

Treatments include:

Facials
Manicures
Pedicures
Waxing (Hair Removal)
Eyelash/brow Treatments; Shaping; Tinting;
Threading
Aroma beauty massages

Plus more....

Call the centre for more information.

NB. Different therapists have different specialities, so call for a FREE 15 minute consultation.

FACIAL REJUVENATION

Using tiny needles, acupuncture is the therapy used to enhance your appearance and help you look younger. This is a fantastic natural treatment. Read more inside this leaflet.

Pamper Packages

We have various beauty Pamper Packages at MindBody Beauty such as:

Bridal Makeovers, Pamper Parties
Mini Facial, Brow Shape & Eyelash OR
Manicure & Pedicure OR
Half-Leg, Underarm & Bikini wax OR
Any other variety of beauty treatments...

Call us to book a 15 minute FREE consultation with one of our beauty therapists who will be happy to answer any queries you may have.

We have different beauty therapists in on different days, offering a wide range of treatments.

Payment: CASH/CHEQUE only

NB. 24 hour cancellation notice or a fee will be charged.

BOOKINGS / INFORMATION:

To book an appointment or to find out about our Beauty Treatments, please contact us on:

TEL : 020 3417 6108

Email: mail@therapy4life.net

MindBody Therapy Centre

We are a few minutes from Forest Hill train station. Buses: 185, 176, 197, 122, 356, P4.
Parking available in Sainsbury's car park

www.therapy4life.net

MindBody Beauty™

*~Your Choice in Beauty Therapy for
Women and Men*



Treatments and Price Guide

Tuesdays 4.30pm—9pm

Sundays 1.30pm—6pm

MindBody Therapy Centre

Lower Ground Floor
@ Energie Fitness Club
26-28 London Road
Forest Hill, London. SE23 3HF



TO BOOK CALL: 020 3417 6108

www.therapy4life.net

MindBody Beauty™

At MindBody Therapy, we have a wide range of luxury beauty treatments available to book.

Manicures

Using only the best nail care to ensure longer lasting results.

| | |
|-------------------------------------|--------|
| Luxury Full Manicure..... | £20-22 |
| Express Manicure..... | £10-12 |
| Nail Re-varnish..... | £8-12 |
| Express File & Polish (French)..... | £15 |
| Aroma oil massage and polish..... | £20-22 |

Pedicures

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|-----------------------------------|--------|
| Luxury Full Pedicure..... | £20-30 |
| Polish Perfection..... | £10-15 |
| Express Pedicure..... | £10-15 |
| Aroma oil massage and polish..... | £20-22 |

Diamantes & Nail Design can be made available (Price On Consultation)

Facial Treatments

Please book for a free 15min consultation so that we can tailor the treatment to suit your skin's individual needs. Products used include Dermologica and Crystal Clear.

Duration

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|---------------------------------------|--------|
| 1/2 Hour..... | £25-30 |
| 3/4 Hour..... | £35-39 |
| 1 Hour..... | £45-49 |
| 1 1/4 hr total relaxation facial..... | £50-59 |

Men's Waxing

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|--------------------------|-----|
| Back/Chest..... | £25 |
| Back/Neck/Shoulders..... | £25 |
| Chest & Abdomen..... | £25 |

Hair Removal (Waxing)

Could be strip wax or hot wax, please specify.

| | |
|------------------------|--------|
| Lip & Chin..... | £5-8 |
| Face..... | £5-15 |
| Full Arm..... | £18 |
| 1/2 Arm..... | £14 |
| Full Leg..... | £20-24 |
| Half Leg..... | £15 |
| 3/4 Leg..... | £18 |
| Full Leg & Bikini..... | £30-32 |
| Runway..... | £16 |
| Hollywood..... | £30-32 |
| Bikini..... | £10-12 |
| Nose Wax..... | £8 |

Eye Treatments are as follows:

Tints

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|-------------------------|--------|
| Eyelash Tint..... | £12 |
| Eyebrow Tint..... | £10 |
| Lash and brow tint..... | £10-16 |

Semi-Permanent Eyelash Extension

(Tuesdays only)

The lashes are single strands of hair that are curved to replicate a natural eyelash. They provide length and thickness to your own lashes..... from £55

They are applied to individual eyelashes, one lash at a time, for an elegant, natural look.

| | |
|---------------------------------|-----|
| Full Set Individual Lashes..... | £10 |
| Full Set Single Lashes..... | £15 |
| 3 Week Refill & Soothing | |
| Eye Treatment..... | £20 |
| Lash Repair..... | £5 |

Threading (Tuesdays only)

| | |
|---------------------|----|
| Eye brow Shape..... | £5 |
| Lip..... | £5 |
| Chin..... | £5 |

Facial Rejuvenation (Wed eve)

Facial Rejuvenation Acupuncture is a non-surgical, natural alternative treatment plan which can help to rejuvenate skin and prevent signs of ageing. Very fine sterile needles are inserted in to areas on your face to help promote Qi flow and boost collagen production which can reduce the appearance of wrinkles and give you a healthy, radiant complexion.

Does it hurt? You may find the insertion of some needles similar to that of plucking a hair. The majority of clients find it to be a relaxing and rejuvenating experience. A succession of treatments is advised (avg 1 a wk for 6 wks) to help sustain the skin's natural collagen production. You can book a reduced trial consultation and treatment NOW with Anna Li to find out more about the therapy and how it suits you.

£50 a session