SITTING PRETTY

We would like to welcome all our clients and hope that you will enjoy your visit to our salon.

At Sitting Pretty we offer you an escape from the world, where you can come and be pampered in a relaxing and comfortable atmosphere.

We look forward to your visit so that we can help you to ‘feel good’ and have some stress-free time for yourself. Come in and relax – let us take care of you!

CLARINS

CLARINS are the number one skin-care company in the United Kingdom, with a product range based on natural ingredients and pure plant extracts. With Clarins we promise no miracles, only results. Looking after your face and body is no longer a luxury but a necessity. As a Gold Salon, you are assured of the very best treatment by highly trained and dedicated therapists.

Enjoy the Clarins Treatment Experience

Please arrive at the Salon 10 minutes prior to your appointment. All appointment times include a 15 minute consultation and time for you to change.

All treatments are a blissful experience that stimulate the senses. The use of low-level lighting, aromatic vapours and soothing sounds create the perfect ambience.
### FACIALS

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Senior Th’pist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aromatic Balancer</strong></td>
<td>£42.00</td>
<td>£45.00</td>
</tr>
<tr>
<td></td>
<td>1 hour 5 minutes</td>
<td></td>
</tr>
<tr>
<td>Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.</td>
<td></td>
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</tr>
</tbody>
</table>

### EXPRESS TREATMENTS

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Senior Th’pist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Face &amp; Eyes Refresher</strong></td>
<td>£30.00</td>
<td>£35.00</td>
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<tr>
<td></td>
<td>45 minutes</td>
<td></td>
</tr>
<tr>
<td>Freshens and smooths 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.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Senior Th’pist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NEW Age-Defying Eyes</strong></td>
<td>£30.00</td>
<td>£35.00</td>
</tr>
<tr>
<td></td>
<td>45 minutes</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Senior Th’pist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clarins Mini Facial</strong></td>
<td>£25.00</td>
<td>£30.00</td>
</tr>
<tr>
<td></td>
<td>30 minutes</td>
<td></td>
</tr>
<tr>
<td>A basic facial - suitable for all skin types - excellent for first time clients who may wish to move on to more intensive facials. Cleanse, tone, massage, mask.</td>
<td></td>
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</tr>
</tbody>
</table>
**Tri-active Facials**
Powered by CLARINS PRO formulas
1 hour 25 minutes

**The Super Restorative** £50.00 £55.00
The most replenishing of all Clarins Treatments providing intensive nourishment and hydration to reactivate the plump, peach-smooth luminosity of youthful-looking skin. Contouring and detoxifying massage restores definition, brightens features and minimises the appearance of age spots. The ultimate wake-up call for mature skin.

**The Lifting Line Smoother** £50.00 £55.00
As skin is retextured and its youth-giving renewal process intensively energised, it instantly becomes smoother and firmer, leaving it looking refreshed and rested. Just like a week away.

**The Radiance Reviver** £50.00 £55.00
Dull, tired, stressed skin is intensively detoxified and recharged with a cocktail of antioxidants and super revitalizing plant extracts which restore health and radiance. Think multi-vitamins for the skin.

**The Moisture Replenisher** £50.00 £55.00
Intensively replenishes depleted moisture levels in dry, dehydrated skin which immediately restores softness, suppleness, comfort and radiance. An oasis in the desert that is parched skin.

**The Skin Healer** £50.00 £55.00
Sensitive skin is immediately and intensively soothed, calmed and repaired to restore softness, suppleness, comfort and radiance. A cooling, healing hand.

**Detox & Shine Stopper** £50.00 £55.00
Intensively purifies skin, rebalances oil production, tightens and refines pores so oily, combination and even shiny complexions become clearer, smoother, softer and more matte. A fresh start with a shine-free finish.
**BODY TREATMENTS**

**The Body Polisher**

45 minutes

Intensive double exfoliation deep cleanses and retexturises skin for a body that’s super-soft, supple and smooth. It also helps minimize dark spots and stretch marks so skin looks fresher, brighter and more evenly toned. The final touch is a deeply conditioning application of body lotion.

*At home: Clarins Exfoliating Body Scrub*

**Neck & Back Massage**

30 minutes

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

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

45 minutes

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**

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*
**ClarinS**

**Tri-active Body Treatments**

*Powered by CLARINSPRO formulas*

*1 hour 25 minutes*

**The Moisture Quencher**

£55.00  £60.00

Restores extreme softness, suppleness and comfort to parched or dry skin with smoothing exfoliation and over an hour of moisture replenishing and cocooning massage and a deeply nourishing body mask. For a body that gleams like satin and is velvet to the touch.

*At home: Clarins Moisture-Rich Body Lotion*

**The Body Lift Sculptor**

£55.00  £60.00

Intensively streamlines body contours with skin refining exfoliation, over an hour of detoxifying and sculpting massage and a super-shaping body mask. A pampering shortcut to a body that’s svelte, toned and silky-smooth.

