



Thalgo treatments are renowned for their incredible results. World leader and originator of the marine spa and beauty trend for over 50 years, Thalgo harnesses the riches of the sea so you can benefit from powerful healing, revitalising and rebalancing properties vital for health and well-being. Thalgo's exceptional body treatments refine, relax and tone, while the facials offer spectacular results in anti-ageing, hydrating, purifying and much more.

For best results, Thalgo recommends a course of 6 facials, in conjunction with the accompanying homecare range to continue effectiveness.

<u>Thalgo Facials</u>	<u>Approx Times</u>	<u>Price Each</u>
Silicium Super Lift	75 mins	75.00
Course of 6 + 1 Free (save 75.00)		450.00
<p>Dare to defy time with this super lift facial, designed to combat all the signs of ageing at 40+ (loss of firmness, pronounced wrinkles). Relax and let yourself be immersed in an aquatic cocoon during the Thalgo cleansing ritual, adapted to your skin type. Next, your skin is intensely exfoliated and smoothed to optimise the penetration of the anti-ageing ingredients. An expert anti-ageing massage lifts the features, before a super-lifting mask is applied to fill deeper wrinkles and lift and contour the face and neck. Your complexion will glow and lines will be less noticeable, your skin firmer.</p>		
Heart Of The Ocean Rituals	60 mins	60.00
Course of 6 + 1 Free (save 60.00)		360.00
<p>Source Marine Ritual—Normal/Dehydrated</p> <p>Cold Cream Marine Ritual—Sensitive & Dry/Very Dry</p> <p>Purete Marine Ritual—Oily/Combination</p> <p>This personalised Thalgo signature facial ritual begins with a relaxing welcome massage after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is applied with Thalgo's Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. This is followed by a skin-specific mask to correct any skin concerns. The treatment finishes with an application of moisturiser, leaving the complexion restored to its natural beauty.</p>		

South Beach House, Exeter Road, Exmouth, Devon

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	<u>Approx Times</u>	<u>Price Each</u>
<u>Thalgo Facials (cont'd)</u>		
Discovery Facial	30 mins	35.00
Course of 6 + 1 Free (save 35.00)		210.00
The perfect express facial if you're on the go, for an instant infusion of marine active ingredients, tailored to your skin type. After a relaxing welcome massage and cleansing ritual, a skin-specific mask is applied. While it acts on the skin a soothing massage is carried out. When the mask is removed the Thalgo moisturiser and eye cream best suited to your skin is applied. After this pick-me-up, you will feel refreshed and relaxed and your skin will be glowing.		
Crystal Clear Microdermabrasion	60 mins	59.00
In independent clinical trials, Crystal Clear Skin System was conclusively proven to dramatically and visibly improve the texture and appearance of the skin, reducing and smoothing fine lines and wrinkles. Excellent results on acne scarring, pigmentation, sun damaged and ageing skin.		
<u>Manicures and Pedicures</u>		
		
South Beach Manicure	45 mins	29.00
Cuticles, nail shaping & polish application		
Luxury Manicure	75 mins	39.00
Cuticles, nail shaping, exfoliation, hydrating mask with heated mitts, hand & arm massage, & polish application		
South Beach Pedicure	60 mins	33.00
Cuticles, nail shaping, foot file & polish		
Luxury Pedicure	75 mins	44.00
(cuticle work, exfoliation, hydrating mask with heated booties, foot file, nail shaping & polish application)		
Callus Treatment (unbelievable results from this treatment for calluses and dry cracked heels that need a little more than a foot file)	Extra 15 mins	8.00
Shellac (Added to any nail treatment above)		
Instantly dry, mirror like shine and 14 day wear! The ingredients encourage natural nails to grow. Available as French or dozens of colours. Free removal with your next re-application.	Extra	5.00
French (Added to any nail treatment above)	Extra	2.50
Rockstar (Added to any nail treatment above)		
Fine glitter encased in clear Shellac to give a 3D effect, Stunning! (Choice of colours)	Extra	10.00
Non Genuine Shellac Removal		20.00
		
Nail Enhancements		
Nail Enhancements (Brisa sculpting gel—Can be worn on it's own or under polish/shellac)	60 mins	39.00
<u>Spray Tanning</u> Available in Light, Medium, Dark or Very Dark Shades		
Full Body Exfoliation	30 mins	27.50
Full Body Tan	30 mins	27.50
Half Body Tan	15 mins	20.00
Full Body Exfoliation & Full Body Tan (save £5)	60 mins	50.00

