



# WELCOME TO SITTING PRETTY

## Clarins Gold Salon of the year 2018

### 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.

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

## **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.

Missed appointments will be charged at full price.

# CLARINS FACIALS

All Clarins treatments can be enjoyed by both men and women.

## Expert Facials

### Youth Expert

1 Hr 30 minutes **£68.00**

*Whether it's hormonal changes, pollution, stress or any other cause, after a thorough skin diagnosis, your therapist will tailor the treatment to your specific concerns and skin type. Leaving you firm and glowing.*

### Power Hydrator

1 Hr 30 minutes **£68.00**

*Like a long drink for the skin, this feel-good treatment pampers dry, fragile skin types - relieving tightness, plumping out fine lines and restoring comfort, softness and radiance.*

### Anti-Blemish Rescue

1 Hr 30 minutes **£68.00**

*This detoxifying, purifying treatment is perfect for oily or combination skin types. Impurities will be gently removed; shine will be reduced and pores will appear tightened. Leave with clear, refreshed and balanced skin.*

### Radiance Booster

1 Hr 30 minutes **£68.00**

*This glowing treatment will hit refresh on tired, lackluster skin, delivering a double shot of radiance and hydration. Microcirculation boosting massage and targeted products will work to create deliciously plump, luminous skin.*

### Skin Soother

1 Hr 30 minutes **£68.00**

*Calm and soothe sensitive skin with this highly effective, nurturing treatment. You'll feel immediate comfort and see a reduction in redness and irritation. Your skin will be left strengthened and radiant.*

### Maximise the results of your treatment by adding a skin boosting add on

20 minutes **£20 each**

- Back Massage
- Hand and Foot Massage
- Scalp, Neck & Decollete Massage

Please book with the Facial.

## **Aromatic Balancer**

1 Hr **£54.00**

*Luxurious rebalancing facial treatment with aromatherapy oils. For all skin types. Whatever your skin condition, this customised treatment will rebalance and leave skin feeling rejuvenated..*

# WELLNESS TREATMENTS

## **Ultra Relaxing Facial**

1 Hr 15 minutes **£57.00**

*This facial aims to soothe the mind and rebalance the skin. By combining guided breathing exercises, our deeply relaxing Ayuroma Touch massage and calming essential oils, you'll be able to completely disconnect from the stresses of modern life and worries of the outside world. Your mind will be rebalanced and refocused and the tension in your skin will disappear.*

## **Beauty Sleep**

1 Hr 15 minutes **£63.00**

*It's called beauty sleep for a reason. Because a lack of sleep can really take its toll on your skin. But don't panic, using specially selected products and gentle massage movements, we'll relax you from head to toe. By inducing a medative state, you'll be simultaneously aware of every touch, whilst also in a dreamlike, zen space of relaxation. Which is proven to increase your sleep quality. Expect immediate beauty results and long-term wellbeing benefits. Skin is soothed, radiant and refreshed, whilst stress is diminished.*

## **Energy Booster**

1 Hr 15 minutes **£63.00**

*This vitality-boosting, mood-enhancing treatment uses energising massage movements and optimised pressure to sweep away stress and help rebalance body and mind. After, your skin will look radiant and your body will feel recalibrated.*

# MASSAGES

## **Rebalancing Massage**

1 Hr 30 minutes **£68.00**

*With Relax Essential Oils. 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**

1 Hr 15 minutes **£60.00**

*Warm stones help relieve tension, fight fatigue and deliver an all round wellbeing boost. Combined with our expert massage and blissful aroma therapeutic oils, you can expect total body relaxation.*

## **Deep Tissue Massage**

1 Hr 5 minutes **£60.00**

*Whether you've pushed yourself at the gym or had a hectic work week, this intensely therapeutic massage will ease tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of wellbeing.*

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

45 minutes **£35.00**

*This tension relieving, knot-fighting massage delivers instant and long-lasting relief from any stiffness and soreness. Your therapist will adapt the pressure and customise our professional spa-only products to maximise the results for you.*

## **Body Renew**

1 Hr **£52.00**

*This blissfully relaxing treatment reveals soft, supple, smooth skin, gentle exfoliation detoxifies, renews and purifies the skin, whilst an indulgent layer of lotion is massaged in to deliver deep hydration.*

## **Maximise the results of your treatment by adding a skin boosting add on**

20 minutes **£20 each**

- Back Massage
- Hand and Foot Massage
- Scalp, Neck & Decollete Massage

# PREGNANCY

At Clarins we specialise in caring for mothers-to-be. Using nourishing, gentle products, our full body treatment helps boost energy levels, skin resilience and makes you look and feel beautiful.

