

Nature's Way Health & Beauty Centre

Established 1993

187, Tulketh Brow
Ashton
Preston
PR2 2JD

Tel: 01772 768770

OPENING TIMES

Mon	Closed
Tue	9:30 - Late by Appt. only
Wed	9:30 - 5:30
Thu	9:30 - Late by Appt. only
Fri	9:30 - Late by Appt. only
Sat	9:30 - 4:00

Like us on



www.natureswayhealthandbeauty.co.uk

Facial Treatments

Aromatherapy Facial: A de-stressing treatment, encouraging relaxation and is beneficial for sinus problems 30 mins	£19
Tropics® Revitalising Facial: Cleanse; Tone; Exfoliate; Steam; Comadone extraction; Neck & Shoulder Massage 1 hour	£32
Tropics® Deep Cleansing Facial: Cleanse; Tone; Exfoliate; Steam; Comadone extraction & Mask 50 mins	£29
Combined with Direct Frequency (Ozone)	£31
Nature's Way Deluxe Tropics® Facial: Cleanse; tone; exfoliation; Tropics serum; hand & arm massage or foot massage; face mask; neck and shoulder massage; moisturise to finish - 60 mins	£40

Tropics Products are proud to be certified by:



Silhouette Dermalift—“Non Surgical Face Lift”

Dermalift Microface Intense Treatment: 1hr 15mins	£37
Eye Lift with Dermalift Intense: 30mins	£26
Jaw Sculpt with Dermalift Intense: 30mins	£26
Dermafusion: Intensive Mask Therapy: Includes: cleanse, tone, AHA Glycolic Peel and a Collagen Mask Fights the signs of aging, boosts the hydration of the skin, improves elasticity and delays it's aging cycle	£46
Classic Dermalift: Helps to Reduce Fine Lines and Wrinkles, Reduces Puffiness Around The Eyes, Improving Vascular and Lymphatic Flow - 50 mins	£30
Dermalift Eye Treatment: Lifts & defines contours, smoothes fine lines and wrinkles, reduces dark shadows and puffiness around the eye area—30 mins	£17
Add ALDA - Lymphatic Drainage	£10
Add: Glycolic Peel	£5
Add: Dermafusion Mask	£12
Courses are available for all Dermalift treatments	
Dermalogica Facial: Prescription facial using fantastic Dermalogica products 1 hour	£45
Sonic Peel Exfoliation: Regenerates the revival of new skin tissues. Reduces blemishes and clarifies skin complexion. Effective for all skin types, even for those considered sensitive. Leaves skin polished radiant and firm. Non Abrasive Facial: Cleanse, tone, peel and infuse serum- 45mins	£36

Eye Treatments

Lash lift - lasts up to 6 weeks giving lashes a thicker ,darker look with a lift, lash tint included	£30 *
Add under eye gel pads for a nourishing and revitalizing finish while having your lash lift for an additional	£7
Eye lash Tint	£13 *
Brow Tint	£8*
Lash & Brow Tint	£17 *
Brow Reshape / Wax	£8
Brow Trim	£7
Party Eyelash Extensions	£16 *
Individual Lash Extensions	£52 *
Lash Infill	£26 *
Removal of Lashes	£7

* Please Note : A patch test must be carried out 24 hrs prior to treatment

Aromatherapy & Holistic Therapies

Lava Shell Full Body Massage - 1hr	£46
Lava Shell Back and Neck Massage - 30mins/45mins	£27/33
Aromatherapy Massage - 1hr	£36
Full Body Swedish Massage - 1hr	£36
Back And Neck Massage - 30mins/45mins	£21/26
Face and Neck Massage - 30mins	£19
Leg Massage - 30mins/45mins	£19/24
Massage with the aid of vibration and infrared - targeting cellulite on buttocks and thighs - 1hr	£31
Hot Oil Candle Body Massage - Re Hydrates the skin	£39
Hopi Ear Candles 45mins	£26
Hopi Ear Candles with Sinus Drainage and Massage - 1hr	£33
Indian Head Massage - 30mins	£21
Reflexology - 1hr	£36
Reflexology with Hot Oil Candle - 1hr 20 mins	£46
Reflexology with Hot Stone or Paraffin Wax - 1hr 20 mins	£46
Pregnancy Full Body Massage - 1hr	£41
Deep Tissue Massage - 1hr	from £36
Sports Massage - 1hr	from £36
Reiki—1 hr	£32

