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405 High Street, Lincoln LN5 7TE

**Qr code

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01522 394618 www.BodyTLC.co.uk

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We appreciate that offering a wide range of services can seem overwhelming, we encourage you to learn about all we have on offer by perusing this book and visiting our website [www.BodyTLC.co.uk](http://www.BodyTLC.co.uk)

However, to help you jump straight to the section that interests you please use the index below

**Index**

|  |  |
| --- | --- |
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**BODY TLC PRICE LIST**

**Patch Tests & Consultations**

For a high number of our services, a patch test is required. This is typically completed during a consultation so that suitability can be ascertained, your medical history can be checked for contraindications, and the process can be discussed alongside aftercare and possible side effects.

Our therapists may refuse service if they deem the treatment to pose risk without a prior patch test.

Consultations are offered FREE\* and with no obligation to book ANY of our treatments.

**Consultation** **FREE\***  **Laser Patch Test** **£10 Beauty Patch Test** **£5**

*Patch Test price redeemable off your first paid treatment.*

*\*Refundable booking deposit of £5 required*

**Deposits**

Due to the clinical cost of missed appointments, we ask for a deposit to secure your booking. For our free consultations this is a £5 deposit. When you attend your appointment, the deposit can be used against the cost of your patch test or future treatment. If you do not wish to receive a patch test or book at that point, then the £5 deposit is refunded to you in the same manner in which you paid.

*All deposits are non-refundable should you fail to attend your appointment / fail to provide 48hrs notice to alter your appointment. If you provide more than 48hrs notice the deposit can be moved seamlessly to your rearranged appointment or refunded in full, should you wish to postpone or cancel your appointment.*

In general, we ask for the following deposits against the treatment booking – the deposit secures your booking date, when you attend the deposit is then deducted from your total treatment costs.

***Small Appointments £5 Medium Appointments £15 Large Appointments £30***

**Laser Treatments**

**Tattoo Removal Services**

You **will** require a consultation and patch test prior to your treatment. Prices are a guide; your therapist will consider how much skin within the measured area contains ink and how much is clear. A quote will be given at your consultation.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Size** | **Classification** | **Q Switch Laser** | **Picosure**  **Laser** | **Saline**  **Removal** |
| A ring Finger Tattoo | **Class One** | **£24** | **£36** | **£20** |
| Example: 5cm x 5cm | **Class Two** | **£36** | **£54** | **£30** |
| Example: 7cm x 7cm | **Class Three** | **£48** | **£72** | **£40** |
| Example: 9cm x 9cm | **Class Four** | **£60** | **£90** | **£50** |
| Example: 11cm x 11cm | **Class Five** | **£72** | **£108** | **£60** |
| Example: 13cm x 13cm | **Class Six** | **£84** | **£126** | **£70** |
| Example: 15cm x 15cm | **Class Seven** | **£98** | **£144** | **£80** |
| Example: 17cm x 17cm | **Class Eight** | **£108** | **£162** | **NA** |
| Example: 19cm x 19cm | **Class Nine** | **£132** | **£198** | **NA** |
| Example: 21cm x 21cm | **Class Ten** | **£156** | **£234** | **NA** |
| Example: 23cm x 23cm | **Class Eleven** | **£180** | **£270** | **NA** |
| Example: 25cm x 25cm | **Class Twelve** | **£204** | **£306** | **NA** |

Pay up for 5 sessions up front – get a free Aloe Vera Gel and save 10% on the cost of your treatment!

Pay for two or more tattoos to be treated at the same time – save 10%

Saline Solution is an option for certain pigment colours / locations of tattoo – it is not advised in general for most tattoo clients. Your therapist can advise you on the best option for your specific tattoo.

**Diode Laser Hair Removal**

Permanent Laser Hair Removal. Prices listed are per area, and per course of 6. Buying a course of treatments will save you approximately 20%. Other areas are available on request – Please get in touch for a bespoke package.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ladies**  **Area** | **Per**  **Treatment** | **Course**  **of 6** | **Area** | **Per**  **Treatment** | **Course**  **of 6** |
| Chin | **£60** | **£288** | Upper Lip | **£48** | **£230.50** |
| Underarms | **£66** | **£317** | Neck (front) | **£60** | **£288** |
| Stomach Line (teddy) | **£60** | **£288** | Nipples | **£60** | **£288** |
| Lower Back | **£84** | **£403** | Abdomen (from) | **£72** | **£345.50** |
| Bikini (std) | **£72** | **£345.50** | Upper Arms | **£84** | **£403** |
| Bikini (extended) | **£108** | **£518.50** | Forearms | **£84** | **£403** |
| Bikini (all hair) | **£132** | **£633.50** | Full Arms | **£144** | **£691** |
| Buttocks | **£84** | **£403** | Full Legs | **£299** | **£1434** |
| Thighs | **£180** | **£864** | Lower Legs + Knees | **£162** | **£777.50** |

|  |  |  |
| --- | --- | --- |
| **COMBINATION OFFERS** | **Per Treatment** | **Course of 6** |
| Bikini (std) + Underarms | **£132** | **£633.50** |
| Bikini (extended) + Underarms | **£162** | **£777.50** |
| Bikini (all hair) + Underarm | **£186** | **£893** |
| Ext Bikini, Underarms, Lower Legs + Knees | **£300** | **£1700** |
| All Bikini, Underarms + Full Legs | **£450** | **£2500** |
| Lip, Chin + Cheeks | **£108** | **£518.50** |
| Upper Lip + Chin | **£84** | **£403** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Gentlemen** | **X 1** | **X 6** | **Area** | **X 1** | **X 6** |
| Male Beard | **£144** | **£691** | Underarms | **£66** | **£317** |
| Beard + Neck | **£180** | **£864** | Forearms | **£90** | **£432** |
| Chest + Abdomen | **£216** | **£1037** | Full Arms | **£156** | **£749** |
| Full Chest | **£120** | **£576** | Upper Arms | **£90** | **£432** |
| Half Back | **£120** | **£576** | Male Groin (std) | **£72** | **£345.50** |
| Full Back | **£216** | **£1037** | Male Groin (ext) | **£108** | **£518.50** |
| Full Legs | **£299** | **£1434** | Male Groin (comp) | **£144** | **£690** |
| Hands or Feet | **£84** | **£403** | Other Areas | **POA** | **POA** |



**Laser Vein Removal**

Body TLC’s Laser Vein Removal can restore your complexion and reduce those unsightly broken veins. With the safe elimination of coloured veins, you gain the freedom to bare your skin. You will require a consultation to ascertain your suitability. This treatment is not suitable for varicose veins, dark or recently tanned skin, or those suffering from thin skin or on certain medications.

|  |  |  |
| --- | --- | --- |
| **Treatment**  **Area Size** | **Per**  **Treatment** | **Course of 3**  **(Saving 20%)** |
| Extra Minor Area from | **£48** | **£115** |
| Minor Area from | **£108** | **£259** |
| Intermediate Area from | **£168** | **£403** |
| Moderate Area from | **£228** | **£547** |
| Major Area from | **£294** | **£705.50** |

Close-up of a person's face

Description automatically generated with medium confidenceSome Veins are suitable for treatment with our Diathermy Service. See pages 15 – 17

Above. Before and after healing of nasal broken capillaries treated with Diathermy. Below. Before and after three sessions of Laser Vein Removal on the thigh area.

