

# Welcome to the Phoenix First Steps Treatment Studio

The Phoenix **First Steps** Treatment Studio is an extension of the training at Phoenix Holistic, Beauty & Nail Training School. Therapists who have either completed all their training and some assessments or have completed all of their qualification and are keen to gain further experience, staff the studios.

Our intention is to create an environment where we can cater for your physical, emotional and spiritual well-being whilst being able to offer treatments to those clients who would not normally choose to try them. You can be assured that you will receive a caring treatment in a friendly relaxed environment. The times and availability of some treatment will vary according to the therapists working. This means some times throughout the year there may be some treatments that are unavailable. We apologise in advance for any disappointment this may cause.

Therapists will work for an average period of three months before progressing to employment or setting up their own business. When booking treatments at the Phoenix **First Steps** Treatment Studio it is accepted that the confidence and treatment timings of the therapist will vary depending on their stage of development and training.

As we cannot carry out the treatment without you, please inform us immediately if you are unable to keep your appointment so that we may allocate the time to another client. A cancellation fee equivalent to 50% of the treatment cost will be made in the event of missed appointments or those cancelled with less than 24 hours notice.

If you are unwell, newly pregnant or taking prescribed medication, please check with your therapist at time of booking.

Unfortunately we are unable to accept new male clients unless through personal recommendation from existing clients. We accept cash, credit or debit cards or cheques; however credit and debit cards used as payment for treatment will incur a small surcharge of approximately 2%.

A non-refundable deposit is required for all package bookings.

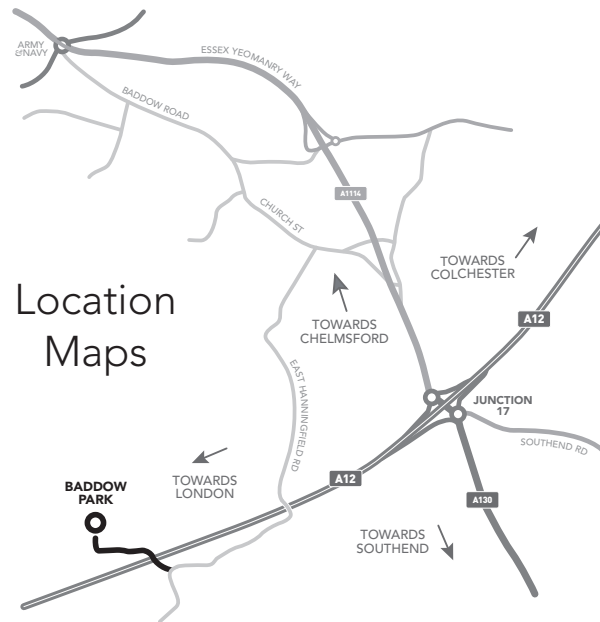
*Our greatest reward is your personal recommendation. If we can do more to please, we would like to know.*

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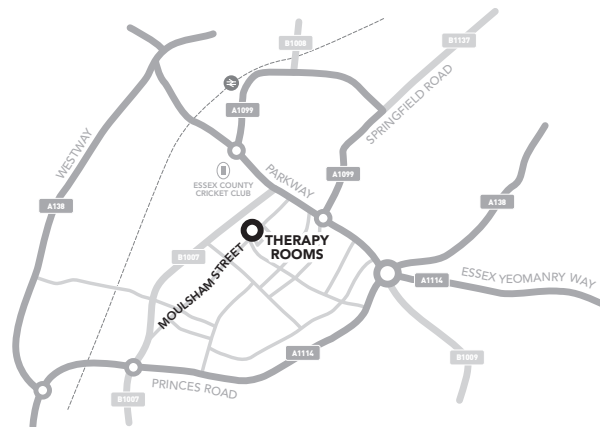
## GIFT VOUCHERS

Gift vouchers are available all year round. Whatever the occasion, it's a good reason to give a gift voucher. Please ask for more details.

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Location  
Maps



## Beauty Treatments

**FACIAL** £20.00  
75 minutes

Your face will be thoroughly cleansed, exfoliated and the tissues gently warmed with hot towels. An eyebrow tidy is included if required. A face, shoulder, neck and head massage using specialist blend of essential oils will relax, nourish and revitalise your skin. Whilst the hydrating mask nurtures the skin, a relaxing foot treatment will rejuvenate tired aching feet.

### TWEEZER SHAPE AND TINTS

Eyebrow shape (tweezered or waxed) £5.00  
Eyebrow tidy £3.00  
Eyebrow tint £2.00  
Eyelash tint £5.00

A patch test for tinting must be carried out at least 24 hours prior to treatment.

**EYELASH PERMING** £20.00  
60 minutes

If you regularly use eyelash curlers, save time and stress on your lashes by having them permanently curled.

**INDIVIDUAL LASH EXTENSIONS** £35.00

Lashes are made thicker and longer through the application of an individual synthetic eyelash directly to your own natural eyelash, with a specially formulated bonding agent.

You can shower, swim, spa and sleep problem free because they are waterproof and durable. You can enjoy having long, beautiful, thicker Eyelashes 24 hours a day, for weeks at a time without hassle, inconvenience or the need for mascara or curlers.

