



# WELCOME TO SITTING PRETTY

## A Clarins Gold Salon

Here we offer you a chance to escape and enjoy being pampered in our relaxing salon.

Looking after your face and body is no longer a luxury but a necessity. As we are a Gold Salon you are assured of the very best treatment by highly trained, experienced and dedicated therapists.

The use of low level lighting, aromatic vapours and sounds create the perfect ambience.

## CLARINS

CLARINS are the number one skin-care company in Europe, with a product range based on natural ingredients and pure plant extracts. We stock the full range of Clarins products and offer a very generous reward scheme for purchases from the salon.

### **Enjoy the Clarins Treatment Experience**

To maximise your enjoyment of your treatment we recommend arriving 10 minutes early to enjoy a complimentary drink.

All treatment times include 15 minute preparation, consultation and client changing time. Times shown are not actual treatment times.

We look forward to your visit so we can help you feel good and have some stress free time for yourself.

**Come in, relax, let us take care of you**

# CLARINS

## Clarins Tri-active Facials

Every treatment is unique: the Beauty Therapist adapts her movements and the products to your needs and wishes, taking care of your essential beauty concerns and wellbeing with tailor-made treatments that deliver optimal, immediate and long-lasting results.

At the heart of each Tri-Active Facial Treatment is a 25 minute Anti-Ageing Massage which lifts, reshapes, firms and relaxes. A unique massage that sculpts the contours of the face, giving immediately visible rejuvenating results.

## Choose from five Tri-Active Facial Treatments

1 hour 25 minutes **£60.00**

1 hour 45 minutes, includes a back or foot and scalp massage **£75.00**

## Lifting Replenisher

**A luxuriously replenishing treatment that re-plumps and regenerates, bringing radiance to mature skin.**

*At home: Clarins Super Restorative Range*

## Power Firmer

**An intensive firming treatment that visibly diminishes the look of wrinkles.**

*At home: Clarins Extra-Firming Range*

## Radiance Reviver

**A revitalising treatment that soothes first wrinkles and protects stressed out skin.**

*At home: Clarins Multi-Active Range*

## Moisture Quencher

**Helps restore comfort, softness and moisture to dry, dehydrated skin.**

*At home: Clarins HydraQuench Range*

## Skin Soother

**A calming treatment to sooth and comfort sensitised & irritated skin.**

*At home: Clarins Gentle Range*

# CLARINS

## FACIALS

### **Aromatic Balancer**

**£46.00**

1 hour 5 minutes

Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

## EXPRESS TREATMENTS

### **Face & Eyes Refresher**

**£35.00**

45 minutes

Freshens and smoothes the face, eye area and décolleté. Target signs of tiredness and stress, to leave you looking much more rested. Superb quick-fix results after work or a late night.

### **Age-Defying Eyes**

**£35.00**

45 minutes

Intensively replenishes the delicate eye area visibly reducing fine lines and wrinkles revealing more youthful-looking eyes from temple to temple. A complete anti-ageing treatment for bright and beautiful eyes.

# CLARINS

## TRI-ACTIVE BODY TREATMENTS

Clarins Tri-Active Body Treatments combine high-performing plant extracts with the power of Clarins manual massage movements. A highly personalised consultation before each treatment allows the Beauty Therapist to create a targeted, made -to-measure experience with proven results you will both see and feel.

### **Contour Shaper** 1 hour 25 minutes **£60.00**

*An intensive treatment to sculpt and firm your body*

Includes over an hour of contouring massage to deeply drain and firm for more refined body contours. A thermo-activated body mask boosts micro-circulation to target areas of stubborn and newly forming cellulite. Your skin will look and feel firm, soft and smooth.

*At home: Body Fit, Contouring Body Treatment Oil, Exfoliating Body Scrub, Super Restorative Redefining Body Care*

### **Moisture Quencher** 1 hour 25 minutes **£60.00**

*Restores extreme softness, suppleness and comfort to parched or dry skin*

Using a blend of aromatic essential oils, this treatment includes over an hour of moisture replenishing and cocooning massage and a deeply hydrating body mask to restore comfort to dry, dehydrated skin. Your body will feel soft, smooth and velvet to the touch.

