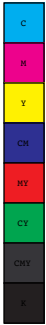


T H E H A V E N



HEALTH & BEAUTY





RELAXATION OF THE MIND,
NOURISHMENT OF THE BODY,
UPLIFTING OF THE SOUL.

A PLACE TO REST,
TO TAKE REFUGE,
A SANCTUARY.



IT ALL STARTS HERE AT THE HAVEN

Living life at a hectic pace as so many of us do can be stressful, so here at The Haven we would like to help you unwind, take some time out and treat yourself. Whatever treatment you choose you can be assured of the highest quality professional care in a relaxed, friendly atmosphere.

YOU NEED TO KNOW THAT...

Only the best products are used at **THE HAVEN** and that's why we use ENVIRON[®] & [**comfort zone**] in all our facials and body treatments.

We are also stockists for the **Advanced Nutritional Programme**. This is a cutting edge range of supplements that supports skin care regimes to help maintain vibrant health and a glowing skin complexion.

FACE TIME...



Environ® Skincare achieves outstanding results for people who are serious about skincare. Formulated by Dr Des Fernandes, a world-renowned plastic surgeon, the range contains a unique combination of active ingredients to protect the skin from environmental aggressors and combat the signs of ageing.

An Environ Lonzyme® DF Facial is unlike any other facial. The Environ Lonzyme® DF Technology harnesses patented electro-sonic science which makes it one of the most advanced facial treatments available.

The clinically-tested formulations contain high doses of vitamins A, C and E plus powerful antioxidants, growth factors and peptides to achieve maximum long-term benefits for clients wanting to address lines,

sun-damage, problem skin, pigmentation and dryness. Environ® products support the long-term health of the skin and will give you real results that you have never experienced before.

Environ® is endorsed by the International Institute of Anti-Ageing (IIAA) and is recommended by BUPA hospitals, dermatologists and leading cosmetic surgeons.

Below is a list of the Environ Treatments we offer: Before your first treatment we will conduct a consultation to discuss your skin care needs and concerns. We will then recommend the treatment we think is best suited for you. There is a **charge** for the consultation which will be deducted from your first Environ Skincare purchase.

ELECTRO-SONIC ESSENTIAL TREATMENTS

Packed with nourishing, anti-ageing ingredients, the Environ Essential Facial will leave your skin looking radiant and feeling refreshed. Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most - making a real lasting difference to your skin, for life.

ESSENTIAL YOUTH RESET – 60-90 MINS

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL MOISTURE BOOST – 60-90 MINS

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL COMFORT CALM – 60-90 MINS

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL – 60-90 MINS

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

ENVIRON COOL PEEL® TREATMENTS

Environ's unique Cool Peel® Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes, to safely and effectively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science. Cool Peels are suitable for most skin types and following a consultation we will help you choose the best treatment for your skin.

YOUTH RENEW COOL PEEL – 45-60 MINS

This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

MOISTURE BOOST COOL PEEL – 45-60 MINS

Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

DEEP CLEANSING COOL PEEL – 45-60 MINS

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

BRIGHT RECOVERY COOL PEEL – 45-60 MINS

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

BLEMISH CONTROL COOL PEEL – 45-60 MINS

This powerful cool peel therapy assists with the management of blemish prone, distressed skin, by purifying, cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

VIBRANT-C MICRO PEEL – 45-60 MINS

A concentrated, vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best. Excellent choice for sun-damaged, pigmented and mature skins.

[comfort zone]

Comfort Zone is a beautiful Italian range of skincare that combines science and nature. All **Comfort Zone** products are developed in Parma, Italy in a facility that uses 100% of its energy from renewable sources. Each **Comfort Zone** facial begins with a deep cleanse and exfoliation to brighten dull skin. This is followed by a face, neck and shoulder massage. Your therapist will then consult with you to determine the **Comfort Zone** mask and finishing product to best suit your skin.

RECOVER TOUCH

A replenishing, repairing treatment which nourishes, soothes and calms, whilst also neutralising free-radicals. For skins lacking vitamins and minerals and in need of something restoring and protecting.

HYDRAMEMORY

A deeply hydrating treatment for the face, neck & décolleté. Leaves the skin hydrated and silky. Ideal for dehydrated skins, before or after air travel and in extreme weather conditions.

