

# 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

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[www.natureswayhealthandbeauty.co.uk](http://www.natureswayhealthandbeauty.co.uk)

# Facial Treatments

<b>Mini Facial:</b> Cleanse; Tone; Exfoliate; Massage and Moisturise	£25
<b>Aromatherapy Facial:</b> A de-stressing treatment, encouraging relaxation and is beneficial for sinus problems 30 mins	£23
<b>Tropics® Revitalising Facial:</b> Cleanse; Tone; Exfoliate; Steam; Comadone extraction; Neck & Shoulder Massage 1 hour	£35
<b>Tropics® Deep Cleansing Facial:</b> Cleanse; Tone; Exfoliate; Steam; Comadone extraction & Mask 50 mins	£32
<b>Nature's Way Deluxe Tropics® Facial:</b> Cleanse; tone; exfoliation; Tropics serum; hand & arm massage or foot massage; face mask; neck and shoulder massage; moisturise to finish - 75 mins	£45

Tropics Products are proud to be certified by:



## Silhouette Dermalift—“Non Surgical Face Lift”

<b>Dermalift Microface Intense Treatment:</b> 1hr 15mins	£38
<b>Eye Lift with Dermalift Intense:</b> 30mins	£26
<b>Jaw Sculpt with Dermalift Intense:</b> 30mins	£26
<b>Dermafusion: Intensive Mask Therapy:</b> 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
<b>Classic Dermalift:</b> Helps to Reduce Fine Lines and Wrinkles, Reduces Puffiness Around The Eyes, Improving Vascular and Lymphatic Flow - 50 mins	£32
<b>Dermalift Eye Treatment:</b> Lifts & defines contours, smooths fine lines and wrinkles, reduces dark shadows and puffiness around the eye area—30 mins	£20
Add ALDA - Lymphatic Drainage	£10
Add: Glycolic Peel	£5
Add: Dermafusion Mask	£12
Courses are available for all Dermalift treatments	

### 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	£38
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## ***Eye Treatments***

Lash lift - lasts up to 6 weeks giving lashes a thicker ,darker look with a lift, lash tint included	£34 *
Eye lash Tint	£13 *
Brow Tint	£8*
Lash & Brow Tint	£17 *
Brow Reshape / Wax	£8
Brow Trim	£7
Party Eyelash Extensions	£16 *

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

## ***Aromatherapy & Holistic Therapies***

Lava Shell Full Body Massage - 1hr	£48
Lava Shell Back and Neck Massage - 30mins/45mins	£29/35
Aromatherapy Massage - 1hr	£40
Full Body Swedish Massage - 1hr	£40
Back And Neck Massage - 30mins/45mins	£25/30
Face and Neck Massage - 30mins	£23
Leg Massage - 30mins/45mins	£25/30
Hopi Ear Candles 45mins	£28
Hopi Ear Candles with Sinus Drainage and Massage - 1hr	£35
Indian Head Massage - 30mins/45mins	£25/30
Acupressure Back Massage with crystals (treatment for illness and back problems. Alternative to acupuncture) - 40 mins	£30
Egyptian Rods for balancing the Yin and Yang energies that heal the endocrine system. Clearing negative energies, helping to heal and improve illnesses and mental health	£30
Pregnancy Full Body Massage - 1hr	£43
Reiki—1 hr	£34

## ***Body Exfoliation Treatments***

Full Body Exfoliation: Scrub and Moisturise - 1 hr.	£33
Back Cleanse: Steam, Exfoliation, Comadone extraction and Moisturise - 1 hr / Add 15 minutes Direct Frequency (Ozone)	£33/38

# Hair Removal

## Electrolysis

Permanent Hair Removal by Electrical Epilation using Sterex Disposable Needles From £11

## Waxing

1/2 Leg (lower)	£15
Full Leg	£25
Bikini Line	From £10
Brazilian	£25
Hollywood	£28
Underarm	£10
Full Arm	£15
Lip	£6
Chin	£6
Lip & Chin	£9
Neck	£6

## Manicure and Pedicure

**Manicure:** Filing, Cuticle Care, Hand Massage and Varnish 1 Hr £24

**Deluxe Manicure**—all of the above, *PLUS* exfoliation & hand mask 75mins £32

**Mini Manicure** - Filing; Cuticle Work; Polish or Buffing 30 mins (French 45mins—additional £2.00) £18

**Paraffin treatment** - massage and paraffin application hands or feet £20

**Pedicure:** Foot Spa, Removal Of Hard Skin, Cuticle Care, Cutting & Filing of Nails, massage and Varnish. 1 Hr £27

**Gel Pedicure:** As above with Gel polish £35

**Deluxe Pedicure** – Foot Spa, Removal Of Hard Skin, Cuticle Care, Cutting & Filing of Nails, massage and Varnish. *PLUS* exfoliation and foot mask 75 mins £38

