

# BEAUTY CULTURE

Est. 1994

Beauty Therapist - Alison Bird ihbc

Member of the Federation of Holistic Therapists

Church road, Crowborough, East Sussex TN6 1BN  
(adjoining Crowborough Tennis and Squash Club Ltd)  
Telephone no. 01892 669830 EMAIL:- [alisonp.b@tiscali.co.uk](mailto:alisonp.b@tiscali.co.uk)

## FOR YOUR FACE

### PRIADARA SKINCARE RANGE -

cleanse tone, exfoliate,  
mask and moisture.

#### **BASIC FACIAL -**

Leaves the skin refreshed and revitalised - £26.00

#### **RELAXING FACIAL -**

A luxury treatment which includes a de-stressing massage of the face, neck and shoulders.  
£32.00

#### **REGULATING FACIAL -**

Perfect for an oily/blemished skin - blockages are softened and skin feels smoother  
£30.00

#### **REGENERATING FACIAL - \***

beneficial for dry or mature skin - the skin is given a moisture boost and will feel re-hydrated and softer.  
£37.00

#### **VISIO-VISAGE FACIAL - \***

Beneficial to improve the delicate tissues around the eyes - includes an eye drainage massage and an intensive mask to reduce dark circles, puffiness and fine lines.  
£42.00

\* includes concentrated ampoules and a de-stressing massage of the face, neck and shoulders.

## FOR YOUR HANDS AND FEET

#### **BASIC MANICURE -**

Nails and cuticles tidied/hands massaged - £17.00 (with polish £20.00)

#### **LUXURY MANICURE -**

As above plus exfoliation/mask and heated mittens -  
£24.00 (with polish £27.00)

#### **MINI- MANICURE -**

Nails tidied and hands massaged - £11.00 (with polish £14.00)

#### **BASIC PEDICURE -**

Exfoliation, nails and cuticles tidied/feet massaged -  
£20.00 (with polish £23.00)

#### **LUXURY PEDICURE -**

As above plus mask and heated booties - £27.00 (with polish £30.00)

#### **MINI-PEDICURE -**

Nails tidied and feet massaged - £14.00 (with polish £17.00)

**N.B. PLEASE BRING OPEN TOED SHOES WITH YOU TO ALLOW**

## **POLISH TO DRY**

### **FOR YOUR EYES**

The overall appearance of the face is enhanced by tinting eyebrows and eyelashes - ideal for holidays and special occasions

|                       |         |
|-----------------------|---------|
| Eyelash tint          | £13.00  |
| Eyebrow tint          | £9.00   |
| Lash and brow tint    | £19.00  |
| Eyebrow shape or tidy | £9.00 * |

**skin allergy test required at least 48 hours before initial tinting.**

\* only £6.00 when carried out with a facial

### **INTENSIVE EYE TREATMENT**

An eye drainage massage followed by an intensive mask to improve dark circles, puffiness and fine lines.

£15.00

### **FOR YOUR BODY**

Massage promotes relaxation and a feeling of 'well-being' to both mind and body.

|                           |        |
|---------------------------|--------|
| Full body massage         | £33.00 |
| Back and shoulder massage | £18.00 |

|   |        |
|---|--------|
| G5 gyratory massage<br>(course of six treatments £90) | £18.00 |
|---|--------|

An electrotherapy treatment which gives a deeper massage on any Area of the body especially on the hip/thigh area to aid dispersal Of cellulite.

### **WAXING**

A quick and effective way of removing unwanted hairs

|                          |        |
|--------------------------|--------|
| Half leg                 | £16.00 |
| Three quarter leg        | £19.00 |
| Full leg                 | £25.00 |
| Bikini line              | £9.00* |
| Underarm                 | £9.00* |
| Full leg and bikini line | £30.00 |
| Lip or chin              | £9.00* |
| Brow wax                 | £9.00* |

\* only £6.00 when carried out with a leg wax.

## **ELECTROLYSIS**

The permanent removal of unwanted hair from the face and body.

A free confidential consultation if carried out before initial treatment.

|         |        |               |        |
|---------|--------|---------------|--------|
| 10 mins | £11.00 | course of six | £55.00 |
| 20 mins | £14.00 | course of six | £70.00 |
| 30 mins | £16.00 | course of six | £80.00 |

## **HOLISTIC TREATMENTS**

### **A 'NATURAL LIFT' FACIAL MASSAGE -**

this fantastic very relaxing facial massage involves a sequence of massage techniques which act as a natural facelift with no need for surgery helping you to look and feel younger.

£30.00

Course of four treatments -  
(initially weekly treatments are recommended)

£90.00

### **INDIAN HEAD MASSAGE -**

an extremely effective therapy that relaxes the whole body - includes massage to the upper back, shoulders, upper arms, neck, face and scalp.

Performed sitting in an upright position.

£24.00

Course of four treatments -

£72.00

# **BEAUTY CULTURE 'GIFT VOUCHERS' ARE AVAILABLE FOR ALL TREATMENTS OR A VALUE OF YOUR CHOICE - THE IDEAL PRESENT**

## **PRODUCTS**

All products used in facial, hand and feet treatments are available for retail at beauty culture

10% discount is given on all treatments if you are a member of the crowborough tennis and squash club

**Opening hours - Monday - Friday 9am - 5pm  
Saturday 9am - 1pm (Evening appointments available)**

**Large car parking facilities of the tennis & squash club available to beauty culture clients**

## **CANCELLATIONS**

Please give at least 24 hours notice if you are unable to keep an appointment otherwise a fee will be incurred.