

BEAUTY TREATMENTS

EYE TREATMENTS & LASH EXTENSIONS

(Patch test required 24 hrs before)

Lash Tint	£14.30	Individual Eyelash Extensions	£80
Brow Tint	£8.20	2 week individual eyelash top up	£20
Lash & Brow Tint	£21	Eyelash Monthly maintenance	£35
Eyelash Perm & Tint	£38.50		
Perming	£28		

WAXING & THREADING

Full Leg	£24.50	Upper Arm	£8
Half Leg	£14.80	Underarm	£8.40
Upper Leg	£16.50	Eyebrow	£8
3/4 Leg	£19	Eyebrow Threading	£10
Full Leg & Bikini	£29.50	Lip	£7.50
Bikini	£10	Lip Threading	£8
High Bikini	£15	Chin	£7.50
Brazilian	£22.50	Lip & chin	£13
Full leg & Brazilian	£42.50	Back	from £20
Hollywood	£28.50	Chest	from £15
Full leg & Hollywood	£48	Shoulders	from £12
Full Arm	£16	Stomach	from £7
Forearm	£10	Face	from £15



ST. TROPEZ PRESTIGE SPRAY TAN

Single spray	£30
Buy One Spray, get Second Half Price!	£45
Face & Upper Body	£16
Legs only	£16

ST. TROPEZ MANUAL TANNING

Full Body inc. face approx 45 mins to 1hour	£40
Upper Body	£25
Legs	£22

HOLIDAY PACKAGES

see inside for our luxury package deals



Pamper Me

BEAUTY & HOLISTIC THERAPY

5 EMBASSY HOUSE, QUEENS AVENUE, BRISTOL, BS8 1SB

OPEN

MONDAY	10 - 6
TUESDAY	10 - 7
WEDNESDAY	10 - 7
THURSDAY	10 - 8
FRIDAY	10 - 7
SATURDAY	10 - 4.30

CALL 0117 934 9533 TO BOOK

PLEASE GIVE AT LEAST 24 HOURS NOTICE OF CANCELLATION TO AVOID INCURRING A CHARGE

SPECIAL PRICING FOR COURSES

student and NHS/999 services discount



www.pampermebeauty.co.uk



Pamper Me
BEAUTY & HOLISTIC THERAPY

student discount
great student offers
enquire in salon for details



Services Menu



With more than 30 year of professional skin care expertise in beauty clinics and spas, Guinot treatment method and formulae are at the leading edge.

GUINOT FACIALS

HYDRADERMIE This machine based facial is recommended monthly for deep cleansing, rehydrating and balancing all skin types. Plant based active gels are selected for your skin type, with a lifting massage and a customised mask to leave the complexion balanced, healthy and luminous.	£49
HYDRADERMIE NEWLIGHT Hydradermie facial, incorporating lightening ionization gels, lightening mask and products to help even out the complexion and reduce pigmentation problems.	£51
HYDRADERMIE PLUS Ultimate 3-in-1 treatment. The ultimate anti ageing facial incorporating added toning, firming and anti ageing serums for the eye, lip & neck area. Includes a relaxing serenity massage.	£67
HYDRADERMIE LIFT This is a non-surgical face lifting treatment using micro currents to tone the muscle tissues and galvanic current to drain and remove toxins - results in a more lifted, rejuvenated appearance. Course of 8-12 recommended	£67
NECK HYDRADERMIE Helps reduce ageing to the delicate neck and décolleté area.	£46
HYDRADERMIE LIFT YEUX Excellent treatment to drain toxins, reduce fine lines by hydrating lifting the delicate tissues surrounding the eye contour. Includes a pressure point massage and Guinot massage for decongesting and brightening	£40
LIFTOSOME ANTI-AGEING TREATMENT Hands on Facial using a high concentration of Vitamin C with an instant lifting and firming sauna mask, specifically for treating problems associated with mature skins.	£52
BEAUTÉ NEUVE This hands on renewing and peeling facial using fruit acids is excellent for skins that appear dull and congested.	£47
AROMATIC FACIAL Relax and unwind with this blissful holistic facial incorporating a sensory long massage using plant essences, essential oils and finishing with a customised mask.	£42
FACIAL AND MASSAGE PAMPER A Luxurious 30 minute mini Guinot facial, followed by a 30 minute Aromatherapy massage.	new £45

GUINOT BODY TREATMENTS

GUINOT KIWI BODY POLISH TREATMENT A complete body exfoliation treatment using a blend of natural sugar, kiwi & essential oils to eliminate dead skin cells and refine the skin's texture. Ideal treatment prior to a holiday or before a tanning treatment!	£30
AROMATIC BODY BIEN ETRE A totally blissful body experience. A complete body exfoliation followed by a top to toe massage with energising oils. Pure indulgence to leave skin soft, smooth and the body de-stressed.	£56
AROMATIC BODY MINCEUR A contouring, slimming and anti-cellulite treatment using de-toxing oils, massage and a heated sauna mask to refine the silhouette. Recommended as course of six.	£51

HYDRADERMIE FOR THE BACK This facial for the back is excellent at deep cleansing and improving the skin's texture.	£50
HYDRADERMIE BUST TREATMENT Helps to tone, firm and nourish the delicate tissues resulting in a more lifted, firmer appearance of the bust.	£47
PREGNANCY TREATMENT A blissful top to toe pampering treatment. Includes luxurious massage and a customised facial.	£75

