

Janet Vaughan

Holistic and Beauty Treatments

C.I.B.T.A.C., I.H.B.C., I.I.H.H.T., V.T.C.T., M.F.H.T.

Foot Health Professional M.C.F.H.P., M.A.F.H.P.

West End
Southampton

Tel: 023 8046 6226
Mobile: 078 9083 0148

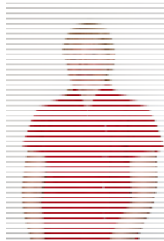
Price List January 2012

Mondays	9.00am – 8.00pm
Tuesdays	9.00am – 8.00pm
Wednesdays	11.30am – 8.00pm
Thursdays	9.00am – 8.00pm
Fridays	9.00am – 5.00pm
Saturdays	9.00am – 4.00pm

* **Appointments can be made for my Mobile Foot Health Care Clinic**

Website: www.janetvaughan.co.uk

Email: jantreatments@btinternet.com



GIFT VOUCHERS AVAILABLE
(Non Transferable)

Cash, Cheque and Debit / Credit Cards Accepted

Appointments must be cancelled 24hrs
prior to appointment by telephone only

Less than 24hrs notice and missed appointments
will be charged at 25%



Susan Molyneux / Kaeso Facials

**Essential oils and pure plant extracts are used to bring about outstanding results
Luxurious Hand and Foot Massage included with all facials**

Kaeso Express Facial 30mins £16.00

Includes cleanse, tone, exfoliation, facial massage or mask and hand and foot massage.

Renu Express Facial 40mins £20.00

This mini treatment is an ideal way to experience the benefits of the Renu range. Includes cleanse, tone, hot compress, radiant skin peel and mask. A chest, shoulders, hand and scalp massage also included.

Kaeso Aromatic Facial 1hr £25.00

This signature Kaeso facial includes soothing massage to the face, neck and shoulders. Exfoliation, hot compress and Mask therapy are combined to promote skin radiance.

Monu Essential Oil Facial 1hr 15mins £30.00

This relaxing facial includes a specialized treatment Ampoule, a de-stressing scalp massage and a soothing massage to the face, neck and shoulders.

Monu Line Smooth Algae Mask 1hr £39.00

Provides a line smoothing, lifting & revitalising actions. Mask enriched with Seaweed, Marine Magnesium Complex, Multi Mineral Complex and Aloe Vera Extract.

Monu Prescription Facial 1hr £36.00

A selection of plant extracts are specially blended for your individual needs making this a truly personalised treatment.

Renu Lift Facial 1hr 30mins £41.00

(Ultimate in Anti-Ageing)

Specialised formulations and masks combined with an exclusive facial massage gives your skin a reviving lift - a natural facelift. The ultimate in relaxation and high performance.

Make a Deluxe Facial by adding a Back / Neck and Shoulder Massage Facial 20mins £13.00

Eye Treatment

Monu Manual Eye Treatment	45mins	£25.00
Tinting Eyelash		£7.00
Tinting Eyebrow		£7.00
Tinting Eyelash & Eyebrow		£11.00



Massage Treatments

Hot Stone Massage Treatment

One stroke of the stone is equivalent to ten of the hand · Increases the Circulation · Increases lymph drainage thereby increasing detoxification, cleansing and elimination of toxins · Deep relaxation of muscles, helping to alleviate stress & tension.

Full Body	1hr 15mins	£31.00
Back / Neck / Shoulders (Including Face & Scalp)	1hr	£26.00
Back / Neck / Shoulders (Including Face & Scalp)	45mins	£21.00
Lower Back & Legs	30mins	£16.00



Aromatherapy Massage

Pure essential oils will be blended with a carrier oil. The treatment can give a feeling of well being as it can help to relieve stress and tension as well as muscular aches and pains.

Full Body Massage	1hr	£24.00
Back / Neck / Shoulders (Including Face & Scalp)	40mins	£19.00
Back / Neck / Shoulders	30mins	£16.00

Deep Tissue Massage 50mins £26.00

Remedial Massage 30mins £19.00

Can help to increase the range of movements in the joints. Also helps to stimulate the blood and lymph flow, thereby increasing the supply of oxygen and glucose and the removal of toxins, carbon dioxide and lactic acid. Please note: Not a Relaxing Massage.

Indian Head Massage 30mins £16.00

The treatment is carried out, sat in a chair. The Back / Arms / Shoulders / Neck / Scalp / Face are massaged. Can help to improve the blood flow to the head & neck. Revitalises the whole body. Not necessary to remove any clothing.

