



# luxury BEAUTY bubble

**Busy, modern lifestyles mean that often we are short on time or low on energy - usually both!**

Our beauty therapists at Luxury Bubble will ensure you leave us looking and feeling both beautiful and energised - inside and out, head to toes. Choose from our à la carte beauty treatment menu to discover your bespoke Luxury Bubble beauty solution.

## Paint It On!

### Luxury Bubble Manicure and Pedicure

Give full rein to your creativity and self expression with the Luxury Bubble **OPI ProSpa Mani-Pedi Menu**. When time is at a premium our excellent OPI therapists will ensure your hands and feet always look healthy, pretty and elegant.

**Quick Pop** - life is hectic, but your hands and feet must still look impeccable!

**Quick Pop Manicure: File and Polish**

£18 with polish - £25 with gel

**Quick Pop Pedicure: File and Polish**

£18 with polish - £25 with gel

**Quick Pop Gel Removal and Mini Manicure** £10

**Quick Pop Gel Removal and Mini Pedicure** £10

Please note, if your gel was applied at Luxury Bubble, the Quick Pop gel removal and mini-manicure service is on us!

**Bubble** - life is busy, so you need treatments that relax you and deliver great results!

**Bubble Manicure** £27 with polish - £33 with gel

*Designed for those days when time itself is something of a luxury. Massage, acupressure, and a perfectly applied OPI polish leaves hands looking wonderful and acts as a very effective stress-reliever.*

**Bubble Pedicure** £30 with polish - £35 with gel

*Restores and beautifies busy feet. OPI ProSpa products, enriched with super-fruit cupuacu, and white tea extracts are used to soak, exfoliate and smooth calluses and a tension-relieving massage reduces stress, whilst you choose the most gorgeous shade of OPI polish for your perfectly shaped toenails.*

**Luxury** - you have time to relax? Wonderful! We'll put the 'treat' in treatment for you!

**The Luxury Manicure** £35 with polish - £40 with gel

*Our Luxury Manicure is the ultimate treat for hands. Designed to protect and restore, the focus is on exfoliation and adding moisture through a combination of massage techniques and acupressure that relieve stress and tension. Nails are shaped and painted with the OPI polish of your choice for enduring impact.*

**The Luxury Pedicure** £35 with polish - £40 with gel

*The Luxury OPI ProSpa Pedicure feels oh-so-indulgent but works hard to soften calluses, exfoliate, and moisturise for long-lasting protection. An extended massage combined with acupressure will leave you feeling relaxed and renewed. This is our secret weapon for navigating the party season in the highest of heels!*

## Take It Off!

### Luxury Bubble Wax Treatments

Depilation is rarely fun so let us take the strain and place yourself in expert hands to achieve the smoothest legs and the perfectly shaped brow.

**Facial:** Eyebrows £10 Lip or Chin £7 Lip and Chin £13 Nose £7

**Body:** Under Arm £10 Forearm £13 Full Arm £16 Chest / Back £16

**Bikini:** Bikini Line £10 High Bikini Line £15

**Hot Waxing:** Brazilian (*hot wax*) £25 Hollywood (*hot wax*) £25

**Leg:** Full Leg £25 Three-quarter Leg £20 Half Leg £16

## Emphasise!

### Luxury Bubble Lash and Brow

<b>Brow Tint:</b>	£9	<b>Lash Tint:</b>	£12
<b>Lash and Brow Tint:</b>	£20	<b>Lash Lift and Tint:</b>	£45
<b>Brow Tint and Shape:</b>	£15	<b>Luxury Bubble Lash Extensions:</b>	£65

A patch test is required at least 24 hrs before your first eyelash treatment.

### GIFT VOUCHERS

**Gift vouchers available!** The ultimate Luxury Bubble for a friend or loved one.

Open Mon to Sat  
9AM - 5PM  
Thurs 8.30AM to 8PM





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## Express Yourself!

### One-to-One Make-Up Services

#### Sandstone Make-Up Consultation

Are you looking for a fresh way to approach blush, or an exciting new lip colour? Perhaps you'd like to find a way to make your make-up last throughout the day, or some easy ways to create a look that will take you easily from day to night? Our specialist, in house make up artist knows all the pro tips and can't wait to share them with you.