*At home: Clarins Moisture-Rich Body Lotion*

### **Skin Smoother** 45 minutes **£30.00**

*An intensive double exfoliation treatment to deep cleanse and texture skin*

This complete exfoliating treatment is the ideal preparation for all Clarins Body Treatments. Using both mechanical and biological exfoliation techniques, it promotes extremely soft, bright and more evenly toned skin.

*At home: Exfoliating body scrub for smooth skin*

# CLARINS

## BODY MASSAGES

Our deep touch massages help release deep-down muscle stress and tension while the lighter touch massages use hot stones to gently soothe and de-stress mind and body.

### **Rebalancing Massage with Relax Essential Oils**

**£60.00**

1 hour 25 minutes

This deeply relaxing, rhythmic full body massage releases even long-standing knots and tensions within the deeper muscle layers, using a bespoke sequence of slower movements and pressure point techniques. The relaxation is intensified with an essential oil blend rich in deeply soothing Basil, Camomile and Petit Grain.

### **Rebalancing Massage with Tonic Essential Oils**

**£60.00**

1 hour 25 minutes

Using a bespoke sequence of more energizing movements and pressure point techniques, this deep and rhythmic full body massage not only releases muscular knots and tensions but restores vitality and flagging energy levels. The effect is intensified with an essential oil blend rich in invigorating Rosemary, Mint and Rosewood.

### **Hot Stone Massage with Relax Pure-Melt Gel**

**£55.00**

1 hour 5 minutes

A deeply relaxing and uniquely personalised hot stone massage that gently releases tension, soothes aching muscles, eliminates toxins and calms mind and body. The secret is in the intuitive way the therapist uses her hands in harmony with 9 smooth, individually shaped, heat-releasing marble and slate stones. Intensified by a melting honey massage gel, rich in relaxing aromatic essential oils.

# CLARINS

## **Neck & Back Massage** 30 minutes **£27.00**

Unwind, relax and de-stress with soothing massage movements designed to reduce muscle aches and tensions.

## **The Energizing Back, Neck & Scalp Massage** 45 minutes **£30.00**

A detoxifying and decongesting back cleanse restores fresh, blemish-free skin while twenty five minutes of deep tissue massage melts away tension and soothes tired muscles. The perfect post-exercise pick-me-up.

*At home: Clarins Tonic Body Treatment Oil*

## **Tanning Treatments**

### **The Sun Glow - Full Body** **£36.00**

Treatment 1 hour 15 minutes

The ultimate self tanning treatment for face and body with skin-smoothing exfoliation, a deeply pampering application of an award-winning self tanner and an all over gorgeous, long-lasting, golden colour that looks as natural in winter as in summer. You can even get dressed immediately.

*At home: Clarins Self Tanners*

## **Mother-to-be and New Mother Treatments**

### **Pampering Face & Body Treatment** **£46.00**

1 hour 15 minutes

*A treatment recommended during pregnancy ideally from 12 to 38 weeks*

Pure indulgence for face and body. This luxurious treatment is adapted to pre and post-natal stages of pregnancy and to how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energized and wonderfully relaxed, with a baby-soft skin.

*At home: Clarins Exfoliating Body Scrub; Clarins Stretch Mark Control; Clarins Tonic Body Treatment Oil; Clarins Bust Beauty Care; Clarins Energizing Emulsion for Tired Legs*

# CLARINS

## Make-Up

### **Make-Up One-to-One** 1 hour **£30.00**

Trying different colours and application techniques under expert guidance will help you achieve a fresh & flattering new look. Whether you want a whole new make-up look or ideas for a special occasion, prepare to be inspired.

### **Make-Up To Go** 45 minutes **£25.00**

Expert make-up for your special occasion.

## TEENAGE TREATS

Under 16s must have a parent or guardian present during treatment. 16-18s require a parent or guardian's signature prior to treatment.

### **Daily Energiser Facial** **£25.00**

40 minutes

A relaxing facial tailored to suit your skin requirements, cleansing and exfoliating. Followed by a face, shoulder and scalp hand massage, completed with a mask.

