

Clare Howe I.T.E.C

Fully qualified at an International level since 2001. My aim as an experienced Therapist is to make you feel welcome and give professional and effective treatments.

Executive Grooming for Men

Relax, unwind and revitalise with our Executive Grooming Treatments.

Most are express treatments which will fit into even the most gruelling work schedule.

All our treatments can be discussed in private and are confidential.

In addition, all treatments overleaf are also available for men.

Men's Executive Manicure
45 minutes £26.50

Men's Executive Pedicure
55 minutes £35.00

Men's Full Body Massage
55 minutes £45.00

Men's Back, Neck & Shoulder
Massage
25 minutes £30.00

Back Wax
25 minutes £20.00

Chest Wax
25 minutes £20.00

Men's Executive Facial using Elemis
55 minutes £45.00

We have a sister Retreat Beauty Salon located within Nuffield Fitness & Wellbeing Centre at The Racecourse

Treatments available there that we do not currently offer here at Vodafone include the following:

Brazilian Waxing (hot & warm wax)

St Tropez Spray Tans

Bio Sculpture Gel Nails

Eye Lash Extensions

Mother To-Be-Massage

To book an appointment for these services please call: 01635 569977

Cancellation: We regret that a 50% charge will be made for treatments cancelled less than 24 hours prior to your appointment.

Gift Vouchers are available, which make ideal presents for all occasions.

For bookings, enquiries or a free consultation, please call:

01635 674871

Email: healthfitness@vodafone.com

The Retreat



**Clare Howe I.T.E.C
Beauty & Complementary
Therapist**

Treatment Menu

Vodafone Fitness & Wellbeing Centre

Edison House, Vodafone HQ

Treatment Guide

Waxing

½ Leg wax 30 minutes	£18.00
Full Leg wax 45 minutes	£26.00
Bikini wax 15 minutes	£12.00
Underarm wax 15 minutes	£12.00
Eyebrow wax 15 minutes	£12.00
Lip or Chin 15 minutes	£9.00
Arm wax 30 minutes	£16.50

Tinting

*Eyelash tint 30 minutes	£15.00
*Eyebrow tint 15 minutes	£10.00
*Combined lash & brow tint	£23.00
*Eyelash perm 1 hour	£35.00
*Eyelash perm & tint 1 hour 30	£50.00

Massage

Full body massage 55 minutes	£45.00
Back, Neck & Shoulder massage 25 minutes	£30.00
Aromatherapy full body massage 55 minutes	£52.00
Deep tissue massage 55 minutes	£50.00
Deep tissue back massage 25 minutes	£35.00

* 24 hour patch test required

Elemis Facial Treatments

Elemis taster facial 25 minutes	£33.00
Skin specific facial 55 minutes	£45.00

Advanced Anti Ageing Facials

Visible Brilliance Facial 1 hour 10 minutes	£70.00
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To combat ageing, stressed & slackened skins. Moisturisation levels of the skin are proven to increase by up 61% and elasticity by 40% after just 1 treatment.

Pro – Collagen Quartz Lifting Facial 1 hour 10 minutes	£70.00
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An exceptional anti-wrinkle facial revealing a firmer, uplifted and more youthful complexion. This facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just 1 treatment

Tri-Enzyme Resurfacing Facial 55 minutes	£70.00
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This facial instantly smoothes and resurfaces then skin. Excellent for superficial lines and uneven skin tone leaving the skin radiant and glowing. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by 32% after 1 treatment. (patch test required)

Modern Skin Facial 55 minutes	£60.00
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Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins to purify the skin.



Jessica

Classic Jessica manicure 55 minutes	£26.50
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Classic Jessica pedicure 55 minutes	£35.00
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File & polish on hands 25 minutes	£19.00
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File & polish on feet 25 minutes	£19.00
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Deluxe manicure 1 hour 5 minutes	£35.00
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Incorporating heated mitts for extra dry skin and nails.

Deluxe pedicure 1 hour 10 minutes	£40.00
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Incorporating heated mitts for extra dry skin and nails.

Complementary Therapy

Reflexology 1 hour	£37.00
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Indian Head Massage 30 minutes	£30.00
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