£30 – redeemable against product purchase.

#### Luxury Bubble Make-Up Artist

We all have that one occasion where we want to look our absolute best. Whatever the event, the expertise of a friendly Make-Up Artist can help take any nerves away and allow you to relax on the day in the full knowledge that you really are looking your very best.

£30 – redeemable against product purchase.

## Facials

### Featuring Dermalogica

**ProPower Peel30® Treatment** This personalised treatment using the ProPower Peel collection - a full suite of peel products including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs) - is an ideal way to target lines and wrinkles, uneven pigmentation or breakouts. A customised express treatment giving a deep exfoliation, the ProPower Peel30® Treatment instantly refreshes and rejuvenates your skin.

30 mins £50

**ProPower Peel60® Treatment** A customised hour-long treatment that combines the benefits of the ProPower Peel30® Treatment with advanced techniques and technology. The results of the peel are enhanced through a supplementary deep treatment process using IonActive Serum™ with a customised masque and relaxing massage. A transformative peel treatment designed to leave skin clear, smooth and glowing.

60 mins £80

**ProSkin 30® Facial** The perfect treatment for those of us with lives that feel a little bit too busy, this customised 30-minute treatment works its magic through an intensive focus on your most pressing skin concern. A bespoke service featuring professional exfoliation and deep serum treatment to deliver brighter and healthier skin, fast!

30 mins £30 Course of six £150

**ProSkin 60® Facial** A comprehensive facial that addresses every dermatological concern, the ProSkin 60 facial draws on elements from all Dermalogica ranges for a uniquely tailored experience.

**AgeSmart** firms, regenerates and energises, controlling biochemical triggers that can lead to skin ageing. **Medibac** clearing focuses on the control of acne through purifying and deep cleansing. **Ultracalming** treats multiple inflammation triggers to give lasting relief from sensitivity flare-ups.

Customised at every stage to meet your specific needs at each visit, the ProSkin 60 Facial is always a relaxing, soothing and enjoyable way to achieve healthy glowing skin.

60 mins £60 Course of six £299

**Dermalogica Men's Facial** Designed to soothe and support men's skin, this facial treatment is an easy and effective way to deal with signs of ageing, shaving bumps and irritation, rough dry skin, and breakouts. We believe in preventative care! Enjoying this 60-minute treatment on a regular basis makes routine grooming easier, faster, and more comfortable, leaving you looking and feeling your very best.

60 mins £60 Course of six £299

## Lay Back and Relax!

The Luxury Bubble **Lay Back and Relax! Massage menu** offers so many benefits from toning the skin to soothing the mind. Paying regular attention to the muscles of your body benefits your posture. Great posture means that every item you wear is going to hang better on you, so massage benefits your mind, your body and your wardrobe!

**Seventh Seal (Swedish Massage)** This traditional massage incorporates varied pressure with Swedish massage moves including kneading, cupping, and hacking. Swedish massage is considered to help with joint pain and stiffness and thought to improve blood circulation.

**Pop Face, head, neck and shoulder 30 mins** £30

**Bubble Back, neck and shoulder 45 mins** £30

**Luxury Full body 60 mins** £47

**Body Movin' (Deep Tissue Massage)** This Deep Tissue massage uses specialised massage techniques and stretches to relieve tight, aching muscles. A great choice for those who enjoy an intense and active exercise regime, this massage will leave you feeling renewed.

**Bubble Back, neck and shoulder: 45 mins** £55

**Luxury Full body: 75 mins** £85

**Rock Your Body (Hot Stone Massage)** This speciality massage uses heated basalt stones to penetrate deeper into the muscles and leave you feeling truly relaxed.

**Bubble Back, neck and shoulder: 45 mins** £45

**Luxury Full body: 75 mins** £60

**Un Zeste de Citron (Full Body Polish)** A luxurious zesty lemon and ginger salt scrub to gently exfoliate and deep cleanse is followed by a massaged application of Essential Detox Body oil, leaving skin silky smooth, deeply moisturized, and glowing! Invaluable for lovers of backless dresses and swimwear.

**Un Zeste de Citron Full Body Polish: 60 mins** £55

## Reflexology Treatments

Reflexologists believe that certain points on the soles of your feet are connected to the organs, glands and energy pathways. Through the application of gentle pressure, a reflexologist can restore and maintain your body's natural equilibrium and encourage healing.