*At home: Daily Energiser Range*

### **Make-up or Mess-it-up!** **£22.00**

40 minutes

Don't spend years making mistakes – get it right from the start. We will guide you through colour and application.

### **Nail care** **£15.00**

30 minutes

Gain knowledge of growing beautiful, natural nails, and banishing any bad habits, while we care for your nails.

For over 16s whose skin requires a deep clean a Hydradermie Facial is recommended.

# CLARINS MEN

## **Skin Blitz Facial**

**£46.00**

1 hour 5 minutes

Shaving bumps and irritation, stresses and tiredness, greyness and congestion... Whatever life puts your skin through, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

*At home: Clarins Men Skin Care*

## **Muscle Ease Body Massage**

**£46.00**

1 hour 5 minutes

Whether you've overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of well-being.

*At home: Clarins Relax Body Treatment Oil*

## **Energizing Back, Neck & Scalp Massage**

**£30.00**

45 minutes

Back cleansing and deep massage rolled into one rejuvenating treatment that sorts our congested skin and tired muscles. The ultimate post-exercise pick-me-up to leave you feeling chilled out instead of strung out.

*At home: Clarins Tonic Body Treatment Oil*

## **Clarins Luxury Manicure** 45 minutes

**£25.00**

Hands are soaked in either Clarins Relax or Tonic Shower Concentrate followed by exfoliation with Clarins Body Scrub. Nails are perfectly shaped and the cuticles are tidied. Finally enjoy a hand and arm massage with Clarins Hand and Nail Cream mixed with Relax or Tonic Oil.

## **Clarins Luxury Pedicure** 45 minutes

**£26.00**

Feet are soaked in either Clarins Relax or Tonic Shower Concentrate followed by rough skin removal then exfoliation with Clarins Body Scrub. Nails are perfectly shaped and the cuticles are tidied. Finally enjoy a foot and lower leg massage with Clarins Foot Beauty Cream mixed with Relax or Tonic Oil.

# GUINOT

## **Aromatic Facial**

**£45.00**

1 hour

Aromatic treatment to bring natural beauty to your skin with the use of essential oils and plant concentrates. The unique, personal treatment method combines massage technique, to fill your skin with energy and an aromatic mask to recover skin's natural radiance.

## **Liftosome**

**£46.00**

1 hour

Rejuvenating - lifting treatment.

The Liftosome treatment recreates the youthfulness and firmness of your face by diminishing signs of ageing. It redefines the skin and tightens the features.

## **Beauté Neuve**

**£45.00**

1 hour

Double peeling facial.

The 'peeling' treatment removes dull skin cells, cellular renewal is accelerated, revealing a more youthful and radiant complexion. One treatment will restore a brighter complexion, while a course of three will reduce pigmentation.

## **Hydradermie<sup>2</sup> Lift**

**£48.00**

1 hour

The Immediate lift treatment.

Hydradermie<sup>2</sup> lift brings revolutionary youthfulness and renewed tone by stimulating the facial muscles and providing a massage that lifts the facial features, in the same way as going to the gym. In addition to treating and toning skin, Hydradermie<sup>2</sup> Lift smoothes facial features deep down through muscular exercise. As muscles are toned, they take on a new vitality and skin becomes amazingly smoother.

# GUINOT

## **Hydradermie<sup>2</sup> Lift Express**

**£40.00**

45 minutes

High-tech lifting treatment.

Ideal for clients who want a quick treatment. The treatment includes cleansing, exfoliation and muscle stimulation.

## **Hydradermie<sup>2</sup>**

**£50.00**

1 hour 15 minutes

Hydradermie<sup>2</sup> is an exclusive Guinot treatment that will make your skin youthful and radiant, from the very first treatment. This unique innovation enables fast and deep penetration of ionised treatment ingredients, resulting in exceptional effectiveness. Your face will appear rested and luminous with a subtle glow.

