



The Haven



Call to make an appointment

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www.the-haven.biz

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SKIN CARE

dermalogica®

The Dermalogica® Skin Care Facial Treatment

Totally designed to meet your needs, each treatment includes professional double cleanse, exfoliation, extractions (as needed), masque, customised booster, professional mixer and additive application, toner and skin protection.

Our Dermalogica skin therapists will help design a series of treatments to meet your specific needs, whether you're looking to address photo-ageing, fine lines and wrinkles, uneven skin tone, acne breakouts or simply want a younger looking complexion.

Choose from the following Dermalogica treatments to create the ultimate skin result:

AGE smart®

Are the signs of ageing more prevalent on your skin? AGE Smart® will give it a revitalising power boost to firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin ageing.

UltraCalming™

The Dermalogica UltraCalming™ facial provides serious relief for sensitised skin. This facial calms, soothes and replenishes the most aggravated, irritated, inflamed skin.

MediBac Clearing®

This is the end of the line for adult acne with this powerful line of products that will jump-start acne clearing and help prevent acne well beyond the treatment.

Touch Therapy

Extra 15mins **£15**

While no one knows your skin better than a Dermalogica Skin Therapist, only you know how you feel. That's why you can customise your Dermalogica Skin Treatment by adding your choice of Touch Therapy, 15 minutes of extra attention where you need it most.

- De-stressing Neck and Shoulder Massage
- Relaxing Back Massage
- Re-Balancing Reflexology Foot Massage
- Stress Relieving Hand and Arm Massage

60mins
£55

BioSurface Peel™ Treatment

90mins **£80**

BioSurface Peel™ is a professional chemical peel designed to resurface the skin with minimal recovery time. This unique, multi-phase approach works with the skin's biology to safely slough away dull epidermal layers and accelerate cell renewal without inflammation and prolonged downtime typically associated with chemical peels.



Environ

Environ offers the most advanced approach to results driven skin care – bridging the gap between beauty therapy and modern medical science. The Environ lonzyme machine uses electrical pulses and special sound waves to increase the penetration of vitamins A, C, E and beta-carotene by up to 40 times more than simply massaging in by hand. Effects are noticeable after just one session.

Active Vitamin Treatment

60mins **£65** | 90mins **£85**

Packed with nourishing, anti-ageing ingredients, this treatment will leave your skin looking radiant and dewy. The freshest, most active forms of vitamin A, C and anti-oxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates collagen to soften lines and improve elasticity, increase hydration and boost radiance.

Suitable for all skin types – particularly effective at addressing sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with visible differences after just one session.

Collagen Power Facial

60mins **£65** | 90mins **£85**

This peptide-packed facial helps to boost collagen, soften fine lines and tighten lax skin, resulting in a more youthful appearance. Ideal for targeting mature or photo-damaged complexions. The treatment uses gentle soundwaves to drive a special nutrient packed serum deep into the lower layers of the skin.

The Frown Treatment

45mins **£90**

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming.

HydraBoost Treatment

60mins **£90**

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Based on Hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin.



Precision Treatment

30mins **£45**

This time effective treatment targets specific areas of concern using unique skin care techniques that ensure effective results. This treatment is perfect for when your time is limited.

Purifying Treatment

45mins **£52**

Created to purify a micro-exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. This combination of scientifically advanced products and techniques revives and refreshes, leaving the skin feeling like new.

Cool Peel Treatment

60mins **£65**

This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength Lactic Acid is used to reduce the skin's PH and trigger the release of growth factors, which creates tighter, smoother skin.

It destroys bacteria, boosts hydration and removes the build-up of dead skin cells, helping to decongest the surface and smooth its texture. The Cool Peel is ideal for clients with lines and wrinkles, rough or problem skin, sun damage and Rosacea.

BODY & HOLISTIC

Our team of highly skilled therapists bring years of expertise, knowledge and professionalism to your treatment. Our focus is on providing a completely customised experience each time you visit.

The Haven Well-Being Massage

30mins **£37** | 60mins **£50**

Whatever you are looking for from a massage, this personalised treatment uses combinations of Swedish, Aromatherapy and Hawaiian Lomi Lomi techniques to create excellent results every time.

Hot Stone Massage

50mins **£48**

A blissful massage using a combination of hot volcanic stones and pure essential oils to ease away life's stresses and leave you feeling warmed and completely relaxed.

Lava Shell Massage

50mins **£55**

Lava Shells emit a steady stream of heat when used as a massage tool to relax the muscles and ease tension. Due to their unique shape and angles they become an extension of the therapist's hands, deploying deeply therapeutic relief exactly where it is needed.

Indian Head Massage

45mins **£44**

This traditional seated treatment works without oils and over clothing focussing on the shoulder, neck and scalp areas for complete relaxation.

The Savon Noir Scrub

50mins **£48**

Includes a gentle body brush, heated steam towels, full exfoliation using the Savon Noir black olive and eucalyptus scrub and moisturising milk body polish to finish.

The Combination Treatment

60mins **£52**

Includes an Upper Body Haven Well-Being Massage together with a cleansing and nourishing mini Moroccan Haven Facial.

