse brows, extensions are a quick fix for the look you want to achieve. Great for weddings or special occasions. Extensions look natural in photos, they give a subtle definition. Lasts, with care, up to 10days.

P.O.A Range from **£15.00 - £30.00**

Contact Claire on 07549 388540

Margaret Graham RGN RMN CMA

- Botox®
- Chemical Peels
- Dermal Fillers
- Derma roller
- Hyperhidrosis
- Silhouette soft

Your Aesthetic Practitioner is a Qualified Nurse specialising in Facial Aesthetics, Facial Rejuvenation and skin care. Your practitioner has extensive experience using injectable materials for facial aesthetics. In addition has been trained with the respective product companies, this includes one to one training to an advanced level.

Contact Margaret on 07504 644 886

For prices and information see separate leaflet

Hannah Swann

Swann Laser

- Hair Removal
- Thread Vein Removal
- Skin Rejuvenation
- Sun Spots

Hannah Swann trained as a laser practitioner in Wales in 2004 and also at Guys & St Thomas Hospitals in London. She works at a clinical level in London, Surrey and Sussex and also as a laser trainer in the UK.

With extensive experience in a varied range of lasers and IPL devices she achieves remarkable results and delivers a friendly, personal and unisex service.

Call the salon for appointments on 01273 833133

For prices and information see separate leaflet



Julie Forbes & Susan Elizabeth

Massage - Reflexology - Reiki

Cranial Sacral Therapy - Myofascial Release Therapy

Contact Columbines: 01273 833133

Julie: 0775 966 7015 Susan: 0788 583 6440

www.reflexologymassagesussex.co.uk

Julie and Susan are dedicated and committed to bringing effective treatments to clients. By integrating a combination of deep, firm, gentle and still techniques, easing discomfort, stress and tension held in the body. Supporting body systems maintaining suppleness, revitalisation and relaxation optimising good health naturally.

Aromatherapy

A wonderful effective, flowing massage, blending essential oils with a base oil to suit individual needs.

45 mins £47 1 hour £52 1 ½ hours £67

Deep Tissue Massage

An effective, flowing deep tissue massage using base oils only.

45 mins £47 1 hour £52 1 ½ hours £67

Hot Stone Massage

Hot stones are used to massage the body, enables deep, gentle work into the muscles. Not recommended if pregnant, have heart disease, diabetes or blood thinning medication.

45 mins £52 1 hour £57 1 ½ hours £72

Pregnancy Massage

A soothing, relaxing massage ideal when the body is naturally changing. Received seated in an ergonomic chair, or side lying.

45 mins £47 1 hour £52

Facial Massage - Head Massage

A relaxing massage to the arms, top of shoulders and neck, flowing onto the face slowly working deeper into the facial muscles. Head massage can be incorporated if desired.

45 mins £47 1 hour £52

Myofascial Release Therapy (Treatment by Susan)

Sustained gentle pressure is applied onto the skin, connecting with fascia that covers muscles, tendons, ligaments and bones. Easing restrictions causing pain, restoring motion, aiding recovery. Beneficial for pain not released with regular massage.

45 mins £47 1 hour £52 1 ½ hours £67

Cranial Sacral Therapy (Treatment by Susan)

Received fully clothed, this gentle, treatment is focused around the head and spine. Easing soft tissue and skeletal restrictions surrounding the central nervous system that cause pain and dysfunction, restoring rhythm and balance. Beneficial for pain not released with regular massage.

45 mins £47 1 hour £52 1 ½ hours £67

Reflexology

Stimulating points on the feet which are believed to correspond to parts of the body, encourages relaxation, restoration and balance naturally.

1 hour £52

Reflexology Lymphatic Drainage (RLD)

Developed to support patients following treatment for breast cancer. After gentle treatment, less swelling, discomfort, increased mobility, and relaxation may be noticed. RLD may also help to support people with a variety of conditions, including fatigue.

1 hour £52 Course 4x 1 hour £190

Reiki

Reiki just is! A relaxing treatment activated to stimulate the body's natural healing ability promoting balance and peace. Received fully clothed.

1 hour £48

Combined Treatments

Complete relaxation, combine any of the treatments above, example:- 45 min Aromatherapy Massage and 45 min Reflexology the choice is yours.

1 ½ hours £67 1 ½ hours with hot stones £72

Georgie Hales BSc (Hons) MSCh HCPC Reg Podiatrist & Chiropodist

New patient assessments, diabetic

assessments and biomechanical assessments

£45.00
(up to 50 minutes)

Routine nails, corns and callus treatment

£30.00
(up to 25 minutes)

Extra time nails, corns, callus treatment

(for more extensive treatment needs)

£45.00
(up to 45 minutes)

Toe nail surgery (Includes 5 re-dressing apps)

£290.00
(90 minutes)

Dry needling for verrucas (Includes 1 re-dressing)

£190.00
(90 minutes)

Wound re-dressing appointments

(some dressings may incur an extra charge depending on type and quantity)

£20.00

Call salon direct for appointments with Georgie

Columbines – salon information

Gift vouchers

Gift vouchers are ideal for birthdays, anniversaries or just to say thank you. Our gift vouchers are available for treatments or for a specific amount of money. We ask that they are used within 6 months.

Medical Conditions

Columbines therapists recommend that those who have a medical condition, who are taking medication or are pregnant should consult their GP, midwife or other health care professional before having complementary therapies. These therapies should not be used in place of medical care or advise.

Cancellations

Columbines therapists are professional people with a busy appointment schedule. Therefore we ask that you respect their time by giving 24 hours notice of a cancellation, failure to do so will unfortunately incur a cancellation fee of up to the full amount of the treatment. We also ask that you arrive in time for your appointment. Should you arrive late this will impact on other clients appointments and unfortunately your appointment may be cut short.

Mobile phones and young children

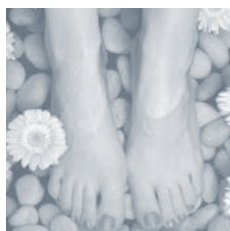
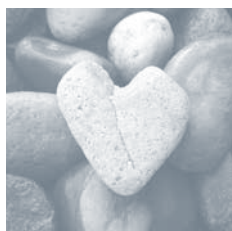
We respectfully ask that mobile phones are switched off or muted during your visit. Out of courtesy for other clients wishing to relax we request that you do not bring young children to the salon.

Products

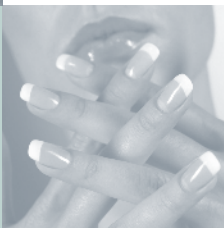
We stock and use Monu Skin Care and Tisserand Aromatherapy.

Columbines

61 High Street, Hurstpierpoint, West Sussex, BN6 9RE
Tel. 01273 833133 Email. ann@columbines.co.uk
Website. www.columbines.co.uk



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Wellbeing



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