**WAXING**  
Full leg £15.00  
3/4 leg £12.50  
1/2 leg (upper or lower) £7.50  
Underarms, forearm or bikini line £5.00  
Eyebrow, upper lip or chin £3 – £5.00  
Men's back or chest £15.00

## Make-up

Mary Kay cosmetic products from America are used which are hypoallergenic, not tested on animals and are suitable for all skin types. These products are available to purchase.

**WEDDING DAY / SPECIAL OCCASION MAKE-UP** £15.00  
90 minutes

**LESSON IN MAKE-UP AND COLOUR APPLICATION** £15.00  
60 minutes

## Hands and Feet

### Nailtiques Therapeutic Nail Treatments

With *Nailtiques* it is possible for "everyone to have beautiful natural nails within weeks". Say goodbye to weak, split or dry brittle nails.

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! Excellent for restoring and maintaining nails after artificial nail removal.

Enamel is not recommended when nail condition is being improved during a course of treatments.

**MANICURE\*** £15.00  
90 minutes

With hot mitt treatment leaving nails rehydrated and skin beautifully soft. Hand and arm massage and prescribed therapeutic formula for your nail condition. Please state when booking if you require enamel, as extra time is needed.

**CLASSIC MANICURE** £10.00

Nail clip and shape, cuticle rehydration, mini massage and polish.

**PEDICURE\*** £15.00  
90 minutes

With hot mitt treatment leaving nails rehydrated and skin beautifully soft. Foot and leg massage and prescribed therapeutic formula for your nail condition. Please state when booking if you require enamel, as extra time is needed.

**CLASSIC PEDICURE** £10.00

Nail clip and shape, nail plate and skin exfoliated, cuticle and skin rehydration and polish.

*For foot treatments, it's best to wear trousers that can be comfortably rolled up over your knee, also remember to bring open toed shoes to avoid damaging your nail enamel.*

*\*Please bring your own polish or choose from our range a colour to take home for £3.00. French polish is available at an additional £2.00.*

## Body Treatments

### SWEDISH MASSAGE

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

**Full body** £25.00  
60 minutes

**Back, neck and shoulder** £15.00  
30 minutes

**Full leg and foot massage** £15.00  
20 minutes

### HOT STONE MASSAGE

One stroke of the smooth hot basalt stones is equivalent to four manual strokes. This wonderfully luxurious treatment totally rebalances mind and body.

**Full body** £25.00  
60 minutes

### INDIAN HEAD MASSAGE

Remain fully clothed for this relaxing treatment of the neck, shoulders, scalp and face to help with headaches, eyestrain, neck tension and lethargy. Can improve concentration will rebalance and calm the mind and body.

**Full treatment** (inc. oils to condition scalp and hair, if required) £15.00  
40 minutes

**THAI FOOT MASSAGE** £15.00  
90 minutes

A combination of meridian cleansing and acupressure points to the feet and hands. A truly grounding experience.

**REFLEXOLOGY** £20.00  
60 minutes

A combination of massage and gentle pressures are applied to specific points of the feet. A wonderfully relaxing treatment, which has been used to treat emotional and stress, related conditions.

**BODY POLISH** £15.00  
60 minutes

Full body exfoliation and invigorating aromatherapy moisturise.

**SPRAY TAN** £15.00

Safer than exposing skin to UVA/B rays, spray tanning gives a gorgeous bronzed tan that lasts for days, and makes you look and feel great!

**HOPi EAR CANDLING** £15.00  
45 minutes

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 or after flying or diving. Treatment of both ears followed by pressure point and drainage massage of the face. A course of three treatments is recommended.

## Nail Enhancements

**FULL SET ACRYLIC OR GEL ENHANCEMENTS** £20.00  
2 hours 30 minutes

**REBALANCE** (recommended every two weeks) £10.00  
90 minutes

**ENHANCEMENT REMOVAL** (including manicure) £15.00  
2 hours

**NAIL ART** *Per nail £1.00*

Applied to either natural or artificial nails; finger or toenails; all or individual nails.

**TWINKLE TOES** £20.00  
90 minutes

Coloured, non-chip gel option for fingernails and toes that will last for weeks and weeks. Suitable for natural nails, you can choose from natural looking French or stunning individual styles.

## Pamper Parties

Holding a pamper party at Phoenix Therapy Rooms is easy! All you need to do is turn up with your guests and we will do the rest.

### GLITTER & GLAMOUR

**Age: 7 upwards – Groups of: 6, 8, 9 or 10 – Cost: £20 each – Time: 2 hours**

Your daughter and her guests will enjoy receiving finger and toe nail polish with nail art, body glitter tattoos, make-up application and hair styling. The children love being at the salon as it makes them feel 'all grown up'.

### TOTAL TEENS

**Age: 13 upwards – Groups of: 6, 8, 10 or 12 – Cost: £20 each – Time: 2 hours**

Teenagers will be totally chilled after receiving a mini manicure, pedicure and facial.

### PAMPER PARADISE

**Age: 18 upwards – Groups of: 6, 8, 10 or 12 – Cost: £30 each – Time: 3 hours**

We all need to take more time out for ourselves and by holding a Pamper Paradise Party you will have the chance to relax with your friends/family whilst being pampered. It is also a perfect way to celebrate any occasion.

**All guests will receive a choice of 3 treatments:**

Spa manicure, spa pedicure, eyebrow shape – choose 2 treatments. Spa facial, back massage – choose 1 treatment