Hopi Ear Candling

35mins **£30**

This pleasant non-invasive treatment is used to offer calming benefits for many problems associated with the ear, nose and throat areas.

Reflexology

60mins **£50**

This ancient therapy is both deeply relaxing as well as energising-treating the whole person through gentle manipulation of the feet.

Reflexology with Hot Stone Foot Massage

75mins **£62**

A deep heat foot and lower leg massage follows your complete Reflexology session leaving you floating on air.

Reiki

60mins **£52**

Reiki is a non-invasive, deeply relaxing Japanese therapy that also promotes healing by encouraging the flow of 'Chi' (life force energy) throughout the body.

Oncology Massage

75mins **£60**

This highly specialised massage aids those with a history of, currently living with or recovering from cancer.

The Pregnancy Massage

30mins **£37**
60mins **£50**

A great stress relieving massage using our specially designed Pregnancy Pillow for extra support to the back, knees and growing bump together with 'baby-safe' pure essential oils.



BEAUTY TREATMENTS

Waxing and Threading

Why settle for anything less than the very best when it comes to something as personal and intimate as your waxing? We work with some of the world's best waxing systems (including Lycon and Epiloderm) to provide you with virtually pain-free, longer-lasting results time after time. We offer 3 for 2 on all of our Waxing services with the lowest priced area being free of charge.

Eyebrow Shape

£11

Brazilian

£36

Upper Lip or Chin

£8

Hollywood

£39

Under Arms

£15

Half Leg

£18

Forearms

£16

Full Leg

£24

G-String

£20

Bikini

£15

Gents Chest or Back

£20

3 FOR 2
WAXING
TREATMENTS



Tinting

Eyelash Tint

£13

Eyebrow Tint

£11

The Complete Eye by

Mi

£30

A professional brow and lash service has been created especially for you. Our treatment combines tinting, waxing, styling and finishing to deliver fabulous results. A Patch test is required before treatment.

HANDS & FEET

Jessica GELeration

Created with the nurture of your natural nail in mind, GELeration protects your nails, while offering weak, bitten or problem nails the opportunity to grow underneath the gel polish.

- 💧 Perfect nails with long-lasting high gloss shine
- 💧 Durable yet flexible.
- 💧 Non-chip finish
- 💧 No smudging
- 💧 Super-fast drying times
- 💧 Protects the Natural Nail

Jessica Gel Mani

£30

Includes application of cuticle oil, brush and prep of nails, file to shape and double polish.

Jessica Gel Pedi

£30

Includes application of cuticle oil, brush and prep of nails, file to shape and double polish.

Jessica Luxury Foot Spa treatment with Gel polish

£40

Includes foot soak, hard skin removal, heated booties, foot massage, nail treatment and Gel polish.



MAKE UP SERVICES

Special occasion or event coming up?

Why not let us look after you with our professional make-up service? We use Bare Minerals and Mii products for a natural look that brings out the best in everyone.



£40

LA SULTANE DE SABA RITUALS



Indulge your senses

La Sultane de Saba unleashes the secrets of precious rituals and recipes that date back to the time of the Queen of Sheba and Cleopatra. A blend of natural ingredients are used to create a dazzling array of fragrances and decadent textures. When combined with these effective rituals from around the world, your mind and body will be transported, and your senses indulged, in a journey of pure relaxation for the ultimate in wellbeing.

The Spice Route Moroccan Journey

60mins £59

A sumptuous combination of warming shea butters, hot stones, heated massage beds and a signature blend of Ayurvedic oils makes this traditional full body massage the ultimate in relaxation.

The Balinese Journey

60mins £59

This luxurious frangipani based treatment includes an exotic orange blossom facial massage with scalp rub, a dreamy warm-oil upper body massage and a relaxing or invigorating pressure point foot massage. Leaves you feeling completely stress-free from top to toe.

The Japanese Journey

60mins £59

Using the precious oils and plant extracts of Neroli and Lotus blossom, this fragrant ritual includes a Japanese rice facial, head and scalp massage and a foot treatment incorporating reflexology pressure points.

The Green Tea Journey

60mins £59

This refreshing and invigorating muscle melt full body massage uses the stimulating blend of green tea and ginger to detoxify and enliven tired and aching muscles.

The Malaysian Journey

75mins £80

Our Far Eastern combination ritual includes a gentle organic floral full body scrub to purify and buff the skin, followed by a creamy champaka-infused milky shea butter wrap. It also includes a scalp and facial massage for the epitome of all-over silky skin nourishment.

The Orange Blossom 'Mum to Be' Journey

90mins £85

A unique treatment for expectant Mums, providing all-over relaxation using the sweetly fragranced Orange Blossom throughout. This ritual includes a delicate facial using 'baby-safe' oils and gels, a warm shea butter back massage and a sumptuous foot ritual to soothe swollen, tired legs and feet.

GIFT
VOUCHERS
AVAILABLE



The Haven

Please call in advance to reserve your preferred appointment time. We require credit card details to hold a reservation and at least 24 hours notice should you wish to cancel an appointment. Cancellations with less than 24 hours notice will be charged at the full rate.