Hair Removal

Electrolysis

Permanent Hair Removal by Electrical Epilation using Sterex Disposable Needles

From £11

Waxing

1/2 Leg (lower)	£14
Full Leg	£25
Bikini Line	From £9
Brazilian	£23
Hollywood	£28
Underarm	£9
Full Arm	£11
Lip	£6
Chin	£6
Lip & Chin	£9
Neck	£6

Manicure and Pedicure

Manicure: Filing, Cuticle Care, Hand Massage and Varnish 1 Hr £21

Deluxe Manicure—all of the above, *PLUS* exfoliation & hand mask 75mins £29

Mini Manicure - Filing; Cuticle Work; Polish or Buffing 30 mins (French 45mins—additional £2.00) £16

French Manicure 1 Hr £21

Re-varnish £9

Paraffin application - additional £9

Pedicure: Foot Spa, Removal Of Hard Skin, Cuticle Care, Cutting & Filing of Nails, massage and Varnish. 1 Hr £25

Deluxe Pedicure – all of the above *PLUS* exfoliation and foot mask 75 mins £33

Mini Pedicure - Filing; Cuticle Work; Polish or Buffing 30 mins (French 45mins—additional £2.00) £16

Re- varnish £9

Paraffin application - additional £9

Nail Enhancements

Acrylic nails: NSI high quality acrylic system. Can be applied as either Natural or French Look; Tips or Sculptured. Glitter and colour tips and Nail art are available

Full Set of Acrylic Nails from	£33
Infill (Due Approx. Every 2-3 Weeks) from	£21
Removal of Nails and Mini Manicure from	£19
Removal of Nails & New Set (2 hrs) from	£37
Repairs From	
Nail Art and Nail Gems Available on request	£5

Gel nails:

NSI Polydip Nails A hybrid system with a gel base for kindness to the natural nail overlaid with the strength and durability of Acrylic. Nails can be soaked off - from

£28

NSI Secrets Gel Nails - Removable/builder gel - various methods of application - from

£30

Pure Nails Halo Gel Permanent Polish Fingers

£23

Pure Nails Halo Gel Permanent Polish Toes

£23

Pure Nails Halo Gel Permanent Polish Fingers and Toes

£36

French look

£26

Nail Art - from

50p

Piercing

Ear Piercing is Carried Out Using the Most Advanced and Highly Sterile Inverness System using a Titanium 4mm crystal bezel which will compliment any look

£22.50

Hair by Angela @ Nature's Way

Ladies Styling

Cut and Blow Dry (short/long)	£29/£33
Restyle	£35
Wet Cut	£18
Dry Cut	£16
Blow dry (short/long)	£16/£18

Gents Styling - from

£11

Children (under 12 years old)

£8

Bridal Packages (includes practice)

P.O.A

Party Hair

£29

Colouring Services

Full Head (highlights) Foils (short/long)	£40/£55
T Section	£35
Full Head Colour	£36
Colour plus Full Foils	£70
Balayage	£50
Colour Correction	P.O.A
Gents Colour	P.O.A

Perm Service (prices from)

Full Perm	£30
Top Perm	£26
Semi Perm (long hair)	£40

Other Services

Conditioning Treatment	£10-£25
Service Consultation	Free

Body Exfoliation Treatments

Full Body Exfoliation: Scrub and Moisturise - 1 hr.	£31
Back Cleanse: Steam, Exfoliation, Comadone extraction and Moisturise - 1 hr / Add 15 minutes Direct Frequency (Ozone)	£31/36

Total Tanning Solutions

St. Tropez Total Tanning:

Streak Free False Tan Either Professionally
Applied in Salon or on Sale for Home Use

Full Body	£25
1/2 Body (upper or lower)	£18

Aesthetic Clinic @ Nature's Way

Permanent Make up

Nature's Way have Specialised in Permanent Make Up for over 24 Years

Eyebrows:

From creation of complete brows to in-filling sparse growth and creating length. The treatment can have the effect of a non-surgical face-lift.



