

Columbines

Health | Beauty | Wellbeing

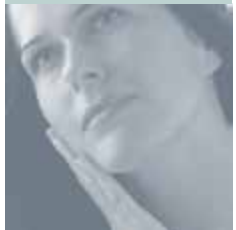
Treatment List



Columbines

Established in 1991 by Ann Winney, Columbines has grown into a collection of specialist therapists who offer an extensive range of health, beauty and wellbeing services. All our therapists are fully qualified and will make you feel relaxed and welcome during your visit to Columbines.

Health



Beauty



Wellbeing



Ann Winney

Health and beauty

Ann trained as a beauty therapist in 1988. After a period of working overseas, she settled in Hurstpierpoint and established Columbines. Ann is fully qualified in all aspects of beauty therapy and winner of 'Manicurist of the Year' 2001.

Contact Ann on 01273 833133

Facial treatments

We use Susan Molyneux Skin Care preparations suitable for all skin types – even the most sensitive. All our facials are designed to thoroughly cleanse and rehydrate the skin. We are happy to advise on all skin type problems.

Aroma facial

A deep-cleansing, rehydrating facial using aromatherapy oils. £39.00

Prescription facial

An individual facial with preparations mixed to suit your skin. £40.00

Collagen bio-facial

An intensive collagen treatment with outstanding hydrating action, suitable for dry or mature skin. £40.00

Zit zapper facial

Designed for young skin to deep-cleanse and leave the skin feeling smooth, fresh and clean. £35.00

Eyes 'n' ears

Lash perm - completely transforms eyes without the use of mascara or lash curlers £35.00

Lash tint - the perfect alternative to mascara £10.00

Brow tint - ideal for fair brows £7.00

Brow tidy £8.50

Ear piercing - includes studs £12.00

Body treatments

Heavenly body air brush tan

Give yourself a perfect sunless tan.

Full body £25.00

Legs £11.00

Top £11.00

Top to toe

Really give yourself an overhaul. Facial, manicure, pedicure, back massage plus eyelash tint or paraffin wax dip. £110.00

Electrolysis

Permanent removal of unwanted hair using Diathermie current and disposable needles.

Up to 10 minutes	£10.00
20 minutes	£18.00

Specialist treatments

Alkaline wash

Deep exfoliating treatment to reduce downy hair on lips and face. Consultation and test patch free of charge.

First lip treatment	£30.00
Subsequent lip treatments	£20.00
First face and lip treatments	£45.00
Subsequent face and lip treatments	£35.00

Advanced electrolysis

Consultation and test patch free of charge.

Thread vein removal - up to 15 mins	£45.00
Thread vein removal - course of 3 x 15 mins	£115.00
Skin tag removal	£25.00 per tag
Cherry spot removal	£25.00 per spot
Milia removal	£25.00 for up to 15 minutes

Fingers and toes

Pedicure

A wonderful treatment – includes hard skin removal, massage and varnish

£28.00

Deluxe pedicure

A real treat for feet! Our usual pedicure plus a mega massage and paraffin wax treatment

£34.00

Manicure

Includes nail reshape, cuticle tidy, varnish or French manicure

£24.00

File and paint.

£9.00

Deluxe manicure

A luxury hand and nail treatment, smoothing rough hands and rehydrating with paraffin wax dip

£30.00

Shellac

A long lasting instant drying light cure nail polish perfect for holidays

Manicure	£36.00
Pedicure	£39.00
Removal	£5.00

Paraffin wax dip

An excellent therapeutic wax for dry hands or feet, ideal treatment while having a facial.

Hands or feet	£8.00
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Waxing

For smooth long-lasting, hair-free skin.

Full leg, including bikini	£28.00
Full leg and Brazilian	£35.00
3/4 leg	£19.00
1/2 leg	£17.00
Top back leg	£2.00
Top of leg and bikini	£19.00
Bikini	£9.00
Brazilian bikini	£15.00
Underarm	£8.00
Forearm	£10.00
Lip or chin	£8.00
Lip and chin	£12.00

Bits for blokes

Executive facial

Most men suffer from razor burn, sensitive skin or clogged pores etc. Our men's facial is designed to thoroughly clean and rehydrate your face.

