



harmony  
BEAUTY THERAPY



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[harmonybeautytherapy.co.uk](http://harmonybeautytherapy.co.uk)

BEAUTY IS WELL BEING,  
A NATURAL VITALITY,  
BALANCE, A RADIANCE  
THAT SHINES FROM THE  
INSIDE OUT.



## INTRODUCTION

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Hi Everyone. My name is Shweta Kapur and I'm the Director and Head Therapist at Harmony Beauty Therapy. It's my pleasure to take this opportunity to give you a little taster of what we can offer you.

Harmony was established in 2004 and has gained a reputation as the most successful and progressive beauty salon in the area, with a loyal client base who appreciate quality treatments and a personal service. Our salon was the first in the area to introduce the best in non-surgical treatments like CACI, Endermologie, Microdermabrasion and Facial Thread Veins. We provide essential grooming for men and women and specialise in Brazilian, Playboy and Hollywood Waxing. Try our specialist Threading for eyebrows for that instant face lift!

We will be happy to discuss your individual needs. So you can relax knowing you are in expert hands.



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### CACI CLASSIC

The non-surgical facial toning system gently helps tighten and tone sagging muscles while smoothing the appearance of fine lines and wrinkles. The dual tipped probes increase the effect on the muscles producing immediate dramatic results.

50 mins £55.00

Course of ten recommended with monthly maintenance thereafter.

### CACI ULTRA

A combination of CACI Classic, Microcurrent, laser and ultra sound in one state-of-the-art skin regeneration system. Effectively and painlessly tackles harsh face and body imperfections.

1hr 15 mins £70.00

Course of ten recommended with monthly maintenance thereafter.

### CACI ULTIMATE

As the name suggests The CACI Ultimate really is the Ultimate aesthetic treatment system.

As the very first treatment system to combine; Microcurrent, Facial Toning Crystal Free orbital Microdermabrasion and, LED Light Therapy, Photo Stimulation, the CACI Ultimate is truly the most versatile treatment system available.

80 mins £95.00

### CACI HYDRATONE

Combines active micro-current with a unique electrically conductive gel mask. This has been infused with powerful hydrating properties (collagen, hyaluronic acid, Vitamin C, Vitamin E) so that the whole face is bathed with a rejuvenating energy. The treatment works spectacularly when combined with the CACI classic and Ultra non-surgical lifting techniques.

25 mins £25.00

### CACI JOWL LIFT

This treatment helps to improve the appearance of sagging jowls by using the Quad Probes which have been specifically developed to target the muscles around the jaw line.

25 mins £35.00

### LIP PLUMP/PERFECT POUT!

Get those lips looking juicy and luscious! Using the CACI award winning Amino Lift Peptide Complex and electrical stimulation with red LED light therapy to immediately plump the lips.

10 mins £15.00

### CACI EYE TREATMENT

Specifically designed for the eye area, eradicating fine lines, puffiness and dark circles for that wide eyed look.

30 mins £35.00

Course of ten recommended with monthly maintenance thereafter.

### CACI MICRODERMABRASION

A revolutionary, non-invasive skin resurfacing and rehydration treatment to improve any skin conditions from acne to ageing.

This procedure can also help treat stretch marks, unwanted pigmentation and scarring on the face and body.

45 mins £55.00

Course of six recommended with monthly maintenance thereafter.



## DERMALOGICA® SKIN TREATMENT

75 mins £66.00

As Dermalogica professionals, we may choose from the following Dermalogica segmented lines to create the ultimate skin result:

**AGE Smart®** Are the signs of ageing more prevalent on your skin? AGE Smart® will give it a revitalising power boost to firm, smooth, nourish, regenerate and energise, while controlling the biochemical triggers that lead to skin ageing.

**UltraCalming™** The Dermalogica UltraCalming™ products are serious relief for sensitised skin that calms, soothes and replenishes the most aggravated, irritated, inflamed skin.

**MediBac Clearing®** It's the end of the line for adult acne with this powerful line of products that will jump-start acne clearing and help prevent acne well beyond the treatment.