Head in the Clouds 30mins £16.00

Let your mind unwind – Face is cleansed and toned followed by a shoulder, neck and head massage that will release tension and ease away the stresses of the day.

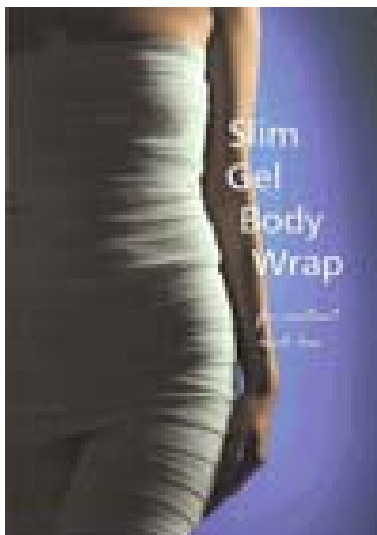
Slim Gel Body Wraps

Instant results with instant inch loss. Improves the appearance of cellulite, detoxifies, morale booster and achieves a general toning and firming effect.

This treatment can be used in conjunction with a healthy lifestyle as part of a slimming and weight loss programme.

Also ideal as an individual appointment before a special occasion.

Before and after measurements are offered as an optional service.



Partial Slim Gel Body Wrap Treatment

1hr 30mins

£38.00

(Below the knee, up to the bust)

Includes Mini-Lift Facial, Scalp / Hand / Foot Massage and an application of Body Therapy Gel.

Full Slim Gel Body Wrap Treatment

1hr 45mins

£45.00

Includes Mini-Lift Facial, Scalp / Hand / Foot Massage and an application of Body Therapy Gel.

Deluxe Slim Gel Body Wrap Treatment

2hrs

£55.00

Includes Body Scrub, Mini-Lift Facial, Scalp / Hand / Foot Massage and Body Therapy Gel gently massaged over the body.

Healthcare for your feet by a Foot Health Professional



Foot Healthcare *

£22.00

Includes a relaxing Foot Massage

- Nail Trim & File
- Callus / Hard Skin Reduction
- Corn Removal
- Ingrown Nail Care
- Diabetic Foot Care
- Fungal Infections

Foot Healthcare & Polish *

£26.00

(Nail Crystals Available)

Foot Healthcare & Mini Pedicure Nail Oil, Cuticle Work & Polish *

£30.00

(Nail Crystals Available)

Foot Healthcare Reflexology *

50 mins

£36.00



Note Treatments marked thus * are available for the mobile clinic but incur an additional cost of £2.00 per visit.

Electrotherapy Treatment

Micro Current Treatment	60mins	£41.00
This specialised treatment will help to rejuvenate facial muscles and skin tone. Also help to reduce skin wrinkles and improve circulation.		
Galvaderm Facial	1hr 15mins	£40.00
Combines galvanic and high frequency current using pure plant extracts and essential oils designed to deep cleanse and improve cellular renewal to bring immediate results.		
Galvaderm Eye Treatment	60mins	£33.00
Can help to reduce fine lines, dark circles and puffiness.		
Micro Current Eye Treatment	45mins	£31.00
Anti-ageing treatment, excellent treatment for the mature person.		
Galvaderm Neck Treatment	60mins	£31.00
This treatment can help to firm and re-hydrate the neck area whilst helping to delay the ageing process. Texture will improve and the skin will appear smoother.		
Super Galvaderm Treatment	1hr 45mins	£47.00
This treatment combines the specialist Galvaderm Eye Treatment and the Galvaderm Facial. Reduces fine lines, rejuvenates and improves elasticity to give a vibrant, youthful appearance.		
Deep Exfoliation Booster Facial	60mins	£35.00
Excellent for all skin types Deep cleansing and exfoliation, clears blocked pores, toxin removal and lymphatic drainage. Includes steam, deep exfoliation, facial massage and mask.		
Galvaderm Collagen Facial	1hr 15mins	£40.00
Incorporates the active Collagen mask with the deep penetrating action of the Galvaderm Facial, Will help to improve elasticity, reducing the signs of ageing.		