Eye Liner:

Top Line, Bottom or Both!
Creates definition and natural Enhancement. A finer line than can be achieved with a pencil that will never run or smudge. No more Panda eyes by the pool this summer



Lip Liner:

Can be used for corrective shaping and to prevent lipstick from "bleeding" Colours can range from totally natural – matching your lip colour – to a definite "lip liner" in a colour to suit your skin and choice



For a FREE consultation to address your precise needs
Please call the salon and make a no obligation appointment to see Julie. A £50 non refundable deposit will be required prior to actual treatment

DERMAPLANING

Dermaplaning offers a chemical-free deep exfoliation of the skin. A blade is carefully scraped over the surface of your skin to gently lift and remove dead skin cells, whilst also removing the fine peach fuzz that sits on our skin. It can reduce the appearance of fine lines, wrinkles and acne scars. Never mind the creating the perfect canvas for the amazing results for your make-up application.

Express Dermaplaning Treatment – This facial offer is best in exfoliation, fast! A quick but effect treatment lasting 35 minutes
Cleanse – Exfoliation using blade – Tone – Moisturise & Protec. £25

Bronze, Silver and Gold Packages - Please speak to your therapist for more details

Ultimate Dermaplaning Treatment - Relaxing with immediately smoother, radiant complexion. Cleanse – Tone – Exfoliation using blade – Moisturise – Enzymatic peel – Tone – Booster – Tone – Moisturise & Protect. £35

LED Bespoke Dermaplaning Treatment - Relaxing with immediately smoother, radiant complexion. Combining the best exfoliation technique with the added benefits of LED phototherapy. Cleanse – Tone – Exfoliation using blade – Enzymatic Peel – Tone – Boost – Tone – LED Therapy - Mask – Tone – Moisturise & Protect. £48
£8

To add a mask to either Express or Ultimate Facial additional

MICRO-NEEDLING

Micro-needling also known as collagen induction therapy, is an effective treatment option for all skin types. It is delivered by using a micro-needling pen device which pricks the skin with tiny sterilised needles. The small wounds stimulates the body to produce more collagen and elastin, which results in tighter, smoother, younger-looking skin free of concerns. Prescriptive facial serums are used, that penetrate into the skin

Micro-needling - Double Cleanse – Tone – Enzymatic Peel – Tone - Vitasept H Antiseptic – Prescriptive Serum, Micro-needling – Moisturise & Protect. £45

Luxury Prescriptive Micro-needling - Double Cleanse – Tone – Enzymatic Peel – Tone - Vitasept H Antiseptic – Prescriptive Serum, Micro-needling – LED Therapy – Mask – Moisturise & Protect. £55

CHEMICAL PEELS

Superficial peels contain a mixture of Glycolic, Lactic and Salicylic Acids to remove the upper layer of the epidermis encouraging regeneration and rejuvenation of new skin cells. The result is the improved clinical appearance of skin with fewer lines, a brighter complexion, improved skin tone and a more youthful appearance.

Effective in treating:

- Hyperpigmentation, Age Spots, Sun Damage and Dull Tired Skin.
- Inflammatory and Non-Inflammatory Acne
- Blackheads & Comedones
- Rough Texture, Fine Lines and Wrinkles
- Enlarged Pores
- Skin Ageing

We will require you to fill out a medical questionnaire and consent form prior to any treatment. Treatments from £55

ANTI WRINKLE TREATMENT

Anti-wrinkle injections are a perfect, convenient and proven method in combating wrinkles and fine lines without the need for surgery. This injectable treatment is a simple yet safe effective way of treating those lines on the forehead and around the eyes by relaxing the muscle to stop lines forming.

3 Areas (Crows Feet, Forehead Horizontal Lines,
Vertical lines in between eyebrows) £135

4 Areas (Crows Feet, Forehead Horizontal Lines, Vertical lines in between eyebrows, Under Eye) £155

Masseter Muscle (Jawline) £80

Wrinkle Treatment other areas :Bunny Lines/Gummy Smile/
Cobblestone Chin/Lip Flip /Eyebrow Lift £50 per area

Platsyma Neck Bands

Over time the loss of muscle tone and skin fat can lead to the famous turkey neck, and contributes to the main reason some women look older than they actually are. As we age the contours of our jawline disappear and platsyma bands become more prominent. Small doses of anti-wrinkle products can be injected into various points, relaxing the muscle and offering a mini non-surgical facelift. This is achieved by relaxing and causing an unopposed pull from the musculature above.

