

# Skin Deep Clinic

## TREATMENT MENU

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Aesthetics, Hair and Beauty



## FREE 15 MINUTE CONSULTATIONS

Not sure which face or body treatment is best for you? Contact us to book one of our free consultations.



### FACE TREATMENTS      DURATION      PRICE

#### **Recommend Me Facial      1 Hour      Vary**

If you are unsure about which facial would be best for you, book a recommend me facial and this will allow us to prescribe and deliver the correct facial for your skin and needs

#### **Refining Treatment for Men      45 Mins      £40**

This treatment is designed specially for men who suffer from ingrown hairs, brought about by shaving. This treatment is good for all skin types.

#### **Expert Gel Peel      1.5 Hours      £40** **- With LED and special lip treatment      £55**

The expert gel peel GL treatment is specially designed for sensitive skin to help restore radiance and brightness to dull, lack luster skin experiencing dryness, mild discolouration, and rough texture.

#### **Deep Pore-Cleansing Facial      1 Hour      £30**

This facial is perfect for the teenage client or any client experiencing "teen-like" acne. The combination of products helps to reduce oil without drying and gives the skin the hydration it needs.

#### **Pigment Balancing Peel Treatment      1 Hour      £55** **- With LED and special lip treatment      1.5 hours      £65**

The pigment balancing peel targets discolouration to improve the uneven appearance of photo damaged, mottled skin.



## FACE TREATMENTS      DURATION      PRICE

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### Glycolic Skin Peel

20%	30 mins	From £35
30%	30 mins	From £35
40%	30 mins	From £35
70% - Free consultation required	30 mins	From £35

Chemical facial peels aim to remove the dead skin cells from the skins surface to allow new healthy skin cells to grow back creating smoother looking skin. They can also be used to treat blemishes, scars and help reduce the signs of ageing.

LED Light Therapy	45 mins	£25 per session
Prescriptive LED Light Therapy		£30
		£250 course of 12

Red - Will increase collagen and elastin production

Blue - Creates an anti inflammatory/anti bacterial effect that is perfect for problematic acne and as a post microdermabrasion treatment.

Green - Soothing effect on any irritation, increases melanin production and reduces redness.

Yellow - Encourages Lymphatic Drainage and will assist in detoxifying the face and body.

Non Surgical Face Lift	1.5 hour	£50 per session
		£450 course of 10

Micro-current impulses will lift and tone and firm 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.

CACI NEW Eye Revive	45 mins	£35 per session
		£315 course of 10

Combining active micro-current eye rollers, infused with CACI Eye Revive Serum that has powerful anti-ageing properties, and CACI's NEW Hydro Eye Mask, packed full of hyaluronic acid and collagen to help soften fine lines and wrinkles.

## Derma pen Cryo

30 mins

From £45

This is an effective Cryo therapy treatment that destroys tissues by freezing the intercellular fluid and forming ice shards and crystals that rupture the cells membrane, destroying the cells. It is ideal for - Age spots, Sun Spots and Liver Spots.

## VeinAway

30 Mins

From £40

**- A free consultation is required for this treatment**

One of the worlds leading treatments for the removal of: Thread veins, Blood spots, Dilated veins, Spider Naevi, Thread capillaries, Vascular blemishes, Milia, Moles, Warts, Cysts, Skintags, Xanthelasma

## Mesotherapy

1 hour

£60 per session

£300 course of 6

Mesotherapy is ideal for dry, dehydrated and dull skin or simply as a skin boost. The treatments can tone and tighten sagging skin, reduce fine lines and repair free radical damage. A series of six weekly treatments is advised to achieve maximum improvement. After this, monthly treatments are recommended to maintain smoother, healthier and better hydrated skin.

## Dermaroller

1.5 hours

£80 per session

£400 course of 6

Dermaroller can significantly improve the appearance of: Facial and décolletage lines and wrinkles, Stretch marks, Aged and sun damages skin, Scars (including acne) and Rejuvenation of hands.

## CACI Eye Lift

30 mins

£25 per session

£225 course of 10

This treatment will lift and firm 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.



## FACE TREATMENTS

DURATION

PRICE

### CACI Jowl Lift

30 mins

£25 per session  
£250 course of 10

Specifically targeting muscle laxity around the jawline, this facial treatment will lift and firm the muscles and redefine facial contours to give a firmer, more toned appearance..

### Botox

1 area

£160

2 area

£180

3 area

£200

Botox treatment for lines and wrinkles on forehead, crows feet, anti ageing, wrinkle reduction, laughter lines or frown lines.

### Fillers

0.5 ml

£130

1 ml

£230

Fillers are popular treatments used for softening wrinkles, laughter lines, facial lines and wrinkles caused naturally by ageing or sun exposure. Fillers are also popular for filling out the lips.