**A close-up of a person's chest

Description automatically generated with low confidence**



**CO2 Fractional Laser Treatments for Anti-Aging, Skin Conditions & Skin Tightening**

Fractional Laser Treatments offer amazing results, tightening skin, reducing scars, improving **signs of aging,** and offering **skin levelling** in **pigmentation, tone, evenness,** visual **veins,** and **colour**. Downtime is approximately 4 – 7 days depending on severity of the skin tissue being treated.

Fractional Laser Services are priced per area, per treatment and in courses of 3 (saving 10%). You will need a consultation prior to treatment, your therapist will be able to give you an accurate quote at your consultation.

We may be able to offer discounts where more than one area is treated concurrently.

|  |  |  |
| --- | --- | --- |
| **Treatment Area**  (Example size) | **Per Treatment** | **Course of**  **Three** |
| Small Area (forehead or small patch) | **£299** | **£807** |
| Medium Area (full face or both hands) | **£359** | **£969** |
| Large Area (full face +neck or neck décolletage) | **£459** | **£1239** |
| XL Area (stomach or full face +neck +décolleté) | **£499** | **£1347** |

****

Shown here

improving scars

from prior acne.

**A collage of a person's face

Description automatically generated with medium confidence**

Both images

show before and

after 1 single

Fractional Laser

Treatment.



**Laser Fungal Nail Treatment**

Fungal Nail Treatment – Kills the fungus that infects and spreads between nail beds. Usually only one to two treatment is all that is needed to cure the contagious spores, restoring beautiful fingers and toes once more. Extreme cases may require multiple sessions. Please visit our website for more information.

|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment** | **1st Treatment** | **2nd Treatment** | **3rd Treatment** |
| Individual Nail | **£119** | **£83** | **£59** |
| One Foot OR Hand | **£299** | **£239** | **£150** |
| Both Feet OR Hands | **£419** | **£298** | **£210** |
| Follow-Up Deep File and Scrape  (incl. in laser sessions & available as a standalone service) | **£30-40** |

**Graphical user interface

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**A close-up of a baby holding a heart

Description automatically generated with low confidenceFemitone**

Femitoneis the non-surgical **Laser alternative to**

**intimate vaginal surgery**. Stimulating collagen

formation in a **non-painful** manner. This treatment

is also useful to **prevent the symptoms of incontinence.**

A consultation prior to treatment is required to check

suitability. Absolute discretion is given as standard.

**£400 Per Treatment**

**£1000 Course of 3**

**£200 Annual/ Bi-Annual Booster**



**Laser Teeth Whitening**

Laser Teeth Whitening painlessly lifts stains from the teeth in one session.

**A collage of a person's face

Description automatically generated with medium confidenceA collage of a person's face

Description automatically generated with medium confidence£69 for Standard Lift £99 for Mega Lift**

**Medispa Services**

**Plasma Firbroblast Treatment**

This innovative technology utilises plasma to stimulate instant contraction and tightening of skin fibres. This technology does not use a scalpel or laser to remove excess skin, thereby avoiding all risks inherent to the traditional methods. Results can be seen immediately, though 14 day downtime post treatment is expected.

|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment Area** | **1st Treatment** | **2nd Treatment** | **Following Treatments** |
| Upper Eye Lift | **£360** | **£240** | **£180** |
| Lower Eye Bag | **£360** | **£240** | **£180** |
| Upper & Lower Eye | **£570** | **£420** | **£330** |
| Smokers Lines | **£336** | **£228** | **£156** |
| *For blemish removal with Plasma please see page 16* | | | |

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**Platelet Rich Plasma & Stem Cell Platelet Rich Fibrin**

You can learn so many interesting facts on this service via our website www.BodyTLC.co.uk/prp-prf

This treatment is completely homeopathic – meaning all natural, nothing but your own serum is returned to the skin. Your blood is drawn and spun in a centrifuge to separate your red blood cells from the powerful PRP or iPRF ready for redeployment back in your area of concern. Helping a vast range of ailments. Book a free consultation to learn more of how this can help you!

|  |  |  |  |
| --- | --- | --- | --- |
| **Concern** | **Size** | **PRP** / *for 3* | **iPRF** / *for 3* |
| **Wound/Scar** | Extra Large | **£175** */ £450* | **£200** */ £500* |
|  | Large | **£150** */ £400* | **£175** */ £450* |
|  | Medium | **£125** */ £300* | **£150** */ £400* |
|  | Small | **£100** */ £250* | **£125** */ £300* |
| **Facial – Vampire** | Full Face Treatment | **£120** / £320 | **£150** / £400 |
| **Facial - Dracula** | Face, Neck & Decolletage | **£240** / £695 | **£300** / £800 |
| **Hair Restoration** | 10-20ml (Small Sections) | **£100** / £250 | **£120** / £320 |
|  | 20-30ml (Medium) | **£120** / £320 | **£150** / £400 |
|  | 30-50ml (Large) | **£240** / £695 | **£300** / £800 |

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**Interested in the hair restoration? We also offer Scalp Micro Pigmentation and Hair Microblading see pages 14 – 15**



**Aesthetic Injectables**

**At Body TLC we offer injectable Fat Dissolving Injections, please see page 19 and B12 Injections, See Pages 32-33**

**Dermal Filler Injectables**

Made from Hyaluronic Acid, Dermal Fillers offer extreme hydration and volume for a wide range of uses, typically lips for contour or shape, cheeks, eyes, nose, and deep and shallow facial folds.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Amount of Dermal Filler** | **Filler that lasts 5-9m+** | **Filler that lasts 9-12m+** | **Filler lasting 12-18m+** | **Specific Favourite Brands** |
| 0.5ml | **£70** | **£75** | **£95** | **On application** |
| 1ml | **£120** | **£130** | **£180** | **On application** |
| 1.5ml | **£160** | **£195** | **£250** | **On application** |
| Additional ml’s each | **100** | **£115** | **£150** | **On application** |
| Nose Augmentation | **£249** | **£269** | **£289** | **On application** |
| Tear Trough | / | / | / | **£250** |
| Chin & Jaw | **£250** | **£300** | **£350** | **On application** |
| Hands | **£300** | **£350** | **£400** | **On application** |
| Other Areas | **On Quotation** |

**Diagram

Description automatically generatedDiagram

Description automatically generated**

Above. Shows minimal filler for a subtle natural look.