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<u>Dermal Fillers (performed by a professional with our dentist 25 years experience)</u>		
Restylane, Juvederm	From	180.00
Teeth whitening		290.00
<u>Semi-Permanent Make-up (see website for details)</u>		
Brows (Pair)	From	450.00
		495.00
<u>Lash Treatments (24hr patch test required)</u>		
Classic Lash Extensions (120 mins)	120 mins	70.00
Classic Lash Extensions (90 mins)	90 mins	52.50
Classic Lash Extensions (60 mins)	60 mins	35.00
Classic Lash Extensions (30 mins)	30 mins	22.50
Volume Lash Extensions (120 mins)	120 mins	80.00
Volume Lash Extensions (90 mins)	90 mins	60.00
Volume Lash Extensions (60 mins)	60 mins	40.00
Volume Lash Extensions (30 mins)	30 mins	28.00
Lash Extensions Removal (no charge if lashes re-applied on same appointment)	15mins	15.00
<u>Lash Lift</u> Gives a fantastic 'lift' to natural lashes. Lasts up to 6 weeks)	45 mins	35.00
<u>Tinting (24hr patch test required)</u>		
Eyelash		17.50
Brow		10.00
Eyebrow Shape, Brow tint and Lash tint (Save £5)		33.50
<u>Waxing</u> (We practice hygienic waxing. Therefore, a fresh spatula is used for each dip in the wax! We use hot wax for sensitive areas such as facial, underarms and intimate areas and strip wax for other areas. We have been specially trained in intimate waxing, important for maximum client comfort)		
Full Leg		32.00
Three Quarter Leg		25.50
Half Leg		20.00
Underarm		12.50
Tummy		5.00
Forearm		18.00
Eyebrow		11.00
Top Lip		9.50
Chin		9.50
Top Lip and Chin (save £5)		14.00
Nostrils		10.00
<u>Female intimate Waxing</u>		
<i>Low tide - hair removal just to bikini line</i>		16.50
<i>High tide - hair removal past bikini line</i>		19.50
<i>Beachcomber- hair removal from front to a narrow strip and removed from lower tummy area if needed</i>		27.50
<i>Paradise - hair removal from front to a narrow strip, underneath, bottom crack, buttocks if needed</i>		31.00
<i>Sea breeze - ALL hair removed , front, back and underneath</i>		36.00
Sanddunes - hair removal on Buttocks only		8.00
Coconut creek - bottom crack only		10.00

	<u>Approx Times</u>	<u>Price Each</u>
<u>Massage Treatments</u>		
Our massage is tailored to your requirements i.e.relaxing or deep tissue		
Massage for 30 minutes	30 mins	35.00
Massage for 45 minutes	45 mins	45.00
Massage for 60 minutes	60 mins	50.00
Massage for 90 minutes	90 mins	65.00
Hot Stone Massage for 60 minutes	60 mins	65.00
Hot Stone Massage for 90 mins	90 mins	85.00
Lava Shells Relax Body Massage for 60 minutes	60 mins	65.00
Lava Shells Relax Body Massage for 90 minutes	90 mins	85.00
		
The indulgent and truly pampering Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress. Choose a 90 minute treatment for an unforgettable sublime experience. Good for: Alleviating stress, aches and pains, over-active mind, headaches, poor circulation, overall full body indulgence.		
Lava Shell Relax Back Massage for 30 minutes	30 mins	45.00
The warmth of the Lava Shells allows deep relaxation in this bespoke back massage treatment. The shells glide over the back to warm and relax muscles. The focus then moves onto specific massage techniques working on pressure points and tension areas to ease stress and stiffness, delivering an intense and powerful massage treatment. Good for: General relaxation, general back aches and pains, headaches, a pampering treat.		
<u>Body Treatments</u>		
Thalgo 3 Algae Back Ritual (Back 'facial')	45 mins	40.00
Discover the incredible benefits of seaweed for problem skin. This back treatment combines natural marine algae, rich in re-mineralising ingredients to deep cleanse, detoxify and smooth the skin. After a relaxing welcome massage, the skin is exfoliated with a red algae-based body scrub. Thalgo's patented seaweed wrap is applied to the back, and once removed the back is spritzed with a refreshing seawater concentrate. Finally, Intense Regulating Serum is applied to regulate sebum production.		
<u>'Time For Men'</u>		
Mens Manicure (cuticles, nail shape and buff)	30 mins	20.00
Mens Luxury Manicure (cuticles, nail shape, exfoliation, hydrating mask with hot steam towels)	60 mins	30.00
Mens Pedicure (cuticles, nail shape and buff)	45 mins	24.00
Mens Luxury Pedicure (cuticles, nail shaping, foot & leg exfoliation, hydrating mask & foot & leg massage)	60 mins	35.00
<u>Waxing</u>		
Back or Chest		22.50
Nostril		10.00
Ear		10.00
Nostril, Ear & Eyebrow Groom (save £9)		22.00
Facials—See Facials; Massages—See Massages; Waxing — See 'Waxing'		

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<u>PACKAGES</u>	<u>Approx Times</u>	<u>Price Each</u>
<u>TAHITI PAMPER PACKAGE</u>		<u>150.00</u>
Thalgo Hydra Moisture Source Facial / Microdermabrasion	60 mins	
Massage	90 mins	
South Beach Pedicure or Manicure	45 mins	
<u>FIJI PAMPER PACKAGE</u>		<u>120.00</u>
Thalgo Hydra Moisture Source Facial / Microdermabrasion	60 mins	
Thalgo 3 Algae Back Ritual	45 mins	
Luxury Pedicure or Manicure	60 mins	
<u>BAHAMAS PAMPER PACKAGE</u>		<u>87.00</u>
Thalgo Discovery Facial	30 mins	
South Beach Manicure	30 mins	
South Beach Pedicure	45 mins	
<u>"SOMEONE YOU LOVE" PAMPER PACKAGE</u>		<u>87.00</u>
Massage	30 mins	
South Beach Manicure	30 mins	
South Beach Pedicure	45 mins	
<u>"YUMMY MUMMY" PAMPER PACKAGE</u>		<u>120.00</u>
Thalgo Discovery Facial	30 mins	
Luxury Pedicure	60 mins	
Massage	60 mins	
<u>"TIME FOR MEN" PACKAGE</u>		<u>85.00</u>
Massage	30 mins	
Thalgo Discovery Facial	30 mins	
Mens Manicure or Pedicure	45 mins	

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