



SUSAN'S

BEAUTY & BODYCARE SALON



Contact us:

Susans Beauty & Bodycare Salon

Dawsons Court
Market Place
Settle
BD24 9ED

01729823344

www.susansbeautyandbodycaresalon.com



[Facebook.com/susans.images](https://www.facebook.com/susans.images)

[email: susansbeautyandbodycare@hotmail.co.uk](mailto:susansbeautyandbodycare@hotmail.co.uk)



Appointments & Cancellations

We respectfully request 24 hours notice for cancellations of all appointments, we reserve the right to request full payment for all appointments not kept or cancelled 24 hours in advance.

We may also request a deposit to confirm bookings for certain appointments.

Please remember when making appointments that we are exceptionally busy and to avoid disappointment book as soon as possible.



Hands and Feet

Jessica Manicure & Zen Spa Pedicure

Jessica nail products are scientifically designed to cater for the special needs of problem nails.

Homecare is essential to achieve optimum results.

Deluxe Manicure, with conditioning mitts	£29.00
French Manicure	£24.00
Manicure with polish	£21.00
Manicure without polish	£18.00
File and polish	£11.50
Jessica Zen Spa Pedicure	£30.00
Jessica Zen Spa Pedicure with conditioning mitts	£34.00
Mini Pedicure	£21.00

Please remember to bring sandals or flip-flops to your pedicure appointments.

Jessica Geleration

Jessica Geleration nails are a hybrid between gel and polish, giving fantastic long-lasting colour that dries in minutes with a flawless finish. Lasts 2-3 weeks.

Geleration polish	£26.00
Geleration Manicure or Pedicure	£36.00
Geleration Refresh	£16.00
Geleration soak off and file	£16.00
Geleration soak off and reapplication	£29.00



Eyes

Eyebrow Shape	£10.50
Eyebrow Trim	£8.00
Eyebrow waxing	£9.00
Eyelash Tint	£12.00*
Eyebrow Tint	£7.00*
Eyelash and Eyebrow Tint	£17.00*
Ultimate Brows	£20.00

Tinting, shaping, waxing, powder and gel to give great definition.

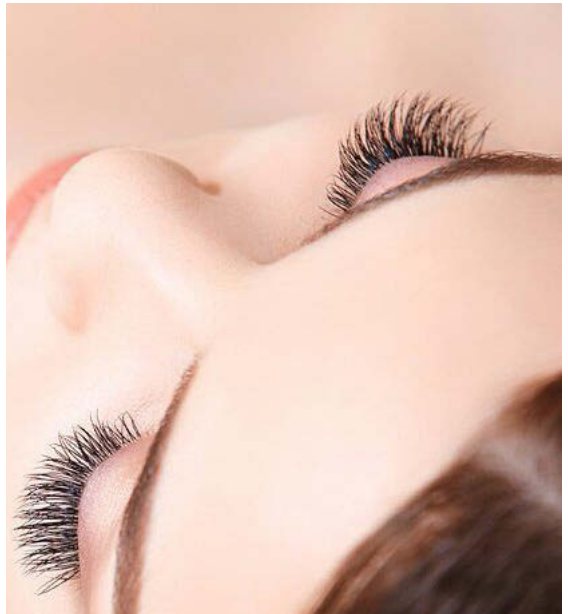


Eyes

Curl up and Dye * £31.00

Thuya eyelash perming and tinting. Enhances the appearance of the eyes and normally lasts 5-6 weeks.

*Requires a patch test 48 hours in advance.



Jane Iredale Make-up



We use Jane Iredale Mineral Make-up, which is non-comedogenic, hypoallergenic and suitable for sensitive skin. There are no chemical preservatives, synthetic fragrances or fillers. Jane Iredale is light, long-lasting and easy to apply. Several products are recommended by the Skin Cancer Foundation as effective UV sunscreens, reducing sun damage and the risk of skin cancer.

