

Environ Facials

Cosmeceutical range based on the beneficial anti-ageing effects of active Vitamins. Results driven facials.

Active Vitamin 75min £65

Course of 3 £190

Freshest most active forms of Vitamin A, C and Anti-Oxidants are driven deep into the lower layers of skin using sound wave and small electrical pulses. Suitable for all skin types, particularly sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with measureable difference seen in just one session.

The Frown Treatment 45min £75

Course of 3 £215

Targets Frown lines driving active ingredients into the skin to soften lines, reduce muscle tension preventing new lines forming. Targets the same chemical complexes as injectables without the associated risks.

HydraBoost Treatment 60min £70

Course of 3 £205

Perfect for dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Hyaluronic Acid reduces fine lines caused by dehydration.

Skin Clearing Treatment 45min £45

Course of 6 £255

Specifically designed to address problem skin, this gentle peel treatment will remove build up of dead skin cells, boost hydration helping to decongest the skin leaving a smooth texture. A course of 6 sessions is recommended for problem and acne skin for best results.

Collagen Stimulating Therapy (CST)

Consultation 45min £50

An advanced treatments starting from £300. Great for lax skin, deep wrinkles, pigmentation and scar tissue.

Manual Facial 60min £50

Still using the fabulous Environ products utilising Japanese facial techniques of pressure point and meridian massage to aid relaxation and improve skin health in general. Suitable for all ages and skin types.

Mini Facial 30min £30

If you are not getting the results you want from your skincare then book a mini facial for a prescribed morning and evening routine. Includes a exfoliation, double cleanse, brief massage finishing with Environ moisturiser.

Cosmetic Needling

Recommended for home use to improve penetration of active ingredients maximising results. Once purchased may also be used within Environ facials. Stimulates collagen and elastin to give firmer skin.

Cosmetic Roll-Cit including Cleaning Solution £85

Cosmetic Focus Cit including Cleaning Solution £53

Visia Machine Skin Analysis £20

As Environ facials are results driven, we recommend that you book your skin analysis which is held at Footluz Bodyluz every three months to monitor the effectiveness of your recommended skin care regime.

Contact Details

If you need to get in touch with Dintta Gould, she can be contacted on her mobile: 07960 698 126.

Gift Vouchers & Special Occasions

Gift Vouchers are available per treatment or priced. Special Occasion and Wedding make-up is also available.

Payment and Cancellation Policy

Payment is accepted by cash or cheque only. Prices correct at time of going to print and are subject to change.

24 hours notice is required for any cancellation. Any missed appointment or cancellation on the day will incur the full cost of treatment booked.



Fit4Less, Chesham



TREATMENTS FOR MEN AND WOMEN

Book at Reception or call

07960 698 126
01494 784524

www.bodyluz.co.uk

Reflexology

A very popular treatment on the feet which uses specific pressure points to help with many conditions including digestive problems, stress, general aches & pains, migraines and more. Dintta specialises in maternity reflexology from conception to birth.



Initial Treatment	1 hr	£47
Follow Up Treatments	45 min	£40
Taster Session (new clients)	25 min	£25

Massage

Aromatherapy Massage

Gentle, soothing massage using the healing power of herbs and flowers to aid relaxation and wellbeing. Oils are individually blended according to the effect required at each session.

Sports Massage

Not just for athletes! This massage focuses on the muscles and is extremely beneficial to all types of muscle injuries, postural issues and muscle soreness. It also helps to improve sports performance and flexibility.

Hot Stone Massage

Uses volcanic lava stones which are heated to a comfortable temperature and used to massage the body with a combination of fragrant oils. Produces a deeply relaxing and invigorating effect.

Indian Head Massage

Working deeply on the shoulders and head, this exhilarating massage helps to improve circulation to the head as well as giving clarity and relaxation to the neglected muscles of the head and face.

All massages	30 min	£27
	60 min	£50
	75 min	£60
	90 min	£65

Marvel lash Semi Permanent Lashes

Marvel lash semi permanent eye lash extensions can last up to 2 months with natural looking lush lashes or giving you the wow factor.

Full set up to 2 hours	£65
In-fills recommended every 2-3 weeks up to 45 min	£35
Removal of lashes up to 45 min	£20
Express Lashes lasts 1 week no maintenance	£30

A range of fashion lashes are available for purchase we will even apply them for you from £12

Tinting (patch test required 48 hrs before treatment)

Brows	£7
Lashes	£12
Brows & Lashes	£15

Waxing

For both men and women. Regular waxing will help reduce hair growth considerably.

Half legs	£15
Full legs	£23
Half legs & high bikini	£23
Full legs & high bikini	£28
High bikini	£10
Brazilian (not suitable for wax virgins)	From £25
Underarms	£8
Full arms (not incl. underarms)	£17
Eyebrows	£8
Eyebrow reshape	£15
Lip or chin wax	£9
Back wax	From £25
Stomach or chest	£15
Stomach, Chest & Shoulders	£30

Hands and Feet

File & Paint	15 min	£12
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Manicure & Pedicure

Deluxe treatments use heated mitts to condition the skin and nails with proteins and conditioners.

Mini Manicure	25 min	£18
Deluxe Manicure	45 min	£25
Mini Pedicure	25 min	£21
Deluxe Pedicure	55 min	£30

Shellac & Minx

Goes on like polish and lasts as long as gels, with no chips and instant drying.

Application	30 min	£25
Application & Removal	55 min	£30

Ying Yang Facials with Emma

Natural plant based

Silver -Express Facial	30 min	£25
Gold Hot towel massage	55 min	£35
Platinum all of above	75 min	£50

plus file and paint.

Environ Body Treatment

Reduces cellulite in combination with regular exercise and a healthy diet. Cellulite areas are targeted using ultrasound and electrical current. This helps to smooth and refine the skin, stimulating circulation and limiting fat storage.

A course of 6 sessions is recommended over a course of three weeks. For maximum results, a cosmetic roll cit may be used if purchased. It is recommended for home care in between treatments together with Body Profile Toning Gel.

Body Profile Treatment	60 min	£50
Course of 6		£260