Beauty and Holistic Treatments

Sugaring – Hair Removal

Based on a technique developed by the ancient Egyptians. The paste is made from Natural Ingredients. Less painful because it sticks to the hair (wax will also attach to the skin)

Full Leg	£18.00
¾ Leg	£16.00
½ Leg	£14.00
Upper Leg	£12.00
Bikini	£ 7.00
Underarm	£ 7.00
Lip	£ 4.00
Chin	£ 4.00
Lip & Chin	£ 5.00
Eyebrows	£ 4.00

Reiki 1hr £19.00

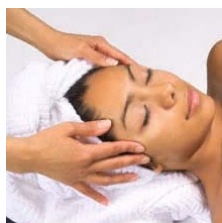
Involves placing the hands on the body, allowing the natural energy to flow. The treatment assists in balancing all aspects of the body, mind & spirit. Not necessary to remove any clothing.

Hopi Ear Candle 40mins £22.00

A gentle and natural alternative to ear syringing. The heat from the candle can help to ease pain and discomfort in the ear. Impurities are drawn out of the ear, into the candle and either burned away or collected in the filter. Treatment is followed by a pressure point Facial Massage.



Monu Body Treatments



Body Silk Treatment 40mins £21.00

The body is exfoliated to remove dead skin cells. Monu Hydrating Fluid is gently massaged into the skin. Leaving the skin feeling silky, soft and glowing with radiance. Ideal treatment before and after tanning to encourage and prolong your natural colour. The treatment completed with a foot massage.

Anti-Cellulite Treatment 30mins £22.00

Detoxifying and lymphatic massage.

Enjoy your legs being deep cleansed and exfoliated. A detoxifying oil and lymphatic drainage techniques are used to help improve your circulation, improve the appearance of cellulite and help to reduce puffiness and smooth and firm the skin.

Thermal Anti-Cellulite Treatment 1hr £34.00

This effective treatment works wonders on sluggish circulation whilst helping the appearance of cellulite. Your legs are deep cleansed and exfoliated using a Monu Scrub which is then removed with a warm towelling mitt. A detoxifying oil and lymphatic drainage techniques are used together with the application of heat via the Thermal Mask. All you need to do is relax, enjoy the warmth while you experience a relaxing back massage.

Deep Cleansing Back Treatment 1hr £31.00

Helps to decongest and improve skin tone & texture.

Your skin will be deep cleansed and exfoliated followed by a hot aromatic compress to relax and open the pores. Includes a 20 minute relaxing back massage, deep cleansing mask with a scalp or foot massage to compliment the treatment. This treatment is a must before a holiday or wearing a backless dress.

Essential Oil Top to Toe 2hrs £46.00

The ultimate de-stress & luxury Treatment.

This soothing a relaxing treatment involves a massage to your face, scalp & body. A perfect blend of a facial and body massage makes this treatment an ideal stress buster. Also included is an aromatic compress and therapy mask. Two hours of bliss makes this treatment the perfect gift.



Foot Treatments

Exclusive Orly Footcare Products



Reflexology	50mins	£19.00
Works on all major organs of the body by massaging specific energy points on the foot. Can be used to help the body to relax, heal itself & revive energy instantly.		
Thai Foot Massage	1hr	£24.00
Involves hands on stretching and massage, along with the use of a stick to stimulate the reflex points.		
Detox Foot Spa	40mins	£22.00
The revolutionary way to detoxify and re-balance your body. Includes Foot Massage.		

Pedicures

File and Polish	£11.00
Mini Pedicure	£19.00
File, Nail Oil, Cuticle Work, Buff and Polish	
Luxury Pedicure	£25.00
File, Nail Oil, Foot Spa, Cuticle Work, Foot Scrub, Foot Massage, Buff and Polish	
Deluxe Pedicure	£32.00
File, Nail Oil, Cuticle Work, Foot Scrub, Foot Massage, Foot Mask, Heated Booties, Buff and Polish	
Paraffin Wax Deluxe Pedicure	£36.00
Gives immediate visible results in tone and texture and can help to ease stiffness and discomfort of the joints. File, Nail Oil, Cuticle Work, Foot Spa, Foot Scrub, Foot Massage, Foot Mask, Heated Booties, and Polish.	
Trendy Nail Wrap Pedicure	£25.00
High Performance Vinyl film applied to the toe nails Includes File, Nail Oil, Cuticle Work & Foot Massage	
Hot Stone Pedicure	£28.00
Foot Spa, Foot Scrub followed by a relaxing Hot Stone Massage to the lower legs and feet to help aid relaxation, improve circulation and ease muscle aches and pain. File, Nail Oil, Cuticle Work, Foot Cream, Polish.	

Add £2.00 per nail for Swarovski Crystals

KORE Therapy

**Anmo Fu
Cupping Therapy**

30 mins

£22.00

TBA