SKIN REMEDY

A desensitising, calming treatment for sensitive and delicate skins. Ideal for skins prone to redness, coarctose, fragile capillaries and roseacea.

ACTIVE PURENESS**Rebalancing & purifying treatment**

An intense deep cleansing facial to rebalance and normalise the skin. Recommended for oily skin to create a luminous, smooth appearance.



CACI NON-SURGICAL FACELIFT FACIALS

The award winning CACI Non-Surgical Facelift is the most advanced non-surgical, non-invasive facial, with twenty years of medical research behind it. CACI facials use micro-currents which work with the body's own bio-electrical current re-educating muscles to gently strengthen and increase their definition, delivering visible results without the need for surgery.

CACI ULTRA DELUXE FACIAL – 75 MINS

The CACI Ultra facial combines 4 different technologies incorporating Ultrasonic Peel, Micro-current, red light therapy wrinkle comb and Hydrotone. The ultrasonic handset vibrates at 27,000 vibrations per second on the skin surface to exfoliate and deep cleanse the epidermis. The wrinkle comb is used to effectively and painlessly plump out and soften deep lines and wrinkles thereby providing a needle free alternative to dermal fillers.

CACI SIGNATURE FACIAL – 60 MINS

Painless Micro-current impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives an overall more youthful appearance and glow.

CACI JOWL LIFT – 15 MINS

The CACI Jowl lift has been developed to specifically target the muscle laxity around the jawline which can cause drooping jowls and loose skin. This treatment is specially designed to lift and firm the muscles and refine facial contours to give a firmer, more toned appearance.

CACI EYE REVIVE – 30 MINS

The CACI Eye Revive treatment uses Micro-current to gently tighten and tone sagging muscles around the eye area, whilst reducing the appearance of fine lines and wrinkles. The treatment uses serum filled CACI Micro-current eye rollers to reduce puffiness and dark circles. The deeply nourishing Hydro Eye Mask is then applied to soothe the skin and reduce the lines and wrinkles.





HARD WORKERS...

Your **hands & feet** are pretty hard-working and like the rest of your body they need a little TLC every now and then, so treat them to a manicure or pedicure... they will thank you for it!

SHELLAC NAILS

Shellac is a nail polish that combines the look of polish with the permanence of a gel. It applies like polish and is then set under a lamp to dry instantly, giving you chip-free nails.

VINYLUX NAILS

From the same company that brought us Shellac, Vinylux is a revolutionary nail system that dries in eight minutes! Normal polish normally takes 15-20 minutes.

ROCK STAR NAILS

This is Shellac with added glitter to really add glamour to your nails and is great for special occasions.

TREATMENT PEDICURE

Using an effective hard-skin remover and Footlogix products, this pedicure is not only relaxing but also ideal for dry, rough skin and cracked heels.

DELUXE MANICURE

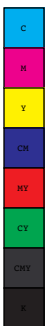
A more intense, nourishing treatment than our standard manicure, incorporating a moisturising hand mask and warm mitts for a longer, more relaxing treatment.

DELUXE PEDICURE

A more intense treatment than our standard pedicure, combining a peeling treatment for localised hard skin followed by the application of a nourishing foot cream and warmed booties. A treat for your hard working feet.

**To avoid spoiling your lovely newly painted nails, it's a good idea to bring along some sandals or flip flops.*

Shellac™
ORLY®
 VINYLUX™



EVERY BODY MATTERS...

Whatever your body needs, just choose a treatment that appeals the most, let us work our magic and leave you feeling fabulous from top-to-toe.

TRANQUILLITY RITUAL TREATMENT

An indulging aromatic face and body treatment to deeply relax the body and mind. Improves circulation, tone and hydration of the skin.

ALGAE MUD BACK TREATMENT & MASSAGE

This ritual includes gentle back brushing to exfoliate followed by the application of a algae mud mask. Marine mud is a 100% natural product which combines marine mud, clay, brown seaweed and spirulina. During respiration the mud traps toxins and releases marine ions and revitalising minerals. The treatment is then continued with a relaxing back massage to relieve tension.

