



*Sitting
Pretty*
TOTAL BODY CARE



WELCOME TO SITTING PRETTY

Skipton Business Award Winner 2017

Of nearly 300 Clarins Salons in the UK, we are proud to be one of 84 awarded Gold Salon status.

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.

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 SITTING PRETTY 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.

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.

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.

Come in, relax, let us take care of you

FACIALS - CLARINS

Signature Facials

Each facial is unique and perfectly adapted to you. At the heart of each treatment is a 25 minute anti-ageing facial massage which lifts, firms and sculpts the contours of the face giving immediately visible rejuvenating results.

1 hour 25 minutes **£62.00**

1 hour 45 minutes, includes a back or foot and scalp massage **£77.00**

1 hour 45 minutes appointments include a choice of either a 20 min back massage or a 20 min scalp and foot massage.

Lifting Replenisher

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

This treatment smooths, re-sculpts and re-defines facial contours as well as visibly reducing the look of wrinkles and dark spots. The ultimate rejuvenation for your skin.

Power Firmer

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

This treatment stimulates the skin to deliver a triple rejuvenating action targeting wrinkles, firmness and elasticity. Wrinkles appear reduced, facial features lifted and your youthful vitality is restored.

Radiance Reviver

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

This treatment recharges dull, tired and stressed skin with a cocktail of antioxidants and revitalising plant extracts. Skin recovers a healthy dewy glow and early lines and wrinkles are smoothed. Your skin is better protected against lifestyle and environmental aggressors that lead to premature ageing.

FACIALS - CLARINS

Moisture Quencher

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

This multi-level hydration treatment gives intense nourishment for dry, weakened skin. Dehydration lines are plumped and feelings of tightness disappear - your skin feels wonderfully soft and supple again with its radiance restored.

Skin Soother

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

This soothing and healing facial will help calm irritated and sensitised skin. Redness is reduced and your skin recovers its softness, suppleness and comfort.



Aromatic Balancer 1 hour 5 minutes

£48.00

A luxurious rebalancing treatment with aromatherapy oils.

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

Face & Eyes Refresher 45 minutes

£35.00

A targeted facial to restore a brighter, more rested appearance.

This treatment freshens and smoothes the face, eye area and décolleté. It targets signs of tiredness and stress, to leave you looking much more rested. The perfect antidote to tiredness and a superb quick-fix after work or a late night.

Age-Defying Eyes 45 minutes

£35.00

A youth replenishing treatment for the eye contour area.

Specifically developed for the delicate eye area, this treatment helps reduce fine lines and wrinkles revealing more youthful-looking eyes from temple to temple. A complete anti-ageing treatment for bright and beautiful eyes.

FACIALS - GUINOT

Liftosome

£50.00

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.

Hydra Peeling

£48.00

45 minutes

Hydra Peeling is a skin rejuvenating treatment with two peeling options that are adjusted and prescribed based on the client's beauty goals and level of skin sensitivity. This revolutionary skin renewal treatment even enables clients with sensitive skin to enjoy the benefits of an enhanced cellular regeneration peel. Hydra Peeling is a unique alternative to aesthetic medicine that erases visible signs of ageing, brightens skin tone and diminishes dark spots.

Hydradermie² Lift

£50.00

1 hour

The Immediate lift treatment.

Hydradermie² 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, Hydradermie² Lift smoothes facial features deep down through muscular exercise. As muscles are toned, they take on a new vitality and skin becomes amazingly smoother.

FACIALS - GUINOT

Hydradermie² Lift Express

£42.00

45 minutes

High-tech lifting treatment.

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

Hydradermie²

£55.00

1 hour 15 minutes

Hydradermie² 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

£40.00

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**

BODY TREATMENTS - CLARINS

SIGNATURE BODY TREATMENTS

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 drain and firm. 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.

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 indulgent treatment includes over an hour of moisture replenishing and cocooning massage and a deeply hydrating body lotion to restore comfort to dry, dehydrated skin. Your body will feel soft, smooth and velvet to the touch.



