

K **Keith Hall**
HAIRDRESSING

Beauty Treatments

Here at Arnold Keith Hall Beauty we strive to provide a friendly and relaxed atmosphere maintaining the highest standard of treatments.

Our fully qualified therapists are trained at the International Dermal Institute offering you outstanding advice on Dermalogica skin care, Jessica hand and foot treatments, Fake Bake self tanning and a range of other Holistic Treatments.

We also offer Men's treatments; Bridal packages, Couples packages and can tailor any treatment to meet your requirements.

Treatments that are marked with the four-star symbol ★★★★★ indicates a specialist treatment for which the therapist has reached the highest level of advanced training, to ensure the highest standards.

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BODY SPA

HOLISTIC

MENS ROOM

SELF TANNING

HANDS & FEET

HAIR REMOVAL

GIFT VOUCHERS

We can specially tailor gift vouchers for any occasion just give us a ring or call in to talk to one of our therapists they will be more than happy to help with your requests.

DAY & HOURS

Monday 9am to 5pm

Tuesday 9am to 7pm

Wednesday 9am to 7pm

Thursday 9am to 7pm

Friday 9am to 7pm

Saturday 8.30am to 5pm

Face

Face Mapping. ★★★★★

The Dermalogica range is based on a unique system of analysis, allowing your skin therapist to design a personalised treatment for you.

Rather than analysing the skin in general terms, Face Mapping divides the face into distinct zones, assessing individual problems and needs.

Face Mapping is an important part of your treatment, it takes approximately 15 mins and is included with any facial treatment. Simply chose an amount of time and your therapist will customise a skincare treatment to address your personal skin health requirements.

Treatment Prices.

30 min express treatment £25

45 min appointment

1hr 30min treatment £45

1hr 45min appointment

Non Surgical Face Lift

Using ultra safe electrical impulses to regenerate the cells which lifts sagging muscles refines your skins texture and tone. Your skin will be left looking healthier and younger. This treatment includes a full facial.

90 min treatment

£36



face
mapping™
expert insights targeted results

Eyes

Revitalising Eye Rescue

This treatment firms, tones and will revitalise your tired eyes with a unique blend of vitamin therapies and firming botanicals.

Our gentle exfoliation will remove dulling debris, while a super soothing masque will help reduce irritation.

30 min treatment £20
45 min appointment

Eyelash / Eyebrow Tint

A must have treatment for anyone who has fair lashes or eyebrows giving lasting colour and definition. This relaxing treatment takes approximately 20 min and requires a skin test 48 hours before your first treatment.

20 min treatment £9

Both eyelash and eyebrow tint

30 min £14

Eyelash Perm and Tint

This treatment is great for enhancing straight eyelashes and no more eyelash curlers! It doesn't matter if your have short or long lashes, it really works! It includes eyelash tinting and requires a skin test 48 hours before your first treatment.

60 min treatment £30

Eyelash Extensions

Individual lashes are precisely bonded onto your eyelashes to give you a longer, thicker and darker appearance. This creates a stunning effect, great for parties and with careful maintenance these can last around four days.

30 min treatment £13

Makeup

Makeup

Starting with a cleanse tone and moisturise prior to application, we use RVB professional makeup.

45 min appointment £22

Makeup Lesson

Enjoy a makeup lesson to update & refresh your look, with or without your own makeup — you decide!

60 min appointment £29

Bridal Makeup

Your wedding day, being the most important day of your life, have your makeup professionally applied. A pre wedding day trial is included.

2 x 45 min appointments £40

Body Spa

For many centuries, Spa Body treatments have been renowned for their revitalising and therapeutic qualities. The effects of these treatments detoxify your body, revitalise your skin and de-stress your mind.

We provide a robe and slippers to wear during your visit with us, our spa rooms have beautiful showers we also have soft bags and a safe to keep your jewellery safe giving you total relaxation and peace of mind

Body Mapping ****

Body Mapping is a thorough diagnosis of the skin and an extension of Dermalogica's unique Face Mapping.

The body is divided into 14 zones, front and back, to collect two kinds of information: body considerations and skin considerations, to better tailor the body treatment to your individual needs.

Body Mapping takes approximately 15 min and is included with any body treatment.

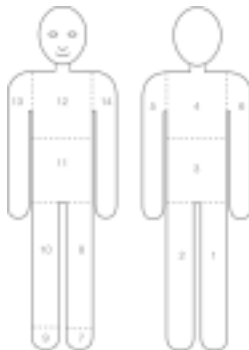


Deep Thermal Therapy with Thermal Stamp

Inspired by the practice of Thai Therapy of the fourteenth century, this Thermal Body Therapy Treatment utilises a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while ginger and white tea stimulate circulation and smooth skin. The deep manipulations along pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

60-90 min treatment £60-£75

75-105 min appointment



Body Foliation Therapy

A gentle oatmeal and rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and dark patches. Your skin is smoother and prepped for maximum absorption of rich, smoothing botanical oils.