Holly uses her thumbs, fingers or knuckles to apply pressure to the feet and sometimes the lower leg or hands. Balms or powders are applied to help with grip and contribute to a sensation of relaxed well-being.

**Mindful Reflexology with Holly Gorbeck 60 mins** £45

Holly uses her thumbs, fingers or knuckles to apply pressure to the feet and sometimes the lower leg or hands. Balms or powders are applied to help with grip and contribute to a sensation of relaxed well-being.

**Hot Stone Reflexology with Holly Gorbeck 75 mins** £55

The ultimate in relaxation, hot stones are used to apply pressure and to work areas of the feet and lower legs. This induces a state of extremely deep relaxation.





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## ebo Treatments

**Kirstie Garrett** has worked in the beauty and wellbeing industry for 25 years, co-founding 'Balance Me' before developing ebo when she moved to South West France.

She's been treating Hollywood A-listers, professional athletes, stressed-out mums, and busy professionals for over 20 years with her legendary aromatherapy and holistic treatments.

We are delighted that Kirstie will offer in-store treatments at Luxury Bubble. These are strictly limited in availability, so please book early to avoid any disappointment.

### **ebo Reset Muscle Release Massage 60 mins £80**

*Designed to release tension from the body and stress from the mind.*

*Using deep tissue stimulations of acupressure points on the body combined with intense head and scalp massage, this treatment ensures that even the tightest of backs and necks will find some tension relief.*

### **ebo Reset and Relax Detox Massage 60 mins £80**

*A luxurious and completely relaxing treatment to meet the specific needs of your mind as well as your body. A full body massage using the ebo blend of Detox essential oils designed to boost circulation, fight cellulite and eliminate toxins from the body, leaving you glowing. This is a serious shot of TLC - delivering skin enrichers to nourish your skin whilst tension and stress knots are eased away.*

### **ebo Seasonal Rejuvenation Facial 60 mins £80**

*A facial to restore a youthful complexion and natural glow to the face. This incredibly relaxing treatment includes a lavender steam flannel, lymphatic drainage and massage of the face, shoulders, décolleté and head. Working with the skin's own amazing biology and using the all natural ebo range - Kirstie works with plant ingredients the body is able to recognize. This treatment delivers instant visible results - smoothing, lifting and plumping. Beautiful ingredients designed specifically to give your skin exactly what it needs through the changing seasons. ebo Seasonal Facial Oils provide shots of essential fatty acids, nutrition and hydration for soft, supple skin whilst massage techniques plump, lift and smooth the appearance of fine lines. A 'Must Try'!*

### **Indian Head Massage 30 mins £45**

*A truly relaxing holistic therapy based on the ancient art form practiced for centuries. An Indian Head massage will totally balance your mind, body and spirit and has far reaching effects on every system of the body, including elimination of toxins, improved circulation, relief from stress. Deeply relaxing!*

### **Contouring Detox Body Wrap 60 mins £85**

*Following body brushing, warmed clay with stimulating aromatic pure essential oils of geranium, marjoram and ylang-ylang is massaged over the skin to eliminate toxins, reduce water retention, boost circulation and lymphatic flow. The body is then wrapped in a thermal blanket to intensify the deep detoxifying effect, whilst you drift away with a head massage. A full body application of Essential Detox Oil ends your treatments leaving you feeling fresh, recharged and revitalised. Your body will appear more svelte and defined. Everyone is amazed by this treatment!*

### **Legology Signature Leg-Contouring Treatment 60 mins £85**

## Legology®

*A vigorous massage incorporating effleurage, kneading, knuckling, wringing and silicone cupping techniques, along with the 'S' thigh technique, meridian clearing and deep draining.*

*Legs are treated with the Legology range, including Cellu-Lite Salon Secret For Legs (a blend of detoxifying and stimulating oils to aid contouring), Air-Lite Daily Lift For Legs (a rejuvenating cream designed to combat heavy legs, fluid retention and puffiness, and Exfo-Lite Stimulating Salts For Legs (an invigorating scrub with deep drainage benefits). This unique treatment, a black book secret among beauty editors, leaves legs looking more contoured and feeling lighter and energized.*

*Try this treatment, and you'll understand why Legology founder Kate Shapland calls her blog 'Happy Legs'...*

## Medical Aesthetics

**Cathy Wallwork** is a Registered General Nurse and Independent Nurse Prescriber who graduated from St. Bartholomew's Hospital in 1984. She has 20 years experience as a medical aesthetic practitioner.