BACK, NECK & SHOULDER MASSAGE

Focusing primarily on the back, shoulders and neck area, this massage will help begin to relieve tension, stress and aching muscles.

FULL BODY MASSAGE

This massage is for all over general relaxation and can be adapted according to your requirements.

HOT STONE MASSAGE

Smooth, warm basalt stones coated in aromatic oils glide effortlessly over the body. Deep muscle tension is released and circulation is stimulated due to a soothing massage technique. Choose from either a back, neck and shoulder or full body massage.

TRANQUILLITY PRO-SLEEP MASSAGE

An innovative gentle massage, acting on three different sensorial pathways, for profound relaxation, favouring sleep and helping to recover jet-lag side-effects.

The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound, Ayurvedic and Indonesian Sea Malay massage movement combined with the use of soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state.

STUBBLE TROUBLE...

WAXING TREATMENTS

This is a form of semi-permanent hair removal which removes hair from the root. It is quick, effective and usually lasts between 4-6 weeks.

HOT WAX

This is a specialist wax which is sometimes used for stronger coarser hair types. This method requires more treatment time and therefore charges will vary.

IPL

A revolutionary medical intense pulsed light system that can significantly reduce hair growth in most cases for women and men. Say goodbye to shaving, waxing and other hair-removal treatments.

An initial consultation and patch test is required prior to the first treatment. A special package is available based on **five** treatments with the **sixth** being free.

Please note: Courses are based on an average number of sessions. Some clients may need fewer & some clients may require more.

IPL is ideal for dark hairs due to the high speed pulsing light that focuses on the melanin pigmentation in the hair.

FOR YOUR EYES ONLY...

Add some natural definition to your eyes with:

EYELASH & EYEBROW TINT

A semi-permanent alternative to mascara, ideal for contact lens wearers.

*** A skin test is required at least 48 hours prior to the treatment.**

EYEBROW SHAPING

Whether you need a quick tidy or a complete overhaul we can make your eyebrows look their best.

LVL LASH LIFT

This revolutionary lash treatment creates masses of length, volume and lift with your own natural lashes. It's a great alternative to lash extensions and the perfect way to enhance what you already have. This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful.

*** The LVL Lash Lift requires a patch test at least 48 hours before treatment.**

PERMANENT COSMETIC TREATMENTS

Permanent Make-Up

We offer permanent cosmetic make-up for lips & eyes.

Please note: We have a specialist practitioner who visits our salon by appointment only. Please ask for more details or to book an appointment.



SOMETHING A LITTLE DIFFERENT...

COMPLEMENTARY / HOLISTIC THERAPIES

Indian Head Massage

Ideal for any head, neck and shoulder tension. This treatment includes a neck and shoulder massage, followed by a reviving face and scalp massage. It is guaranteed to lift you out of the stresses of daily life!

HOPI EAR CANDLES

Also known as Thermo Auricular Therapy, Hopi ear candles are used to treat ear and sinus conditions, including middle ear infections and excess ear wax. They may also help headaches and symptoms caused by stress. The treatment includes a facial acupressure massage.

INDIAN HEAD MASSAGE & HOPI EAR CANDLES

Can be combined together in one treatment.

REFLEXOLOGY

A deeply relaxing and restorative treatment working pressure points and using massage techniques on the feet to heal and rebalance the whole body and mind.

FACIAL REFLEXOLOGY SORENSENSISTEM

A therapeutic system in which reflexology zones and points on the face and cranium are stimulated to rebalance the individual on all levels i.e. emotional, physical, psychological and energetic. A natural lift to the face leaves the skin and eyes glowing and the muscles toned.

Please note: We have a specialist practitioner who visits our salon by appointment only. Please ask for more details or to book an appointment.

PREGNANCY MASSAGE

Being pregnant is a special time but it can be tough on your body especially in the latter stages of pregnancy. Our specially trained therapist will use a series of pre-natal massage techniques to stimulate circulation, reduce water retention and relieve the stress and strain from aching muscles. This sensitive and relaxing massage will leave you feeling relaxed, nourished and pampered.

Please note: A consultation is required before your appointment and this treatment is recommended after 16 weeks of pregnancy.

M.O.T.

[MEN ONLY TREATMENTS...]