You'll leave this therapy with silky, healthier skin. Recommended for all skin types.

30 min treatment £30

Mineral Salt Scrub Therapy

Customised to either energise or reduce stress, this mineral salt scrub therapy polishes skin to a soft glow while hydrating and nourishing the skin. Mineral sea salts and seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth help invigorate the mind and body. Not recommended for sensitive or sensitised skin.

30 min treatment £30
45 min appointment

Power Recovery Therapy

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of wheat protein and honey act as maximum hydrators while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin. Customised essential oil blends in a massage medium offer aromatherapeutic benefits, while rich kukui nut, olive and grape seed oil smooth and provide antioxidant protection. Recommended for drier or prematurely ageing skin conditions.

30 min treatments £30

Nourishing Sea Mud Therapy

Stimulates circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while ginger and white tea stimulate circulation and smooth skin. Customised essential oils provide aroma-therapeutic and skin benefits while caffeine provides over-all toning. Rest in a warm wrap that induces blood circulation all while encouraging absorption of nourishing botanicals. Recommended for all skin types.

30 min treatment £30

Mud Mask Therapy

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. Olive and grape seed oil protect, smooth and condition while fortifying skin with antioxidants, and a unique blend of Asian herbs stimulate circulation. Your skin feels smooth, soothed and protected.

20 min treatment £20

Full Body Massage (Swedish)

60 min treatment £33

Back & Shoulder Massage

30 min treatment £18

Back & Shoulder Massage

30 min treatment £18

Physique Rapid Inch Loss

The Physique Rapid Inch loss slimming and toning machine is capable of giving immediate but lasting results. The benefits are the same as strenuous exercise, also giving a feeling of extra energy resulting from the increased metabolic rate and improved circulation, whilst cellulite is reduced and fat broken down. It is more beneficial to have regular treatments and a course can be booked at 10% discount.

40 min treatment £18

Holistic

Hot Stone Massage ★★★★★

This full body, hot stone therapy spa massage is one of the most relaxing treatments available within the beauty industry. Pure bliss and a must for those wishing to escape from any stresses and strains. A greatly energising massage using the thermal healing power of heated basalt stones. This is a 60 minute full body massage, pure unadulterated bliss.

The high level of iron and magnesium in the stones allows them to release heat slowly to work where the body needs it. Increasing circulation so that nutrients reach the cells in the body more quickly. This treatment is also great for detoxifying organs such as the liver and kidneys so they can work more efficiently.

One massage stroke of the stone is as beneficial as ten massage strokes by hand, bringing you both the physical benefits of relaxation and pain relief, as well as the mental benefits of stress relief and relaxation.

80 min treatment £65



Aromatherapy Full Body Massage ****

Aromatherapy is a massage which uses essential oils for the purpose of affecting a person's mood or health. This treatment is very calming, soothing and also relaxing a more gentle massage technique is used and is tailored to your individual mood or well being.

60 min treatment £36

Hopi Ear Candles

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is excellent for anyone who suffers with excess wax in the ears, sinusitis or general blocked sinuses. The ear candles are hollow and when lit gently draw out any impurities from the ear. The treatment is completely painless and under the skilled therapists hands, actually very relaxing. Also helpful in treating headaches, migraines, head colds, catarrh, glue ear and hayfever.

40 min treatment £25

Aromazone Lymphatic Massage

The Aromazone Lymphatic Massage System mimics the body's muscular pumping actions, moving lymphatic fluids around the body. This aids in the body's cleansing and detoxification, reduces excess fluids and clears waste like cell debris, fatty acids and viruses. It is used with the Aromazone Synergetic Essential Oil Complexes and the Body Toning cream range, the Aromazone system provides a complete package of lymphatic treatment. It is more beneficial to have regular treatments and a course can be booked at 10% discount.

40 min treatment £15

Indian Head Massage

Indian Head Massage uses gentle finger tip pressure working over the face, scalp, neck and shoulders to help release blockages and ease tensions.

30 min treatment £15

Men's Room

Welcome to the Keith Hall Men's room, our Facilities are second to none, relaxing, welcoming and tranquil you will feel instantly at home. All of the treatments that we offer are available to men and here is a selection to get you started.

Mens Hair Removal

All our waxing is started with an exfoliating scrub which eliminates dead skin cells, this stimulates circulation this also helps to prevent in-growing hairs and leaves your skin silky smooth.