Also available on request: **Hyglow No Needle Filler** for those who want luxe lips but can’t bare the idea of needles! Book a free consultation for a quote.

**Botox Injectables**

A consultation is compulsory though may be possible via video call prior to your appointment. Botox is a prescription only item. Results last approximately 6-8 months. An optional 2 week top up is included free of charge.

|  |  |  |  |
| --- | --- | --- | --- |
| **Number of Areas** | **1 Area** | **2 Areas** | **3 Areas** |
| **Wrinkle Reduction** | **£130**  i.e. Crows Feet | **£180**  i.e. Crows and Frown Lines | **£225**  i.e. Crows, Frown and Forehead |
| **Baby Botox** | **£70** | **£140** | **£210** |
| **Nefertiti Neck Lift** | From **£280** | **Jaw Slimming** | From **£200** |
| **Botox for Sweating** | From **£350** | **For Migraine** | From **£200** |

A close up of a person's eyes

Description automatically generated with low confidence



**Skin Boosters & Profhilo**

Other brands on request.

|  |  |  |  |
| --- | --- | --- | --- |
| **Product** | **Volume** | **Per session** | **Course of**  **(number) of sessions** |
| Aquashine | 2ml | **£120** | (x2) **£220** (x3) **£345** |
| 135 RTC Skin Booster | 3ml | **£120** | (x3) **£330** (x5) **£520** |
| Profhilo | 2ml  4ml | **£250**  **£475** | (x2) **£475** (x3) **£599**  (x2) **£900** (x3) **£1299** |

A collage of two people

Description automatically generated with low confidence

**Microblading & Permanent Make-Up Treatments**

**Permanent Make Up**

Our Semi-Permanent Make-Up is available in a range of styles to suit your personality and style. We offer a natural look, to mild make up or a fully made-up make-up look.

Choice of Brows, Eyeliner, Eyeshadow and Lip PMU.

We are able to offer Microblading, however find the results of PMU are more natural, long lasting and comfortable. For more information, please book a free consultation. See Hair Microblading on page 15.

|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment** | **Cost** | **Treatment** | **Cost** |
| Powder Brows | **£299** | Eyeshadow Effect | **£199** |
| Hair Stroke Brows | **£299** | Eyeshadow + Liner | **£399** |
| Ombre Brows | **£320** | Lash Line Infill Only | **£179** |
| Aquarelle Lips | **£299** | Under 5 Weeks Top Up | **FREE** |
| Lip Liner | **£149** | Top Up with 70+% remaining pigment | **Save 50%** |
| Lip Liner & Blush | **£249** | Top Up with 50-70% remaining | **Save 40%** |
| Delicate Eyeliner | **£210** | Top Up with 30-50% remaining | **Save 30%** |
| Glam Eyeliner | **£250** | Top Up with 20-30% remaining | **Save 10%** |
| Microblading | **£210** | Microblading Top Up after 5 weeks | **£110** |

Close-up of a person's lips

Description automatically generated with medium confidenceA close up of a person's lips

Description automatically generated with medium confidence

**A close up of a person's eye

Description automatically generated with medium confidence**A close up of a person's eyes

Description automatically generated with medium confidence

A close up of a person's eyes

Description automatically generated with medium confidence



**Scalp Micro Pigmentation – For Scarring**

|  |  |  |  |
| --- | --- | --- | --- |
| Small | **£200** | Large 3 | **£699** |
| Medium | **£500** | Ex Large 1 | **£700** |
| Large 1 | **£600** | Ex Large 2 | **£800** |
| Large 2 | **£650** | Ex Large 3 | **£900** |

**Scalp Micro Pigmentation – For Hair Line Alteration**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Alteration 1 | **£200** | Alteration 2 | **£250** | Alteration 3 | **£299** |

**Scalp Micro Pigmentation – For Norwood Scale Hair Loss**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Class Scale** | **Cost** | **Class Scale** | **Cost** | **Class Scale** | **Cost** |
| 3.1 | **£300** | 4.5 | **£749** | 6.3 | **£1250** |
| 3.2 | **£350** | 5,1 | **£750** | 6.4 | **£1399** |
| 3.3 | **£375** | 5.2 | **£800** | 6.5 | **£1499** |
| 3.4 | **£400** | 5.3 | **£850** | 7.1 | **£1500** |
| 3.5 | **£449** | 5.4 | **£900** | 7.2 | **£1700** |
| 4,1 | **£450** | 5.5 | **£999** | 7.3 | **£1950** |
| 4,2 | **£525** | 6.1 | **£1000** | 7.4 | **£2250** |
| 4.3 | **£600** | 6.2 | **£1125** | 7.5 | **£2500** |
| 4.4 | **£675** |  |  |  |  |

The Norwood is a scale used to measure the degree of baldness on the scalp.



**Hair Microblading**

Close-up of a person's hair

Description automatically generated with medium confidenceHair Line Microblading can give the imitation of hairs that blend in fine edges.

Price on quotation.

**from £200**

**Extractions and Removals**

**Blemish Removals**

We advise booking a free consultation prior to booking treatment so that your therapist can access suitability and guide you to the best treatment option for you.

|  |  |  |  |
| --- | --- | --- | --- |
| **Concern** | Treatment Via  **Laser Treatment** | Treatment Via  **Diathermy** | Treatment Via  **Electrical Plasma** |
| Freckle/s | Removal  From **£48** | **/** | Removal  From **£50** |
| Pigmentation | Removal  From **£48** | **/** | Removal  From **£50** |
| Sunspot/s | Removal  From **£48** | **/** | Removal  From **£50** |
| Benign Mole/s | Removal  From **£48** | Removal  From **£70**  Additionals for £24 each | Removal  From **£83**  Additionals for £34 each |
| Milia/s or  Cherry Angiomas | **/** | Removal  From **£39** | Removal  From **£46** |
| Skin Tag/s | **/** | Removal  From **£70**  Additionals for £24 each | Removal  From **£83**  Additionals for £34 each |
| Verruca/s | **/** | Removal  From **£70** | Removal  From **£83** |
| Wart | **/** | Removal  From **£70**  Additionals for £24 each | Removal  From **£83**  Additionals for £34 each |
| Sebaceous  Keratosis | **/** | **/** | Removal  From **£48** |
| **Extractions & Removals**  Each concern is unique and as such we may utilize different methods to deal with your concern – Diathermy, Laser, Extraction or Plasma are a few of the options available. The correct method will be discussed during a consultation.   * Cyst Removal * Minor Lymphomas Based on consultation * Infected or Blocked Follicle Prices from * White Head Removal **£39 - £149** * Black Head Removal * Acne * Cherry Angiomas | | | |
| *Price on application for large areas / multiple areas of* Logo no border.jpg*concern* | | | |
| |  | | --- | | *Additional Moles, Skin Tags & Milia may be treated for* ***£24 Each*** *if completed at same time. Additional Verruca completed at a reduced cost if treated at the same time.* | | | | |



**Diathermy**

Diathermy is used to treat raised Moles, Skin Tags, Milia, Thread Veins, and Verruca’s. The treatment involves the use of Radio Frequency through an extra fine gold needle and works to hyphenate the concern cleanly from the skin, sealing veins, forming a scab, once healed revealing new fresh smooth skin.