£35.00

Back waxing

Removal of hair from the back. Leaves the skin smooth and hair-free for weeks.

£18.00

Hand and nail treatment

The ultimate in men's grooming leaves hands smooth, nails buffed and neat.

£22.00

Claire Barber

Lash extensions

Fabulous lash extensions which increase the thickness and length of lashes eliminating the need for mascara. Claire has many years of experience and uses a range of extensions to suit your lashes

New set	£90.00
In fills: 3 weeks	£33.00
4 weeks	£40.00

Contact Claire on 07549 388540

Julie Forbes & Associates

We invite you to enjoy the journey of the massage experience.

Contact Julie on 01273 833133 or 07759 667015

Massage is not just a treat but a wonderful uplifting experience you will want to repeat time and time again...

There are many types of massage available and it can be difficult to choose which one is right for you. Whatever massage you choose, the effect will stimulate blood and lymphatic circulation, easing away knots, tightness, and tension held in the muscles that have caused pain, discomfort or stress. Working the whole body aiding free movement and relaxing the mind. Keeping your body healthy, supple and stimulated.

Whether you have a specific area of pain or require deep, relaxing or vigorous massage we may use a combination of techniques consisting of hot stone, heat bags, stretching, pressure, deep, firm, gentle or still techniques and movements. Our therapists will discuss and take into consideration your individual requirements and plan a treatment suitable for you.

Aromatherapy Massage

A stimulating yet relaxing massage working into the muscles using base and essential oils blended specifically for your requirements. Helps to relax and ease tension held in the body. Deep, firm or gentle pressure can be used.

90 mins £60.00 60 Mins £45.00 45 mins £40.00 30 mins £30.00

Therapeutic or Swedish Massage.

Using base oil only and working deep into the muscles this therapeutic massage helps to ease tension and tightness held in the body. Deep, firm or gentle pressure can be used.

90 mins £58.00 60 mins £43.00 45 mins £38.00 30 mins £28.00

Sports & Deep Tissue Massage

A Deep tissue Sport massage integrates a combination of deep tissue strokes and a variety of techniques to help improve overall body function aiding quicker recovery from exercise. This treatment is not specific to sportsmen/women. It can be of enormous benefit to anyone who leads an active life. Our approach is centred on increasing the client's awareness of problems in order to be able to take an active role in the minimization of future injuries.

90 mins £60.00 60 mins £45.00 45 mins £40.00 30 mins £30.00

FOR ALL TREATMENTS WITH JULIE FORBES AN ADDITIONAL £5 APPLIES.

Hot Stone Massage

This gentle, soothing, deeply relaxing massage is done by massaging the body with different sized hot volcanic basalt stones. Some stones will be placed on or under the body to further relax the muscles. Cold stones may also be used depending on treatment requirements. If you like hot baths you will love this treatment!

90 mins £65.00 60 mins £55.00 45 mins £45.00

Pregnancy Massage

When the body is undergoing so many physical and mental changes, what better way to relax and unwind. Pregnancy massage can be received lying sideline supported with pillows or seated in our ergonomic chair completely supporting the body and your bump! The choice is yours!

90 mins £60.00 60 mins £45.00 45 mins £40.00 30 mins £30.00

Indian head Massage or Seated Massage

This is a powerful meditative massage working on the upper body, releasing tension built up in the shoulders, neck, head and face, relaxing and calming the mind and body. If desired, oils can be selected and worked into the hair during treatment, helping to soften and stimulate the scalp. This treatment can be received in a normal chair or in our ergonomic chair completely supporting the body in an upright position. Traditionally received fully clothed however you can choose to be massaged directly onto the skin using base and or essential oils. (This treatment is not recommended if you have high blood pressure due to the position in which it is received.) This wonderful meditative massage can also be received in a lying position on our couch.

