

Opening Hours

9am - 7pm Mon - Wed

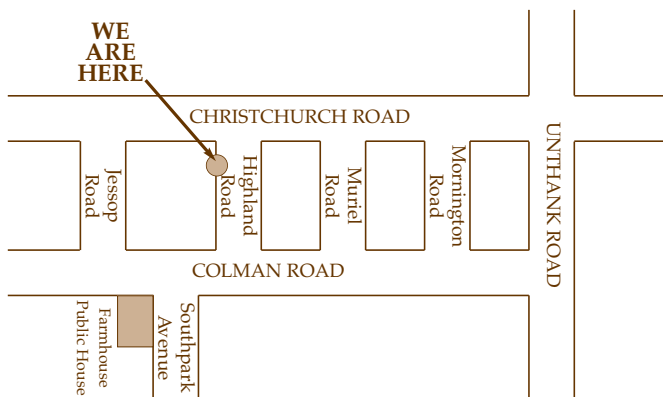
9am - 8pm Thurs

9am - 6pm Fri & Sat

to make a booking please call

01603 452320

- Gift vouchers available
- Student discount 10%
- All courses of 6 treatments booked & paid in advance will be charged at the cost of 5 (not including treatments already on courses)
- Treatments are suitable for both men & women
- All timings shown are approximate
- All prices include VAT
- We are happy to offer you advice on any of our treatments - just call into the beauty salon reception where we will be happy to help you



Escape hair & beauty,
20 Highland Road, Norwich NR2 3NN
Telephone 01603 452320
Email escapebeauty@live.com
Web www.escape-beauty.com

**Please request our hair brochure for
styling treatments**

VAT No. 785 027905

Escape

Beauty Menu





Welcome to Escape hair & beauty,

With Escape you'll find our all-round commitment to you and the service we offer with professionally trained & experienced therapists & stylists is of the highest standard.

Escape offers a multitude of treatments from the highest quality brands, including Decleor, St Tropez, Caci & Jessica. From a complete range of massage using essential oils to personalised facials, you can be pampered, refreshed and revitalised all within the luxury of the salon.

Cancellation Policy:

Please give 24 hours notice for cancellations otherwise 100% of the treatment will be charged. This policy also applies to gift vouchers & courses.

Health & Beauty Indulgence Days

Treat Yourself

Facial to suit your skin type & a manicure £59.00

Aroma Day

Full body massage aromatherapy and Indian Head £65.00

Pamper Day

Full body massage & a facial to suit your skin type £75.00

Detox Day

Body treatment & facial £74.00

Indulgence Day

Full body massage, facial to suit your skin type & a manicure £90.00

Stress Away Day

Full body aromatherapy massage, manicure, pedicure & scalp massage £95.00

Full Monty

Manicure, pedicure, a full body massage & a facial to suit your skin type £119.00



IPL Treatments

	Single Treatment	Course 6
<u>FACE</u>		
Jawline	£55.00	£275.00
Chin	£50.00	£250.00
Lip	£40.00	£200.00
Centre Brow	£20.00	
<u>ARMS</u>		
Underarm	£80.00	£400.00
Forearm	£95.00	£475.00
Full arm	£150.00	£750.00
<u>BACK</u>		
Half Back	£150.00	£750.00
Full Back	£190.00	£950.00
<u>BIKINI</u>		
Basic	£95.00	£475.00
Thong	£110.00	£550.00
Brazilian	£125.00	£625.00
Playboy	£140.00	£700.00
Hollywood	£150.00	£750.00
<u>LEGS</u>		
Half Leg	£180.00	£900.00
Full Leg	£240.00	£1,200.00
<u>SKIN REJUVENATION /SUNDAMAGE</u> (full face, chest or back)		
	£190 or £10 per shot	
<u>RED VEIN REMOVAL</u> (face & chest)		
from	£50.00	
<u>ACNE TREATMENTS</u> (face & body)		
from	£100.00	
<u>COLLAGEN STIMULATION</u>		
(course of 6 required)		£950.00

Decleor Facial Treatments

ALL FACIALS WILL INCLUDE BACK MASSAGE

Aromaplastie - all skin types - 1 hour

THE CLASSIC AROMATIC FACIAL

The Decleor aromaplastie is the first treatment given in the facial programme & is suitable for all skin types. Rediscover a revitalised you. Your major needs are met to perfection and your skin feels soft, smooth and refreshed. £42.00

Aroma Expert Facials - 1 hour 15 mins

THE SPECIFIC AROMATIC FACIAL FOR MATURE, DRY, OILY, SENSITIVE OR NORMAL SKIN

These targeted treatments provide an expert response to the needs of every skin type. Even the most demanding skin is satisfied. Every aroma expert treatment offers a concentrate of highly targeted active ingredients with powerful properties. You'll notice the difference after the very first treatment and with regular use the results are stunning.