CRYSTAL CLEAR FACIAL TREATMENTS

Ever wondered how those famous faces stay looking so young? Crystal Clear Microdermabrasion literally takes years off you by gently exfoliating the outer layers of skin

MICRODERMABRASION

CRYSTAL CLEAR MICRODERMABRASION WITH MASK Machine based facial which removes dead skin cells. Brilliant for fine lines, acne scarring, pigmentation problems and uneven skin.	£57
CRYSTAL CLEAR DELUXE FACIAL As above but also includes a 25 minute back massage before the facial - total bliss!	£69
CRYSTAL CLEAR BODY CORRECTION TREATMENT Using the Crystal Clear microdermabrasion machine on specific body concerns. Excellent for reducing scars, stretch marks and cellulite.	£48
CRYSTAL CLEAR BACK TREATMENT An excellent treatment for acne or congestion on the back area.	£62
CRYSTAL CLEAR EXPRESS PRESCRIPTION FACIAL Hands on facial using the Crystal Clear Products	£36

MASSAGE & HOLISTIC TREATMENTS

SWEDISH MASSAGE, FULL BODY -1 HOUR	£39
BACK, NECK & SHOULDER MASSAGE - 30 MINS	£28
AROMATHERAPY MASSAGE:	
FULL BODY -1 HOUR	£42
FULL BODY INCLUDING SCALP -1 1/4 HOUR	£44
BACK, NECK & SHOULDERS - 30 MINS	£30
INDIAN HEAD MASSAGE Using authentic Indian massage movements to the scalp, neck, shoulders and arms. Excellent for relieving tension headaches, migraines, eyestrain, insomnia, tinnitus and sinusitis as well as being relaxing and relieving tension.	£27
HOPi EAR CANDLES WITH FACIAL MASSAGE Using techniques from ancient India, Hopi candles are a holistic treatment excellent for treating problems with the inner ears and head, i.e. sinus, hayfever, headaches and compacted ear, wax.	£32
HOPi & INDIAN HEAD PAMPER	£58
REFLEXOLOGY - 45 MINS Holistic treatment. Firm yet gentle pressure is applied to reflex zones on the feet, to achieve a feeling of well being whilst activating the body's own healing system.	£36

BEAUTIFUL NAILS

CREATIVE MANICURES Add £3 for French Polish

SHELLAC

Say HELLO to the first Hybrid nail colour. Shellac - UV3 Technology. If you already have great natural nails and don't want acrylics or gel tips but would like hard wearing mirror finished nails then we have the answer in Creative Nails new Shellac range - the 14 day manicure. simply add £12 to the price of any of our pedicures or manicures. On Like Polish. Wears Like Gel. Off in Minutes (really!!)

SPA MANICURE A full nail and hand treatment using the Creative 'Spa Ritual' products. Once nails and cuticles are treated, the hands are treated to spa exfoliation, massage and application of enamel.	£23.50
SOLAR MANICURE Full nail and hand treatment using the Creative Solar Intensive range, after a delightful hand and arm massage an application of enamel is applied.	£24.50
FRENCH MANICURE Solar or Spa manicure followed by French Polish	£26.50
DELUXE MANICURE USING HEATED MITTENS A totally luxurious treatment for the hands, our treatment includes diagnosis of the nail condition, nail and cuticle treatment, an invigorating exfoliation and serum, using heated mittens, followed by a relaxing hand and arm massage and application of enamel	£29.50
MINI MANICURE File & shape, cuticle tidy, massage & paint - 30 mins	£19
GEL/ACRYLIC SOAK OFF	£15
FILE & POLISH	£10.25

PEDICURES Add £3 for French Polish

SPA PEDICURE - CITRUS FRESH Using the Creative Spa Citrus Fresh products, feet are soaked in a warming foot spa, then a full nail treatment, cuticle tidy and removal, feet are pumiced to remove dead skin build up, feet are exfoliated using an AHA or lavender scrub, legs and feet are massaged and an application of enamel finishes the treatment.	£32
DELUXE PEDICURE WITH HEATED BOOTIES The deluxe pedicure can be combined with either Spa or Raw Earth products. A full foot and leg treatment including either a spa peppermint foot mask or Raw Earth mineral mud mask whilst your feet are slipped into heated booties to aid the penetration of nourishing masks.	£37
CREATIVE RAW EARTH PEDICURE A full pedicure treatment. Using the sensory raw earth products which include a warming sugar foot scrub and an aromatic foot rub which leave the feet silky soft and refreshed.	£32
MANICURE & PEDICURE Using intensive cucumber heel therapy	£53
MINI PEDICURE File & shape, cuticle tidy, massage & paint - 30 mins	£22

LUXURY PACKAGES	
<i>Gold</i> Deluxe Pedicure & Manicure, Back Massage, Guinot Mini Facia	£126
<i>Platinum</i> Mini Manicure & Pedicure, Aromatherapy full body Massage, Guinot Aromatic Facial, Eyelash tint	£130
<i>Bridal</i> French Manicure, Luxury Pedicure, Spray Tan, Eyelash Tint, Eyebrow Shape	£107
<i>Holiday</i> Full leg, bikini, underarm and eyebrow wax	£40
<i>Holiday +</i> As above with spray tan and lash tint. Spray tan carried out on separate visit	£70