45 mins £40.00 30 mins £30.00

Reflexology

Treatment starts with a relaxing foot bath. Mirror imaging the body on the feet and working foot to foot covering the whole area, imbalance and congestion are located. By applying pressure to these points with fingers and thumbs and using techniques to help ease congestion, we assist the body to regain balance and harmony. During treatment you may experience tenderness or tingling sensations in your body, this is quite normal and indicates areas that need to be concentrated on. A relaxing lower leg and foot massage are done to complete the treatment. Reflexology balances and encourages the body's natural healing ability bringing relief for a wide range of conditions.

60 mins £45.00

Why Not Combine a Reflexology and Massage Treatment

Why not try a combination of 45 mins Reflexology and 45 mins Aromatherapy (back neck & shoulder massage) or any combination of treatments that you would like.

90 mins £60.00

FOR ALL TREATMENTS WITH JULIE FORBES AN ADDITIONAL £5 APPLIES.

Baby Massage

We will teach you how to massage your baby gently and safely. Massaging your baby strengthens delicate body systems helping to ease problems such as colic and sleep patterns. Massage enhances the bonding process and puts you in touch with your baby, it also induces calm and deep relaxation for you and your baby. Babies should ideally be between two and seven months of age. Techniques are taught in small groups or individually.

Individuals 60 mins £40 Groups 60 mins (x3) £60.00

Reiki Treatments

Reiki is a Japanese technique for channelling vital life force energy. This energy flows through all living things and can be activated for healing, supporting the body's ability to heal. Received fully clothed, the therapist uses hand positions in a sequence on or above the body and is a channel for the universal life energy. During the treatment you may feel deeply relaxed and warm. Relieving stress, aiding healing and are balancing mind, body and spirit.

60 mins £40.00 40 mins £35.00 30 mins £25.00

FOR ALL TREATMENTS WITH JULIE FORBES AN ADDITIONAL £5 APPLIES.



Margaret Graham RGN RMN CMA

- Botox®
- Dermal Fillers
- Hyperhidrosis
- Chemical Peels
- Dermaroller

Margaret Graham RGN RMN CMA is a Registered General Nurse and Aesthetic Practitioner, with a vast knowledge of skin rejuvenation, skin care and aesthetics.

Contact Margaret on 07504 644 886

For prices and information see separate leaflet

Hannah Swann - Swann Laser

- Hair Removal
- Skin Rejuvenation
- Thread Vein Removal
- Sun Spots

Hannah Swann trained as a laser practitioner in Wales in 2004 and also at Guys & St Thomas Hospitals in London. She works at a clinical level in London, Surrey and Sussex and also as a laser trainer in the UK.

With extensive experience in a varied range of lasers and IPL devices she achieves remarkable results and delivers a friendly, personal and unisex service.

Call the salon for appointments on 01273 833133

For prices and information see separate leaflet



Mandy Webb

Chiropodist

Mandy was trained in 2002 at the SMAE Institute. She is qualified in all aspects of chiropody including bio-mechanics and orthotics.

Contact Mandy on 01798 815069 or 01273 833133

Treatments

Consultation

Includes foot soaking, charting & a treatment plan, & treatment of feet, followed by a relaxing foot massage.

£28.00

Verruca treatment, per visit

£25.00

Columbines – salon information

Gift vouchers

Gift vouchers are ideal for birthdays, anniversaries or just to say thank you. Our gift vouchers are available for treatments or for a specific amount of money. We ask that they are used within 4 months.

Cancellations

We must request 24 hours notice of cancellation. Failure to give notice of cancellation levies a 50% payable fee.

Mobile phones and young children

We respectfully ask that mobile phones are switched off or muted during your visit. Out of courtesy for other clients wishing to relax we request that you do not bring young children to the salon.

Products

We stock and use Susan Molyneux Skin Care and Tisserand Aromatherapy.

Columbines

61 High Street, Hurstpierpoint, West Sussex, BN6 9RE

Tel. 01273 833133 Email. ann@columbines.co.uk

Website. www.columbines.co.uk



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