

Stress Buster 2 hrs £69.00

Includes a back, neck & shoulder massage with aromatic essential oils plus a smoothing, hydrating and moisturising classic facial.

Top-To-Toe & Lunch 4 hrs £137.00

Experience the classic facial & full body massage plus a therapeutic manicure & pedicure and in between indulge with a lunch at a local restaurant with a £10.00 voucher.

Full Body Massage 1 hr £43.00

Blended pure aromatic oils calm the nerves and restores even the most tired of bodies.

Anti-Stress Back Massage 3/4 hr £35.00
1/2 hr £25.00

Advanced techniques which concentrate on the areas of the spinal column neck, shoulder and scalp.

Scrub & Buff 3/4 hr £32.00

The ultimate way to prepare for the summer! Treatment includes a full body brush to stimulate circulation, including a tantalising body scrub followed by a refreshing, hydrating massage to restore that summer glow.

Purifying Back Treatment 3/4 hr £38.00

De-stress your muscles and cleanse the skin of impurities with this purifying & relaxing back treatment. A deeply-cleansing scrub sloughs off the dead skin cells, readying the skin for the removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed.

T H Stone Therapy

An exciting & unique treatment designed to uplift and relax the body at its deepest level. The Ultimate in relaxation with profound effects on the mental, physical and spiritual levels.

Back Massage only £40.00

Full Body 1 1/4 hr £50.00

Full Body inc. face 1 1/2 hr £55.00

Reflexology 1 hr £32.00

This ancient method of massage is applied to pressure points on the feet that correspond to individual parts of the body. This technique promotes relaxation, relieves stress and balances the body's natural equilibrium.

Marma Head Massage 1/2 hr £25.00

Stimulates yet relaxes and soothes. Improves concentration and alertness, relieves mental tiredness, eases eye strain, sinus problems and insomnia.

Hopi Ear-Candles 3/4 hr £27.00

A centuries old soothing and relaxing treatment to relieve pressure, wax build-up and inner ear blockage. Customised to suit you and includes a 15 minute Touch Therapy.

Cancellations

Because time has been set aside especially for you, it is very important to contact us with at least 24 hours notice of cancellations, otherwise a fee will be charged.

Customised Gift Vouchers

Give the ultimate gift for any occasion, Easter, Birthdays, Christmas, Leaving Gift, Mothers Day, or just for saying "Thank You".

Special Offer

Pay for 5 treatments and get a 6th one free.

Loyalty

A variety of home care products are available. Use your loyalty card and save 10% on purchases and treatments.

Platinum Membership

This membership is available to our clients and will entitle them to £60 worth of treatments per month for the the price of only £42 paid by standing order. Please ask for details.

Grooming For Men

THE SKIN BAR

Formula One Treatment 1 hr £42.00

Taking grooming to a new level. Your face is steam cleaned & polished, mapped out, revitalised with essential oils and protected for all weather activities.

Skin & Tonic 1 hr £42.00

Help correct & remedy sensitive skin, shaving rashes, ingrown hairs etc. with custom built treatment tailored to you.

THE HAND & FOOT BAR

Handy Man Treatment 1/2 hr £22.00

For hard working hands. Nails clipped, filed, dead cuticles removed plus an invigorating hand and arm massage.

Beefy Feet Treatment 3/4 hr £27.00

Relaxing foot spa, nails trimmed, cuticles removed & hard skin filed away, refreshing foot massage then dipped into a paraffin bath, leave feet feeling ready for a marathon.

THE WAX BAR

For the temporary removal of unwanted facial and body hair.

Back or Chest £20.00

Eyebrow Wax & Trim £12.00

ROCK 'N' ROLL

Hot stone therapy massage - perfect treatment to help ease tired, aching muscles.

Full Body Treatment 1 1/4 hrs £50.00

Includes back, legs, arms, shoulders and neck.

Back Only 40 mins £40.00

Full Body inc. Face 1 1/2 hrs £55.00

Add **EXTRA TIME** to any of the treatments and have a "touch therapy", choose from:

Back & Neck Massage 1/4 hr £12.00

Foot Massage 1/4 hr £12.00

Hand Massage 1/4 hr £12.00



EST. 1990
Halcyon Days
SKINCARE

Organic Waxing

Dermalogica Treatments

CACI Non-Surgical Face Lifts

Ellipse Permanent Hair Reduction

Nouveau Contour® Permanent Cosmetics

3 Woolhall Street,

Bury St Edmunds, Suffolk IP33 1LA

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O.P.I

dermalogica

www.halcyondayskincare.co.uk

Facial Treatments

Halcyon Days was established in 1990 and is dedicated to Customised Skin Care Treatments for each individual.