Skin Smoother 45 minutes **£30.00**

An intensive double exfoliation treatment to deep cleanse and retexture 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.

BODY TREATMENTS - CLARINS

MASSAGES & SPECIFIC TREATMENTS

Rebalancing Massage

£60.00

with Relax Essential Oils

1 hour 25 minutes

This deeply relaxing and rhythmic full body massage which uses a bespoke sequence of slower movements and pressure point techniques to releases even long-standing knots and tensions within the deeper muscle layers. The effect is intensified with an essential oil blend rich in either soothing basil, camomile and petit grain or invigorating rosemary, mint and geranium.

Hot Stone Massage

£55.00

with Relax Body Treatment Oil

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 Relax Body Treatment Oil, rich in relaxing aromatic essential oils.

The Energizing Back, Neck & Scalp Massage

£30.00

A detoxifying and decongesting back cleanse and massage

45 minutes

Helps restore 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.

BODY TREATMENTS - 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 Sun Glow

£38.00

The ultimate self tanning treatment for face and body

Treatment 1 hour 15 minutes

Includes skin-smoothing exfoliation, a deeply pampering application of an award-winning self tanner. This treatment will leave you with a gorgeous, long-lasting, golden colour that looks as natural in winter as in summer. You can even get dressed immediately.

Beautiful Mother-to-Be

£48.00

Pampering Face & Body Treatment

1 hour 15 minutes

This luxurious and indulgent treatment for face and body is adapted to pre and post-natal stages of pregnancy and to how you look and feel. It will help ease aching backs, 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.

Ideally suited for mothers-to-be from 12 to 38 weeks and new mums from 6 weeks onwards.

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.

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

£48.00

Bespoke multi-action grooming treatment

1 hour 5 minutes

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

Muscle Ease Body Massage

£48.00

Deeply soothing therapeutic body massage

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.

Energizing Back, Neck & Scalp Massage

£30.00

Detoxifying and decongesting back cleanse and massage

45 minutes

A rejuvenating treatment that sorts our congested skin and tired muscles. Combines a decongesting back cleanse and deep massage to relieve tension and aches. The ultimate post-exercise pick-me-up to leave you feeling chilled out instead of strung out.

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.

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

45 minutes

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

WAXING

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

Full leg (inc basic bikini line)	1 hour	£32.00
3/4 leg	30 minutes	£22.00
1/2 leg	30 minutes	£17.00
Bikini	15 minutes	£15.00
Brazilian	30 minutes	£20.00
All hair removed, leaving a strip		
Hollywood	30 minutes	£25.00
All hair removed		
Half arm	15 minutes	£13.00
Full arm	30 minutes	£17.00
Underarms	15 minutes	£11.00
Lip and chin	15 minutes	£12.00
Lip	15 minutes	£8.50
Chin	15 minutes	£8.50
Face	15 minutes	£15.00
Male Waxing		
Back or Chest	30 minutes	£22.00
Eyebrow Wax	15 minutes	£10.00
Arm Wax	30 minutes	£22.00

ELECTROLYSIS

Permanent removal of unwanted hair using disposable sterile needles.

Electrolysis	15 minutes	£16.00
	30 minutes	£21.00

Thread Veins	15 minutes	£25.00
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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.

Eyelash Tint	30 minutes	£14.00
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Eyebrow Tint	15 minutes	£8.00
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Eyebrow Shape	15 minutes	£10.00
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Eyebrow Shape Lash & Brow Tint		£30.00
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NOUVEAU* | EXTEND
L A S H E S | EXPRESS
L V ENHANCE

LVL Lashes Lift

Over 18s only

Length Volume Lift	£45.00
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1 hour

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

Please call in to the Salon for a patch test kit at least 48 hours before every treatment. £10 deposit refundable on treatment.

NOTES:

Under 18s:

Under 16s must be accompanied by a parent or guardian during treatment.
16-18s must have written 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
or on our facebook page.



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(Situated above SpecSavers opticians)

Telephone: 01756 700750

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