Please see the list on pages 16 -17 for our prices and option on blemish removal.

|  |  |
| --- | --- |
| **Diathermy Thread Vein Removal** | |
| **Treatment Area Size** | **Per Treatment** |
| Small | **£44** |
| Small to Medium | **£71** |
| Medium | **£107** |
| Medium to Large | **£143** |
| Large | **£179** |

**Weight & Shape Treatments**

*Please ask for a FREE consultation if you are unsure which treatment would best suit your needs, or read our 'Weight /Shape Treatments’ page on our website for more information on each treatment. A brief description of each treatment is below:*

***Interest free instalment plans are available***

**Liposonics**

Our best fat loss treatment. Liposonics permanently destroys two layers of fat in almost any stubborn area! The fat does not re-deposit or come back, allowing permanent shape changing. Sold in ‘squares’ 6x6cm2. 8 usually covers both flanks (love handles) 10 covers most full abdomens. Clinical studies proved over 91% lost between 1 and 4 inches and kept it off over a year (and counting).

**‘One Treatment – One Hour – One Dress Size’\***

**£275 Per Treatment** (8 squares) **£25 Each Extra Square**

\*Once treatment has had time to show its effect



**Vela lll Endermologie**

Vela is best for cellulite and drainage. Using suction, rollers and Radio Frequency to lift, heat and sculpt simultaneously, melting fat and triggering new collagen production, whilst aiding excess fluid to drain away. This is the ideal treatment for smoothing areas of cellulite and slimming thighs. This can be also used on arms, the waist, the back, buttocks and legs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Area** | **Per Session** | **Course of 3**  **Save 10%** | **Course of 6**  **Save 30%** |
| 1 Area | **£45** | **£120** | **£189** |
| 2 Areas | **£85** | **£229** | **£357** |
| 1 Area + Genie Cellulite Treatment Combination (Pg 23) | **£80** | **NA** | **£450** |



**Fat Dissolving Injections**

Ideal for those who can’t exercise but want to permanently reduce fat in any stubborn pocket of unwanted fat – including the dreaded double chin!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Area** | Product:  **Aqualyx** | Product:  **DesoBody** | Product:  **Cincelar+** | Product:  **LipoLab**  (for cellulite) |
| **Chin**  1st Vial | **£180** | **£180** | **£225** | **/** |
| Chin Additional Vials offer | **£90**  Per vial | **£90**  Per vial | **£112.50**  Per vial | **/** |
| **Body**  1st Vial | **£200** | **£225** | **£275** | **£200** |
| Body Additional Vials offer | **£100**  Per vial | **£137.50**  Per vial | **£137.50**  Per vial | **£120**  Per vial |

Graphical user interface, application

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A picture containing text, bottle, food, sweet

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The main difference between the

brands on offer are the length of

time you can expect to be swollen in

the treatment area for, and if

anaesthetic is required.

Above photos show a lady before,

and 6 weeks after Cincelar+ Injections.

|  |  |  |
| --- | --- | --- |
| **Area** | **£69 Per Treatment** | **£149 Course of 3** |
| **2 Areas** | **£129 Per treatment** | **£299 Course of 3** |

**Ultrasonic Cavitation & Radio Frequency Weight and Shape**

Ultrasonic Cavitation targets areas of stubborn fat with ultrasonic waves. The waves vibrate the water molecules deep in the fat layer, which in turn apply pressure to the surrounding fat cells causing them to implode, freeing up the energy into a burnable state. A fantastic option for those capable of mild exercise after treatment – burning off the released fat energy. To get even greater effect we recommend coupling this with lymphatic drainage. Ideal for customers who have stubborn weight despite exercise.

As this treatment utilises the body’s store of water to apply pressure to the fat cells, it is recommended to drink 2-3 litres of water each day in the week prior to treatment.

Radio Frequency Weight and Shape is ideal for targeting stubborn areas of hard fat, although it works on all types of fat. Great for any area of the body. Deep dermal heating shrinks aged collagen fibres and reduces fat cells. This results in **firmer skin** that improves as new collagen is produced and size is reduced.

Often your therapist may suggest a combination of part Ultrasonic Cavitation to prepare the cells perfectly for Radio Frequency to better reduce the area size. Your therapist can advise on this at consultation.

**£50 Per Treatment** **£135 Course of 3**

**A close-up of a person's chest

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**Shrinking Violet Body Wrap**

The Shrinking Violet Body Wrap chemically alters the fat cells in the treatment area to aid destruction. The results are immediate and will increase over the following 72 hours. Shrinking violet is non-invasive and pain free!

Results last up to 30 days but increase with a course of treatment.

You are welcome to bring a bikini or swimming trunks, alternatively we have disposable items in clinic which you would be welcome to use during your wrap.

|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment** | **Per Treatment** | **Course of 3** | **Course of 6** |
| Partial Body Wrap | **£42** | **£100** | **£201** |
| Full Body Wrap | **£66** | **£158** | **£317** |
| Extreme Boost Add On (1 Area) | **£14** | **-** | **-** |
| Extreme Boost Add On (2 Areas) | **£24** | **-** | **-** |

|  |  |  |
| --- | --- | --- |
| **COMBINATION OFFERS** | **Per Treatment** | **Course of 3** |
| Partial Body Wrap & 2 Vials of Aqualyx / Desobody Fat Dissolving | **£305** | **£899** |
| Partial Body Wrap & 2 Vials of Cincelar+ Fat Dissolving | **£370** | **£999** |



**Hot Oil Envelopment Wrap**

A wonderfully indulgent wrap incorporating a full body salt scrub to buff away dead cells and invigorate the skin, to better increase the absorption of our luxury hot oils. Once applied you are enveloped in a protective sheet and can unwind in a heated sauna blanket, where you may opt for a hot oil hair and scalp treatment. This addition is wonderful for adding shine and condition to your hair \* **You will leave with oil residue in your hair if you opt to enjoy the complimentary hair and scalp treatment.**

**Full Body Wrap £49**



**Cellulite Buster**

This package is designed to directly address the much-hated cellulite we typically find on the buttock and thighs. Through experience we have found the best method is to approach this from all sides.

At your appointment we will help you understand the cause of cellulite and ways we can tackle this with homecare, alongside the following discounted package, including:

**1 x LipoLab Cellulite Injectable -** to target specific zones of textural fatty deposits.

**1 x Genie Slimtone treatment** - for cellulite on the thighs and buttocks

(Electrical stimulation to work the muscle to smooth cellulite above).

**1 x Vela Endermologie treatment** - to sculpt and smooth the deep mid layers and surface with the power of radio frequency.

