



THE HAVEN

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 and friendly atmosphere.

YOU NEED TO KNOW THAT...

Only the best products are used at **THE HAVEN** which is why we use ENVIRON<sup>◆</sup> & [ **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 complexion.

# FACE TIME...



Environ® Skincare achieves outstanding results for people who are serious about skincare. 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 skin and will give you real results that you have never experienced before.

Environ® is a globally recognised and loved professional skincare brand that is built on science, beauty and care. 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 aging.

## ENVIRON® 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

An advanced facial to soften the appearance of fine lines, sun damage and sagging skin for a more youthful appearance.

### ESSENTIAL MOISTURE BOOST

Hyaluronic Acid reduces the appearance of fine lines caused by dehydration. Skin is plumped and intensely moisturised to achieve a revitalised, glowing skin.

### ESSENTIAL COMFORT CALM

Ideal for sensitive, irritated skin, leaving it feeling smooth with a healthy radiance.

### ESSENTIAL RADIANCE REVEAL

A targeted solution for sun damaged or pigmented skin, resulting in a brighter more even toned skin.

Environ® believe that skin has a life and that **vitamin A** is the 'oxygen' it needs to look beautiful and healthy for life. It is for this reason that they actively pursue skincare science to skilfully and consistently develop best-in-class, scientifically researched and developed products that work with skin.

Environ's® unique 'Step-up System™' helps skin become gradually more comfortable with increasing doses of vitamin A and other ingredients, thereby reducing the likelihood of a skin reaction.

Environ® skincare can only be purchased from trained and authorised Environ® skincare professionals following a consultation. We recommend a **consultation** before your first Environ® treatment to discuss your skin concerns. There is a **charge** for the consultation which will be deducted from your first treatment.

## 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.

### MOISTURE BOOST COOL PEEL

Gently buffs the skin's surface revealing a healthy looking glow. This gentle, yet effective treatment revitalises dry, tired-looking skin with no visible peeling.

### DEEP CLEANSING COOL PEEL

This gentle peel helps control the appearance of congested, breakout-prone skin. Visible improvement leaves the skin looking radiantly healthy and refreshed.

### BRIGHT RECOVERY COOL PEEL

Gentle lactic acid cool peel reduces the appearance of premature aging, fine lines and uneven toned skin complexion caused by sun damage.

### YOUTH RENEW COOL PEEL

Cool peel treatment reduces the appearance of premature aging, fine lines, sun damage and uneven pigmentation leaving skin looking refreshed and vibrantly youthful.

## BLEMISH CONTROL COOL PEEL

Powerful, cool peel therapy helps blemish-prone, distressed skin. Purifies and cleanses to help unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

## VIBRANT-C MICRO PEEL

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 facial treatment particularly recommended for dry, depleted skin.

## 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, couperose, fragile capillaries and rosecea.

## ACTIVE PURENESS

### Rebalancing & purifying treatment

A 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 20 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 is a relaxing and painless non-surgical facelift treatment that tones muscles, smooths away fine lines and helps to prevent sagging skin.

***"Think of CACI as a personal trainer session for the Skin"***

### CACI SIGNATURE FACIAL 60 mins (Ultra or Synergy machine)

This facial combines CACI signature muscle lifting techniques with micro-current technology for targeted facial contouring. This treatment will lift and tone your facial muscles and neck area whilst improving the skin's elasticity and reducing the appearance of fine lines and wrinkles.

### CACI SYNERGY LED ADVANCED FACIAL 90 mins

Synergy is CACI'S latest and most advanced system. It incorporates the dual action of **LED** pulsed light and micro-current energy delivered simultaneously. The flashing **LED** drives the light deeper into the skin to stimulate tissue regeneration and collagen production. This dual action technology has been clinically proven to deliver faster, longer lasting results. This facial combines our signature facial toning with the skin rejuvenation benefits of the Ultra anti-aging treatment but also introduces breakthrough **SPED technology** to enhance results. Micro-current impulses are combined with CACI's unique Wrinkle Comb to target fine lines and wrinkles.

### CACI HYDRATONE 20mins

This treatment is designed to deeply nourish, hydrate and firm the skin. It combines micro-current rollers which help to restore muscle tone and firmness with the addition of the hydro mask. This mask is infused with collagen, hyaluronic acid, and rosewater to deeply nourish and deliver a surge of moisture to the skin, which will soothe and calm any redness or irritation.

### CACI JOWL LIFT 20 mins

The CACI jowl lift treatment has been developed to specifically target muscle laxity around the jawline, which can cause drooping jowls and loose skin. This 20 minute treatment will lift and firm the muscles and redefine facial contours to give a firmer more toned appearance.

