

# Opening Hours

9am - 7pm Mon - Wed

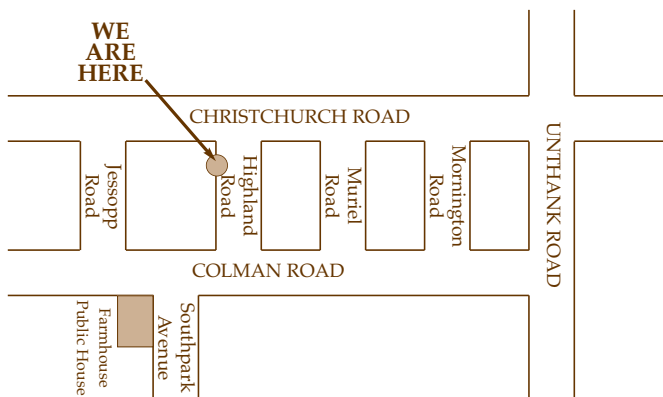
9am - 8pm Thurs

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
- 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](mailto:escapebeauty@live.com)  
Web [www.escape-beauty.com](http://www.escape-beauty.com)



EscapeHair&Beauty

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



## Escape

### Beauty Menu



JESSICA



**Welcome** to Escape 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.

## 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

### 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.

## 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.



## IPL Treatments

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

## Decleor Facial Treatments

Decleor's holistic facials are famous worldwide for their heavenly feel and simply stunning results. Every treatment begins with the unique back diagnostic massage; utterly relaxing for you and a wonderful insight to your therapist into your overall state of health. The use of expert massage techniques and 100% pure, preservative-free Essential Oils address the demands of every single skin type to leave all complexions balanced, comforted and glowing.

**Ultimate Vitamin Glow** - all skin types - 1 hour  
THE CLASSIC AWARD WINNING FACIAL.

AN INTRODUCTION TO DECLEOR

Power-packed with vitamins & anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm decongesting mask for skin that's purified, perfectly replenished & glowing. £42.00

**Aroma Expert Facials** - 1 hour 15 mins

THE SPECIFIC AROMATIC FACIALS ARE 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.

**Moisture Quench** - all skin types

DEEPLY HYDRATING FACIAL FOR SUPER-SOFT SKIN

This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple & cashemere soft. £49.00

**Oxygenating Pure & Matt** - congested

INTENSELY BALANCING & DETOXIFYING FOR VISIBLE CLARITY

For instant clarity on dull, devitalised skin, this antibacterial & mattifying facial blitzes spots & shine. Includes Aquatic Plant Powders & an oxygenating power mask for a brighter & shine-free complexion that's simply flawless. £49.00

**Harmonie Calm** - sensitive

DESENSITISES & REINFORCES STRESSED, FRAGILE, REACTIVE SKIN

Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils & including a skin-perfecting peel-off mask, it works immediately for clear, soothed & resilient skin. £49.00

**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

including Le Remedi hand treatment £19.00

**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 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

Make your Geleration manicure or pedicure deluxe by adding paraffin wax essential oil mask.

Additional £7.00

## 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.

**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 Lift** - 1 hour £30.00

A permanent method of curling your natural eyelashes. Enhances the appearance of your eyes & will normally last up to 6 weeks.

## Ear Piercing

Plain studs £15.00      Alternative studs £17.50

Minimum age 6 years old.

## 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

**Divine Nutrition** - dry

DELICIOUSLY COCOONING & NOURISHING TO COMFORT & REPAIR

By cocooning skin in deliciously nourishing Essential Oil & active nutrients, this facial comforts, renews & repairs £49.00

**Colleagen Plump & Lift 40yrs+** - mature skin  
ULTIMATELY EFFECTIVE ANTI-AGEING FACIAL LEAVING  
THE SKIN PLUMPER & FIRMER

Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skin's natural renewal process is kick-started for firmer, radiant skin. £49.00

**Orexcellence Facial Pilates Facial** - 1hr 15min

A Pilates session for the skin to help visibly lift, remodel and re-densify. Facial Pilates has been created to deliver a natural lift to the face, helping reshape the contours. The facial includes a back massage to help you completely unwind & release the mind. After a deep cleansing & three facial massages, your therapist will help lift your skin with a massage using our outstanding Energy Youth Concentrate Mask. This will plump and smooth the appearance of lines & wrinkles, whilst softening & increasing the tone, leaving the skin glowing with rosy youthfulness.. £55.00

**Decleor Steam Facial** - all skin types/congested

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

**Men's Facial** - 1 hour

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

**Discovery Facial** - 45 mins

THE EFFECTIVE RESCUE REMEDY FOR PERFECTLY RADIANT SKIN

Short of time? Discover why Decleor facials are world famous with this rescue remedy. Includes revitalising facial massage, Essential Oils & gentle polish to wake-up tired skin leaving it fresh & radiant. £35.00

## Decleor Body Treatments

All Decleor 1 hour body treatments include massage.

**Body Polish** - 30 mins

This skin conditioning exfoliation uses grapefruit oil infused sea salts, resulting in soft skin & a sense of well being. £22.00

**Decleor Pre-Sun/Aftersun Treatment** - 1 hr 30mins

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. £56.00

**Cleansing & Purifying Back Treatment** Decongests and brightens for a beautiful back. Following our unique back diagnostic massage to relax and release blocked energy, a skin-brightening exfoliation re-oxygenates skin while targeting spots, blackheads and general congestion. Extraction is performed when necessary for clearer skin leaving it transformed. Essential Oils and Plant Extracts help rebalance, control oil and moisture levels. 45min £35.00

**Aroma Blend Refine & Firm Massage** A tailor-made body shaping ritual for lasting skin transformation. A completely new approach to massage and body sculpting. This highly effective massage is completely bespoke to you and your refining and firming needs. Your therapist will blend a fusion of essential oils and plant oils to focus on what you would like to achieve and how you would like to feel. Choose from: Refine, Firmness, Waistline &/or Legs. These body concentrates will be blended with Relax, Energy or Harmony Active Oils. Your body will feel recharged and your emotions balanced. 60min £49.00

## 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

### 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

**Indian Head Massage** - 30 mins £26.00

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

**Lower Leg & Foot Massage Treatment** 30min £25

Your feet & lower leg are gently cleansed with warm mitts & then exfoliated. Your legs & feet are then treated to a relaxing massage using soothing Aromatherapy Relaxing Body Balm. After your massage Declor Instant Refreshing Gel is applied leaving your legs & feet feeling lighter & revitalised.

**Scalp Massage** 30min £25

A relaxing scalp massage using some pressure point work to relieve tension over the scalp. A blissful scalp, neck and shoulder massage leaves stress and tension far behind you, whilst you drift away on a cloud of relaxation.

## Make Up

**Cleanse & Make Up** by Jessica Mii £30.00

**Wedding Make Up & Trial** £60.00

**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.

**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

**Super Caci** - 1 hour 30 mins £58.00

The ultimate facial boost.

**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** - 30 mins £38.00

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.

Course of ten £340.00