**Power Bright** Accelerate skin brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment.

**Dermalogica Touch Therapies** Customise your Dermalogica Skin Treatment with your choice of Touch Therapy.

- Customised face massage
- Stress relief back
- Stress relief scalp
- Stress relief neck & shoulder massage
- Stress relief feet

15 mins £15.00

## CLEAR START TEEN FACIAL

This is a customised facial using Dermalogica's Clear Start Range which includes double cleanse, steam, full skin analysis, exfoliation, extractions and a customised masque. Let our expert therapist work her magic and you will leave with a clean start!

45 mins £46.00

## FACE MAPPING® SKIN ANALYSIS

Our Face Mapping® skin analysis takes all the guesswork out of getting results. Your Dermalogica Skin Therapist will diagnose your skin's concerns and prescribe a no-nonsense home care and treatment regimen to deliver your optimum skin health in your 14 unique zones. A professional consultation that reveals your skin's past, present and healthiest future.

10 mins free

## MICROZONE®

Want a professional skin treatment but short on time? We'll address your top skin concern, hands-on, with our exclusive Dermalogica MicroZone® treatments - the quick fix for troubled skin. After consultation and Face Mapping® skin analysis we will determine your skin's most pertinent skin needs and focus on key stages of treatment to get you maximum results in a minimum of time.

30 mins £40.00

## PURIFYING BACK FACIAL

Perfect for men and women, this treatment focuses on deeply purifying the skin on the back while relaxing stressed muscles.

60 mins £55.00



# endermologie®

**RELEASE FAT  
AND FIRM  
WHEREVER  
YOU WANT!**

**LPG**



## ENDERMOLIFT FACE\*

Endermolift™ is a non-aggressive and effective anti-ageing cellular stimulation. LPG has developed a 100% natural, anti-ageing ENDERMOLIFT technique for men and women of all ages. This technique replenishes the skin and diminishes the signs of ageing, leaving your face looking radiant and rejuvenated.

It is the only technique in the world capable of stimulating the natural production of hyaluronic acid by an increase of +80% without the use of injectable sources.

60 mins £75.00

**Detox Treatment** Stimulates toxin elimination by re-oxygenating the skin for a unified and radiant complexion.

**Glow Treatment** Gently exfoliates, restarts microcirculation for a unified complexion and extra skin luminosity.

**Total Eye Treatment** Reduces the appearance of dark circles and puffs, fills in eye contour wrinkles and opens up the eyelids for a wide awake look.

**Anti-Ageing Replumping Treatment** Harmonises facial volumes, restores skin density and fills the lines and wrinkles from within.

**Anti-Ageing Firming Treatment** Restores skin suppleness and elasticity thanks to its firming action for a true lifting effect.

**Decollete & Bust Treatment** Redensifies tissues in depth, fills wrinkles and firms the skin for a re-densified and smoothed décolleté.

**Anti-Ageing Resculpting Treatment** Resculpts the face and double chin and firms the skin for redefined facial contours.

## NEW LPG® PEELING

The New Endermolift technology and the LPG Peeling Technology combine to achieve unique results. The treatment is a youth activator that revives face and neck cellular regeneration for a "new skin" effect. An exclusive combination of Endermolift treatment with superficial chemical exfoliation that optimises cellular regeneration and skin radiance.

60 mins £95.00

## ENDERMOLOGIE BODY\*

The first FDA approved and clinically proven method for reducing the appearance of cellulite, reshaping body contours and improving overall skin fitness. Endermologie achieves results through a mechanical massage of the connective tissue. Results are evident from the very first treatment but for optimum results a course is recommended.