## MOTHERS-TO-BE

### **Mother-to-be**

1 Hr 15 minutes **£55.00**

*Our specially created treatment focuses on nurturing your body both during and after pregnancy - a period of great change. Using the most gentle products we'll nourish stretched skin, whilst improving its tone and elasticity. Our massage will aim to release tensions, reduce heaviness in the legs, fight understandable fatigue and give you permission to think about nothing other than yourself for an hour. From 12 weeks.*

## TANNING

### **Summer Glow**

1 Hr 15 minutes **£45.00**

*The ultimate self tanning treatment for face and body. 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.*

# FACIALS - GUINOT

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

1 Hr **£55.00**

*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.*

## **Lift Summum**

1 Hr **£60.00**

*The Firming, Lifting Treatment.*

*An exclusive global firming treatment that immediately reduces signs of fatigue and ageing, focusing on the face, neck and décolleté. The unique stimulating massage visibly lifts and firms while the active ingredients Collagen XVII helps improve elasticity. The Anti-Wrinkle Eraser diminishes the appearance of wrinkles, whilst the unique specific face and décolleté masks restore a youthful appearance.*



# FACIALS - GUINOT

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

45 minutes **£47.00**

High-tech lifting treatment.

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

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

1 hour 15 minutes **£63.00**

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**

1 hour **£60.00**

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.

# FACIALS - CACI

## **CACI Signature Non-Surgical Facial Toning     £48.00**

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 **£240.00**

## **Ultra Non-Surgical Facial Toning\*     £62.00**

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 **£310.00**

## **CACI Jowl Lift     £34.00**

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.

Course of 6 **£170.00**

# FACIALS - CACI

## **CACI Eye Lift**

**£30.00**

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.

Course of 6 **£150.00**

# 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.

## **Detox and Glow**

30 minutes **£26.00**

A hydrating facial powered by nature to restore radiance and skin quality using our My Clarins range.

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

40 minutes **£22.00**

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

## **Nail care**

30 minutes **£18.00**

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

## **Make-Up**

### **Make-Up One-to-One**

1 Hr **£40.00**

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 **£28.00**

Expert make-up for your special occasion

# HANDS AND FEET

## **Clarins Luxury Manicure**

**£28.00**

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. Finish with your choice of nail polish.

## **Clarins Luxury Pedicure**

**£30.00**

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. Finish with your choice of nail polish.

**We can only remove gel polish that was applied at Sitting Pretty**

## **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

**£30.00**

**Pedicure and overlays** 45 minutes

**£32.00**

## **Soak off of gels**

Soak off of gels applied at Sitting Pretty, with new gel set

**£9.00**

Soak off only of gels applied at Sitting Pretty

**£15.00**

## MEN

### **Clarins Luxury Manicure**

45 minutes **£27.00**

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.

### **Clarins Luxury Pedicure**

45 minutes **£27.00**

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.

# WAXING

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

<b>Full leg (inc basic bikini line)</b>	1 hour	<b>£35.00</b>
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<b><sup>3</sup>/<sub>4</sub> leg</b>	30 minutes	<b>£25.00</b>
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<b><sup>1</sup>/<sub>2</sub> leg</b>	30 minutes	<b>£19.50</b>
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<b>Bikini</b>	15 minutes	<b>£18.00</b>
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<b>Brazilian</b>	30 minutes	<b>£25.00</b>
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All hair removed, leaving a strip

<b>Hollywood</b>	30 minutes	<b>£30.00</b>
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All hair removed from pubic and anal areas

<b>Half arm</b>	15 minutes	<b>£15.00</b>
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<b>Full arm</b>	30 minutes	<b>£19.00</b>
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<b>Underarms</b>	15 minutes	<b>£12.00</b>
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<b>Lip and chin</b>	15 minutes	<b>£16.00</b>
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<b>Lip</b>	15 minutes	<b>£9.75</b>
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<b>Chin</b>	15 minutes	<b>£9.75</b>
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<b>Face</b>	15 minutes	<b>£17.00</b>
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## Male Waxing

<b>Back or Chest</b>	30 minutes	<b>£27.00</b>
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<b>Eyebrow Wax</b>	15 minutes	<b>£12.00</b>
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<b>Arm Wax</b>	30 minutes	<b>£24.00</b>
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# ELECTROLYSIS

Permanent removal of unwanted hair using disposable sterile needles.

<b>Electrolysis</b>	15 minutes	<b>£16.00</b>
	30 minutes	<b>£25.00</b>

<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>£15.00</b>
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<b>Eyebrow Tint</b>	15 minutes	<b>£9.00</b>
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<b>Eyebrow Shape</b>	15 minutes	<b>£12.00</b>
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<b>Eyebrow Shape Lash &amp; Brow Tint</b>		<b>£32.00</b>
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### LVL Lashes Lift

Over 18s only

<b>Length Volume Lift</b>	<b>£50.00</b>
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1 hour 15 minutes

A stunning alternative to eye lash extentions. 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 48 hours before every treatment. We can not undertake the treatment without one.



## Opening Times

Monday 9.00am – 5.30pm

Tuesday 9.00am – 8.00pm

Wednesday 9.00am – 8.00pm

Thursday 9.00am – 6.00pm

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.



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