**Offer Price:**  **£269**

When these services are combined and received on the same day.

**A close-up of a person's skin

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**The Genie**

Using the Genie we can address various concerns. The Genie uses electrical waves to stimulate the body’s natural drainage system, perfect for cellulite, redistributing liquid to achieve an even figure and improve circulatory problems.

The Genie can also stimulate a wide range of cells that may help tighten lax skin, and soften stretch marks and wrinkles, toning muscles and firming the treatment area.

Genie Non-Surgical Face Lift - 1000 x stronger than CACI. Taking only 10 minutes to effectively get your muscles into 'body building mode' lasting 24 hours post treatment. The Genie Take Ten firms the skin, gives an instant lift and redefines the facial contours.

The Genie uses electrical waves to stimulate the body’s natural drainage system, perfect for sinus fluid and puffy eyes, redistributing liquid to achieve an even figure and improve circulatory problems

|  |  |  |  |
| --- | --- | --- | --- |
| **Genie Stimulation Services** | **Per session** | **Course of 5** | **Course of 10** |
| Slim & Tone | **£42** | NA | **£336** |
| Cellulite Treatment | **£42** | NA | **£336** |
| Back Stress & Sciatica | **£36** | **£144** | NA |
| Loose Skin Treatment | **£60** | NA | **£480** |
| Velvet Hands | **£30** | NA | **£240** |
| Buttocks and Thigh Treatment | **£54** | NA | **£432** |
| Satin Cleavage | **£48** | NA | **£384** |
| Non-Surgical Face Lift | **£34** | NA | **£304** |
| Non-Surgical Face Lift + Micro Tech | **£60** | **NA** | **£450** |
| Eyes Like Diamonds | **£30** | **NA** | **£240** |
| Lip Smoothing (corner lifting) | **£30** | **NA** | **£240** |
| Lymphatic Drainage Face + Neck | **£22** | **£88** | NA |
| Lymphatic Face, Neck +Decolletage | **£30** | **£120** | NA |
| Sinus Drainage | **£22** | **£88** | NA |
| Lymphatic Body Drainage | **£36** | **£144** | NA |

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Description automatically generatedA picture containing person, baby

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**Traditional Beauty & Massage Treatments**

**Manicures & Pedicures**

|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment** | **Cost** | **Treatment** | **Cost** |
| **Standard Polish or No Polish** | | | |
| File, Tidy & Polish  \*Fingers or Toes | **£17** | Luxury Manicure or Pedicure – Std OPI or No Polish | **£24** |
| ‘Man’ icure / Mans basic Pedicure  File, Shape & Cuticle Tidy (no polish) | | **£15** | |
| **Gel Polish** | | | |
| Gel File & Polish - Manicure | **£21** | Gel File & Polish - Pedicure | **£21** |
| Luxury Gel - Manicure | **£33** | Luxury Gel - Pedicure | **£33** |
| Gel Removal & Tidy | **£8** | Gel Removal Prior to New Nails in Clinic | **£6** |

**Nair Repair**

|  |  |
| --- | --- |
| **IBX Nail Repair** | **Cost** |
| 1st Session 45 min | **£33** |
| Follow on Session 30 min | **£23** |

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**Eyebrows and Eyelash Tint and Shape**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Treatment Area** | **Cost** | **Treatment Area** | | **Cost** |
| Eyebrow Tint | **£11** | Eyebrow Shape *Hot Wax* | | **£11** |
| Eyelash Tint | **£11** | Eyebrow Shape *Silk Wax* | | **£10** |
| Eyebrow **&** Eyelash Tint | **£20** | Eyebrow Shape **&** Eyelash Tint | | **£20** |
| Eyebrow Tint & Shape | **£20** | Eyebrow Shape **&** Lash + Brow Tint | | **£32** |
| **Treatment** | | **Cost per Treatment** | **Course of 3** | |
| Lash Lift & Tint | | **£44** | **£107** | |
| Lash Lift, Without Tint | | **£38** | **£92** | |

Lash Lift & Tint Before and After - Results last up to 8 weeks.

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**PMU Eyeliner wet line infills can also make your lashes look thicker & darker**

**See page 14.**



**Waxing**

|  |  |  |
| --- | --- | --- |
| **Ladies** | **Silk Wax (With Strips)** | **Hot Wax** |
| Eyebrow | **£10** | **£11 /** (x3) **£26** |
| Inner Nose |  | **£9.50** |
| Upper Lip | **£8** | **£11** |
| Chin or Neck | **£8 – 11.50** | **£11 - 13** |
| Lip & Chin |  | **£15** |
| Chin & Neck | **£12.50** | **£15.50** |
| Extended Face | **£15** | **£18** |
| Full Face | **£23.50** | **£27** |
| Underarms | **£11.50** | **£14** |
| Forearms | **£16** | **£20** |
| Full Arms | **£25** | **£30** |
| Standard Bikini | **£14** | **£18** |
| Brazilian Bikini | **£23.50** | **£27** |
| Playboy Bikini | **£29** | **£33.50** |
| Hollywood Bikini | **£29.50** | **£42** |
| Half Leg | **£21** |  |
| ¾ Leg | **£26** |  |
| Full Leg | **£30** |  |
| **Gentlemen** | **Cost - Silk Wax (With Strips)** | **Hot Wax** |
| Ext Face | **£17.50** | **£20.50** |
| Shoulders | **£15.50** |  |
| Full Back | **£23.50** |  |
| Upper Chest | **£20.50** |  |
| Abdomen | **£17.50** |  |
| Manzillian |  | **£44** |
| Columbian |  | **£48** |
| BSC | - | **£78** |
| Buttocks | **£15** | **£18** |
| **Offers** | **Combo Wax** | **Cost** |
| Full Leg & Hollywood | **Silk & Hot Wax Combo** | **£66** |
| **Beach Beauty** | **Silk & Hot Wax Combo** Upper Lip, Eyebrow, Underarm, Full Leg and Playboy or Hollywood Bikini | **£90** |
| **Fun in the Sun** – (2 options) | **Silk & Hot Wax Combo** 1/Upper Lip, Eyebrow, Underarm, Std Bikini+ ¾ leg. Or 2/ Full Back, Upper Chest + Abdomen | **£59** |

**Professional Spray Tan**

Here at Body TLC we use Professional Spray Tan products to give you an instant sun-kissed colour which develops into a flawless tan by working with the melanin in your skin and therefore preventing streaking.

We advise you prep ahead of treatment and wear dark clothes to your booking. No deodorant or jewellery, and where possible, avoid hot and sweaty days.