Endermologie is the ultimate solution for:

- Slimming
- Cellulite
- Toning
- Loose Skin
- Water Retention
- Muscle Stiffness
- Back Pain
- Post pregnancy Body Re-shaping

35 mins £65.00

## NEW EXPRESS TREATMENTS

Targeted treatments for the area of your choice with a quick and highly effective treatment. (Ask your LPG® Expert For details)

25 mins £35.00

*\*Exclusive package prices available upon request. Ask your LPG expert for more info.*



## LIPOFIRM PLUS FACE

Lipofirm Plus, a new non invasive skin tightening treatment using the latest radio-frequency technology.

- Skin Tightening
- Wrinkle & Fine Line Reduction

A course of 8 treatments is recommended every 7-10 days and results are visible after the first treatment. Time: 30 mins

Individual treatment	£65.00
Course of 8 treatments	£480.00



## INCH LOSS

### UNIVERSAL CONTOUR WRAP

In just two hours guaranteed inch loss of 6" on first treatment in addition to skin firming benefits. Recommended as a course of treatments every 7 to 10 days, potentially dropping a dress size!

Universal contour wrap doesn't just deliver exceptional inch loss, the unique clay formula tightens and tones while exfoliating and cleansing the skin so you can look great and feel fabulous after just one treatment.

Single wrap	£72.00
Course of 3 wraps	£165.00

## LIPOFIRM PLUS BODY

A new non invasive inch loss, cellulite reduction and skin tightening treatment. Ultrasound combined with Radiofrequency technology is a skin tightening procedure solution for local fat deposit reduction which is producing fantastic results. After just one session, your skin is firmer.

- Fat and Cellulite Reduction
- Skin Tightening
- Instantly and permanently removes fat cells

Individual treatment: 60 mins	£125.00
Course of 8 treatments	£800.00

## V-BEAUTY\*

Say goodbye to facial thread veins, skin tags, vascular blemishes and cherry spots instantly. Unlike laser, IPL or electrolysis, V-Beauty uses a high frequency micro-wave which can be applied to any skin colour with no risk of burns or pigmentation. Treats up to 40-50 cm of thread vein in 15mins.

Initial consultation and first treatment. This price includes 1st follow-up treatment.

## FACIAL THREAD VEINS

Initial consultation and first treatment	£150.00
Follow up	£50.00

## SKIN TAGS VASCULAR BLEMISHES

Price on consultation	
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## IPL LASER HAIR REMOVAL

Remove unwanted hair from any part of your face or body. To achieve long lasting or permanent hair reduction, we destroy the hair follicle from which individual hairs grow. We recommend 6 treatments every 6-8 weeks to achieve best results.

### FACE

Upper Lip	£60.00
Chin	£65.00
Upper lip & chin	£115.00
Beard	£110.00
Beard & front neck	£144.00
Cheeks	£59.00
Side burns	£65.00
Glabella	£55.00
Neck front or back	£69.00
Full neck	£110.00
Full face	£149.00

### UPPER BODY

Chest	£170.00
Abdomen	£164.00
Breast	£110.00
Nipples	£55.00
Back	£179.00
Half back	£125.00
Back & shoulders	£220.00
Shoulders	£139.00
Full arms	£179.00
Under arms	£79.00
Upper or lower arms	£95.00
Hands & fingers	£55.00

## LOWER BODY

Bikini standard	£85.00
Bikini thong	£99.00
Extended bikini	£149.00
Full clearance	£169.00
Buttocks	£131.00
Full legs	£240.00
Upper legs	£189.00
Lower leg	£179.00
Back of thighs	£140.00
Feet & toes	£55.00

## REJUVENATION OF SUN DAMAGED SKIN

Our skin ages due to excessive sun exposure and decreased production of collagen. Skin rejuvenation treatment with Ellipse helps you look younger and fresher.

Uneven pigmentation is also reduced. Many women report that it becomes easier to apply make-up. Facial treatments are most popular, but all parts of the body can be treated.

Hands	£99.00
Full face treatment & neck	£175.00
Face, neck & décolleté	£250.00

Consultation and patch test are important and mandatory in order to offer the most appropriate advice and determine suitability of IPL treatments for clients.

Consultation free	30 mins
Patch test 15 mins*	£25.00

\*Redeemable against first treatment

\*Only available with selected therapist.