Treatments from £150

PROFILO

Profhilo is a revolutionary 'beneath the skin' hyaluronic acid moisturising treatment. One of the highest concentrations of hyaluronic acid on the market. Profhilo not only boosts and hydrates the skin, but also remodels ageing and sagging tissue. The most common areas of treatment is the face, and neck, though can also be used for the décolletage, hands, arms knees and abdomen area.

The solution is injected into 10 different points of the face (5 on each side). Profhilo is aimed at patients who have visible signs of ageing, though younger people with volume loss and minimal sign of ageing, this treatment can provide a beautiful preventive measure.

It is recommend two sessions are required with one month interval between each treatment.

One Treatment

£165

Two Treatments

£300

SKIN BOOSTERS

As we age we lose fibroblast cells, hence the downward direction of our faces and lack of elasticity in the skin. A way in which we can wake up these skin cells to start producing more, is through Skin Boosters which are micro-injections of hyaluronic acid injected into the papillary dermis where they activate the fibroblast cells. This fibroblast stimulation promotes new collagen and elastic formation, which in turn results in smooth, plump, glowing and healthy looking skin. Skin boosters are ideal for all ages and skin types. While most ideal for dry and mature skin types, younger generation love the dewy and glowing look they provide.

It is recommend two sessions are required with 14 days interval between each treatment. (price depends on the type of skin booster)

Please note, skin boosters cannot be used to volumise or reshape the face.

One Treatment From

£80

Two Treatments From

£140

New to Nature's Way - RF Trio

RF Treatments are suitable for all ages and all skin tones. Treatments are appropriate for everybody especially those looking to target excess or loose skin, scarring, stretch marks or facial contouring. With treatments taking as little as 20 minutes, it's one of the fastest and most effective solutions for a whole host of face and body issues.

ONLY £45 per treatment, courses are also available



Advanced Cosmetic Procedures

Cosmetic treatments carried out by Electrolysis using Sterex Disposable Needles

Red Thread Vein Removal

From £41

Removal of Milias

From £26

Removal of Skin Tags

From £41

Removal of Blood Spots

From £26

Removal of Seborrhoeic Warts

From £41

Vitamin Injections

Vitamin B12 injections increases energy and balance, supports healthier hair, skin and nails, helps with red blood cell formation, increases mood, weight loss and metabolism, improves sleep and mental clarity. - £20.00

Vitamin C Injections deliver pure vitamin C directly into the bloodstream via an injection. Vitamin C Injections can enhance physical wellbeing and prevent the onset of illness, encourage collagen growth, lower hypertension, and even guard against heart disease.- £20.00

B12 & Vit C together - £35.00

We have an opportunity for an experienced hairdresser or barber to rent a chair in our newly refurbished salon.

With over 25 years of heritage, Nature's Way can offer stability in these uncertain times

*To find out more,
Call Julie on 07785 345014*

We offer flexible rental terms and will help and support you on your journey to your business success.



Hair @ Nature's Way

A Comprehensive Hair Dressing Service is available in Salon.

Appointments are not always necessary.

For A Special Occasion

Half day and full day packages available for any occasion:

Weddings; Prom Nights; Birthdays and Pamper Days

Bespoke Service, incorporating treatments from our hair and beauty repertoire.

Packages can be tailored to include treatments to meet individual requirements. Price discounts and special deals available

Gift Vouchers

The Perfect Gift for Any Occasion. Available for any treatment or Value

Special Offers

Special offers are always available, please check our website :

natureswayhealthandbeauty.co.uk

or call the salon on

01772 768770

for more details



Scan our QR Code for details
and to visit our website



Please note : Due to the high number of missed appointments, a minimum of 24 hrs notice is required to cancel an appointment. We regret that failure to do so will result in a cancellation fee being charged.

Certain appointments may require a deposit to be paid at the time of booking

Prices may change at any time without prior warning

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