

Salon Etiquette

CANCELLATION POLICY

24 hours notice is required prior to cancellations. Failure to do so will incur a 50% charge. Late arrival will result in your treatment time being adjusted accordingly.

PAYMENT

Preferred method of payment is by cash. Credit and debit cards are accepted but will also incur an additional transaction charge of £1.50. Cheques are accepted with a valid guarantee card.

PACKAGES

All courses are to be paid for at time of booking and all packages booked will require a 50% non-refundable deposit at least 7 days prior to treatment.

GIFT VOUCHERS

Gift vouchers are available all year round whatever the occasion. In the event of a client being unsuitable for their requested treatment an alternative treatment will be offered.

Please tell your therapist if you are unwell, newly pregnant, taking prescribed medication or having any medical investigations. In some cases we may request your GP's consent before carrying out your treatment.

Ask your therapist about our customer loyalty scheme. Collect stamps per visit, buying gift cards for family and friends and recommending new clients.

The best advertisement for us is personal recommendation so if you are pleased with our services then please tell your friends. If you are dissatisfied with any of our treatments then please advise your therapist immediately.

Thank you

Susan Pope

PHOENIX THERAPY ROOMS

154 Moulsham Street, Chelmsford
Essex CM2 0LD

For more information or to book an appointment please call:

01245 348488

OPENING HOURS

Monday to Wednesday

Closed for NVQ Training

Thursday 9.00am – 9.00pm

Friday 9.00am – 5.00pm

Saturday 9.00am – 5.00pm

SUSAN POPE

Beauty and Holistic Therapist

GERALDINE UNDERWOOD

Beauty and Holistic Therapist

KAYLEIGH CORBY

Beauty Therapist

Email:

enquiries@phoenixtherapyrooms.co.uk

www.phoenixtherapyrooms.co.uk

**City &
Guilds**

QUALIFIED



INSURED

MONU
of Tessa Monaghan

rënu

robbiques



Phoenix

Therapy Rooms



Professional Beauty, Holistic and Massage Treatments

BY EXPERIENCED THERAPISTS

Welcome to Phoenix Therapy Rooms

Home to a variety of independent therapists, this beautiful 16th Century building with stunning oak beams and real character offers you an amazing experience for all your therapy needs.

Facial Treatments

Using *Susan Molyneux* skincare products which contain the purest plant extracts and essential oils. They are not tested on animals, non-comedogenic, no perfumes, no synthetic colours, no formaldehyde, no lanolin and safe for sensitive skin. All facials include a full consultation, skin analysis and personal skincare advice.

EXPRESS FACIAL £20

40 minutes

Cleanse, tone, exfoliate, mask and moisturise.

SPA FACIAL £22

45 minutes

Cleanse, tone, exfoliate, massage and moisturise.

AROMATHERAPY FACIAL £30

1 hour 15 minutes

A relaxing and beneficial treatment that is suitable for all skin types. Using the appropriate products, skin is cleansed, toned, exfoliated, aromatic hot towel treatment, aroma facial massage, mask, hand and arm or scalp massage, moisturise, eye and lip creams to finish.

PRESCRIPTIVE FACIAL £35

1 hour 25 minutes

A personalised and beneficial treatment. A selection of plant extracts are blended together to make a unique massage cream and mask for use in this soothing treatment. Because the cream and mask are specially blended every skin type and skin condition can be treated effectively.

ACTIVE COLLAGEN FACIAL £45

1 hour

This facial helps to reduce the signs of ageing using freeze dried collagen. After one treatment the skins ability to hold moisture is improved by 75%. After an intense course of treatments, wrinkle depth can be reduced by up to 40%. A course of six is recommended.

Renu

Susan Molyneux has combined over 20 years of experience of blending high quality, natural ingredients with the latest advances in skincare technology to produce *Renu*, a new anti-ageing range, specially designed to combat the 3 main types of ageing: Genetic, UV damage and Hormonal.

RENU LIFT EXPRESS FACIAL £28

45 minutes

Rejuvenating and luxurious, an ideal introduction to the *Renu* range.

RENU LIFT ANTI-AGEING FACIAL £50

1 hour 30 minutes

90 minutes of luxurious head to toe pampering. This treatment eases away your stresses and leaves you feeling rejuvenated.

Male Grooming

The *Vitru* Range skincare range from *Susan Molyneux* has been specially designed to work with the male skin, supporting its vital functions, enhancing its performance and helping to combat stress inflicted by everyday life.

VITRU EXPRESS FACIAL £25

30 minutes

Quick pick me up for the busy man, your skin will be nourished and refreshed, leaving it looking younger and healthier.

VITRU COMPLETE £40

1 hour

A luxurious and indulgent facial for the man who has more time to relax and unwind. Includes hot towel treatment and massage.

BACK MASSAGE WITH ANY FACIAL £15

Eye Treatments

Eye tinting and perming can enhance the eyes and can reduce or eliminate the need to wear mascara. All tints require a patch test 24-48 hours before first treatment.

Eyelash Tint £10

Eyebrow Tint £6

Eyebrow Shape (*Tweezer or Wax*) £8

Brow Tint and Shape £12

Lash/Brow Tint and Shape £18

Eyelash Perm £25

Waxing

We use the unique PHD disposable waxing system which is free from contamination and prevents cross infection from client to client. Hair should be ideally 1/2 inch long to get the best results.

1/2 Leg £14

3/4 Leg or Top Leg £16.50

Full Leg £23.50

1/2 Leg and Bikini Line £18.00

Underarm/Bikini Line £8.50

Thong Line £12

Lip or Chin £7.50

Full Leg and Bikini Line £26.50

Full Leg, Bikini Line and Underarm £31.50

Back Wax from £20

Hot Wax Treatments

Hot film wax is specially formulated to provide greater and improved adhesion for stubborn and dense hair growth. The wax used provides cooler and greater client comfort, reducing redness and stinging.

