

## EYES

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

Brow Shape	20 mins	£12
Brow Tint	20 mins	£12
Brow Tint & Shape	25 mins	£18
Brow Lamination & Tint	40 mins	£22
Lash Tint	40 mins	£23
Lash & Brow Tint	40 mins	£26
Lash & Brow Tint & Shape	40 mins	£28
Lash Tint & Brow Lamination	40 mins	£30
Lash Perm	55 mins	£34
Lash Perm & Tint	70 mins	£36
Lash Perm, Brow Tint & Shape	70 mins	£38
Lash Perm & Brow Lamination	70 mins	£37
Lash Perm, Lash & Brow Tint & Shape	85 mins	£42
Lash Perm & Tint With Brow Lamination	85 mins	£44

## EAR CANDLING NEW!

Includes a Head Massage

Ear Candling <sup>NEW!</sup>	40 mins	£28
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## PILATES

All classes must be pre-booked.

Free Pilates Consultation	60 mins	FREE	FREE
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## MAT PILATES

Mat Pilates	60 mins	£10	£9
Mat Pilates	6 Sessions	£50	£44

## CHAIR PILATES

Chair Pilates	45 mins	£9	£8
Chair Pilates	6 Sessions	£44	£38

## PRIVATE SESSIONS

Postural Assessment	15 mins	£28	£23
Postural Assessment Follow Up	15 mins	£18	£13
Private Session 1:1	60 mins	£45	40
Private Session 1:2 Couple, friends or family	60 mins	£50	
Private Course 1:1 With free postural assessment	6 Sessions	£250	£220
Pre & Post Natal Sessions 1:1 Pregnancy Exercise	60 mins	£50	£45

## CORRECTIVE MOVEMENT EXERCISE THERAPY

Therapy Exercise Consultation		FREE	FREE
Therapy Exercise Inc. Free Movement Assessment	6 Sessions	£250	£220

## SELF MYOFASCIAL RELEASE

Foam Rolling - Self Myofascial Release	60 mins	£45	£40
Foam Roller Grid 1.0		£40	

## NUTRITION

Nutrition	60 mins	£40	£35
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## PILATES CLASS TIMETABLE

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

[www.polishedleek.com](http://www.polishedleek.com)



POLISHED  
INSIDE & OUT

BEAUTY & PILATES  
PRICE LIST 2024

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## HANDS & FEET

Treat your hands and feet.

Cut, File & Buff	15 mins	£14
Cut, File & Polish	30 mins	£20
Paraffin Wax	25 mins	£15
Additional to a manicure or pedicure		
Express Manicure	30 mins	£22
Full Manicure	45 mins	£25
Luxury Manicure	60 mins	£30
Express Pedicure	40 mins	£24
Full Pedicure	55 mins	£30
Luxury Pedicure	70 mins	£36

## SHELLAC

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

Express Shellac	55 mins	£28
Full Shellac	70 mins	£35
Luxury Shellac	85 mins	£40
Glitter	5 mins	£1
French or Simple Nail Art	10 mins	£2
Nail Art	10 mins	£3
Shellac Removal and Tidy	40 mins	£21
Shellac Removal	25 mins	£15
Gel Removal	40 mins	£20

## NAIL EXTENSIONS

New Plexigel - you can build and fix nails.

Plexigel Nail Extensions	115 mins	£50
Plexigel Extension Infill	70 mins	£35
Plexigel Nail Overlay	70 mins	£35
No Tip Gel Nails		
Plexigel Overlay Infill	70 mins	£35
Nail Repair During Infills or Shellac	15 mins	£6
Nail Repair Plexigel	15 mins	£10
Plexigel Removal & Tidy	55 mins	£25

## TANNING

Get a beautiful glow using St. Tropez tan.

St Tropez Exfoliation	30 mins	£20
St Tropez Tan	55 mins	£28

## EXFOLIATION

Revitalise the skin.

Lower Leg Exfoliation and Massage	20 mins	£20
Leg Polish Includes a Massage	35 mins	£26
Back Polish Includes a Massage	35 mins	£32
Full Polish Includes a Massage	65 mins	£44

## MASSAGE

A relaxing Swedish Massage with Tailored Aromatherapy oils

Hand & Arm	20 mins	£16
Foot & Ankle	20 mins	£16
Lower Leg <sup>NEW!</sup>	20 mins	£18
Seated Neck & Shoulders	20 mins	£18
Indian Head	25 mins	£22
Scalp, Face, Neck & shoulders	30 mins	£24
Legs	30 mins	£28
Back, Neck and Shoulders	30 mins	£30
Full Body	60 mins	£42
Hot Stones Legs or Back	30 mins	£34
Hot Stones Full Body	60 mins	£46

## DEEP TISSUE MASSAGE <sup>NEW!</sup>

Legs <sup>NEW!</sup>	30 mins	£36
Back, Neck and Shoulders <sup>NEW!</sup>	30 mins	£38
Full Body <sup>NEW!</sup>	60 mins	£50

## MALE GROOMING

Treatment just for men.

