

# 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](http://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:



- 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

### Silhouette Dermalift—”Non Surgical Face Lift”

- 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

- Dermafusion: Intensive Mask Therapy:** £46

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

- Dermalift Microface Intense Treatment:** 1hr 15mins £37

- Jaw Sculpt with Dermalift Intense:** 30mins £26

- Eye Lift with Dermalift Intense:** 30mins £26

Add ALDA - Lymphatic Drainage £10

Add: Glycolic Peel £5

Add: Dermafusion Mask £12

Courses are available for all Dermalift treatments

## Aromatherapy & Holistic Therapies

Lava Shell Full Body Massage - 1hr	£48
Lava Shell Back and Neck Massage - 30mins/45mins	£29/35
Aromatherapy Massage - 1hr	£38
Full Body Swedish Massage - 1hr	£38
Back And Neck Massage - 30mins/45mins	£23/28
Face and Neck Massage - 30mins	£21
Leg Massage - 30mins/45mins	£21/26
Hopi Ear Candles 45mins	£28
Hopi Ear Candles with Sinus Drainage and Massage - 1hr	£35
Indian Head Massage - 30mins	£23
Acupressure Back Massage with crystals (treatment for illness and back problems. Alternative to accpunture) - 40 mins	£30
Deep Tissue Massage - 1hr	from £40
from	
Reiki - 1 hr	from £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

## 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

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

## 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)*

# Hair Removal

## Electrolysis

Permanent Hair Removal by Electrical Epilation using Sterex Disposable Needles

From £11

## Advanced Cosmetic Procedures

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

## Waxing

Back Wax

£19

Chest Wax

£17

Stomach Wax

£9

Shoulder Wax

£9

Arm Wax

£13

## 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. - £25.00

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.- £25.00

B12 & Vit C together - £45.00

## 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**



# Permanent Make up

Nature's way has specialised in Permanent make-up for over 26 years,  
a treatment which can last 3-5 years

Pigment is implanted into the skin using fine needles or Microblading

Eyebrows : Covers sparse growth, Reshaping etc.

Call the Salon for your **FREE** Consultation

## Manicure and Pedicure

### Manicure

Includes Shaping of Nails, Cuticle Care, Hand massage and buffing 1 Hr £21

### Luxury Manicure

Includes the above plus exfoliation and hand mask 75 mins £25

### Deluxe OPI Manicure

Exfoliation; rejuvenating serum; Avoplex cuticle application; massage 90 mins £29

Mini Manicure - filing; cuticles and buffing - 30 mins £16

### Pedicure

Includes Foot Spa; Removal Of Hard Skin; Cuticle Care; Cutting & Filing of Nails; Massage and Buffing to finish 1 Hr £25

Luxury Pedicure - All of the above plus exfoliation and foot mask - 75 mins £29

### Deluxe OPI Pedicure

Includes the above plus callous softening; exfoliation plus foot mask 90 mins £33

Mini Pedicure - filing; cuticles and buffing - 30 mins £16

## *Holistic Therapies for Pain Management and Mindfulness by The Crystals Angel*

Reiki and Crystal Healing *	30 minutes	£30
Reiki and Crystal Healing *	60 minutes	£60
Advanced Crystal Healing *	60 minutes	£60
Reiki Taster *		£10
Oracle Card Readings		£10
Animal Communication from		£30

\* for humans and animals

## **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

To add a mask to either Express or Ultimate Facial additional £8

## **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 are available on FREE consultation with individual therapists.

## **ANTI WRINKLE TREATMENT (BOTOX)**

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

## **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
<i>Revolax</i>	
0.5ml	£70
1ml	£100

# 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

Ver. 9.2 September 2023