Lip £8.50

Underarm £10

Bikini Line £10

Thong/G-string Line £15

Brazilian Wax (*Landing Strip*) £25

Playboy Wax (*Triangle*) £25

Hollywood (*All Off*) £28

Manicures

Nailtiques Therapeutic Nail Treatments

Say goodbye to weak, bitten, split or dry brittle nails. With *Nailtiques* it is possible for "everyone to have beautiful natural nails within weeks". An individually prescribed formula will correct your specific nail problem and stimulate rapid healthy growth. With a course of treatments and regular homecare you can have the natural nails you've always wanted!

MANICURE

Nails are shaped, cuticles tidied, hand and arm massage and *Nailtiques* formula applied.

45 minutes £16.50

Varnish £20

LUXURY MANICURE

Includes all the above plus paraffin wax heat treatment and heated mitts to provide your hands and nails with extra nourishment, excellent for dry skin and nails.

1 hour £20

Nail Enamel - 1 hour 15 minutes £23

Pedicures

PEDICURE £24

1 hour 15 minutes

Feet are exfoliated, soaked, nail and cuticles tidied, foot and leg massage and varnish applied. Please remember to bring open toed shoes to avoid damaging your nail enamel.

LUXURY PEDICURE £27

1 hour 30 minutes

Includes all the above plus paraffin wax and headed booties.

SHAPE AND VARNISH ONLY £10

FRENCH PAINT EXTRA £2

Body and Holistic Treatments

SEAWEED DETOX BODY WRAP £50

2 hours

The ultimate body experience. Body is cleansed, toned, exfoliated, seaweed mask applied and a choice of moisturiser to finish. The seaweed mask wraps contain a unique blend of essential oils and deep sea extracts which helps the body detox tighten and help reduce cellulite.

ST TROPEZ TANNING £40

A safe and natural year round suntan including full body exfoliation and tan application.

BODY POLISH TREATMENT £25

Full body exfoliation and moisture, ideal treatment to receive before any fake tan application or holiday.

SWEDISH BODY MASSAGE

Totally relax with a therapeutic body massage. Massage will calm the mind, ease muscular aches and pains and improve circulation and lymphatic drainage to improve skin condition.

Full Body - 1 hour 30 minutes £35

Luxury Full Body - 1 hour 45 minutes £40

Includes facial and scalp massage.

Back, Neck and Shoulders - 30 minutes £20

A relaxing back massage including an aromatic hot towel compress to finish.

Foot and Leg - 20 minutes £12

ESSENTIAL OIL TOP TO TOE TREATMENT £50

A very relaxing and luxurious facial and body massage experience. Combing the aromatherapy facial with an aromatic body massage.

AROMATHERAPY MASSAGE

Quality essential oils are individually blended for your specific needs. Wonderfully relaxing pressure point massage treatment to aid many common ailments, including stress, headaches, muscular problems, depression, strengthening of the immune system and promotes general well being.

Full Body - 1 hour 15 minutes £38

Back, Face/Scalp - 40 minutes £28

INDIAN HEAD MASSAGE

£25

45 minutes

A relaxing treatment of the neck, shoulders, scalp and face to help with headaches, eyestrain, neck tension and lethargy. Can improve concentration and will rebalance and calm the mind and body. Treatment can be performed with or without essential oils.

HOT STONE MASSAGE

Stone massage involves the application of water heated basalt stones of various sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles allowing manipulation of a greater intensity than regular massage.

Full Body - 1 hour 30 minutes £55

Back and Décolleté - 1 hour £30

HOPI EAR CANDLING

Soothing treatment induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. An excellent treatment for sufferers of: earache, headaches, blocked sinuses, tinnitus, glue ear, swimmers ear, excessive wax and helps balance ear pressure prior to and after flying or diving. Treatment of both ears followed by pressure point and drainage massage to the face. A course of three treatments is recommended.

One Treatment - 45 minutes £25

Course of three booked together £65

THAI FOOT MASSAGE £25

1 hour

Thai foot massage is a relaxing massage of the lower legs and feet using the hands and a traditional Thai Massage stick, that stretches and opens the Sen (energy) lines, to stimulate the reflex points on the feet which correspond to internal organs of the body. Thai foot massage stimulates these points to promote general health and well-being.

LUXURY THAI FOOT MASSAGE £30

1 hour 15 minutes

Relax, refresh and totally unwind with my luxury Thai foot treatment. Feet are immersed in a warm foot spa cleansed and exfoliated. An hour's Thai foot and leg massage follows. To finish the treatment a foot mask is applied and a complimentary aromatic face and scalp massage is given to totally relax mind and soul.

PICK AND MIX £40

Pick any 3 treatments from the following:

(1a) Spa Facial or (1b) Express Facial; (2) Eyebrow Shape and Eyebrow Tint; (3) Eyelash Tint; (4) Shape and Varnish (fingers or toes); (5) Scalp Massage; (6) Hand and Arm Massage; (7) Foot and Leg Massage.

PICK AND MIX £50

Pick any 3 treatments from the following:

(1a) Spa Facial or (1b) Express Facial; (2) Eyebrow Shape/Tint and Lash Tint; (3) Back Massage; (4) Mini Manicure; (5) Mini Pedicure; (6) Taster Indian Head; (7) Taster Thai Foot Massage.

For more information or to book an appointment, please call:

01245 348488

www.phoenixtherapyrooms.co.uk