### JESSICA MANICURE

Includes hand massage, cuticle care, nail shape and finished with Jessica's polish.

45 mins	£29.00
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Add £3 for French Polish.

### JESSICA LUXURY MANICURE

Includes Jessica Manicure with LEREMEDI hand treatment. The best manicure in town.

1hr 15 mins	£39.00
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### LEREMEDI

A facial for your hands! Cleansing, exfoliating, conditioning and moisturising for your deserving hands.

30 mins	£23.00
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### ZEN SPA PEDICURE

Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's polish.

50 mins	£40.00
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### ZEN SPA LUXURY PEDICURE

Indulge yourself with this relaxing treatment where the feet are thoroughly pampered. Feel the tension releasing with our unique exfoliation and a customised mask.

1hr 15 mins	£48.00
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### GELERATION GEL BY JESSICA

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

### GELERATION GEL OVERLAY MANICURE

Includes Jessica Manicure with Jessica's Gel Polish.

45 mins	£39.00
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### ZENSPA PEDICURE WITH GELERATION

Zenspa Pedicure with Jessica Gel Polish.

60 mins	£45.00
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### SOAK OFF WITH MINI MANI/PEDI

Existing gels are removed with nails filed and cuticle tidy.

45 mins	£25.00
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### EXISTING GEL REMOVAL

(PRIOR TO A GELERATION MANICURE OR PEDICURE)

If a client has existing gels to be removed, we would advise an extra 15 minutes on the above treatment times with an additional charge of £4.

### FILE AND POLISH

With Geleration gel polish.

30 mins	£27.00
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### FILE AND POLISH

With Jessica custom colour.

Fingers or toes: 15 minutes	£15.00
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Please bring or wear open toe shoes or flip flops for after your pedicure.



## BROW BY MII, DEFINED BY YOU\*

For the perfect set of brows to beautifully frame your face, this bespoke eyebrow treatment begins with an in depth consultation, followed by tinting, waxing, shaping and finishing.

Whether your eyebrows are in need of nurturing, refining or just a little TLC, Brow by Mii is the perfect treatment for you. Results will last 4-6 weeks.

Patch test required before treatment.

25mins	£25.00
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## MAKE UP

### Mii MAKE UP

Our beautiful Mineral based range... Finally a Make up that is good for your skin! Prepare to be amazed by a truly gorgeous range of quality products suitable for everyone, no matter their skin type or how natural/dramatic a look they require.

Bridal make up & trial	£105.00
Prom & evening out make-up	£35.00
Make-up lesson	£35.00



## EYEBROW WAX OR TWEEZE

15 mins	£10.00
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## EYELASH TINT\*

15 mins	£17.00
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## EYEBROW TINT\*

15 mins	£12.00
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## EYEBROW, EYELASH TINT & WAX\*

30 mins	£35.00
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## LVL ENHANCE EYELASH CURL UP & TINT\*

The treatment achieves a lift and shape effect rather than an unnatural curl and dramatically opens up the eyes giving the appearance of longer and thicker eyelashes.

60 mins	£47.00
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## i~LASH EYELASH EXTENSIONS\*

Semi-permanent eyelash extensions are a great way to enhance your eyes for a special occasion or for everyday added beauty. The lashes creates stunning effect without the need for mascara! Top ups are required to keep a perfect full set, the extension will fall away with the shed lashes therefore making maintenance an unavoidable necessity.

90 mins	£70.00
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30 mins top-up	£30.00
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\*Patch test required 24 hours in advance.

## SPRAY TANNING

The safest and easiest way to achieve an all over tan, all year round. Spray tanning is the choice for beauty professionals and celebrities worldwide. The results give the most natural looking tan possible from a bottle. No orange!

Full body application	£28.00
Course of 3	£66.00
Course of 5	£99.00
Legs only	£20.00

Visit our website for FAQ on tanning  
[www.harmonybeautytherapy.co.uk](http://www.harmonybeautytherapy.co.uk)



## HARMONY BACK MASSAGE

To release that every day tension in neck, back and shoulders.