**Mini Pedicure** - Filing; Cuticle Work; Polish or Buffing 30 mins (French 45mins—additional £2.00) £18

## ***Nail Enhancements***

**Acrylic nails:** NSI high quality acrylic system. Can be applied as either Natural or French Look; Tips or Sculptured.

Full Set of Acrylic Nails from	£33
Infill (Due Approx. Every 2-3 Weeks) from	£25
Removal of Nails and Mini Manicure from	£20
Removal of Nails & New Set (2 hrs) from	£43
Repairs From	£5

### **Gel Nails:**

Gel Nails Permanent Polish Fingers	£23
Gel NaPermanent ils Permanent Polish Toes	£23
Gel Nails Polish Fingers and Toes	£40
Builder Gel also available from	£26
Gel Polish Removal from	£10
French look	£26
Nail Art available	

## ***Counselling by Sharon Doherty***

*Improving your wellbeing by offering counselling & psychotherapy*

*“Finding a way through together”*

*Find out more by booking FREE 30 mins consultation*

*Sessions are £45*

*For more information - [www.therapyhear.co.uk](http://www.therapyhear.co.uk)*

## ***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

£25

# *Hair@Nature's Way*

## **Ladies Styling**

Cut and Blow Dry (short/long)	£40-£50
Restyle	£37
Wet Cut	£30
Dry Cut	£18
Ladies Wash and Blow dry (short/long)	£20-£30
Plaits	£10

## **Gents**

Cut & Blow Dry	£20
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## **Children**

0-5 Child	£15
5-15 Wet Cut	£20
Cut & Blow Dry Short/Long	£30-£35

## **Colouring Services**

Full Head Colour (Thick Hair £5 supplement)	£47-£49
Regrowth	£40-£42
Toner (short/long)	£5-£15
Full Head Foils - short	£67-£76
Full Head Foils - long	£71.50-£85
Half Head - short	£52.50-£62.50
Half Head - long	£55-£65
T Section	£44.50-£53.50
Parting Foils	££40-49
Few Foils	£3 per foil
Colour Stripper	From £40

## **Perming**

Perming Top/Long	£55-£85
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## **Other Services**

Olaplex in Colour	£10
Full treatment	£20

# Aesthetic Clinic @ Nature's Way

## **Permanent Make up**

Nature's Way have Specialised in Permanent Make Up for over 27 Years. Using needles to implant pigment into your skin.

### **Eyebrows:**

From creation of complete brows to infilling 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



## **MICROBLADING**

Full set of Eyebrows  
Top Up

£180  
£60

## **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 & Protect From £25

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

**Bespoke Dermaplaning Treatment** - Relaxing with immediately smoother, radiant complexion. Combining the best exfoliation technique with the added benefits of Dermafusion. Cleanse – Tone – Exfoliation using blade – Enzymatic Peel – Boost – Dermafusion – Tone – Moisturise & Protect. £50

## **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 - Prices on Consultation.



## **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.

1 Area	£130
2 Areas	£160
3 Areas	£190

Advanced anti wrinkle treatments- price on consultation

## **VITAMIN B12 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.

Treatments From £20

## **DERMA FILLERS**

*Restalyne and Juvederm*

Lips	£200
Marionette Lines	£180
Nasal Folds	£180

*Revolax - Prices on consultation*

## **PROFILO**

Profilo is a revolutionary 'beneath the skin' hyaluronic acid moisturising treatment. One of the highest concentrations of hyaluronic acid on the market. Profilo 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).

Profilo 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

£225

Two Treatments

£400

## ***New to Nature's Way - RF Trio***

- Radio Frequency Treatment
- Mechanical Lymphatic Drainage
- Polychromatic Light Therapy

*ONLY £52 per treatment, courses are also available*



## ***Advanced Cosmetic Procedures***

Cosmetic treatments carried out by Electrolysis using Sterex Disposable Needles

Red Thread Vein Removal

From £48

Removal of Milias

From £26

Removal of Skin Tags

From £49

Removal of Blood Spots

From £35

Removal of Seborrhoeic Warts

From £49

## ***FIBROBLASTING SKIN TIGHTENING***

Treatments From £100

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

## Jalupro Hydro Skin Booster

One Treatment From £200  
Two Treatments From £350

## Jalupro Classic Skin Booster Targets under eyes and Face

One Treatment From £150  
Two Treatments From £250  
Three Treatments From £300

## Seventy Hyal Booster

One Treatment From £180  
Two Treatments From £250  
Three Treatments From £300

Lumi Eyes £100



*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.*

# ***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](http://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

Ver. 9.6 March 2024