



skincare therapy
treat

Welcome to Treat



With over nine years experience in this fabulous industry and with fully trained dedicated skincare therapists, Treat's aim is to provide you with the best skincare treatment you will ever have!

We have designed a range of treatments that are as unique as you are and through face and body mapping analysis here at Treat we will ensure your treatment will always be customised to your skin and individual life style needs.

www.treatskincaretherapy.co.uk

Products

dermalogica®

For years, Dermalogica's formulas have pioneered new standards for product performance. Using only the finest ingredients available, all products contain no mineral oil or lanolin, no irritating artificial colours or fragrance, no pore-clogging ingredients and no skin drying alcohol.

Developed with the environment in mind, Dermalogica ensure that all of their ingredients are from eco-safe sources and they are packaged in recyclable containers. Also their products are always cruelty-free; they do NOT test on animals.

O·P·I

O.P.I. have a fantastic range of nail polishes, which change with the seasons and trends. Here at Treat we have more than 30 of their colours for you to choose from.



Skincare

Your skincare treatment is completely flexible. Simply choose the amount of time you would like to spend and based on your consultation we will suggest a range of treatments and touch therapies customised to your skin and body needs. Your treatment may include a combination of some of the following:

- **deep cleansing**
- **face mapping**
- **exfoliation**
- **extractions**
- **treatment mask**
- **touch therapies**



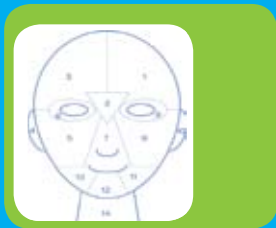
Skincare Treatments

Face map • 15 mins	complimentary
Skin bar Your chance to try out the products for yourself up at the bar with advice & a skincare lesson along the way • 30 mins	£10.00
The face treatment • 45mins	£30.00
The face treatment + one touch therapy • 1hr	£40.00
The face treatment + two touch therapies • 1hr 15mins	£50.00
The face treatment + three touch therapies • 1hr 30mins	£60.00

Please allow an extra 30 mins for your first skincare treatment for consultation and prescription.

Face Mapping

Takes skin analysis to another level. Rather than analysing the skin in general terms, your face is divided into 14 zones, each with its own set of unique concerns, which will help us to plan your individual treatment and your homecare routine.



Touch Therapies

These are 'add on's' to your skincare treatment. There are two different types of touch therapies you can choose from:

- **Customised skin therapy**

Which are treats to revitalise, condition and treat certain areas of the body by exfoliation, treatment mask and mini massage • 15-20 mins

Back treatment
Leg and foot treatment
Arm and hand treatment
Scalp treatment
Eye treatment

- **Customised massage therapy**

Which are a multi cultural blend of massage techniques, to target stress zones and relieve tension • 15-20 mins

Back massage
Face massage
Shoulder and neck massage
Hand and arm massage
Foot and leg massage
Reflexology
Scalp massage

We will help you choose one or more to complement your face treatment.

Nail care



Nail Care Treatments

Using a range of O.P.I nail and Dermalogica body spa products these treatments are totally unique.

They are not your typical nail bar manicure or pedicure they are a conditioning spa hand and arm, or foot and leg treatment with a choice of over 30 colours from the O.P.I polish range to add the perfect glossy finishing touch.

Nail Care Treatments

Hands

Hand quick fix treatment • 20 mins
A quick file, quick buff and paint £12.00

The hand treatment • 1hr
Hand/arm cleansing, exfoliation, cuticle tidy, buff,
massage & paint £27.00

The hand treatment • 1hr 30mins
The same as above PLUS conditioning hand & arm mask
treatment & deep tissue hand & arm massage £34.00

Nail Care Treatments

Feet

Foot quick fix treatment • 20 mins
A quick file, quick buff and paint £17.00

The foot treatment • 1hr
Foot & leg cleansing, exfoliation, cuticle tidy, buff, hard skin
removal, massage & paint £30.00

The foot treatment • 1hr 30mins
The same as above PLUS conditioning foot & leg mask treatment
& choice of either a deep tissue calf & foot massage or relaxing
pressure point foot massage. £37.00

Ensure your polish remains smudge free by allowing an extra 15 mins drying time post-hands or 30 mins post-feet. It's a great idea to bring flip-flops to wear home!

Wax & eye treats

Not just a wax, it is a body treatment, using Dermalogica spa body products this is an exfoliating and conditioning treatment as well as a wax. This service helps prevent ingrowing hairs and also gives you the best waxing treat ever, you will leave the treatment room with lovely conditioned skin.

Wax Treatments

Full leg + exfoliation	£20.00
Half leg + exfoliation	£15.00
Forearm + exfoliation	£15.00
Chest or back + exfoliation	£17.00
Bikini or under arm	£10.00
Lip or chin	£7.00



Eye Treatments

Eyebrow shape	£10.00
Eye lash tint with dry scalp massage	£15.00
Eye brow tint	£7.00

Mums to be

This is a facial for the tummy for a lady expecting a baby. This is a unique treatment that we at Treat put together to help condition the tummy and relax the mum to be. Your treatment will include a combination of the following:



- **Cleansing of the tummy**
- **Gentle exfoliation of the tummy**
- **Steaming of the tummy**
- **Conditioning mask for the tummy**
- **Moisturising for the tummy**
- **Touch therapies**

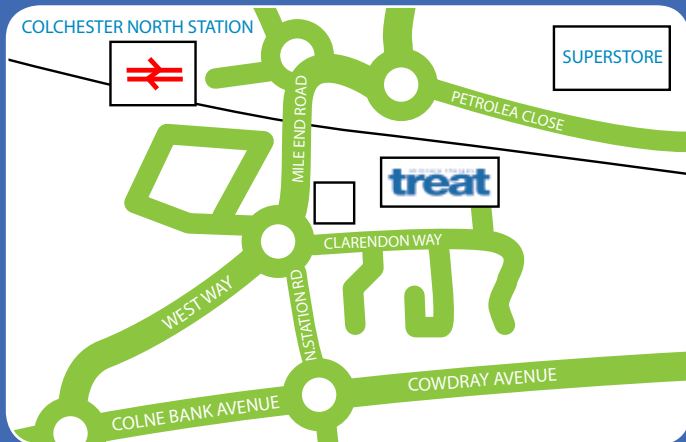
Treatments for Mums to be

Bump-cial + one touch therapy • 1hr	£30.00
Bump-cial + two touch therapies • 1hr 15 mins	£40.00

Please choose your touch therapies from the list on the skincare page 5.

Please note: this treatment is only suitable after the first 3 months of pregnancy.

How to find us



LA Fitness, Colchester

Treat is located within the health club LA Fitness in Colchester.

LA Fitness, Clarendon Way, Colchester CO1 1XF

Follow Clarendon Way, take the 3rd turning on the left and follow the road round curving to the left, this will lead you to the LA Fitness car park. Upon arrival for your appointment please report to reception and wait to be collected for your treatment.

Terms & Conditions

Please give 24hrs notice for any changing or cancelling of an appointment
Payments by cash or cheque only. Gift vouchers are available on request.

**I truly love
skin therapy
and I believe
everyone
can achieve
healthy skin**

Nicola Steptoe, owner/manager of Treat

www.treatskincaretherapy.co.uk

Our aim is to educate our clients
about their skin and give them
an experience of pure relaxation

Call us to book your treat now on:

07857333260

or email: info@treatskincaretherapy.co.uk

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