



HOME STUDIO

After Care will be given for all treatments and is available on the BELLEZA website.

Gift vouchers can be purchased and can be posted for an additional fee. PDF vouchers are also available to download.

Please feel free to contact me with any treatment queries or advice. Alternatively, visit the website for aftercare and top tips.

## Contact

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Parkstone  
BH12

07468696263

BELLEZA-beauty@outlook.com

www.BELLEZA-Studio.com



### Mix & Match Massage

You will receive a one-to-one with all massage treatments along with home care advice and postural awareness. Helping to prevent muscle stress reoccurring and reduces tension.

30 Mins £32   45 Mins £42   60 Mins £52  
75 min £62   90 Mins £72   120 Mins £92

Swedish Massage	Hand & Arm Massage
Face Massage	Deep Tissue Massage
Sports Massage	Lymphatic Drainage
Indian Head	Acupressure
Pregnancy Massage	Cupping Massage

### Sports Injury & Sports Massage

Benefits of Sports Injury and Massage treatments:

- Increased joint range of motion (ROM)
- Increased flexibility
- Increased sense of well-being
- Increased blood flow
- Increased elimination of exercise waste products (lactic acid)
- Decreased muscle tension
- Decreased neurological excitability (nerves more relaxed)
- Decreased muscle spasms
- Better sleep
- Decreases recovery time between workouts and from injury
- Decreased chance of injury

I have learnt many techniques and styles over the years, that I combine to release tension within the muscles and mind.

### Sports Injury And Beauty Specialist



HOME STUDIO

### Level 3 Sports Injury, Massage & Beauty Therapist

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Waxing	Price*		Price*
Brow Shape	£9	Full Leg & Bikini	£28
Brow & Lip	£12	Full Leg	£21
Lip or Chin	£6	Abdomen	£6 - £9
Lip & Chin	£9	Half Leg	£16
Face *Excluding Eyebrows	£16	Back, Chest & Abdomen	£31
Under Arm	£8	Back	£19
Forearm	£6 - £11	Chest	£16
Arm	£13 - £16	Back & Chest	£29
Bikini	£13	Shoulder	£9
High Bikini	£17		

#### Eye Treatments Price

Brow Tint	£7
Lash Tint	£9
Lash & Brow Tint	£13
Brow Shape	£9
Brow Re-Shape	£11
Brow Shape & Tint	£13
Lash Lift & Tint	£33

<b>BELLEZA Brow</b>	Eyebrow Re-Shape. Colour Match Tint & define with Brow powder	<b>£16</b>
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Manicure & Pedicure		Price
<b>Luxury Manicure</b>	Hand soak, Exfoliate, Mask, Massage, Cuticle, File & Polish	<b>£25</b>
	Gel Upgrade	<b>£30</b>
<b>Express Manicure</b>	Cuticle, File & Polish	<b>£18</b>
	Gel Upgrade	<b>£23</b>
<b>Luxury Pedicure</b>	Foot soak, Exfoliate, Mask, Massage, Cuticle, File & Polish	<b>£28</b>
	Gel Upgrade	<b>£33</b>
<b>Express Pedicure</b>	Cuticle, File & Polish	<b>£18</b>
	Gel Upgrade	<b>£23</b>
<b>Gel Removal</b>	Remove, file & Cuticle Oil (free with redo)	<b>£3</b>
<b>Nail Art &amp; Swarovski Crystals</b>		From <b>£1</b>
<b>Ombre Gel Colour</b>		Additional <b>£3</b>
<b>French Gel Colour</b>		Additional <b>£3</b>
<b>Rock Star Nails</b>		Additional <b>£1</b>
<b>Gel Strength Overlay</b>		Additional <b>£3</b>
<b>Individual Nail Form</b>		Additional <b>£3</b>

OPI is a Multi Award Winning product with long lasting results for up to 3 weeks.