**£26.50 Per Treatment**



**Massage**

|  |  |  |  |
| --- | --- | --- | --- |
| **Treatment** | **Duration** | **Cost** | **Course of 3 or 6** |
| Indian Head Massage | 25 Minutes | **£24** | **NA** |
| Swedish Massage | 25 Minutes | **£30** | **£89 / £144** |
| Swedish Massage | 55 Minutes | **£44** | **£106 / £211** |
| Hot Stone Massage | 25 Minutes | **£34** | **NA** |
| Hot Stones Massage | 55 Minutes | **£60** | **£177 / £288** |
| Aqua Cushion Massage | 25 Minutes | **£31** | **NA** |
| Aqua Cushion Massage | 55 Minutes | **£55** | **NA** |
| Foot Massage | 25 Minutes | **£30** | **NA** |

|  |  |  |
| --- | --- | --- |
| **Massage Offers** | **Duration** | **Cost** |
| Swedish Massage **& Express Facial** | 75 Minutes | **£66** |
| Hot Stones Massage **& Express Facial** | 75 Minutes | **£78** |
| Foot Massage – **Optional add on** to services such as facials, teeth whitening or manicures or pedicures | 20 min | **£10** |
| Hand and Arm – **Optional add** **on** to other services like teeth whitening or body wraps, please ask if you’re unsure of suitability | 20 min | **£10** |



**Ear Piercing** - *All prices include the required number of studs.*

|  |  |  |
| --- | --- | --- |
| **Single Ear Piercing - £14** | **Two Ear Piercings- £24** | **Quad Lobe Piercing - £42** |
| *Aftercare lotion – FREE for under 10’s & £1 for those over* | | |

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**Caflon – The safest way to pierce ears**

**Skin Rejuvenation & Face Sculpting Treatments**

**Facial Scanning**

Perfect pre & post treatment plans. To ensure the correct treatment path for your skins needs. We offer a mini scan which gives you the results of the scan and a printout, and a detailed scan which also gives you consultation time with a therapist to explain the findings and ascertain how we can best help you.

Our scan is detailed, offering a multi layered look at your skin above and below the surface. See how your skin compares with others of your age, see the sun damage hiding below the surface, alongside veins, pores, sensitivity, wrinkles and more.

**Mini Facial Scan £10 Per Treatment Detailed Facial Scan £20 Per Treatment**

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**Facials**

|  |  |  |
| --- | --- | --- |
| **Treatment** | **Cost** | **What’s Included** |
| **Express** | **£23** | 20 Minutes - Perfect for newcomers to experience a facial and gather expert tips on cleansing & taking care of their skin. |
| **Extraction** | **£15**  **£25**  **£35**  **£59** | 10 minutes: Professional extraction of black/white heads and suitable acne pustules/pimples  20 minute extraction  30 minute extraction  60 minutes for extreme extraction |
| **Initial *Prescription* Facial** | **£69** | 90 Minutes - Our Initial Prescription Facial **includes a Facial Scan** so that we can select the products that will work best with your skin type and issue – Tailor made! |
| ***Prescription* Facial** | **£59** | 60 Minutes - This option is for those who have already had the Initial Prescription Facial and who’s skin care range and issues we already understand. |
| ***Derma***  ***-planing*** | **£72** | Dermaplaning is designed to remove dead skin cells from the surface of the skin and is a great treatment for those who have previously suffered from acne, and subsequently have scarring in addition to treating the first signs of ageing: fine lines and wrinkles. Unlike other exfoliants, Dermaplaning has no risk of breaking capillaries in the skin and, as an added bonus, removes unwanted downy hairs from the face. |
| ***Derma***  ***-planing***  ***Deluxe*** | **£96** | Deluxe Dermaplaning has the added indulgence of a stronger peel, soothing mask, and choice of either hand and arm or foot and lower leg massage. |
| ***Diamond Microderma***  ***-brasion***  ***DMD*** | **£30**  Or 6 for  **£144**  or 12  **£288** | DMD – A beautiful skin buffering treatment with diamond encrusted surgical steel tips. Gentle suction aids the removal of layers of old cells and debris. Skin is softer, smoother, and fine lines and pigment diminished!  With no downtime – this is a favourite treatment for many. |
| ***Luxury DMD*** | **£42** | DMD with added luxe, all the benefits of DMD with additional products and facial massage to relax and soothe post buffering. |
| ***HydraPeel*** | **£30** | HydraPeel is water infusion. Water enters the pores under vortexed pressure and acts as a deep cleanse, simultaneously gentle suction removes the wastewater from the skin along with the debris. Skin is soft, clear, and hydrated. |
| ***DMD & HydraPeel*** | **£48**  Or 6 for  **£230**  Or 12  **£461** | A blissful combination. With both the strong buffering action and the vortexed deep-water cleanse, your skin will feel refreshed, smoother, softer, and clearer than ever before. A course of treatment can see improvements to scars, wrinkles, and pigmentation too! |
| **Photodynamic LED Skin Therapy (PDT)** & Oxygen Infusion | **£42**  **£48 with O2**  Or 12 for  **£403**  Or  **£460 +O2** | Photodynamic Therapy (PDT) LED Skin Rejuvenation uses Low Level Light Therapy emitted through LED’s to improve the appearance of skin conditions by stimulating the body’s natural cellular responses. The treatment is targeted to each client’s individual skin concerns such as acne, the first signs of ageing, rosacea, and eczema, using Infrared technology and specially selected wavelengths, with the added benefit of optional Oxygen Infusion and Micro-Current. Buy a course to get a 20% discount! |
| **Radio Frequency Facial Contours** | **£65**  Or 3 for  **£156**  Or 6 for  **£312** | This treatment uses Radio Frequency waves and mild suction which works to contour. The face can be lifted and sculpted, defining the jaw area, and reducing wrinkles and eye bags. Deep dermal heating shrinks aged collagen fibres, resulting in an immediately firmer skin that improves as new collagen is produced. Ideal for adding firmness with little to no downtime. |
| **RF Contours**  Face, Neck & Double Chin | **£80**  Or 3 for  **£192**  Or 6 for  **£384** | Radio Frequency contours is a great treatment for mild to moderate signs of aging or laxity. This service offers all the benefits of Radio Frequency with additional targeting for the neck and double chin zone. |
| **Diode Skin Rejuvenation** | **£48**  Or 10 for  **£300** | This is a gentle form of laser skin rejuvenation with no downtime that builds collagen over time. It’s suitable for the first signs of ageing and to aid recovery of those suffering with mild acne. |
| **Laser Carbon Peel**  \*Partial Peel  \*Full Face Peel  \*Full Face and Neck Peel | **£72**  Or 5 for  £288  **£108**  Or 5 for  £432  **£132**  Or 5 for  £528 | An alternative to an invasive chemical peel:  **Instant results**, **no pain**, **no downtime**, with only slight tingling sensation. Removing dead skin cells instantly revealing fresher smoother skin, helps resolve acne & blocked pores.  Skin feels fresh and like velvet.  A course of treatment can improve mild skin imperfections and early signs of aging. |
| **Dermapen Anti-Aging**  **Microneedling** | **£54**  Or 6 for  **£259** | Utilising a series of fine micro needles, the Dermapen is great for mild to moderate rejuvenation, skin tightening, reducing fine lines or wrinkles and aiding the reduction of pore size. Ideal for the first signs of aging and wonderful to use alongside skin supplements for added absorption. |
| **BB Glow** | **£95**  Or 3 for  **£245** | BB Glow is the name given to the entry of nutrients under the surface of the skin, through the use of an almost painless Dermapen micro needling device. Options available to create either;   * Subtle glow, healthy luscious looking skin. * Acne treatment (though sadly not possible for active pustule acne). * A semi-permanent foundation, available in four shades and buildable to create your desired look. * Ideal for those suffering from red flushes, rosacea, or pigmentation such as melasma. * A great temporary solution for vitiligo sufferers, blending high or low pigmented areas. |
| **The Genie** | See page  23 | ‘The Genie’ is a brand, a clever bit of kit able to use patented waves to stimulate your muscles, cells, lymphatic drainage and more, offers a muscle toning system to support facial structure. |
| **Vampire**  **~**  **Dracula** | **£120**  **~**  **£240** | A fully homeopathic treatment utilising your own super serum. Your blood is drawn from your arm, spun to separate and the platelets are injected back into your area of concern! See page 11 |