Essential - all skin types

Specifically for all skin types using the hydra floral anti-pollution range. Helps prevent penetration of everyday pollution by putting a natural barrier and self defense system into the skin. £49.00

Purify - congested

Deep cleansing & purifying, this facial is recommended for combination & oily skin types & helps eliminate impurities & restore balance. Using the Decleor Aroma Purete range £49.00

Soothe - sensitive skin

Specially designed for delicate & sensitive skins, this comforting facial calms & desensitizes even the most reactive of skin types. Using the Decleor Harmonie range £49.00

Lift - mature skin

This is a deep acting facial which works on dull, lifeless complexions to revitalize, stimulate & promote faster cell renewal. Using the Decleor Prolagene Lift & Iris range £49.00

Nourish - dry skin

A nourishing facial to rehydrate the skin & smooth away fine lines. Using the Decleor Nutrivivine range £49.00

Decleor Steam Facial - all skin types/congested

This facial is fantastic for congested skin with blocked pores. The steam opens your pores allows for easy extraction. £49.00

Vital Evidence - 1 hour 30 mins

THE ULTIMATE ANTI-AGING FACIAL

Specifically for mature skins incorporating Decleor's unique vital eye treatment. This helps reduce dark circles and puffiness within the eye area. Your skin will feel refreshed and rejuvenated. Using Decleor's Ultimate Anti-Ageing Skin Care range "Excellence" £55.00

Men's Pedicure - including file, exfoliate & foot massage. £19.00

PLEASE BRING OPEN TOE SHOES WHERE NECESSARY

Trendy Nail/Toe Wraps

Large selection of patterns & colours £25.00

Jessica GELeration - gel polish which lasts up to 3 weeks without chipping, no smudge or drying time.

French Polish or Colour including
Le remedi hand treatment £35.00

Cuticle Tidy & Polish £25.00

Refresh Polish £20.00

Pedicure £35.00

Soak Off £13.50

Free with full manicure or pedicure, please let us know at time of booking for us to allow time.

Hair Removal

Electrolysis - permanent hair removal. Using short wave diathermy. Complimentary consultation with first appointment.

5 mins (min. charge) £8.50 30 mins £22.50

10 mins £11.00 45 mins £27.00

15 mins £15.00 60 mins £30.00

20 mins £18.00

Threading

Eyebrows £9.00 Face £15.00

Lip £8.00

High Brows Eyebrows - This is the ultimate eyebrow treatment & includes waxing, tinting & threading £16.50

Warm Wax

full leg & bikini basic £28.00 forearm £12.50

3/4 leg £21.00 full leg £22.50

bikini basic £10.00 lip wax £6.50

thong £12.50 underarm £8.50

Brazilian £18.00 chin wax £7.00

Hollywood £21.00 chest/back £16.50

half leg £16.50 full arm £20.50

Hot Wax

An alternative to warm waxing. Some clients find this more comfortable & can help limit ingrown hairs.

bikini basic £19.00 thong £21.00

Brazilian £25.50 Hollywood £31.00

eyelash tint* £12.00 eyebrow shape/wax £9.00

eyebrow tint £8.00 eyelash & eyebrow tint £16.50

*an allergy patch must be carried out at least 24 hours before each initial treatment.

Tanning

St. Tropez is the aloe vera tan of choice for beauty professionals & celebrities worldwide. Everyone feels better with a tan & now you can have a natural bronzed glow all year round - just like the stars! St. Tropez products work as a complete system to ensure that your tan is natural looking & long lasting.

Spray Tan excluding exfoliation £22.00

St. Tropez full body cream self tan 1 hour £35.00

St. Tropez self tanning legs 30 mins £22.00

Full body exfoliation, followed by application of moisturiser with self tanning products.

Hands & Feet

Jessica Nail Cultivation System

The renowned & unique treatment manicure which treats all nail types enabling you to grow & maintain healthy nails.

Re-varnish Toes Tidy & Polish £16.00

French polish £17.00

Nails Tidy & polish £14.50

French polish £16.00

Le Remedi Hand Treatment

Hands age more quickly than the face, this is a luxurious & effective treatment including hand cleanse exfoliate, mask & liposome serum. £15.00

Manicure - without polish £19.00

including Le Remedi hand treatment

Manicure - including colour

Manicure including Le Remedi hand treatment.

£26.00

French £28.00

Deluxe Manicure - including colour

Including Le Remedi & paraffin wax which is a deeper penetration of essential oils & increases circulation. £32.00

French £34.00

Pedicure - including file, exfoliate & foot massage.

including colour £29.50

French £32.00

Deluxe Pedicure - including colour

Paraffin wax which is deeper penetration of essential oils & increases circulation. £36.00

Nail Art, Glitters, Gems & Freehand from £5.00

Men's Facial - 1 hour

Designed especially for men & adapted for their skin type. Using Decleor Men's Skin Care Range £42.00

Mini-facial - 45 mins

Skin freshening suitable for all skin types, it leaves the skin feeling healthy & radiant, the perfect pick-me-up. Does not include back massage. £35.00

Decleor Body Treatments

All Decleor 1 hour body treatments include massage.