We can help dry, oily, dehydrated, sun-damaged, acneic or sensitive skin.

1 Hour Facials £42.00

Face Mapping	Skin Scanner
Exfoliation	Treatment Masque
Extractions	Neck & Shoulder Massage

30 Minute Facials £29.00

Exfoliation	Treatment Masque
	Deep Steam Cleansing

15 Minute Add-Ons each £12.00

Contour Masque	Galvanic & High Frequency
Scalp Massage	Customised Back Massage
	Arm & Hand Massage

CACI Quantum Clinic

The CACI Quantum is the most advanced face and body treatment available and features specific programmes designed for:

- Slimming
- Lymphatic Drainage
- Face Lifting
- Acne and Scar Tissue
- Contouring
- Cellulite
- Wrinkles

Effects are immediate, but for longer lasting results a course is recommended.

Face Treatment £49.00

Course of 12
Pay for 10 get 12, paid in advance £490.00

CACI & Dermalogica Facial £84.00

Slim & Tone & Treatment ¾ hr £31.00

Hands & Feet

Therapeutic Manicure £27.00

French Manicure £30.00

Luxury Manicure with hot wax £32.00

Therapeutic Pedicure £30.00

Luxury Pedicure with hot wax £35.00

Express Pedicure ½ hr £25.00

Express Manicure ½ hr £20.00

File and Polish Only hands only £13.50

Polish Only hands only £12.00

French Finish add on £3.00

Receive £2.00 off a new polish when having a Manicure or Pedicure

OPI Axxium

Soak-off Gel Nail System

The Axxium Soak-off System is a completely new generation of nail gels. Strong, beautiful, all one length nails can be difficult to grow and maintain. Axxium is a strong yet invisible layer of protection for your nails and you won't even realise you have them on as they are virtually weightless. Great on hands or feet.

Per set £38.00

Infills £20.00

Soak off only £27.00

Soak off and Re-apply £43.00

Wilde Pedique

Nail Reconstruction

Wilde Pedique is an extremely elastic UV Gel which adapts to the movement of the toe and its unique adhesive properties mean that good results can be achieved on callous layers of skin where there is no nail. Wilde pedique is also effective on scaly nail surfaces, for correcting ridges and deformations, for hiding discolouration and protecting thin growing nails.

1 x toe £20.00

2 x toes £30.00

2 plus Price quoted

Beautiful Eyes

A patch test is required at least 48 hours prior to any tinting.

Eyelash Tint £14.00

Eyebrow Tint £8.00

H.D. Brows – High Definition

Brow Tint & Wax £16.00

Permanent Cosmetics

Nouveau Contour®

Permanent cosmetics are the future of the beauty industry and are being used increasingly for cosmetic and medical purposes.

The treatment can be used to enhance your features for those who want to look better naturally, or to create the look of perfectly applied make-up without spending hours in front of the mirror.

£ P.O.A.

Self Tanning

St. Tropez – Ultimate Air £25.00

Pay for 5 get 6th FREE £125.00

Your body is sprayed with a fine atomised St. Tropez mist using the latest technology. The moment it is applied you will have a golden tan which continues to develop over 4 to 8 hours and lasts for days.

Fresh Minerals Make-up

Application Day/Evening £25.00

Bridal Make-up including practise £50.00

Make-up lesson 1hr £35.00

Depilation

Ellipse – I²PL

Shaving, waxing, tweezing & hair removal creams have been replaced by hair removal in a flash. Ellipse uses short, safe bursts of light emitted from a flash lamp to remove unwanted hair from all body sites in minutes.

Ellipse – I²PL Skin Rejuvenation

Skin rejuvenation treatment with Ellipse helps you keep a younger, fresher look. The safe, visible light emitted from the Ellipse flash lamp makes your face look smoother by removing age spots & diffuse redness and by improving your skin texture.

- Sun Damage
- Facial Thread Veins
- Age Spots
- Vascular Lesions
- Photo Rejuvenation
- Hair Removal
- Pigmentation
- Acne

Treatments £ P.O.A.

Electrolysis

Permanent hair removal. Free consultation.

10 mins £13.95 *20 mins* £18.50

15 mins £15.95 *30 mins* £27.50

Advanced Electrolysis

Removal of skin tags, milia and broken capillaries.

20 mins £40.00

Organic Waxing

Professional body waxing for hair removal using organic wax with perfectly smooth results.

Full Leg & Bikini £32.00

¾ Leg & Bikini £28.50

½ Leg & Bikini £26.50

½ Leg £17.00

Underarm or Bikini £12.00

Eyebrow Wax & Trim £12.00

Back £20.00 *Forearm* £12.00

Lip £7.50 *Lip & Chin* £11.00