Cheek augmentation

From £130

Chin augmentation

From £130

Ultra Pure Hyaluronic Acid

From £60

### - Treatments are carried out by our qualified nurse

Treatments in the main areas of the body: RED STRETCH MARKS, HANDS, CELLULITE. Treatments in the main areas of the face: FOREHEAD, PERIOCCULAR AREA, PERIORAL AREA, CHEEKS, DECOLLETÉ NECK, PRE & POST

Ear Piercing

£20

(Includes earrings and aftercare lotion)

Bookings can only taken via messenger or phone to allow for both ears to be done at the same time.

## Hopi Candling

30 mins

£25

The benefits of Hopi ear candles include: Ear or sinus problems including Sinusitis. Irritations in the nose – Rhinitis. Soothing effects for over irritability and stress related symptoms. Noises and ringing in the ears – Tinitis Build up of earwax. Revitalisation for certain hearing impairments. Pressure regulation for conditions such as: – headaches, migraines, sinusitis and Rhinitis. Circulatory problems in the ear. Local stimulation to lymph flow and local metabolism. Stimulation of energy circulation.

## Plasma Pen Treatment

From £200

- Consultation must be made first

Plasma Pen is a non-surgical procedure that's stunningly effective in wrinkle smoothing, eyelid tightening and eyelid hood reduction (blepharoplasty). It's able to treat, repair, lift & rejuvenate any area of the skin.

## BODY TREATMENTS      DURATION      PRICE



### Mesotherapy

30/45 mins    £60 per session

Mesotherapy is ideal for dry, dehydrated and dull skin or simply as a skin boost. The treatments can tone and tighten sagging skin, reduce fine lines and repair free radical damage. A series of six weekly treatments is advised to achieve maximum improvement. After this, monthly treatments are recommended to maintain smoother, healthier and better hydrated skin.

### Dermaroller

75 mins      £80 per session  
£400 course of 6

Dermaroller is an alternative treatment to Laser treatments, with a significantly shorter recovery time, and can significantly improve the appearance of: Facial and décolletage lines and wrinkles, Stretch marks, Aged and sun damages skin, Scars (including acne) and Rejuvenation of hands.



## BODY TREATMENTS      DURATION      PRICE

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### Musculoskeletal Conditions Interventions & Kinesiology Muscle Taping

15 mins      £10

The Kinesiology Taping Method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy.

**Postural alignment**      15 mins      £5

A technique used to improve alignment and balance, eliminating any underlying causes of pain and physical limitations.

**Reiki**      50 mins      £30

A technique used to improve alignment and balance, eliminating any underlying causes of pain and physical limitations.

### Hot Stone Massage

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**Back, neck and shoulders**      30 mins      £30

**Full body**      1 hour      £45

A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body

### Aromatherapy Massage

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**Back, neck and shoulders**      30 mins      £30

**Full body**      1 hour      £40

Through specialised massage technique we can help bring the body back into balance by stimulating both branches of the Autonomic Nervous System.

**Non-Surgical Body Lifting and toning**      45 mins      £35 per session  
£175 course of 6

A course of 10 to 12 30 minute treatments is recommended over a five week period with a maximum of 2 treatments per week. Effects of treatment Visible results, Cellulite reduction, Lymph drainage Muscle toning, firming and body profiling, Improved circulation, Inch loss

**Spa Seaweed Body Wraps**      75 mins      £35

Ideal for slimming. Combination of two seaweeds for an intense shaping treatment The iodine contained in Laminaria has slimming properties and helps combat cellulite and fatty deposits.

**Active Heating Mud Wrap**      1.5 hours      £40

It helps decongest and soothe the body. A valuable aid in caring for skin problems.

**Rasul Moroccan Soap Clay**      45 mins      £35

Excellent cleansing alternative for those with sensitive skin or who cannot use detergents. It has a cleansing effect, absorbs fat & dirt from the skin, hair & scalp without harming the structure of the hair & the skin's natural fat layers.

**Bamboo Exfoliation**      45 mins      £25

This Micodermabrasion - grade exfoliant is suitable for the face or body and is gentle enough to use every day.

**Reflexology**      30 mins      £28

This type of massage speeds up recovery after an injury or surgery, reduces sleep disorders, and relieves depression and pain. It also helps ease the treatment of various types of cancer and even soothe the pain of pregnancy, even the one occurring after delivery.

**VeinAway**      45 mins      From £60

One of the worlds leading treatments for the removal of: Thread veins, Blood spots, Dilated veins, Spider Naevi, Thread capillaries, Vascular blemishes, Milia, Moles, Warts, Cysts, Skintags, Xanthelasma



## BODY TREATMENTS

DURATION

PRICE

### Swedish Massage

Back, neck and shoulders 30 mins £25

Full body 1 hour £35

Leg and foot 30 mins £25

Swedish massage focuses on improving circulation of blood and lymph and relaxing superficial muscle

### Deep Tissue Massage Therapy

Back, neck and shoulders 30 mins £25

Full body 1 hour £36

Benefits of Massage Therapy: Relieves Stress, Encourages Relaxation, Helps Manage Pain, Improves Flexibility and Range of Motion, Relaxes Muscles, Lowers Blood Pressure

## NEED MORE INFORMATION?

Still unsure on the right treatment for you? For further detail on any of our facial or body treatments, including how each treatment is performed and ingredients used.