Body Polish - 30 mins

This skin conditioning exfoliation, resulting in soft skin & a sense of well being. £22.00

The Essential Back Treatment - 45 mins

A unique deep cleansing skin treatment for back, neck & shoulders, the skin is cleansed followed by a deeply relaxing massage & treatment mask. £39.00

Relax - 1 hour

Full body exfoliation followed by full body application of warming mask to leave skin silky smooth. £43.00

Flow - 1 hour

A refreshing & energising treatment to eliminate toxins & remove excess fluid. £43.00

Tonic - 1 hour

Instantly increases skins radiance with a unique blend of toning, firming & anti-ageing ingredients. £43.00

Perfect Slim - 1 hour

Essential Oils & Marine Algae rich in Minerals breakdown fatty deposits, drain toxins & eliminate water retention. Specially designed to target stubborn areas of cellulite, such as hips, bottoms & thighs. This is the perfect treatment for the client wanting to lose those extra inches off their hips & thighs. Invigorating treatment involving specific vigorous massage movements using Decleor Perfect Slim Body Range Products. £43.00

Anti-Ageing - 1 hour

Using the Decleor Excellence Body Range. This complete treatment helps restore tone & targets all areas for anti-ageing. £52.00

Decleor Pre-Sun/AfterSun Treatment

1 hr 30mins £56.00

The Ultimate pre or after holiday skin treatment. Consists of exfoliation, massage, mini facial & moisturises. Auto Bronzant will be used for pre-holiday & all Decleor products will be appropriate for pre or after sun skin care.

Mother to be - 1 hour 15 mins

Helps to prevent stretch marks & incorporates a facial, from 3 months onwards. £50.00

Massage Treatments

Swedish Relaxing

Deep tissue massage for aches & pains.

30 mins	£25.00
45 mins	£32.00
1 hour	£40.00

Aromatherapy - 1 hour 15 mins

Incl. face & scalp. Using pre-blended oils. £44.00

Aroma Mosaic Body Massage

This ultimate spa treatment concentrates on the full body.

Must be experienced!	1 hour	£43.00
Including face & scalp	1 hour 30 mins	£48.00

Hot Stone Therapy Massage

The Ultimate massage for relaxation & de-stressing. The overall effect of the hot stones teamed with the soothing aromatherapy oils make this the ultimate treat to melt away stress & tension.

30 mins	£32.00
1 hour	£43.00
1 hour 30 mins	£54.00

Make Up by Anthony Braden

Cleanse & Make Up £22.00

Wedding Make Up including trial £37.00

Make Up Lesson £25.00

Caci Treatments

The award winning Caci micro current system is the most publicised salon treatment system available. Treating both face & body whatever your areas of concern are, Caci Quantum has the solution.

Super Caci - 1 hour 30 mins £58.00

The ultimate facial boost.

Caci Facial - 1 hour £46.00

This facial treatment works to restore & redefine sagging muscles, reducing fine lines & wrinkles. Tones & lifts facial contours, improves skin texture.

Course of 10 treatments £400.00

Caci Eyes - 30 mins £30.00

Reduces fine lines, wrinkles, sagging skin & puffiness around the eye area.

Course of 10 treatments £260.00

Sculpting Body Treatments - 30 mins £30.00

This personalised body treatment features specific programmes for Slimming, Contouring, Cellulite & Lymphatic Drainage.

Course of 10 30min treatments £260.00

Course of 10 1hr treatments £352.00

Slimming

Breaks down stubborn fatty areas resulting in a slimmer you.

Toning

Tones & defines the body, helping strengthen your muscles.

Contouring

Tones & firms muscle without removing fat. Giving areas such as the bust a fuller appearance.

Lymphatic Drainage

Complete body detox package improving circulation, texture & appearance of the skin. Leaving you with a feeling of well being.

Cellulite 1 hour £46.00

Disperses orange peel look leaving the skin smoother & brighter. Should be used with a controlled diet.

Caci Chroma Clear

Microdermabrasion - 45 mins £42.00

Gives instant results working on:

Lines & Wrinkles	Stretch Marks
Blemishes	Acne
Scar Tissue	Sun Damage

This advanced system stimulates the skin tissue achieving a gentle exfoliation combined with the pressure of vacuum. The treatment produces very little redness or irritation. Red phototherapy & blue chromotherapy leaves the skin glowing & revitalised. Course of ten £390.00

Additional Treatments

Hopi Ear Candles - 30 mins £26.00

Indian relaxation ceremony calms the mind & soothes the head & ears. Includes facial drainage massage, using aromatic balms.

Indian Head Massage - 30 mins £26.00

This eastern therapy relaxes, yet energises the body with holistic massage of the shoulders, head & face.

Full Set Individual Eyelashes - 1 hour 30 mins £65.00

Semi-permanent individual eyelashes. A variety of different lengths & thicknesses to suit each individual. Get the celebrity look!!

Infills from £25.00

Eyelash Perming - 1 hour 15 mins £30.00

A permanent method of curling your eyelashes. Enhances the appearance of your eyes & will normally last up to 8 weeks.

Reflexology - 1 hour £30.00

This is a complementary therapy which works on the feet to help heal the whole person not just the prevailing symptoms.

Ear Piercing

Plain studs £15.00 Alternative studs £17.50