- Energising
- Relaxing
- De-stressing

30 mins	£36.00
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## HARMONY FULL BODY MASSAGE

Soothing and harmonizing Swedish massage.

60 mins	£55.00
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## DEEP TISSUE\*

Back, neck & shoulder massage to release deep muscle ache and stiffness.

30 mins	£42.00
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## INDIAN HEAD MASSAGE

45 mins	£40.00
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## LAVA SHELL MASSAGE\*

The uniqueness of Lava Shell Massage is its power of warmth and touch. There is a receptive awareness between the giver and receiver, creating an exclusive experience mixing warmth and relaxation, while staying true to nature's simplistic beauty.

Full Body 55 mins	£55.00
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Full Body & Face 85 mins	£75.00
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Back Massage 25 mins	£38.00
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Face 25 mins	£38.00
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\*Only available with selected therapist.



### THREADING\*

Threading is an art form, creating clean lines with precision while refining the appearance of the face. Threading is the solution for those looking for a natural and beneficial technique of hair removal. Threading is great for eyebrows, top lip, chin and other facial hair. Time: 15 minutes.

Eyebrows	£12.00
Top lip	£10.00
Top lip & chin	£15.00
Sides of face & neck	£15.00
Full Face excluding eyebrows	£20.00

### ELECTROLYSIS\*

Hair Removal with blend and shortwave methods.

15 mins treatment	£17.00
30 mins treatment	£28.00
6 x 15 mins course treatment	£85.00
6 x 30 mins course treatment	£140.00

### MEN'S WAXING TREATMENTS

Chest & stomach	£30.00
Back & shoulders	£30.00
Eyebrow wax or tweeze	£10.00

### WAXING

Half Leg 20 mins	£19.00
Half leg, bikini & underarms 30 mins	£37.00
Upper Legs 30 mins	£23.00
Upper legs, bikini & underarms 45 mins	£42.00
Full legs 45 mins	£27.00
Full legs, bikini & underarms 60 mins	£46.00
Underarm 15 mins	£12.00
Bikini Line 15 mins	£13.00
Thong Bikini 20 mins	£18.00
Brazilian/Playboy/Hollywood 30 mins	£33.00
Top lip 15 mins	£9.00
Chin 15 mins	£9.00
Top lip and chin 20 mins	£15.00
Forearm 20 mins	£16.00
Full arm 30 mins	£20.00

*\*Only available with selected therapist.*

INSPIRED BY  
AYURVEDA,  
FUSED WITH  
WESTERN  
BEAUTY  
PRACTICE.



SUNDĀRI



### AKARSHAN – FULL BODY POLISH

Discover the anti aging properties of Gotu Kola, a native Indian plant. An age fighting botanical which stimulates fibroblastic activity to firm and lift skin. The treatments incorporate a tightening exfoliation of Rose Hip and Walnut Shell and a firming layer of Gotu Kola and Kukui Nut Lotion.

40 mins £40.00

### ABHYANGA MASSAGE

Profound relaxation for the overstressed using Abhyanga, or literally, "oil massage." This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow of "prana", the life force that stimulates your body's vital energy. As your nerves are soothed, you drift into a deep state of bliss.

60 mins £65.00

### ANDHANA MUSCLE EASE MASSAGE

This muscle melting form of Abhyanga uses oils of Katafray and Basil, utilized for centuries to tone and strengthen muscles, restoring vitality and warming tissues to greatly improve circulation. Arnica heals soreness, helping to repair the body while Lavender and Peppermint soothe. This massage will renew and restore even the stiffest of muscles allowing complete relaxation.

60 mins £65.00

### DIVYA – HEAD TO TOE

An Ayurvedic infusion to pamper you from head to toe. Your ritual begins with warm, aromatic oil drizzled onto the body followed by a traditional rhythmic massage to ease tension located in the upper and lower back. A soothing facial follows, inclusive of a cleanse, enzyme exfoliation and MarMassage to alleviate facial muscle tension. Lastly a warming and healing scalp massage of Neem and Coconut will soothe the mind and nourish the hair.

