

MASSAGES

Organic Grapeseed Oils used

Swedish - Medium to Firm Massage

Back, Neck and Shoulders	25 mins	£25
	45 mins	£30
Full Body	60 mins	£35
Full Body with Head	75 mins	£40

Aromatherapy Lighter with Preblended Aroma Oils

Deep Tissue Very Firm targeting tension

Hot Stones Warming Volcanic Stones used

Choose from the following:

Back, Neck and Shoulders	25 mins	£30
	45 mins	£35
Full Body	60 mins	£40
Full Body with Head	75 mins	£45

Lower Leg and Foot Massage 25mins £20

HOLISTIC

Indian Head Massage 30mins £25 45mins £30

Hopi Ear Candling

with Pressure Point Massage	45mins	£30
without massage	25mins	£15

Foot Reflexology

First treatment with FREE Initial Consultation add 30mins

30mins £30 60mins £40 Course of 6 £200

MUM TO BE

Pregnancy Massage

After First Trimester with specially blended Aroma Oils to relieve tension

Back, Neck and Shoulders	25mins	£30	45mins	£35
Full Body	60mins	£40	75mins	£45

Lower Leg Massage 45mins £35

Lower Leg and Foot Massage specially designed to relieve swelling and tension

Mum to be Package 150mins £85

Full Body Massage followed by Hideaway Express Facial and Indian Head Massage to finish



TREATMENT MENU

07940 301968

www.thebeautyhideawaylancing.co.uk

Online Booking Available

OPENING HOURS

Monday 9am-3pm

Thursday 9:30am-7pm

Friday 9:30am-7pm

Saturday 9am-1pm

74 Grand Avenue, Lancing
West Sussex BN15 9QB



@thebeautyhideaway
thebeauty.hideaway



WAXING

Using Jax Wax Hot Wax

Bikini		£15
High Bikini		£18
Brazilian	includes Peach	£32
Hollywood	includes Peach	£35
Peach	Butt Crack & buttocks	£15
Coconut	Naval Area	£8
Nose		£8

Using Roller Or Jax Wax Strip Wax

Half Leg	£15	3/4 Leg	£18
Full Leg	£22	Toes	£5
Chest or Back			£20
Hands	£5	Underarm	£10
Forearm	£10	Full Arm	£15

Using Jax Wax Strip Wax

Lip or Chin		£7
Lip and Chin		£10
Facial Area - sideburn/cheeks		£10

BROWS & LASHES

Patch Test for tint required at least 24hrs before

Monobrow	£6	Eyebrow Wax	£8
Eyebrow Tint	£8	Lash Tint	£10
Eyebrow Wax & Tint			£12
Eyebrow Tint & Lash Tint			£15
Lash Lift	45mins		£25
Lash Lift & Tint	60mins		£30

BODY TREATMENTS

Back Facial 45mins £30

Uses Fruit Acids to deep cleanse, unclog pores while detoxifying seaweed mask cleans and remineralises the skin

Salt Scrub

Back 30mins £20 Full Body 45mins £35
Infused Salt Scrub to buff the skin, followed by skin drenching moisturisers leaving skin smooth and hydrated

Detox Spa Body Treatment 60mins £40

Dry body brushing with Infused Salt Scrub to exfoliate, then a detoxifying seaweed mask followed by hydrating moisturisers

Legs, Bum and Tum Detox 60mins £40

Designed to target Cellulite areas with a Deep Tissue Massage to stimulate blood flow.

Legs and Bum Detox 45mins £35

Course of 6 - 1 per week - 15% discount

All products removed with Hot Mitts

FACIALS

Using Eve Taylor Skincare Range

Personalised to your individual skin type - Sensitive, Dry, Combination and Oily

Hideaway Express 30mins £25

Ideal Intro Facial

Prescriptive Facial 60mins £35

Includes Facial and Shoulder Massage

Luxury Facial 75mins £40

Includes Facial and Shoulder Massage, Serums and Peel Off Mask

TARGETED FACIALS

Ultra Bright Facial 60mins £35

designed for dull/hyperpigmentation skin

Age Resist Facial 60mins £35

designed for mature skin

Clear & Clarify Facial 60mins £35

designed for congested, clogged dull skin

Skin Rescue Facial 60mins £35

designed for dry/ dehydrated sensitive skin

Target+ Ultrasonic Microtherapy 15mins £15

A 15min treatment added onto any of above Facials Using a handheld device, this supercharges all results using microcurrent technology.

Clarify: deeply cleanses, breaks down sebum, loosens comedones and refreshes the skin.

Ionise: propels active ingredients deeper into skin for increased product effectiveness

Exfoliate: removal of dead skin cells for a smoother, soft and refined complexion.

LED Light Therapy Facial - Canopy 15mins £10

A 15min treatment added onto any Facial.

Red, Blue, Purple, Green and Yellow Lights. Low Level LED lights to target skin rejuvenation, wrinkles, anti-bacterial, acne and ageing skin issues

Perfect Pout Lip Treatment 30mins £10

Ideal for dry cracked lips.

Exfoliation, serum, masque and moisturiser

Revitalising Eye Treatment 30mins £10

Targets dark circles, fine lines/wrinkles . A nourishing hydrating treatment with serums, moisturiser and masque

Any Course of 6 Facials for price of 5

ADVANCED FACIALS

Diamondpeel Microdermabrasion 60mins £45

Exfoliation with a diamond tip wand and vacuum to create smooth, softer skin and get that fresh glow! Designed for enlarged pores, acne scarring, breakouts, sun damage, uneven skin tone, fine lines and wrinkles

LED Light Therapy Facial - Canopy 45mins £30

Red, blue, Purple, Green and Yellow Lights. Low Level LED lights to target skin rejuvenation, wrinkles, anti-bacterial, acne and ageing skin issues

EkSeption PHA Facial Peels 60mins £60

includes LED Light Therapy

Uses superficial PHA (polyhydroxy) Acids to gently resurface your skin. Causes less irritation than traditional glycolic peels.

Choose from:

Glow: hyperpigmentation, age spots and dull skin

Refresh: Fine lines wrinkles and dehydrated skin

Pure: Spots, troubled and sensitive skin

Dermaplaning

A scalpel is used to gently exfoliate away dead skin cells, impurities, peach fuzz to achieve a bright + glowing complexion.

Basic 45mins £40

with Brightening Masque 60mins £45

with Peel & LED Light Therapy 75mins £60

Choice of Peel: Anti Ageing, Revitalizing or Anti-Pollution

No-Needle Mesotherapy

Microchip Electroporation technology to propel Meso Solutions deeper into the skin for

Any Course of 6 Facials for price of 5