### CACI EYE REVIVE 30 mins

The CACI eye revive treatment uses micro-current to lift and firm the muscles around the eye area, whilst reducing the appearance of fine lines and wrinkles. This treatment uses serum filled micro-current rollers together with the soothing and calming eye revive mask to reduce puffiness and dark circles.

### ENVIRON + CACI SYNERGY POWER FACIAL

This innovative treatment combines the deep penetration of active vitamins from Environ's DF Machine and Environ products with SPED Microcurrent LED Technology for the ultimate anti-aging facial.

**A course of treatments is recommended to achieve the best results.**

*Please note: a consultation is required prior to your first treatment.*

### DERMALUX LED PHOTOTHERAPY

Dermalux LED is a non invasive treatment that uses clinically proven therapeutic light energy to trigger the skin's natural rejuvenation and repair processes. Dermalux uses unique combinations of clinically proven blue, red and near infrared wavelength to boost collagen production, increase hydration, calm redness and irritation and blitz blemish causing bacteria. Skin cells that are energised function better and can bring you up to 200% faster, accelerating regeneration and repair.

Dermalux can be added onto all of our facial treatments for a extra cost.

A treatment course offers cumulative benefits and can be targeted to specific skin concerns for the face and body.

*Please note: a consultation is required to create a bespoke treatment for each person*

## 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!

### HAVEN MANICURE

A maintenance manicure to help keep your nails in tiptop condition. Finished off with an application of polish of your choice.

### SHELLAC MANICURE

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.

### 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.

### HAVEN PEDICURE

This pedicure includes foot spa, hard skin removal, cuticle work and a foot massage. Nails can be left natural or have a polish applied.

### SHELLAC PEDICURE

This pedicure includes application of Shellac for a long lasting finish, ideal for holidays.

### 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 PEDICURE

A more intense treatment than our standard pedicure, 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.

### 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 BACK, NECK & SHOULDER 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.

### NEW AROMASOUL WARMING FACE AND BACK TREATMENT

A warming and revitalising treatment for the back, neck and shoulders, using a creamy aromatic scrub and therapeutic essential oils for a truly indulgent experience, finished off with a mini-facial to leave your skin with a healthy glow.

## 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.

### COOL WAX

The best all-round everyday wax. Used in almost all cases, cool wax is applied as usual and removed with a strip. Suitable for most skin types.

### HOT WAX

This specialist wax is sometimes used for coarser/stronger hair types. It is also suitable for sensitive skin.

**Please note:** A small additional charge is added for using this wax.

### PRE-WAX ADVICE

Please advise us if you are using any Vitamin A/Retinol, prescription Retinols or medication, such as 'Tretinoin'.

**Please note:** Avoid using any body lotions or deodorants on your skin 48 hours prior to your appointment.

### 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. IPL is ideally suited to dark hairs.

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 while some clients may require more.

## 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.

## PERMANENT COSMETIC TREATMENTS

### PERMANENT MAKE-UP

We offer permanent cosmetic make-up for lips & eyes. Permanent cosmetics create the effect of perfectly applied cosmetics without the need for daily application. Bespoke individual, specialist pigments are placed into the upper layers of the skin where they will fade gradually over time. Permanent cosmetics allow you to enhance your features without the daily need to apply make up. It is a waterproof, smudge proof, effortless way of looking your best 24/7.

**Please note:** We have a specialist practitioner that visits the salon by appointment only.

If you would like to discuss the benefits of permanent cosmetics, or have any queries or would like to book a complimentary consultation please contact **Carrie** directly on **0783 432 1047**.

# 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.

### 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.



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

## 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.

- Back, Neck & Shoulder Massage
- Deluxe Manicure
- 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

**Please note:** A patch test is required for an eyelash tint





P R I C E   L I S T

# FACIAL TREATMENTS



**Skin Care Consultation - required for new customers (Redeemable against Environ products or treatments) £20**

## ESSENTIAL TREATMENTS

Youth Reset	£75
Moisture Boost	£75
Comfort Calm	£75
Radiance Reveal	£75
Environ® + CACI Power Facial	£115

## ENVIRON COOL PEELS®

Youth Renew	£70
Moisture Boost	£70
Deep Cleansing	£70
Bright Recovery	£70
Blemish Control	£70
Vibrant C	£70



## Caci Synergy Treatments

Synergy LED Advanced Facial (90 mins)	£95
Synergy Signature Facial (60 mins)	£75
Synergy Eye Revive (30 mins)	£40
Synergy Jowl Lift (20 mins)	£38
Synergy Hydratone (20 mins)	£40

## Caci Ultra Treatments

Ultra Anti-ageing Facial (90 mins)	£80
Ultra Signature Facial (60 mins)	£63
Ultra Eye Revive (30 mins)	£35
Ultra Jowl Lift (20 mins)	£30
Ultra Hydratone (20 mins)	£32