MEN'S FACIAL AND HEAD MASSAGE

Most shaving problems are due to the quality of your skin. There's nothing fussy about this facial, just deep cleansing, polishing & protecting products which are combined with a face, head, neck & shoulder massage to leave you refreshed & relaxed.

MEN'S BACK WAX

Are you carrying too much on your shoulders? Let us take some of it away for you! Remember guys **No Pain No Gain!**

OTHER TREATMENTS YOU MIGHT LIKE:

BROW TIDY

HOT STONE BACK, NECK & SHOULDER MASSAGE

INDIAN HEAD & BACK, NECK & SHOULDER MASSAGE

HOPI EAR CANDLES

THE BEST THINGS COME IN SMALL PACKAGES...

PEACE OF MIND – approx. 2¾ hrs

Feel radiant and relaxed from head to toe.

- Manicure
- Pedicure
- Comfort Zone facial

HOLIDAY COUNTDOWN – approx. 3 hrs

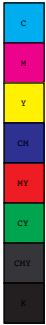
Avoid the last minute rush – spend a morning or afternoon with us and relax into your holiday!

- Shellac Manicure
- Shellac Pedicure
- ½ leg wax
- Bikini wax
- Eyelash tint
- Eyebrow shape

SHEER INDULGENCE – approx. 4 hrs

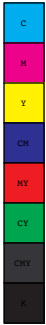
Rest your body and mind for four hours of sheer indulgence.

- Hydramemory facial
- Deluxe manicure
- Neck and shoulder massage
- Deluxe pedicure





P R I C E L I S T



FACIAL TREATMENTS

ENVIRON. 

**Skin Care Consultation - required for new customers
(Redeemable against Environ products)** £15

Essential Treatments - 60-90mins

Youth Reset	£68
Moisture Boost	£68
Comfort Calm	£68
Radiance Reveal	£68

Cool Peels - 45-60mins

Youth Renew	£65
Moisture Boost	£65
Deep Cleansing	£65
Bright Recovery	£65
Blemish Control	£65
Vibrant C	£55

[comfort zone]

Recover Touch - 60mins	£50
Hydrmemory - 60mins	£50
Skin Resonance - 60mins	£50
Active Purenness - 60mins	£50



CACI Ultra Deluxe Facial – 75mins	
Single Session	£65
Course of 10	£550
CACI Signature Facial – 60mins	
Single Session	£55
Course of 10	£495
CACI Jowl Lift – 15mins	
Single Session	£25
Course	£225
CACI Eye Revive – 30mins	
Single Session	£30
Course	£25

EYE TREATMENTS

Eye Lash Tint	£15
Eyebrow Tint	£8
Eye Brow Shape	£12
Eye Lash & Eyebrow Tint and Eyebrow Shape	£32
LVL Lash Volume Lift	£48

HAND TREATMENTS

Manicure	£23
Deluxe Manicure	£35
Shellac Manicure	£26
Shellac Soak Off and Reapply	add £5
Shellac Soak Off and Mini Manicure	£15
<i>(Please note we will only soak off 'Shellac' as other brands require their own removal products.)</i>	
Shellac Rockstar Manicure	£28

FOOT TREATMENTS

Pedicure	£30
Treatment Pedicure	£35
Deluxe Pedicure	£40
Shellac - application only	£26
Shellac Pedicure	£33
Shellac Rockstar Pedicure	£35
Shellac Soak Off and Reapply	add £5
Shellac Soak Off and Mini Pedicure	£15

N.B: Please wear open toe shoes so you don't spoil your polish.

(Please note we will only soak off 'Shellac' as other brands require their own removal products.)