Special Occasion Make-up £35.00

Includes cleanse, tone, moisturise and make-up application.

Skincare and Make-up Lesson. £45.00

Your therapist will advise you on the most suitable skincare for your skin and show you how to enhance your natural beauty with make-up. This lesson includes cleanse, tone, moisturise and an application of day or evening make-up

Essential Bridal Package £82.00

Advisable for all brides to achieve the look you desire for your special day. Includes a make-up trial before the event and application on the day.

FREE Mini Makeover

A 15 minute appointment, includes application of base make-up. Must be taken alongside an existing appointment. Please arrive wearing no make-up, as the appointment does not include a cleanse, tone and moisturise.



Slimming and Tanning

Environ Body Sculpt

1 hour £50.00

This effective treatment is a great way to help smooth stubborn cellulite while firming and tightening the skin. The active ingredients assist in the reduction of the 'orange peel' effect on upper thighs and buttocks, leaving skin smooth and hydrated. Homecare is Essential to achieve the best results.

Slendertone

Electrical stimulation tones your muscles without any effort. Treatments available for; abdomen, buttocks, upper arms, legs, cellulite, lymphatic drainage, tens pain relief and post-natal toning.

Single session

£25.00

Recommended as a course of ten, plus two FREE

£250.00

Dual programme for two areas, single session

£35.00

Recommended as a course of ten, plus two FREE

£350.00

Quick Slim Body Wrap

Lose unwanted inches in less than two hours. Need help to fit in that dress? This is ideal.

Basic wrap, from the knee to below the bust

£47.00

Deluxe wrap, from the ankle to the neck

£58.00

Recommended as a course of three:

Basic - £130.00

Deluxe - £160.00

Sienna X Cream Tan

The face and body are exfoliated, moisturised, then the tan is applied. The Sienna X tan gives an instant and darker overall colour. There is also an option to have a gradual tan which gives a lighter natural, sun-kissed colour.

Half body - £25.00

Full body - £45.00

Sienna X Spray Tan

Sienna X spray tanning gives a gorgeous, natural-looking tan without the dangers of sun-damage, letting you look stunningly tanned all year round.

1 Spray Tan

£25.00

With exfoliating treatment

£35.00

2 Spray Tans

£35.00

With exfoliating treatment

£45.00





Hair Removal and Thread Vein Treatment

For your comfort and safety we use Phd strip wax and hot film wax for more sensitive areas. All waxing is followed by soothing aftercare. Prior to waxing, hair must be no shorter than 5mm (around 2-3 weeks growth). You should not use moisturisers or sunbeds on the day of your appointment.

Eyebrow waxing	£9.00
Lip wax	£9.00
Lip and chin wax	£12.00 - £16.00
½ Leg wax	£17.00
¾ Leg wax	£22.00
Full leg wax	£27.00
Underarm wax	£10.50
Bikini wax	£13.00 - £25.00
½ Arm wax	£13.50
Full arm wax	£20.00
Intimate Waxing	from £25.00

Electrolysis

The permanent method of removing facial and body hair. A consultation is required before commencing treatment. We are registered to practise by the local authority and the method is medically approved. Therapists are members of BABTAC or the B.I.A.E. and always use sterile, disposable needles. Initial consultations are free of charge.

Diathermy	
Min charge	£14.50
15 minutes	£15.50
20 minutes	£17.50
30 minutes	£21.00
45 minutes	£26.00
1 hour	£34.00

Sterex Blend	
Min charge	£15.50
15 minutes	£17.00
20 minutes	£20.00
30 minutes	£25.00
45 minutes	£29.00
1 hour	£36.00

Thread Vein and Skin Tag Removal

Effective treatment for the removal of fine thread veins, red spots or skin tags, using sterile, disposable needles. Initial consultation is free.