## **Age Summum**

**£60.00**

1 hour

The Ultimate Anti-Ageing Treatment

The pinnacle of anti-ageing treatments, Age Summum, uses pure Vitamin C, Hyaluronic Acid and Pro-Collagen to target the signs of ageing. Active ingredients are penetrated into the skin using the exclusive Age Summum anti-ageing facial massage. Fine lines and wrinkles are smoothed and the skin's youthful radiance is restored.

## **Eye Logic**

**£35.00**

45 minutes

The Instant Eye Treatment

This unique treatment targets signs of ageing and tiredness around the delicate eye area, including fine lines, wrinkles, puffiness and dark circles. Using an expert combination of machine technology, a specific hands-on massage and a specially designed eye mask soaked in a concentrated skin repair serum for maximum effectiveness, volunteers found their wrinkles and fine lines to be visibly reduced and smoothed away.

# CACI

## **CACI Signature Non-Surgical Facial Toning**     **£46.00**

1 hour

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty years medical research behind it. Microcurrent impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow.

Course of 6     **£230.00**

## **Ultra Non-Surgical Facial Toning\***     **£60.00**

1 hour 30 minutes

The Ultra Skin Rejuvenation treatment uses ultrasonic peeling to revitalise and deeply cleanse the skin, leaving a brighter, smoother complexion.

CACI's unique Wrinkle Comb will then target the fine lines and wrinkles providing a non-invasive alternative to collagen injections with LED light therapy to help heal the skin and trigger tissue repair. Microcurrent facial toning and lifting is then added to lift, firm and tone sagging facial muscles.

Course of 6     **£300.00**

## **CACI Jowl Lift**     **£33.00**

30 minutes

The CACI jowl lift has been developed to specifically target muscle laxity round the jaw line which can cause drooping jowls and loose skin. This treatment is specially designed to lift and firm the muscles and refine facial contours to give a firmer, more toned appearance.

# CACI

## **CACI Eye Lift**

**£28.00**

30 minutes

The CACI Eye Lift will work to lift and firm the muscles around the eye area, particularly where people tend to lose definition as they age, known as 'hooded eyes'. This treatment will also help smooth the appearance of fine lines and wrinkles.

## **CACI Hydratone Facial\***

**£33.00**

30 minutes

The Hydratone Facial is a deeply nourishing treatment that hydrates and tones. It combines microcurrent rollers (which help restore muscle tone and firmness) with the Hydro Mask. The Hydro Mask is infused with collagen, hyaluronic acid and rose water to deeply nourish and deliver a surge of moisture to the skin that will soothe and calm any skin redness and irritation (great for a special occasion and perfect for brides to be).

If added to a facial, **£15.00 extra**

# WAXING

Using a creme organic or hot wax to remove unwanted hair.

<b>Full leg (up to bikini line)</b>	1 hour	<b>£32.00</b>
<b>3/4 leg</b>	30 minutes	<b>£22.00</b>
<b>1/2 leg</b>	30 minutes	<b>£17.00</b>
<b>Bikini</b>	15 minutes	<b>£15.00</b>
<b>Brazilian</b>	30 minutes	<b>£20.00</b>
All hair removed, leaving a strip		
<b>Hollywood</b>	30 minutes	<b>£25.00</b>
All hair removed		
<b>Half arm</b>	15 minutes	<b>£13.00</b>
<b>Full arm</b>	30 minutes	<b>£17.00</b>
<b>Underarms</b>	15 minutes	<b>£11.00</b>
<b>Lip and chin</b>	15 minutes	<b>£11.00</b>
<b>Lip</b>	15 minutes	<b>£8.00</b>
<b>Chin</b>	15 minutes	<b>£8.00</b>
<b>Face</b>	15 minutes	<b>£13.00</b>
<b>Male Waxing</b>		
<b>Back or Chest</b>	30 minutes	<b>£20.00</b>
<b>Eyebrow Wax</b>	15 minutes	<b>£9.50</b>
<b>Arm Wax</b>	30 minutes	<b>£20.00</b>

# ELECTROLYSIS

Permanent removal of unwanted hair using disposable sterile needles.