**Please note we have a range of anti-aging and resurfacing treatments, please see pages 8 & 11** for **Fractional Laser** & **Stem Cell iPRF / PRP**

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Image is

Dermaplaning

lifting old cells.

**Health & Detox Treatments**

**Hopi Ear Candles**

A relaxing treatment designed to help with a host of complaints involving a Hopi candle and a pressure point lymphatic face and neck massage.

Hopi Ear Candles can help with the following:

- Tinnitus, Sinusitis & Asthma - Compacted Ear Wax & Glue Ear

- Hay Fever - Headaches, Migraines & Pressure

- Stimulation of blood flow, energy flow & Lymphatic system

**First Treatment £29 Following Treatment £39 Course of 3 £90 Course of 6 £170**



**Callous Peel**

Hard or cracked skin on your feet? Then this is for you – A lovely and relaxing treatment to leave your feet in great shape.

**Heel or Ball and Leg Massage** - **£****26.50** **Heel and Ball and Leg Massage** - **£32.50**



**Food Intolerance and Medical Testing**

|  |  |  |
| --- | --- | --- |
| **Type of Test** | **Cost** | |
| Simple Food Intolerance  – in clinic same day results  *(48 foods tested with ‘yes’ or ‘no’ feedback)* | **1 Person - £179** | **2 People - £299** |
| In depth Food Intolerance *(Detailed lab report on varying levels of intolerance)* | **£318** | |
| Coeliac | **£179** | |
| Candida | **£179** | |
| Vitamin D | **£119** | |
| Thyroid | **£191** | |

Body TLC believes that everyone has the right to feel in control of their own health, and now it couldn’t be simpler! Testing is quick, safe, and affordable, simply book your appointment and receive your results immediately OR at a consultation 10 days later OR via Royal Mail!

**[Aqua Detox](http://editor.wix.com/html/editor/web/renderer/render/document/ab26c53b-fd69-4411-a47d-f33ea3dfc091?dsOrigin=Editor1.4&editorSessionId=6F96C429-91F4-4470-94E2-5D2B6FE52499&isEdited=true&isSantaEditor=true&lang=en&metaSiteId=442775d1-6bfc-47dc-bd62-71a427efd15b" \l "!hair-services/a4qzm" \t "_self)**

The Aqua Detox is a gentle and relaxing treatment which will help re-balance, re-energise, and detoxify your body and brain. This is a 30 – 45-minute treatment. Drawing impurities out through the soles of your feet in a special ionic bath.

**First Treatment £18 Following Treatments £24 Course of 10 £192**

Photo depicts the treatment after 5 minutes and after 30 minutes

The water changes are evidence of the toxins being secreted.

**A close-up of a person's hand holding a stethoscope

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**A picture containing food, dish, soup

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[**B12 Injections**](http://editor.wix.com/html/editor/web/renderer/render/document/ab26c53b-fd69-4411-a47d-f33ea3dfc091?dsOrigin=Editor1.4&editorSessionId=6F96C429-91F4-4470-94E2-5D2B6FE52499&isEdited=true&isSantaEditor=true&lang=en&metaSiteId=442775d1-6bfc-47dc-bd62-71a427efd15b#!hair-services/a4qzm)

*Vitamin B12 shots are the most common way to prevent or treat a deficiency*

B12 is necessary for memory, energy, and a healthy life. Often, we are depleted of this vital vitamin, not absorbing enough of it in our food. We can offer a simple 3 monthly injectable to boost your supplies, giving your energy and concentration a boost also. Learn more on how this can help you on our website or at a free consultation.

**A picture containing text, indoor

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**Per Treatment £28**

**Life Coaching**

Would you like to gain the most from your goals and ideas?

Whether you’re stuck or looking for something new, Body TLC can help you change your life. We have teamed up with Paul, a professional Life Coach and Mentor.

Offering free tools, inspiring resources, thought provoking blogs and ideas.

## Spinning Plates with solid fill**We can help provide you with:**

* Life Coaching and Mentoring.
* Instigating personal growth and development.
* Looking at your limiting beliefs.
* 1-2-1 self-development sessions.
* Improving confidence and self-belief.

### **How Life Coaching and Mentoring Can Help You**

### Find the answers to your life questions, get clarity, and grow into the person you would like to be.

Help address your problems and create a way forward for you.

Feel better about yourself and grow mentally, physically and spiritually.

We can help you with Self-Confidence, Anxiety, Procrastination and Self Development

Appointments are 100% confidential and all information is stored securely in line with strict GDPR guidelines.

**First Assessment is 100% Free!**

Book Online:

Evening appointments available outside of our clinics usual opening hours.

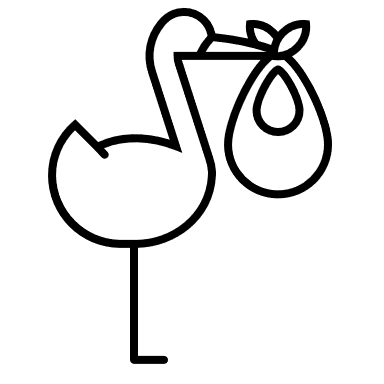
Using our telehealth appointments, you can speak via encrypted secure, video call with Paul Stevenson, he is non-judgemental & easy to talk to.

100% money back guarantee.

|  |  |
| --- | --- |
| **SESSION** | **COST** |
| Initial 20 minute Assessment | **Free of charge** |
| 60 minute Appointment (most popular) | **£65** |
| 90 minute Deep Dive Appointment | **£90** |
| 30 minute Follow up Accountability Call | **£40** |



**Package Treatments**

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**Mum to Be Package**

During pregnancy, we can feel tired, achy, and generally sore. Why not treat yourself to a little indulgence and enjoy some pampering?