Back Wax

30 min treatment £18

Chest Wax

30 min treatment £25

Chest & Back

60 min treatment £40

Mens Body

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30 min treatment £15

Mens Hands & Feet

Hands

A luxury treatment where your hands are coated in warm paraffin wax to soften any hard skin. Your nails and cuticles are shaped and treated leaving your hands rejuvenated.

60 min treatment £22

Feet

A luxury pedicure where your feet are first cleansed in a relaxing foot spa then they are coated in paraffin wax to soften any hard skin. After this your nails and cuticles are shaped and treated leaving your feet relaxed and rejuvenated.

75 min treatment £28

Self Tanning

For the perfect sun-less tan try our Fake Bake self tan with the latest self tan technology. This treatment includes a full body exfoliation, or the area to be tanned, with Body Polish. This is a delicious Passion Fruit exfoliant that is gentle yet effective leaving your skin silky smooth and ready to give the perfect even tan.

When coming for a Fake Bake self Tan for best results please wear loose clothing, do not wash off for 12 hours and moisturise well after showering off.

Full Body £40

Legs Arms & Face £25

Face & Neck £10

Hands & Feet

Using Jessica professional nail care system our specially trained therapist will give your nails a full analysis and

Our base coats will treat any nail condition. A luxury manicure or pedicure with hot mitts, boots and warm paraffin wax leaves your hands and feet looking and feeling great!

File & Varnish

30 min treatment £12

Jessica Manicure with this treatment we will cleanse and exfoliate your hands, apply a hydrating mask, massage and place your hands in hot mitts. Followed by cuticle work, nail shaping and finished with your choice of Jessica nail polish.

60 min treatment £28

Luxury Jessica Manicure with this treatment we will cleanse and exfoliate your hands, apply a hydrating masque, massage, apply paraffin wax and wrap the hand up. Followed by cuticle work, nail shaping and finished with your choice of Jessica nail polish.

80 min treatment £32

Jessica Pedicure with this treatment your feet are cleansed in a relaxing foot spa, any hard skin is gently removed then your feet are exfoliated a hydrating cream massaged in and then they are placed in warm boots. The boots are removed and your feet are given a relaxing massage after which your cuticles and nails are shaped and treated. A masque is applied and your feet are wrapped in film your nails are then finished with your choice of Jessica polish.

70 min treatment £24

Luxury Jessica Pedicure with this treatment your feet are cleansed in a relaxing foot spa, any hard skin is gently removed then your feet are exfoliated a hydrating cream massaged in and then they are placed in warm boots. The boots are removed and your feet are given a relaxing massage after which your cuticles and nails are shaped and treated. A masque is applied and your feet are wrapped in film after the film is removed the feet are covered in warm paraffin wax and wrapped again. Your nails are then finished with your choice of Jessica polish.

90 min treatment £28

Hair Removal

Waxing

Luxury wax and sea salt scrub. All our waxing is started with an exfoliating scrub which eliminates dead skin cells, this stimulates circulation this also helps to prevent ingrowing hairs and leaves your skin soft and silky smooth. We use tea tree wax which suits even sensitive skin.

Complete wax-full legs, bikini line & under arm	£30
Full legs	£22
Full legs & bikini	£25
Half legs(knee to ankle)	£13.50
Hollywood	£25
Brazilian	£25
Bikini line	£8
Under arms	£8
Forearms	£12
Eyebrow, lip or chin	£7
Lip & chin	£10
Face wax (sides under chin and neck)	£10.50

Electrolysis

Electrolysis is the longest established method of permanent hair removal. Electrolysis has the longest known track record together with the most effective results for hair removal. Dr Charles Michel first used it successfully in 1875 to remove ingrown eyelashes. He discovered that once the follicle had been treated with electrolysis the hair was permanently destroyed. Electrolysis (Epilation) works by passing a small amount of energy into the hair follicle through a very fine needle. This produces heat which destroys the cells that produce the hair at the base of the follicle. More than one treatment will be necessary due to the fact that hair follicles have a specific hair growth cycle.

5 min treatment	£8
10 min treatment	£10
Pre Paid Course 10 mins each session	
15 min treatment	£12
3 sessions	£26
20 min treatment	£15
5 sessions	£42
30 min treatment	£20

The logo for Keith Hall Hairdressing features a large, stylized white letter 'K' on the left. To its right, the words 'Keith Hall' are written in a bold, white, sans-serif font. Below 'Keith Hall', the word 'HAIRDRESSING' is written in a smaller, white, all-caps, sans-serif font.

Keith Hall
HAIRDRESSING

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