*Cathy helped develop the current competencies for aesthetic nurses at The Royal College of Nursing and was a consultant trainer for Q-Med (now Galderma).*

*We are very excited to bring her high standards of hygiene, care, skill and experience to Luxury Bubble. She will be offering facial rejuvenation & cosmetic improvements in the form of dermal fillers, and chemical denervation.*

### **Fillers £290**

*Fine lines, wrinkles and skin folds can now be successfully improved with Juvéderm or Restylane, giving immediate results. Whether you're looking for defined facial contours, fuller lips or softened facial lines, these dermal fillers bring out the best in you — instantly and naturally. A simple injection replenishes the lost volume and improves your looks by enhancing your facial profile, creating fuller lips, and smoothing out lines and wrinkles. The effect will typically last 6 months to over a year.*

### **Wrinkle Relaxing Injections from £225**

*Facial lines are caused by the repeated use of the facial muscles in a particular manner. Just as a freshly ironed shirt will become severely creased, in a similar way our facial lines form whenever we frown, squint or smile. Our 'Hibernation' Treatment is a preventative approach. Injections are given, usually to the forehead frown area, which temporarily weakens the frown muscles and thus puts them to sleep for a period of 3 to 6 months.*

### **Profilo £300**

*Winner of the most innovative treatment at the Aesthetic Awards in 2016, Profilo is a real game changer. Neither a mesotherapy treatment or a filler, Profilo is a bioremodelling treatment which works to cure wrinkles from within rather than just fill them. Profilo deeply hydrates the skin whilst adding weightless volume for a youthful look. In addition, it has a unique lifting and tightening effect to remodel sagging and aging tissue. We can use this treatment on the face, neck and hands.*





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## THE SMALL PRINT!

Please arrive in plenty of time for your Bubble. Enjoy a coffee on us in our café while you wait for your treatment.

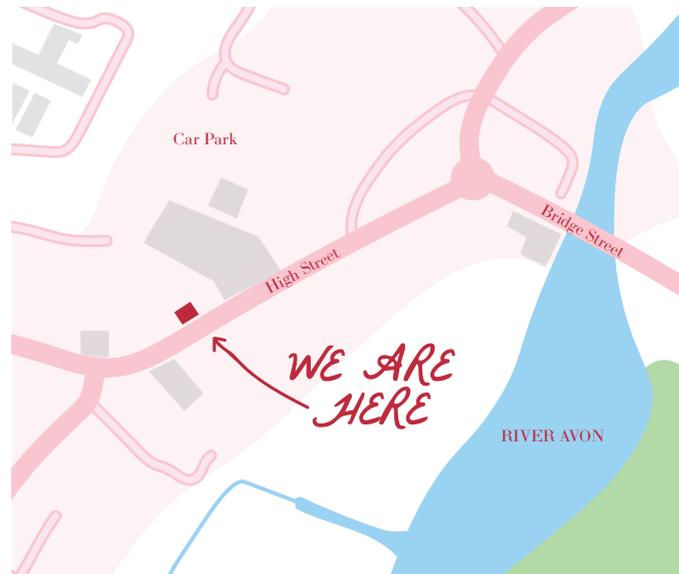
A non-refundable fee may apply to some bookings.

Can't make your appointment? We're sorry you missed your Bubble but please let us know at least 24 hours before so we can re-schedule your treatment. If you forget to tell us, we can't book anyone else for their Bubble and you will incur a 100% late change fee.

Clients under 16 are welcome for treatments at Luxury Bubble but must be accompanied by a parent or guardian.

A cuddle with a fur baby or your own baby is a Luxury Bubble in itself. However cuddles have to stay at home. Unfortunately we cannot accommodate pets or very young children at Luxury Bubble.

Cash and card payments accepted.



60 High Street • Fordingbridge • Hampshire SP6 1AX

Beauty Appointments **T:** 01425 837557

It's Your Bubble.  
You Decide.