75 mins £80.00

### SUNDARI AGE DEFYING FACIAL

Reclaim your skins youth with this luxurious treatment, combining traditional massage therapies with age defying peptides. This facial defies gravity and restores radiance to a time dulled complexion.

60 mins £65.00

### PURE REFRESH FACIAL

This soothing facial helps to calm, heal and repair the skin. Using regenerating skincare catered to your specific needs, unique ingredients will restore, hydrate and heal. A cleanse and deep exfoliation is followed by a relaxing marma and scalp massage whilst a mask works into the skin.

30 mins £35.00

# SUNDĀRI PREGNANCY TREATMENTS

## PRE-NATAL

### AMBA – TOTAL BODY TREAT

Indulge in this ultimate pampering Signature Treatment for Mothers to be. Your treatment will begin with a revitalizing foot cleanse and scrub, then receive a relaxing and de-stressing back and shoulder massage. Your journey will then take you onto a soothing and purifying mini-facial using Neem – known as the pharmacy tree in India. Whilst relaxing back with an Omega 3 mask on the tummy, to help prevent stretch marks, the legs and feet will receive an Ayurvedic massage. You will be left feeling completely rejuvenated from head to toe.

90 mins £80.00



### SUPLYIFYING BODY MASSAGE FOR MOTHERS TO BE

Treat your body and mind to serenity with this exquisite full body and scalp massage for mums to be. Allow your skin to be nurtured with a comforting balm of Omega 3 and Soy Bean to replenish and restore, then drift away with a divine scalp massage.

60 mins £65.00

# GIFT VOUCHER

Gift vouchers can be purchased online at [harmonybeautytherapy.co.uk](http://harmonybeautytherapy.co.uk)  
Book online and download our app on the App Store and Google Play.

- Gift vouchers cannot be exchanged for cash
- No responsibility will be accepted for lost, stolen or damaged vouchers
- Original vouchers only
- Vouchers valid for six months from date of purchase
- No change is given, however, a credit note will be issued if the voucher is more than the price of the treatment
- Not valid with any offers or discounts.



## TERMS AND CONDITIONS

At Harmony we aim to provide you with a unique experience in a serene and tranquil environment. Our therapists are dedicated to pampering you. To maintain this atmosphere and for their own safety, children are not permitted in treatment rooms.

- On entering Harmony please switch off mobile phones
- No show appointments will be charged in full
- 50% deposit is required on any treatment over £50.00
- No personal cheques will be accepted
- **24 hours notice required for any change of appointment, or a 50% surcharge will be added**
- All pre-paid courses will expire 6 months from date of purchase
- No refund will be issued on pre-paid courses although they can be exchanged for other treatments
- It is the full responsibility of the client to inform the therapist of any medical condition to ensure full safety of the treatment performed
- Harmony reserves the right to change the description of treatment and prices without prior notice
- All prices are inclusive of VAT.



h a r m o n y  
BEAUTY THERAPY

Harmony uses the following products:

LAVASHELLS®

dermalogica®

sunescape®  
SKIN IN BOND. SKIN IN AWE.

UNIVERSAL™  
SKINCARE

Lipofirm  
PLUS

CACI  
NON SURGICAL SOLUTIONS

LEREMED!  
a facial for the hands



J  
J  
JESSICA®

Mi

SUNDARI  


LPG®

Salon Opening Hours:

MONDAY: 9.30am-6.00pm

TUESDAY: 9.30am-8.30pm

WEDNESDAY: 9.30am-8.30pm

THURSDAY: 9.30am-8.30pm

FRIDAY: 9.30am-6.00pm

SATURDAY: 9.30am-6.00pm

To book an appointment telephone 01280 815821  
or visit [harmonybeautytherapy.co.uk](http://harmonybeautytherapy.co.uk)

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