Male Brow Tidy	20 mins	£12
Male Nasal Hair Removal	15 mins	£12
Chest Wax	40 mins	£24
Back Wax	55 mins	£30
Male Manicure	25 mins	£18
Male Pedicure	45 mins	£26

## WAXING

Using different types of wax to suit your personal needs.

Brows	20 mins	£12
Top Lip	20 mins	£12
Chin	20 mins	£12
Top Lip & Chin	25 mins	£18
Under Arm	25 mins	£16
Half Forearm Wax	25 mins	£16
Standard Bikini Line	25 mins	£18
Brazilian <sup>NEW!</sup>	40 mins	£30
Hollywood <sup>NEW!</sup>	55 mins	£35
Half Leg	40 mins	£22
Full Leg	55 mins	£28
Chest	40 mins	£24
Back	55 mins	£30

## THREADING <sup>NEW!</sup>

Brows <sup>NEW!</sup>	20 mins	£12
Lip <sup>NEW!</sup>	20 mins	£10
Chin <sup>NEW!</sup>	20 mins	£14
Lip & Chin <sup>NEW!</sup>	30 mins	£18
Side Burns <sup>NEW!</sup>	20 mins	£18
Full Face <sup>NEW!</sup>	40 mins	£25

## EVE TAYLOR FACIALS

Free Skin Care Consultation 25 mins FREE

The Prescriptive Facials Working With Skin Conditions

Express Prescriptive Facial	40 mins	£32
Essential Prescriptive Facial	70 mins	£47
Intensive Prescriptive Facial	100 mins	£57

Working With Skin Concerns

Perfect Pout Lip Treatment	30 mins	£32
Revitalising Eye Treatment	30 mins	£32
Revitalising Face & Neck Treatment	60 mins	£47
Ultra-Bright Facial	60 mins	£47
Pigmentation & Dullness		
Skin Quenching Facial	60 mins	£47
Tightness & Hydration		
Cryogenic Facial - 50+	60 mins	£47
Age Resist Facial - Ages 25-50	60 mins	£47
Clear & Clarify Facial	60 mins	£47
Breakouts & Congestion		
Skin Rescue Facial	60 mins	£47
Sensitive & Redness		
Winter Rescue Facial	60 mins	£47
Dryness & Skin Barrier Repair		
Aroma Spa Signature Facial	75 mins	£57
Destress & Puffiness		

Target+ Mini Treatments With Ultrasonic Micro-Therapy

Glow Target+	30 mins	£32
Decongest Target+	30 mins	£32
Resurface Target+	30 mins	£32
Quench Target+	30 mins	£32
Soothe Target+	30 mins	£32
Eye Bright Target+	30 mins	£32
Lip Smooth Target+	30 mins	£32

## EVE TAYLOR BODY <sup>NEW!</sup>

Relaxing Full Body Treatment <sup>NEW!</sup>	60 mins	£40
Thermal Wrap Without Massage		
Relaxing Full Body Treatment <sup>NEW!</sup>	120 mins	£65
Thermal Wrap Including Massage		
Detoxifying Full Body Treatment <sup>NEW!</sup>	60 mins	£40
Mud Wrap Without Massage		
Detoxifying Full Body Treatment <sup>NEW!</sup>	120 mins	£65
Mud Wrap Including Massage		
Body Glow! <sup>NEW!</sup>	30 mins	£28
Full Body Exfoliation & Moisturiser		
Legs, Bum & Tum Detox Treatment <sup>NEW!</sup>	60 mins	£40
Cellulite Mud Wrap		
Anti-stress Back Treatment <sup>NEW!</sup>	60 mins	£40
Thermal Wrap & Back Massage		
Purifying Back Treatment <sup>NEW!</sup>	30 mins	£28
For Acne Skin		
Cryo-firm - For Arms/Bust/Legs/Stomach <sup>NEW!</sup>	45 mins	£35
Toning Treatment		
Relaxing Hand Ritual	30 mins	£30
Cooling Foot Ritual	30 mins	£30