BODY TREATMENTS

Tranquility Ritual Treatment - 60mins	£55
Algae Mud Back Treatment - 60mins	£55
Back, Neck & Shoulder Massage - 30mins	£32
Full Body Massage - 60mins	£55
Hot Stone Back, Neck & Shoulder Massage - 45mins	£40
Hot Stone Full Body Massage - 75mins	£60
Indian Head Massage - 45mins	£35
Hopi Ear Candles - 30mins	£30
Indian Head Massage + Hopi Ear Candles - 60mins	£48
Indian Head Massage + Back, Neck & Shoulder Massage - 60mins	£48
Pro-Sleep Massage - 60mins	£55
Pregnancy Massage - 75mins	£65

WAXING

Half Leg (<i>lower</i>)	£18
Half Leg (<i>upper</i>)	£20
3/4 Leg	£20
Full Leg	£27
Full Leg & Bikini	£33
Bikini	£12
Extended Bikini	£14
Under Arm	£11
Lower Arm	£12
Full Arm	£16
Lip or Chin	£8
Lip & Chin	£13
Face Wax including lip & chin	£15

HOT WAX TREATMENTS

Extended Bikini Wax (<i>high bikini line</i>)	£16
Brazilian (<i>thin strip</i>)	£28
Hollywood (<i>all removed</i>)	£32

INTENSE PULSED LIGHT

Upper Lip	£35
Chin	£40
Upper Lip & Chin	£65
Neck Front	£45
Underarm	£75
Stomach (<i>centre line</i>)	£40
Forearms	£90
Bikini	£75
Extended Bikini	£95
Bikini and Underarms	£135
Upper Leg	£165
Lower Leg	£165
Full Leg	£275

MEN'S IPL

Face/Beard	£145
Neck Front	£45
Back	£240
Chest	£165

MEN'S TREATMENTS

Brow Tidy	£10
Mens Facial & Head Massage	£45
Back/Shoulder Wax	£22
Hot Stone Back, Neck & Shoulder Massage	£40
Indian Head Massage	£35
Indian Head Massage & Back Massage	£48
Hopi Ear Candles	£30

SPECIAL PACKAGES

Peace of Mind	£95
Holiday Countdown	£100
Sheer Indulgence	£135

GIFT VOUCHERS

Gift vouchers make the perfect gift for anyone, for any occasion, and can be purchased in the salon or over the phone.



WE KINDLY REQUEST THAT MOBILE PHONES BE SWITCHED TO SILENT IN RECEPTION AND DURING TREATMENTS.

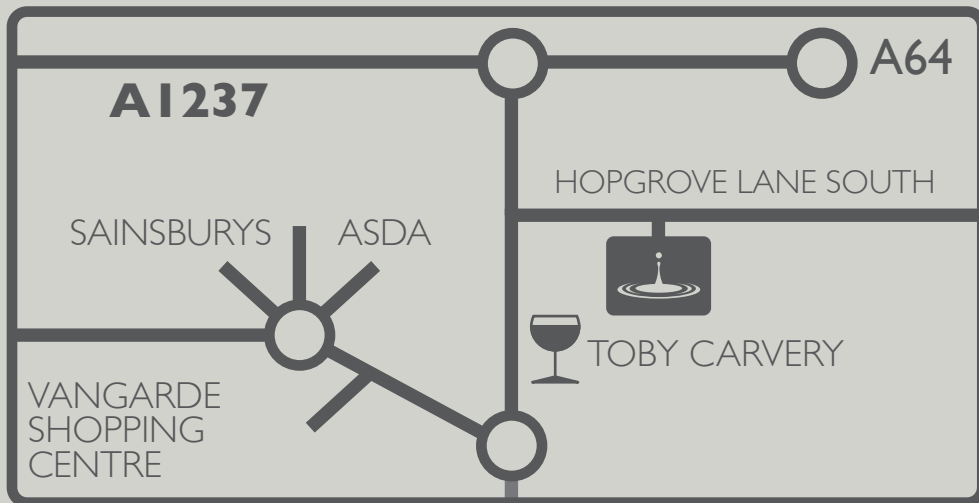


THE HAVEN

THE SMALL PRINT

If you arrive late you may lose some of your treatment time. Please don't leave us twiddling our thumbs by not turning up for your appointment - give 24 hours' notice of cancellation so we can accommodate other clients and you will avoid a 50% cancellation charge.

Please inform us prior to your treatment if you have a medical condition, known allergy or if you are pregnant. Late night appointments are available until 8pm; please enquire for more details.



26 HOPGROVE LANE SOUTH, YO32 9TG

To make an appointment please call:

01904 413331

Terms and conditions and our salon's Privacy Policy are available to view on our website.

www.thehavenbeautysalon.co.uk

The Haven York