# O·P·I

\*For any other waxing, please enquire.  
Please note, prices may vary due to hair growth.



Facials		Price
<b>Luxury Facial</b>	Deep Cleanse, Exfoliate, Steam and Decongestion, Mask, Head Massage, Face Massage, Tone, Moisturiser & Eye Cream.	<b>£30</b>
<b>60 Min</b>	Add-on: Neck & Shoulder massage	<b>£35</b>
<b>Sensitive skin Facial</b>	Specialised for sensitive skin, all the benefits of the Luxury facial, with Cold Cryo facial massage. Helping to calm, reduce inflammation and the appearance of scarring.	<b>£30</b>
<b>60 Min</b>	Add-on: Neck & Shoulder massage	<b>£35</b>
<b>Derma Roller Facial</b>	Deep Cleanse, Exfoliate, Derma Roller, Retinol Mask with Vitamins A, C & D, Head Massage, Ice Cryo Massage, Moisturiser, Tone, Eye Cream & SPF.	<b>£36</b>
<b>60 Min</b>	Add-on: Neck & Shoulder massage	<b>£41</b>
<b>Luxury Derma Roller Facial</b>	All the added benefits of a Derma Roller Facial including a face steam and decongestion.	<b>£46</b>
<b>70 Min</b>	Add-on: Neck & Shoulder massage	<b>£51</b>
<b>Teen Facial</b>	Deep Cleanse, Exfoliate, Steam and Decongestion (extra attention), Mask (specialised T-Zone), Head Massage, Tone, Moisturiser & Eye Cream.	<b>£32</b>
<b>60 Min</b>	Add-on: Neck & Shoulder massage	<b>£37</b>

#### £5 Facial add-on

<b>Derma Roller</b>	<b>Neck &amp; Shoulder Massage</b>
<b>Cryo—Massage</b>	<b>Retinol Mask</b>

<b>Back Cleanse</b>	Back Cleanse, Exfoliate, Steam and Decongestion, Mud Mask, Hot Towel, Back Massage and Body Moisturiser.	<b>£52</b>
<b>60 Min</b>		

Products will be specially selected from The Body Shop range and available to purchase at 10% discount.  
Each facial is provided with home care advice

# Cryo Massage



ERGONOMICALLY  
DESIGNED TOOLS

COOLING LIQUID GEL  
NON-TOXIC AND LASTING  
COOLING



2 ELEGANT CRYO STICKS  
AESTHETIC AND PRACTICAL

## Cryo-Sticks

Soothe and tighten skin,  
help to reduce puffiness,  
as well as settling  
irritation.





# What is microneedling?

Microneedling is a powerful and innovative facial rejuvenation treatment that utilizes a mechanized device with ultra-fine needles to penetrate layers of skin. The resulting micro-injuries trigger the skin's own natural healing response, encouraging the production of new collagen and elastin.

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**APEEL SKIN**  
CLINICAL SKINCARE LONDON

**Available Sizes**

- ✓ 0.25 MM
- ✓ 0.5 MM
- ✓ 1.0 MM



## Benefits of using the DERMA ROLLER

Awaken Your Radiance

- Exfoliates dead skin cells
- Tighten and stimulates healthy skin
- Smooths wrinkles, laugh lines and crows feet
- Improves the appearance of stretch marks
- Produces glowing skin texture
- Boosts skin care product absorption
- Enhances cosmetic results
- Leaves your skin feeling fresh and rejuvenated

Skincare  Cosmetics

# RETINOL

VITAMIN ENRICHED

- Reduces wrinkles
- Combats loss of elasticity
- Restores moisture
- Nourishes skin

*New*



Skincare  Cosmetics

# RETINOL

VITAMIN ENRICHED

15 MINUTE MASK

ANTI-AGING  
SHEET MASK

VITAMINS A + B + E

SMOOTHES FINE LINES  
DEEPLY HYDRATES  
FIRMS & TONES