**Please note: a course of 10-15 CACI treatments, depending on skin condition, is recommended initially before moving onto a monthly maintenance plan. Discounts are available on courses of 5 & 10 treatments. Please enquire or see our website for prices.**

## [ comfort zone ]

Recover Touch	£60
Hydramemory	£60
Skin Resonance	£60
Active Pureness	£60

## Dermalux LED

Individual Treatment (20 mins)	£35
Add onto any facial (20 mins)	£25

## EYE TREATMENTS

Eye Lash Tint	£20
Eyebrow Tint	£12
Eye Brow Shape	£18
Eye Lash & Eyebrow Tint with Eyebrow Shape	£45

## HAND TREATMENTS

Haven Manicure	£30
Shellac Manicure	£33
Deluxe Manicure	£40
Shellac Soak Off and Reapply	Add £10
Shellac Soak Off Mini Manicure (No Polish)	£22
Removal Kits are available to buy	Price on request

## FOOT TREATMENTS

Haven Pedicure	£40
Shellac Pedicure	£43
Treatment Pedicure	£48
Treatment Pedicure and Polish	£50
Deluxe Pedicure	£47
Shellac Soak Off and Reapply	add £10
Shellac Soak Off and Mini Pedicure (No Polish)	£22

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

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

## BODY TREATMENTS

Back, Neck & Shoulder Massage (30 mins)	£40
Full Body Massage (75 mins)	£70
Hot Stone Back, Neck & Shoulder Massage (45 mins)	£48
Indian Head Massage (45 mins)	£45
Hopi Ear Candles (30 mins)	£35
Indian Head Massage + Hopi Ear Candles (60 mins)	£55
Indian Head Massage + Back, Neck & Shoulder Massage (60 mins)	£60
Pregnancy Massage (75 mins)	£80
Aromasoul Warming Face & Back Treatment (75 mins)	£70

## WAXING

Half Leg ( <i>lower</i> )	£23
Half Leg ( <i>upper</i> )	£26
Half Leg ( <i>upper</i> ) & Bikini	£37
3/4 Leg	£25
Full Leg	£35
Full Leg & Bikini	£42
Bikini	£18
Extended Bikini	£20
Under Arm	£16
Lower Arm	£16
Full Arm	£23
Lip <b>or</b> Chin	£12
Lip & Chin	£16
Face Wax including Lip & Chin	£20

## HOT WAX TREATMENTS

Bikini Wax	£20
Extended Bikini Wax ( <i>high bikini line</i> )	£23

## 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

Back	£240
Chest	£165

## MEN'S TREATMENTS

Brow Tidy	£16
Mens Facial & Head Massage	£55
Back/Shoulder Wax	£30
Hot Stone Back, Neck & Shoulder Massage	£48
Indian Head Massage	£45
Indian Head Massage & Back Massage	£60
Hopi Ear Candles	£35

## SPECIAL PACKAGES

Peace of Mind	£135
Holiday Countdown	£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.

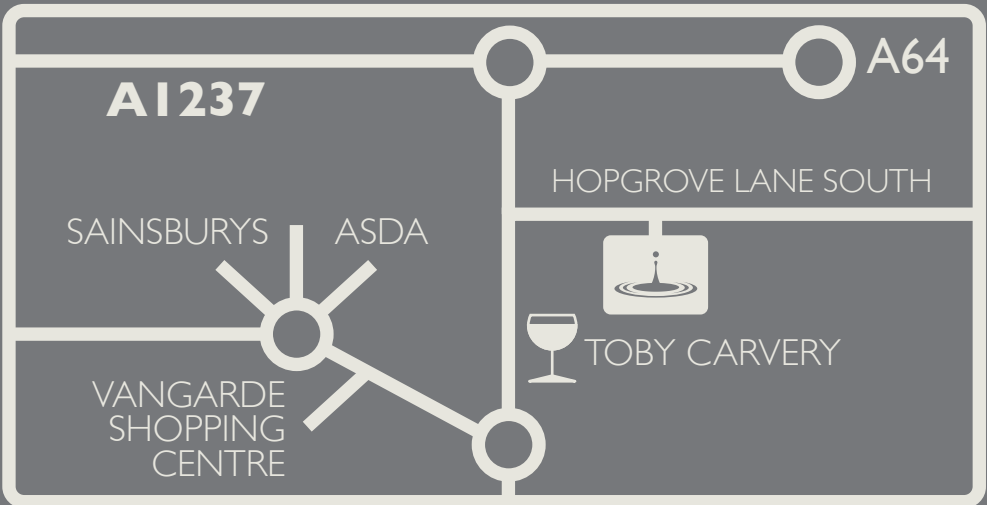


# THE HAVEN

## 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](http://www.thehavenbeautysalon.co.uk)



The Haven York