

PILATES

All classes must be pre-booked.

Free Pilates Consultation	60 mins	FREE	FREE
Months Class Pass		£44	£38

MAT PILATES

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

CHAIR PILATES

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

HIGH INTENSITY PILATES

High Intensity Pilates (HIP)	30 mins		£7
High Intensity Pilates (HIP)	6 Sessions		£38

PILATES VIDEO SUBSCRIPTION

Monthly Video Subscription	Monthly		£10
----------------------------	---------	--	-----

PRIVATE SESSIONS

		In Person	Zoom
Postural Assessment	15 mins	£25	£20
Postural Assessment Follow Up	15 mins	£15	£10
Private Session 1:1	60 mins	£40	£35
Private Session 1:2	60 mins		£45
Couple, friends or family			
Private Course	6 Sessions	£240	£210
With free postural assessment			
Pre & Post Natal Sessions	60 mins	£45	£40
Pregnancy Exercise			

CORRECTIVE MOVEMENT EXERCISE THERAPY

		In Person	Zoom
Therapy Exercise Consultation & Movement Assessment	60 mins	FREE	FREE
Therapy Exercise	6 Sessions	£240	£210

SELF MYOFASCIAL RELEASE

		In Person	Zoom
Foam Rolling - Self Myofascial Release	60 mins	£40	£35
Foam Roller Grid 1.0		£50	£50

NUTRITION

		In Person	Zoom
Nutrition	60 mins	£40	£35

POLISHED INSIDE & OUT

Natasha's Qualifications, Training & Experience

Natasha is qualified as a level 4 Pilates Teacher and a level 3 Beauty and Massage Therapist. She is highly experienced with over 20 years experience working in the industry including, 5 years working on cruise liners.

Natasha has completed training in Pre & Post-Natal Pilates, Children's Pilates & Pilates with Small Equipment. Her level 4 Advance Specialist Pilates qualification includes working with older adults, Therapy Exercise, Myo fascial release and Nutrition.

Natasha has also completed training in a range of nail enhancements, body and facial electricals, product ranges such as Eve Taylor facials, Shellac & Plexigel nails, deep tissue, Hot Stones & Poultice Massage & Eve Taylor body treatments.



PILATES CLASS TIMETABLE

	Chair Pilates	Full Pilates	HIP
Mondays			7:30 - 8:15am
Tuesdays	11:00 - 11:45am	5:30 - 6:30pm	
Wednesdays		2:30 - 3:30pm 6:30 - 7:30pm	7:30 - 8:15am
Thursdays	2:45 - 3:30pm	4:00 - 5:00pm	
Fridays			7:30 - 8:15am



POLISHED INSIDE & OUT

BEAUTY & PILATES PRICE LIST 2022

M 07894 147 215

E natasha@polishedleek.com

W www.polishedleek.com



POLISHED

INSIDE & OUT

HANDS & FEET

Treat your hands and feet.

Cut, File & Buff	15 mins	£12
Cut, File & Polish	30 mins	£18
Paraffin Wax Additional to a manicure or pedicure	30 mins	£15
Express Manicure	30 mins	£18
Full Manicure	45 mins	£23
Luxury Manicure	60 mins	£29
Express Pedicure	45 mins	£23
Full Pedicure	60 mins	£29
Luxury Pedicure	75 mins	£35

SHELLAC

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

Express Shellac	60 mins	£25
Full Shellac	75 mins	£32
Luxury Shellac	90 mins	£36
Glitter	5 mins	£1
French or Simple Nail Art	10 mins	£2
Nail Art	15 mins	£3
Shellac Removal and Tidy	30 mins	£18

NAIL EXTENSIONS

New Plexigel - you can build and fix nails.

Nail Extensions Plexigel	120 mins	£46
Extension Infill Plexigel	60 mins	£30
Nail Overlay Plexigel	75 mins	£35
Overlay Infill Plexigel	60 mins	£30
Nail Repair During Infills or Shellac	10 mins	£5
Nail Repair Plexigel	15 mins	£10
Removal & Tidy Plexigel	45 mins	£25

TANNING

Get a beautiful glow using St. Tropez tan.

St Tropez Exfoliation	30 mins	£18
St Tropez Tan	45 mins	£25

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	£20
Scalp, Face, Neck & shoulders	30 mins	£22
Legs	30 mins	£24
Back, Neck and Shoulders	30 mins	£26
Full Body	60 mins	£38
Hot Stones Legs or Back	30 mins	£30
Hot Stones Full Body	60 mins	£45

EVE TAYLOR FACIALS

Free Skin Care Consultation	30 mins	FREE
-----------------------------	---------	------

The Prescriptive Facials Working With Skin Conditions

Express Prescriptive Facial	30 mins	£30
Essential Prescriptive Facial	60 mins	£45
Intensive Prescriptive Facial	75 mins	£55

Working With Skin Concerns

Perfect Pout Lip Treatment	30 mins	£30
Revitalising Eye Treatment	30 mins	£30
Revitalising Face & Neck Treatment	60 mins	£45
Ultra-Bright Facial Pigmentation & Dullness	60 mins	£45
Skin Quenching Facial Tightness & Hydration	60 mins	£45
Cryogenic Facial - 50+	60 mins	£45
Age Resist Facial - Ages 25-50	60 mins	£45
Clear & Clarify Facial Breakouts & Congestion	60 mins	£45
Skin Rescue Facial Sensitive & Redness	60 mins	£45
Winter Rescue Facial Dryness & Skin Barrier Repair	60 mins	£45
Aroma Spa Signature Facial DeStress & Puffiness	75 mins	£55

Target+ Mini Treatments With Ultrasonic Micro-Therapy

Glow Target+	30 mins	£30
Decongest Target+	30 mins	£30
Resurface Target+	30 mins	£30
Quench Target+	30 mins	£30
Soothe Target+	30 mins	£30
Eye Bright Target+	30 mins	£30
Lip Smooth Target+	30 mins	£30

EXFOLIATION

Revitalise the skin.

Lower Leg Exfoliation and Massage	20 mins	£16
Full Body Scrub and Moisturiser	30 mins	£25
Leg Polish Includes a Massage	30 mins	£25
Back Polish Includes a Massage	30 mins	£25
Full Polish Includes a Massage	60 mins	£40
Poultice Massage Legs or Back	30 mins	£30
Poultice Massage	60 mins	£45

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	£23

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	30 mins	£18
Half Leg	30 mins	£20
Full Leg	45 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	25 mins	£15
Brow Lamination & Tint	30 mins	£20
Lash Tint	45 mins	£23
Lash & Brow Tint	45 mins	£25
Lash & Brow Tint & Shape	45 mins	£28
Lash Perm	60 mins	£30
Lash Perm & Tint	60 mins	£32
Lash Perm, Brow Tint & Shape	75 mins	£36
Lash Perm, Lash & Brow Tint & Shape	90 mins	£40
Lash Perm & Brow Lamination	75 mins	£35
Lash Perm, Brow Lamination & Tint	90 mins	£42