Please visit our website [www.skindeep.org](http://www.skindeep.org) or contact us on 07534 272 163. We also offer Wedding packages, please enquire directly for more information.



## WAXING

### DURATION

### PRICE

Full leg wax		£23
Half leg wax		£18
Back wax		£18
Chest wax		£18
Bikini wax		From £10
Under arm		£10
Lip wax		£7
Chin wax		£7



## EYE BAR

### DURATION

### PRICE

A PATCH TEST IS REQUIRED FOR THE BELOW TREATMENTS 24 HOURS BEFORE.

### Official Award Winning

<b>HD Brows</b>	<b>60 mins</b>	<b>£25</b>
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Under 16 years of age must be accompanied by an adult and can not have the tinting part of the treatment.

<b>HD Brow Plus Lightening</b>	<b>75 mins</b>	<b>£35</b>
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Along with the full HD brow treatment I use this for softening coarse, stubborn hairs that cannot take to tinting as well as general lightening or adding warmth.. Colour will be applied afterwards to desired shade.



## EYE BAR

### DURATION

### PRICE

Eyebrow tint/tidy	30 mins	£15
Eyebrow Shape/tidy	20 mins	£10
Eyelash tint	30 mins	£8
Lash enhancer	60 mins	£35

Forget extensions and give false eyelashes the boot, it's all about the beauty treatment celebs are obsessed with, the name Enhance Lash Lift a must for all those who want longer and fuller looking lashes.

### Express/Weekend lashes

Express treatments are ideal for clients who want instant lashes for a short period of time, such as a special occasion.

Strip Lashes	30 mins	£10
Lash Filler	30 mins	£20
Express individual Lashes	40 mins	£30
Classic Individual Eyelash Extension	3 Hours	£45
Classic Infills	60 mins	£25
Classic Infills	1.5 Hours	£35



## TANNING

### DURATION

### PRICE

Spray tan - Full Body	15 mins	£15
Spray tan - Face	5 mins	£8



## NAIL BAR

## DURATION

## PRICE

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Minx Nails	45 mins	£20
Shellac Nails	45 mins	£20
Gel Polish Powder Base	50 mins	£25
Bio Sculpture Gel Extensions	1.5 Hours	£38
Bio Sculpture Gel Overlays	45 mins	£26
Manicure	45 mins	£20
Pedicure	60 mins	£25

## NEED MORE INFORMATION?

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Still unsure on the right treatment for you? For further detail on any of our beauty treatments, including how each treatment is performed and ingredients used. Please visit our website [www.skindeep.org](http://www.skindeep.org) or contact us on 07534 272 163. We also offer Wedding packages, please enquire directly for more information.

## DESERVE A TREAT?

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Voucher packages in partnership with the Conrah Country Hotel.

### You, Me & Afternoon Tea

This package includes Afternoon tea for two people and a treatment from each list on the voucher

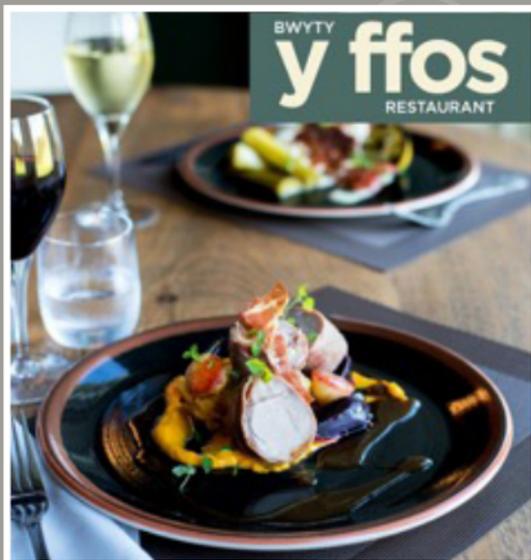
### Sunset package

Surround yourself in the Conrah country house finery, then relax with a deluxe treatment at Skindeep and wander the landscape gardens before settling down to a three course meal in the prestigious YFfos restaurant.

### One night pamper escape for two

A deluxe one night pamper break for two where you will enjoy some luxury time with someone special. Wander the landscape gardens, before being pampered by a luxury treatment each, and a three course meal in the prestigious YFfos restaurant enjoying you a guilt free night away. Then waking up to a hearty welsh breakfast to complete your stay.

FOR MORE INFORMATION OR TO PURCHASE OUR  
GIFT VOUCHERS PLEASE GET IN TOUCH



# Skin Deep Clinic

## OPENING HOURS

Mon - Wed: 8:30am - 5:30pm

Thurs - Fri: 8:30am - 7pm

Saturday: 9am - 5pm

## CONTACT DETAILS

E: [info@skindeep.org.uk](mailto:info@skindeep.org.uk)

T: 07534 272 163

W: [www.skindeep.org](http://www.skindeep.org)

A: Skin Deep at Conrah Hotel,  
Chancery, Aberystwyth,  
SY23 4DF