*At home: Clarins Body Lift Cellulite Control*

**The Firming Age Corrector**

£55.00  £60.00

Restores youthful firmness, smoothness and luminosity with skin refining exfoliation, over an hour of revitalizing and toning massage and an intensive firming body mask. Think of this as an all-in-one body youth boost.

*At home: Clarins Extra Firming Body Care*
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**
£50.00  £55.00
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**
£50.00  £55.00
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.

**Melting Honey Hot Stone Massage with Honey Massage Gel**
£50.00  £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.
Mother-to-be and New Mother Treatments

Pampering Face & Body Treatment  £44.00  £46.00
1 hour 15 minutes
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

Make-Up

Make-Up One-to-One  £30.00  £30.00
45 minutes
Trying different colours and application techniques under expert guidance will help you achieve a fresh and 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  £23.00  £23.00
30 minutes
Book in for an express make-over where you choose the shades from our latest colour collections and head back to work or out for an evening looking gorgeous.
CLARINS

TREATMENTS FOR MEN

Therapist  Senior Th’pist

Skin Blitz Facial  £42.00  £45.00
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  £42.00  £45.00
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  £27.00  £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
Aromatic Facial  
£42.00  £42.00
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  
£42.00  £42.00
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  
£41.00  £41.00
1 hour  Course of 3  £110.00
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.

Hydradermie² Lift  
£43.00  £45.00
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 smooths facial features deep down through muscular exercise. As muscles are toned, they take on a new vitality and skin becomes amazingly smoother.
**Hydradermie² Lift Express**  
£32.00  
£35.00  
45 minutes  
High-tech lifting treatment.  
Ideal for clients who want a quick treatment. The treatment includes cleansing, exfoliation and muscle stimulation.

**Hydradermie² Age Logic Deluxe**  
£60.00  
£65.00  
1 hour 45 minutes  
A specially designed anti-ageing Hydradermie² Facial concentrating on the eyes, face and neck. It includes cleansing, exfoliating, galvanic, high frequency, massage and mask.

**Hydradermie²**  
£45.00  
£48.00  
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.

**Hydradermie² Back Treatment**  
£43.00  
£45.00  
1 hour  
An ideal deep cleansing back treatment for clearing blocked pores and improving skin texture. This special back treatment purifies and rehydrates the skin.
GENIE COMPLETE

Therapist | Senior Th’pist

The most powerful non-surgical face-lift machine on the market today. Due to this, each facial takes ten minutes and results are visible after the first session. It is the only system that rebuilds facial muscle mass, thanks to the Mediwave technology.

**Take Ten**  
£33.00 £33.00  
30 minutes  
Utilising the most powerful non-surgical face-lift machine on the market today, each facial takes ten minutes and results are visible after the first session. It is the only system that rebuilds facial muscle mass, thanks to the mediwave technology.

  Course of ten treatments and one maintenance  £330.00

The complete slimming and toning system – your own personal trainer.

**Slim-Tone Module**  
£28.00 £28.00  
30 minutes  
This provides slimming, toning and cellulite programmes for the body. Results are immediate and can be intensified, depending on the level of your workout – just like conventional exercise.

  Course of ten treatments and one maintenance  £280.00

**Lymph Module**  
£25.00 £25.00  
30 minutes  
The lymphatic drainage module has been specifically designed to increase the lymphatic flow of the body. The treatment will control the muscles, which stimulates the flow of lymph fluid. The results are rapid inch loss, detoxing of the lymph, toning, reduction of cellulite and revitalisation.

  Course of ten treatments and one maintenance  £250.00
MICRO-TECH FACE

Therapist  Senior Th’pist

Uses micro current to work to restore and redefine facial muscles, reducing lines and wrinkles.

**Face**  £43.00  £43.00
1 hour 15 minutes

**Eyes like Diamonds**  £43.00  £43.00
30 minutes

WAXING

Using a creme organic wax to remove unwanted hair.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Therapist</th>
<th>Senior Th’pist</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 leg wax</td>
<td>20 min</td>
<td>£16.00</td>
<td>£17.50</td>
</tr>
<tr>
<td>3/4 leg wax</td>
<td>30 min</td>
<td>£22.00</td>
<td>£22.50</td>
</tr>
<tr>
<td>Full leg and bikini</td>
<td>1 hour</td>
<td>£29.00</td>
<td>£30.00</td>
</tr>
<tr>
<td>Bikini</td>
<td>15 min</td>
<td>£12.00</td>
<td>£15.00</td>
</tr>
<tr>
<td>Brazilian</td>
<td>30 min</td>
<td>£17.00</td>
<td>£18.00</td>
</tr>
<tr>
<td>Half arm</td>
<td>15 min</td>
<td>£12.00</td>
<td>£13.00</td>
</tr>
<tr>
<td>Full arm</td>
<td>30 min</td>
<td>£16.00</td>
<td>£17.00</td>
</tr>
<tr>
<td>Underarms</td>
<td>15 min</td>
<td>£10.00</td>
<td>£11.00</td>
</tr>
<tr>
<td>Lip and chin wax</td>
<td>15 min</td>
<td>£10.00</td>
<td>£11.00</td>
</tr>
<tr>
<td>Lip wax</td>
<td>15 min</td>
<td>£7.50</td>
<td>£8.00</td>
</tr>
<tr>
<td>Chin wax</td>
<td>15 min</td>
<td>£7.50</td>
<td>£8.00</td>
</tr>
<tr>
<td>Face wax</td>
<td>15 min</td>
<td>£12.00</td>
<td>£13.00</td>
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</tbody>
</table>
**ELECTROLYSIS**

