

PILATES

All classes must be pre-booked.

Free Pilates Consultation	60 mins	Studio FREE	Zoom FREE
Months Class Pass		£40	£36

MAT PILATES

Mat Pilates	60 mins	Studio £8	Zoom £7
Mat Pilates	6 Sessions	£44	£38

CHAIR PILATES

Chair Pilates	45 mins	Studio £7	Zoom £6
Chair Pilates	6 Sessions	£38	£32

HIGH INTENSITY PILATES

High Intensity Pilates (HIP)	30 mins	Zoom £7
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PILATES VIDEO SUBSCRIPTION

Monthly Video Subscription	Monthly	£10
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PRIVATE SESSIONS

Postural Assessment	15 mins	Studio £25	Zoom £20
Postural Assessment Follow Up	15 mins	£20	£15
Private Session 1:1	60 mins	£35	£30
Private Session 1:2	60 mins	£50	£45
Couple, friends or family			
Private Course	6 Sessions	£210	£180
With free postural assessment			£20
Pre & Post Natal Sessions	60 mins	£45	£40
Pregnancy Exercise			

THERAPY EXERCISE

Coming Soon.

Movement Assessment & Consultation	60 mins	Studio FREE	Zoom FREE
Therapy Exercise	30 mins	£45	£40
Therapy Exercise	6 Sessions	£240	£210



POLISHED INSIDE & OUT

Natasha Qualifications, Training & Experience

Natasha is qualified as a level 3 Clinical Pilates Teacher and a level 3 Beauty and Massage Therapist. She is highly experienced with over 16 years experience working in the industry including, 5 years working on cruise liners as a Spa Manager and Head Therapist.

Natasha has completed training in Pre & Post-Natal Pilates, Children's Pilates & Pilates with Small Equipment. She is currently doing her level 4 Advance Specialist Pilates which includes working with older adults, Therapy Exercise and Nutrition for Exercise & Health.

Natasha has also completed training in a range of nail enhancements, body and facial electricals, product ranges such as Dermalogica and Guinot facials, Confort Zone and Thalgo body treatments, St Tropez and Fake Bake self-tanning, Hot Stones, Poulitice Massage and Absolute Aroma Oils. Unfortunately, she does not provide all the treatments and products she has training in but as you can see, she has a large knowledge range and will advise you on all she can help you with or at least point you in the right direction.

Natasha is also currently training in Eve Taylors Skin Care range and will be adding this new range into the salon this year.



POLISHED INSIDE & OUT

BEAUTY & PILATES PRICE LIST 2021

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POLISHED

INSIDE & OUT

HANDS & FEET

Treat your hands and feet.

Cut, File & Buff	15 mins	£10
Cut, File & Polish	15 mins	£14
Paraffin Wax <small>Additional to a manicure or pedicure</small>	30 mins	£15
Express Manicure	30 mins	£16
Full Manicure	45 mins	£20
Luxury Manicure	60 mins	£25
Express Pedicure	45 mins	£20
Full Pedicure	60 mins	£25
Luxury Pedicure	75 mins	£30

SHELLAC

Removals are complimentary when previous shellac was and is being applied by us.

Express Shellac	60 mins	£22
Full Shellac	75 mins	£30
Luxury Shellac	90 mins	£35
Glitter	5 mins	£1
French or Simple Nail Art	10 mins	£2
Nail Art	15 mins	£3
Shellac Removal and Tidy	30 mins	£15

NAIL EXTENSIONS

New Plexigel - you can build and fix nails.

Nail Extensions Plexigel	120 mins	£45
Extension Infill Plexigel	60 mins	£25
Nail Overlay Plexigel	90 mins	£35
Overlay Infill Plexigel	60 mins	£25
Nail Repair Plexigel	15 mins	£10
Removal & Tidy Plexigel	45 mins	£20

TANNING

Get a beautiful glow using St. Tropez tan.

St Tropez Exfoliation	20 mins	£14
St Tropez Tan	30 mins	£22

MASSAGE

Tailored oils & massage to suit your personal needs.

Hand & Arm	20 mins	£15
Foot & Ankle	20 mins	£15
Seated Neck & Shoulders	20 mins	£15
Indian Head	25 mins	£18
Scalp, Face, Neck & shoulders	30 mins	£20
Legs	30 mins	£20
Back, Neck and Shoulders	30 mins	£24
Full Body	60 mins	£34
Hot Stones Legs or Back	45 mins	£28
Hot Stones Full Body	90 mins	£40

EXFOLIATION

Revitalise the skin.

Lower Leg Exfoliation and Massage	20 mins	£15
Full Body Scrub and Moisturiser	35 mins	£24
Leg Polish Includes a Massage	35 mins	£24
Back Polish Includes a Massage	35 mins	£24
Full Polish Includes a Massage	65 mins	£34
Poultice Massage Legs or Back	45 mins	£28
Poultice Massage	90 mins	£40

MALE GROOMING

Treatment just for men.

Male Brow Tidy	15 mins	£10
Male Nasal Hair Removal	15 mins	£10
Chest Wax	30 mins	£20
Back Wax	45 mins	£25
Male Manicure	30 mins	£15
Male Pedicure	45 mins	£22



FACIALS

All facials include a skin analysis & a foot & ankle massage.

Mini Facial	30 mins	£20
Mini Facial Analysis and Mask	45 mins	£25
Full Facial	60 mins	£30
Full Facial Analysis and Mask	75 mins	£35

EVE TAYLOR FACIALS

Coming soon.

Free Skin Care Consultation	30 mins	FREE
Express Prescriptive Facial	30 mins	£25
Essential Prescriptive Facial	60 mins	£35
Intensive Prescriptive Facial	75 mins	£40
Ultra-Bright Facial	60 mins	£35
Skin Quenching Facial	60 mins	£35
Age Resist Facial	60 mins	£35

WAXING

Using different types of wax to suit your personal needs.

Top Lip	10 mins	£8
Chin	10 mins	£8
Brow Shape	15 mins	£10
Top Lip & Chin	20 mins	£14
Under Arm	15 mins	£14
Half Forearm Wax	20 mins	£14
Standard Bikini Line	20 mins	£15
Half Leg	30 mins	£20
Full Leg	45 mins	£25
Chest	20 mins	£20
Back	30 mins	£25

EYES

All eye treatments require a patch test 48 hours prior to application.

Brow Shape	15 mins	£10
Brow Tint	15 mins	£10
Brow Tint & Shape	20 mins	£15
Lash Tint	30 mins	£20
Lash & Brow Tint	35 mins	£22
Lash & Brow Tint & Shape	40 mins	£25
Lash Perm	60 mins	£35
Lash Perm, Brow Tint & Shape	65 mins	£40
Lash Per & Tint	75 mins	£45
Lash Perm, Lash & Brow Tint & Shape	90 mins	£50