Included in this package:

* Luxury Gel Pedicure.
* Express Facial.
* Neck & Shoulder or Lumber Back Massage with our Aqua Mat\*.

(\*Aqua mats allow the entire massage to be completed with the mum to be laying on her back, protecting the precious cargo up front)

**Only** **£78** (total 300 minutes)



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**Feet Retreat**

A luxurious treatment to indulge the feet and treat them to some deep nourishment and well-deserved pampering! This treatment includes an Aqua Detox to draw out toxins, followed by your choice of Luxury Foot Mask with Heated Booties and finished off with a Pedicure and Polish.

**Only £40**

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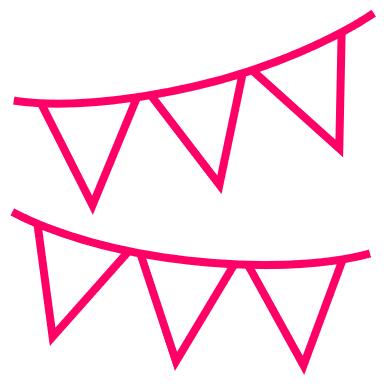
**Student Package**

Student life can be hectic and stressful. Let us give you a little treat with our Student Package here at Body TLC.

Included in this package: (60 minutes). (Student ID required at time of treatment)

* 20 Minute Back Massage.
* Express Facial.
* Lash Tint.
* Brow Tint.

**Only £30**

** Bridal Party Packages**

We’d love to help make your special day the best it can be, so we have come up with a deal to help make that happen.

Book any **3** treatments and get **10% off.**

Book any **5** treatments and get **15% off.**

Book any **8** treatments and get **20% off.**

*Book 3 months in advance = gain a further* ***10% Discount!***

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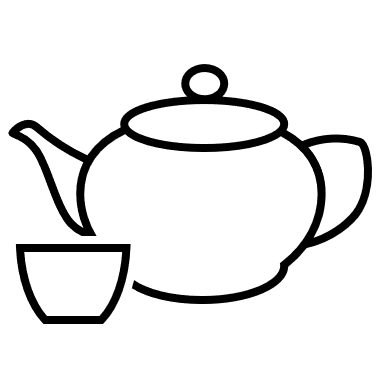
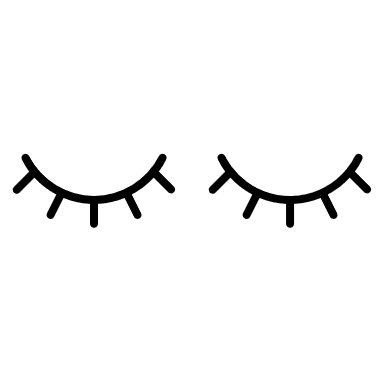


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**The ‘I DO’ Deal**

We know the stress of preparing to say I do, so if you are the bride or groom, we want to help you prepare. We have packaged our most commonly requested treatments into the following mega deals.

|  |  |  |
| --- | --- | --- |
| **Deal** | **What’s Included** | **Cost** |
| **The Promise** | Brow Wax & Tint, Lash Lift and Tint, Full Legs & Bikini Wax, a Full Body Inch Loss Body Wrap & Dermaplaning Facial. RRP £229 | £170  **SAVE £59** |
| **I Do…** | As above for one, plus Laser **Teeth Whitening for 2** people (your partner or member of the wedding party). RRP £427 | £327  **SAVE £100** |
| **Un Veiling** | A Male Facial with extraction of blackheads,  Brow Tidy, No Varnish Manicure for neat, prepared hands, for those close-up ring shots.  Ear and Nose Waxing & Laser Teeth Whitening (for one). RRP £183 | £150  **SAVE £33** |

**Couples & Friends Pamper Day for Two**

Please note; we are not a typical day spa however, we can still offer you a lovely day of relaxation. So much so that **Body TLC won ‘Best Day Spa’ in 2019 and**

**‘Best Luxury Day Spa~Lincolnshire’ in 2020**

Our pamper day package includes:

Welcome greeting & your choice of complimentary coffee/tea from our selection.

Couples/Friends Full Body Hot Oil Wrap, gentle exfoliation, followed by an envelopment of warm oils and heated blankets.

Followed by a 55-minute Full Body Massage - choice of Swedish or Hot Stones\*.

Slip into our fluffy robes and slippers to enjoy a coffee and cake, or complimentary glass of prosecco\*.

Once your taste buds have been tantalised, lay back and enjoy a luxury facial - starting with Woods Lamp consultation so our trained therapists can tailor the products perfect for you.

Finally enjoy a File and Polish and enjoy and a blissful Head Massage (gentlemen can have a mini mani instead of file and polish).

​Our package gives you approximately 4 hours of TLC - the perfect way to catch up with a friend or loved one, that long overdue catch-up and our treatment selection will leave you feeling wonderfully refreshed.

The value of this package per person would be £193 per person - two people can enjoy this pamper day for a huge **Saving of £176.**

**Package Price for 2 people**  **ONLY £210**

A hotel room with two beds

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Please phone the clinic to book (01522 394618) - due to the length of time and the need for two therapists to be available, this treatment cannot be booked online.



**Membership ‘Loyalty-LC’ Scheme**

Love Massage and/ or Beauty? Then why not join our loyalty Scheme? This is a great way to save over the year. **Pay monthly** and **spread the cost**.

Select the scheme to suit your needs.

Sign up online at www.BodyTLC.co.uk/memberships-at-body-tlc

**Massage ‘Loyalty-LC’ Scheme**

|  |  |  |
| --- | --- | --- |
| **Scheme** | **What’s included** | **Cost** |
| **TLC Package** | 6 x 55-minute Swedish Massages per year – *Save £48 per year!* | **£18**  **Per Month** |
| **Retreat Package** | 9 x 55-minute Swedish Massages per year. Upgrade 2 of the 9 to Hot Stones Massage *FREE – Save £62 per year!* | **£28**  **Per Month** |
| **Escape Package** | 12 x 55-minute Swedish Massages per year. Upgrade 2 of the 12 to Hot Stones Massage & Express Facials *FREE – Save £105 per yr* | **£35**  **Per Month** |

**Beauty ‘Loyalty-LC’ Scheme**

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| **Scheme** | **What’s included** | **Cost** |
| **Allure Package** | **4 x** Lash & Brow Tint & Shapes. **2 x** Lash Lift & Tints. **4 x** Gel File & Polishes *Save £60 pyr* | **£19**  **Per Month** |
| **Elegance Package** | **6 x** Lash & Brow Tint & Shapes.  **4 x** Lash Lifts.  **6 x** Gel File & Polishes – *Save £86 per year!* | **£32**  **Per Month** |
| **Glamour Package** | **6 x** Lash & Brow Tint & Shapes.  **6 x** Lash Lifts.  **6 x** Gel File & Polish – *Save £114 per year!* | **£36**  **Per Month** |

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