<b>Electrolysis</b>	15 minutes	<b>£14.00</b>
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	30 minutes	<b>£19.00</b>
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<b>Thread Veins</b>	15 minutes	<b>£25.00</b>
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Removal of small thread veins on the face and neck.

## EYES

A patch test must be performed 24 hours before the initial treatment.

<b>Eyelash Tint</b>	30 minutes	<b>£14.00</b>
<b>Eyebrow Tint</b>	15 minutes	<b>£8.00</b>
<b>Eyebrow Shape</b>	15 minutes	<b>£9.50</b>
<b>Eyebrow Shape Lash &amp; Brow Tint</b>		<b>£30.00</b>

**NOUVEAU\*** | EXTEND  
L A S H E S | EXPRESS  
LVL ENHANCE

### **LVL Lashes Lift**

**Length Volume Lift** **£45.00**

1 hour

A stunning alternative to eye lash extensions. LVL straightens your natural lashes at the root creating the appearance of longer, thicker lashes.

# HANDS AND FEET

## **Clarins Luxury Manicure**

**£25.00**

45 minutes

Hands are soaked in either Clarins Relax or Tonic Shower Concentrate followed by exfoliation with Clarins Body Scrub. Nails are perfectly shaped and the cuticles are tidied. Finally enjoy a hand and arm massage with Clarins Hand and Nail Cream mixed with Relax or Tonic Oil. Finish with your choice of nail polish.

## **Clarins Luxury Pedicure**

**£28.00**

1 hour

Feet are soaked in either Clarins Relax or Tonic Shower Concentrate followed by rough skin removal then exfoliation with Clarins Body Scrub. Nails are perfectly shaped and the cuticles are tidied. Finally enjoy a foot and lower leg massage with Clarins Foot Beauty Cream mixed with Relax or Tonic Oil. Finish with your choice of nail polish.

## **Jessica Geleration Gel Polish**

Once applied, remains vibrant. Coverage is impeccable and the wear unbelievable, giving you 14 days of uninterrupted glossy colour. Dries instantly.

**Manicure and overlays** 45 minutes

**£28.00**

**Pedicure and overlays** 45 minutes

**£30.00**

**Removal with nail after care** 30 minutes

**£10.00**

# SHARE THE SITTING PRETTY EXPERIENCE

Gift vouchers are an ideal present and are available in £5 or £10 denominations. They are valid for 12 months.

## CLARINS LOYALTY SCHEME

'Clarins for me' rewards you with full size products based on the products you buy during the year.

## SITTING PRETTY LOYALTY SCHEME

For every £1 you spend on treatments we will reward you with points that can be accumulated to spend on new treatments.

### **NOTES:**

#### **Under 18s:**

Under 16s must be accompanied by a parent or guardian during treatment.  
16-18s must have parental consent.

#### **Late Arrivals:**

If you arrive up to 15 minutes late for your appointment you will be offered the rest of your appointment at the full price.

If you arrive later than 15 minutes after your scheduled appointment time, we will do everything we can to try to accommodate you.

#### **Deposits:**

Bookings over 2 hours require a 50% non-refundable deposit.

#### **Courses:**

To be paid for in full prior to commencement of treatment.

#### **Cancellations Policy:**

As a courtesy to other guests and our team we would ask that you give at least 24 hours notice if you wish to change or cancel an appointment.

## Opening Times

Monday 9.00am – 5.30pm

Tuesday 9.00am – 8.00pm

Wednesday 9.00am – 8.00pm

Thursday 9.00am – 8.00pm

Friday 9.00am – 6.00pm

Saturday 9.00am – 3.00pm

Book on-line at  
[www.sittingprettyskipton.co.uk](http://www.sittingprettyskipton.co.uk)  
or on our facebook page.



Sitting Pretty  
16 Swadford Street  
Skipton, North Yorkshire  
BD23 1RD

(Situated above SpecSavers opticians)

Telephone: 01756 700750

Book on-line at  
[www.sittingprettyskipton.co.uk](http://www.sittingprettyskipton.co.uk)

[sittingprettysalon@btconnect.com](mailto:sittingprettysalon@btconnect.com)