Permanent removal of unwanted hair using disposable sterile needles.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Therapist</th>
<th>Senior Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrolysis</td>
<td>15 min</td>
<td>£13.00</td>
<td>£14.00</td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td>£17.00</td>
<td>£19.00</td>
</tr>
<tr>
<td>Thread Veins</td>
<td>15 min</td>
<td>£25.00</td>
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</tbody>
</table>

**HANDS AND FEET**

Nail and cuticle work, massage and varnish.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Time</th>
<th>Therapist</th>
<th>Senior Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manicure/French</td>
<td>45 min</td>
<td>£22.00</td>
<td>£23.00</td>
</tr>
<tr>
<td>Jessica Deluxe Manicure</td>
<td>1 hour</td>
<td>£24.00</td>
<td>£25.00</td>
</tr>
<tr>
<td>Pedicure</td>
<td>45 min</td>
<td>£23.00</td>
<td>£24.00</td>
</tr>
<tr>
<td>Zen-Spa Pedicure</td>
<td>1 hour</td>
<td>£26.00</td>
<td>£27.00</td>
</tr>
</tbody>
</table>

Toe nails are trimmed, plus exfoliation of dead skin cells, cuticle work, massage and nail polishing. Using Clarins products. Please bring open toed shoes to wear after pedicure.
HANDS AND FEET cont...

Paraffin Wax Treatment
Hands, including manicure 1 hour £25.00 £26.00
An excellent treatment for dry, cracked, flaky skin and very effective for arthritic conditions.

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 mins £28.00 £28.00
Pedicure and overlays 1 hour £30.00 £30.00
Refresh manicure with gel 1 hour £23.00 £23.00
Removal with nail after care 30 mins £10.00 £10.00

EYES

MII BROWS

NEATEN & DEFINE FABULOUSLY £25.00 £25.00
Make a statement with groomed brows that transform you from timid to temptress. Soft and effortlessly smooth, sweep-on to neaten and define brows for a fabulously framed look. Treatment to include eyebrow wax and shape, tint and pencil to finish.
A patch test must be performed 24 hours before the initial treatment.

<table>
<thead>
<tr>
<th>Service</th>
<th>Price (Therapist)</th>
<th>Price (Senior Th’pist)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyelash Tint</td>
<td>£13.00</td>
<td>£14.00</td>
</tr>
<tr>
<td>Eyebrow Tint</td>
<td>£7.50</td>
<td>£8.00</td>
</tr>
<tr>
<td>Eyebrow Shape</td>
<td>£9.00</td>
<td>£9.50</td>
</tr>
<tr>
<td>Eyebrow Shape</td>
<td>£27.00</td>
<td>£30.00</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price (Therapist)</th>
<th>Price (Senior Th’pist)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Energiser Facial</td>
<td>£25.00</td>
<td>£25.00</td>
</tr>
<tr>
<td>Make-up or Mess-it-up!</td>
<td>£22.00</td>
<td>£22.00</td>
</tr>
<tr>
<td>Nail care</td>
<td>£15.00</td>
<td>£15.00</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Therapist</th>
<th>Senior Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take Ten</strong></td>
<td>30 minutes</td>
<td>£33.00</td>
<td>£33.00</td>
</tr>
<tr>
<td>Non surgical face lift.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Manicure</strong></td>
<td>30 minutes</td>
<td>£19.00</td>
<td>£19.00</td>
</tr>
<tr>
<td>Maintenance for hands and nails.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pedicure</strong></td>
<td>45 minutes</td>
<td>£22.00</td>
<td>£22.00</td>
</tr>
<tr>
<td>Nail and cuticle work, hard skin removal, foot exfoliation and massage.</td>
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</tr>
<tr>
<td><strong>Waxing</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back or Chest Wax</td>
<td>30 minutes</td>
<td>£19.00</td>
<td>£20.00</td>
</tr>
<tr>
<td>Eyebrow Wax</td>
<td>15 minutes</td>
<td>£9.00</td>
<td>£9.50</td>
</tr>
<tr>
<td>Arm Wax</td>
<td>30 minutes</td>
<td>£19.00</td>
<td>£20.00</td>
</tr>
</tbody>
</table>
SHARE THE SITTING PRETTY EXPERIENCE

Gift vouchers are an ideal present. Vouchers can be bought in £5 or £10 denominations, and 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. Please ask for Details.

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
Sitting Pretty
16 Swadford Street
Skipton, North Yorkshire
BD23 1RD
(Situated above SpecSavers opticians)

Telephone: 01756 700750

www.sittingprettyskipton.co.uk

sittingprettysalon@btconnect.com