

## JUST FOR YOU

### HOT STONE THERAPY

The combined effects of heat and basalt stones provide an extremely relaxing massage to soothe tired aching muscles and stressed out bodies.

<b>Back of body</b>	<b>28.95</b>
<b>Full body including face and scalp</b>	<b>45.00</b>

### INDIAN HEAD MASSAGE

This ancient therapy can be highly effective in the treatment of stress, tension, headaches and insomnia.

<b>AROMATHERAPY</b>	<b>45.00</b>
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The ultimate massage – aromatherapy oils blended for your personal requirements are used to provide a luxurious, soothing and relaxing treatment for the body, face and scalp.

<b>HOPI EAR CANDLES</b>	<b>28.95</b>
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An ancient therapy which can help relieve sinus problems, congestion and headaches.

<b>THAI FOOT MASSAGE</b>	<b>29.95</b>
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Beginning with a foot soak and scrub this massage treatment which focuses on the feet and lower legs is both relaxing and invigorating, whilst helping to balance the body and encourage good health.

<b>REFLEXOLOGY</b>	<b>27.00</b>
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Please allow an extra 15 mins/£5.00 for the initial treatment.



## JUST TANNED

### Autobronze self-tanning treatment

Let us exfoliate and moisturise the skin before applying this rich self-tan cream.

<b>Full body 35.00</b>	<b>Half Body 24.50</b>	<b>Legs 18.00</b>
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## JUST FOR YOU

### MUMS TO BE

Gentle massage can help to alleviate aches and pains, relieve tension and improve sleep. Pamper yourself during this special time with a range of treatments suitable after the first trimester. Please note we will need a letter or email from your doctor or midwife to confirm you can be treated.

<b>Full body polish and massage</b>	<b>45.00</b>
<b>Full body massage</b>	<b>38.00</b>
<b>Back massage</b>	<b>25.00</b>

<b>JUST A NEW YOU</b>	<b>220.00</b>
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After an in depth consultation to discuss your requirements and drawing on our experience in the health, beauty and fitness world, your package will consist of a combination of treatments and therapies to help you feel and look amazing. Usually over a course lasting 6 to 8 weeks.

### THE AMETHYST TRUST

We are pleased to have trained with the Amethyst Trust so we are able to offer specialist treatment to those living with or through cancer. Please chat with us for more details.



## JUST VISITING

For advanced aesthetic treatments by Annie Benton ask for details or visit [www.abaestheticsltd.co.uk](http://www.abaestheticsltd.co.uk)

For permanent makeup with Sheena Devine please ask for details or visit [www.devinedefinitions.co.uk](http://www.devinedefinitions.co.uk)

**ALL TREATMENTS ARE AVAILABLE ON A BUY 9  
GET 1 FREE BASIS - ASK US FOR DETAILS**

Terms and conditions apply

## JUST FOR HIM

Gents need pampering too and here are some carefully selected choices from our range.

<b>JB Rejuvenating facial</b>	<b>42.50</b>
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A specialised facial using Janssen products aimed at relaxing and rejuvenating whilst combatting the effects of a busy lifestyle.

<b>JB Booster facial</b>	<b>26.50</b>
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Gives an immediate and refreshing boost to neglected complexions.

<b>Full back massage</b>	<b>25.00</b>
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Relaxes the muscles and eases tension.

<b>Neck and shoulder massage</b>	<b>17.95</b>
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This massage concentrates the work into the neck and shoulder area for those who find themselves prone to tension in the upper body.

<b>Gents Manicure</b>	<b>21.50</b>
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Nails cut and filed, cuticles tidied and then an exfoliation and massage give your hands a well groomed finish.

<b>Gents Pedicure</b>	<b>22.50</b>
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Toenails and cuticles tidied, rough skin removed and massage leaves the feet feeling refreshed and comfortable.

### Waxing

Waxing can help relieve problems such as itching, chafing and ingrowing hairs. We use a wax with a high content of tea-tree oil to provide a more comfortable treatment.

<b>Upper back</b>	<b>19.00</b>	<b>Chest</b>	<b>19.00</b>
<b>Full back</b>	<b>35.00</b>	<b>Eyebrows</b>	<b>8.85</b>

**We would appreciate a minimum of 24 hours notice if you need to cancel an appointment, otherwise a 50% charge may be made.**

**We politely request that mobile phones are either switched off or put on silent while in the salon.**



# JUST BEAUTY

it's what we do...

## PRICE LIST

NO. 1 NEW PARADE, CHURCH STREET  
CROMER, NORFOLK, NR27 9EP

Tel/Fax: 01263 515348

[www.justbeautycromer.co.uk](http://www.justbeautycromer.co.uk)

### HOURS OF BUSINESS

<b>Monday</b>	<b>9am – 5pm</b>
<b>Tuesday</b>	<b>9am – 6pm</b>
<b>Wednesday</b>	<b>10am – 7pm</b>
<b>Thursday</b>	<b>9am – 6pm</b>
<b>Friday</b>	<b>9am – 7pm</b>
<b>Saturday</b>	<b>9am – 3pm</b>

Proprietor: L. J. Hale  
BABTAC CIBTAC CIDESCO IJHM



FINALIST  
Regional Salon of the Year  
Midlands & North East  
2001/2005/2009



@justbeautycromer.co.uk

## JUST FACES

### Janssen rejuvenating facial 42.50

Wrinkles, dull skin, pigment spots . . . our latest facial includes an enzyme peel, eye treatment, massage and mask to help improve the signs of ageing. Using pharmacy grade, natural but powerful products, our treatment will leave your skin looking firmer, younger and more radiant.

### Tsuboki® facial 35.00

Often called the natural facelift, the Japanese facial incorporates acupressure point massage to bring about a radiant, youthful glow.

### Microdermabrasion

Thousands of tiny crystals are used to polish away the outermost layers of skin leaving a fresh healthy complexion. Great for ageing skin, fine lines, wrinkles and scarring.

**Deluxe facial 41.95**

**Express facial 23.50**

### Aromatherapy facial 26.50

Cleansing, exfoliation and massage together form a relaxing, luxurious facial.

### Non surgical face lift 41.00

This facial treatment uses micro current to help reduce lines and wrinkles and to help tone and lift the contours of the face and neck.

*Course of 10 recommended.*

### Revitalising facial 43.95

Incorporating freeze-dried collagen to minimise lines and wrinkles and improve the texture of all skin types, especially dry, dehydrated skins.

### Deep-cleansing facial 35.00

Using facial steaming to open the pores and thoroughly cleanse all skin types.

*Including eyelash tint 48.00*

### Cleanse and steam 17.75

### Hollywood Lashes\* 50.00

Natural looking eyelash extensions to give you longer, thicker looking eyelashes.

*Hollywood Lashes Maintenance 21.00*

### LashBomb Lashlift\* 35.00

Enhance your natural lashes with a lashlift. This treatment gives the illusion of length and volume with a lift and tint which lasts for 6–8 weeks.

## JUST FACES cont.

### JB Precision brow\* 29.95

Eyebrows are mapped and measured then brow lamination is carried out to perfect the eyebrows. A tint and shape finishes the treatment leaving you with fuller looking defined eyebrows to frame your eyes and flatter your face.

**Eyelash tint\* 15.00**

**Eyebrow tint\* 8.85**

**Eyelash tint and brow wax\* 21.10**

**Brow tint and tidy\* 17.50**

**Eyebrow trim 9.65**

**Special occasion makeup 29.95**

**Professional makeup lesson 34.95**

\* Patch test necessary



## JUST HANDS AND FEET

### Luxury manicure 24.50

All the benefits of a manicure plus a hand exfoliation and intense collagen treatment to soften and smooth even the most hard-working hands.

**Manicure 21.50**

**Luxury pedicure 25.00**

All the benefits of a regular pedicure but with the addition of our "Sixtus" range of footcare products plus nourishing collagen to leave you walking on air!

**Pedicure 22.50**

**Callus peel 15.00**

The gentle but effective answer to hard skin.

*Per area when added to your pedicure 5.00*

**File and tidy/varnish 9.00**

### BioSculpture Gel

**Nail extensions - for added length 38.00**

**Nail overlay - strengthens your own nail length 25.00**

**EvoGel gel polish - flexible support for natural nails with a long lasting glossy finish 23.50**

**Gel removal and nail tidy - please note we only remove our own gel application 14.00**

## JUST BODIES

### Toning & firming or soothing & relaxing . . .

We use pre-blended aromatherapy oils for our massage along with Swedish massage techniques. The massage can be gentle and soothing or deeper and firmer to suit your preference.

**Full body massage 38.00**

**Back massage 25.00**

**Neck and shoulder massage 17.95**

**Seated massage 17.95**

On our comfortable specially designed chair this massage can be with or without oil.

**Lime and walnut wrap 35.00**

Energise, uplift and detoxify with this luxurious treatment. We massage you with warmed lime infused oil followed by our body polish containing crushed walnuts and shea butter. Once cocooned in the wrap a soothing face and scalp massage follows before the scrub is removed and a nourishing body cream finishes the treatment.

**Exfoliating body scrub 28.50**

**Body boosting detox wrap 48.00**

Targeting the appearance of unwanted cellulite, this treatment actively aids inch loss and stimulates the skin to improve tone and texture for a noticeably firmer look. We recommend a course of 3 for a longer lasting effect (along with a healthy diet and exercise regime) although a one off treatment will help you look and feel your best before a holiday or special occasion.

**Vibro-gyratory massage 19.95**

Also known as G5. A mechanical vibratory massage treatment which can help with spot reduction in stubborn areas, this machine can also provide a deep massage!

*Course recommended.*

**Faradic muscle toning 28.00**

More widely known as "Slendertone" this machine helps to tighten and tone muscle tissue.

*Course recommended.*

## JUST HAIR REMOVAL

We use a warm creme wax containing a high content of tea tree oil followed by the application of tea tree aftercare lotion to soothe and calm the skin.

**Full leg including bikini line 38.00**

**Ankle to knee 19.50**

**Ankle to knee plus bikini line or underarm 28.95**

**Underarm 9.65**

**Bikini line 9.65**

**Brazilian 26.50**

**Hollywood 28.95**

**Forearm 9.65**

**Lip 8.85**

**Lip and chin 9.65**

**Eyebrow 8.85**

**Lip and brow 17.75**

## ELECTROLYSIS

Still the only method of permanent hair removal on the market today, we use pre-sterilised disposable needles and short wave diathermy to effectively treat superfluous hair..

**15 minutes 14.95**

**30 minutes 26.50**

### Thread vein removal (advanced electrolysis)

A highly specialised treatment using a fine needle combined with a heat current to gently and safely cauterise thread veins, "blood spots" and skin tags.

*Consultation necessary, treatment per session from 35.00*

## EPIL PRO

The latest in non-invasive (needle-free) hair reduction. We use sound waves to weaken and slow the hair growth – more comfortable, no after effects, no risks!

*Consultation necessary, treatment per session from 9.95*



**EAR-PIERCING 18.00**

Includes 9ct gold-plated studs.