Minimum charge, up to 15 minutes	£25.00
Up to 30 minutes	£35.00

Ear Piercing

We are registered with the local authority. We only use guaranteed, sterile, disposable equipment. Quick and totally safe, using surgical steel studs. All children under 16 years of age must be accompanied by a parent or guardian, without exception. We do not pierce ears on children under the age of 5 years.

Includes Studex aftercare.

Both ears	£15.50	One ear	£12.50
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SETTLE OSTEOPATHY

Eleanor Turner M. Ost

Osteopathy is a manual therapy employing a hands-on approach to the diagnosis and treatment of a wide variety of complaints and conditions. It is suitable for children and adults of any age.

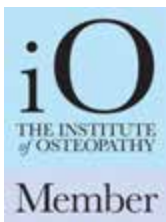
Osteopaths look at each patient as an individual, with individual needs, stresses and strains influencing their body. Osteopaths are concerned with the relationship between certain structures in the body – muscles, ligaments and joints – and the manner in which the body functions.

Osteopaths use a mixture of touch, movement, stretch and massage during treatment. They may also provide advice on posture, exercise and lifestyle in conjunction with the physical treatment. In this way they can increase the mobility of restricted joints, relieve muscle tension and enhance the body's own healing mechanisms to aid with recovery.

Do you suffer from:

- Generalised aches and pains
- Joint pains
- Arthritic pain
- General, acute & chronic backache, back pain
- Neck pain
- Headaches arising from the neck (cervicogenic) / migraine prevention
- Frozen shoulder
- Tennis elbow
- Circulatory problems
- Cramp
- Sciatica
- Muscle spasms
- Fibromyalgia
- Inability to relax
- Rheumatic pain
- Minor sports injuries and tensions

Book a treatment with our fully qualified Osteopath at Susan's



New patients: £40 for a 60 minute appointment
Returning patients: £34 for a 30 minute appointment

Contact Details

Bookings: 01729823344

Email: eturner8686@gmail.com



Podiatry/Chiropody Clinic

Ruth Doran BSc (hons) Podiatry, Pg Cert High Risk, MChS

10+ year NHS Experience

Nail Cutting

Treatments for:

Corns & Callus

Ingrowing Toenails

Diabetic Foot Checks

Verruca

Biomechanics

Plantar faciitis



The SOCIETY of
CHIROPODISTS
& PODIATRISTS

Initial assessment £36.00 Thereafter from £20.00

Home visits available

Phone Susan's to make an appointment with Ruth

Tel: 01729 823344

Upright Fast Tan Sunbed

Over 18 years only. Suitable for Male or Female use.

In it's own secure room, our managed sunbed will prepare the skin prior to your holidays, or even a top up after! The Winkease eye goggles are also provide for your protection.

The sunbed is available for individual sessions or as a course of 10.

Pre booking is advisable.

1 x 3 Mins @ £2.50 or a course of 10 @ £25 + 1 session FREE

1 x 6 Mins @ £3.50 or a course of 10 @ £35 + 1 session FREE

1 x 9 Mins @ £4.50 or a course of 10 @ £45 + 1 session FREE



Su-Zen Facial Range

Our bespoke skin care range 'Su-Zen' (meaning to discover enlightenment) has been developed to provide you with effective products which are sulphate, paraben and chemical free. The products are formulated using a combination of modern scientific knowledge and powerful plant lore, they provide a natural alternative helping to maintain your natural, radiant beauty. The products are made in the UK and not tested on animals. Homecare is essential for optimum results

Express Facial **30 minutes** **£28.00**

Ideal for lunchtime for an instant pick me up. Includes cleanse, exfoliation, tone, mask, shoulder massage and moisturise.

Aromatic Facial **1 hour** **£42.00**

The signature Su-Zen facial. A relaxing facial incorporating essential oils. Leaves your skin glowing and radiant. Includes face, neck and shoulder massage.

Deep Cleansing Back Treatment **1 hour** **£50.00**

Ideal for problem skins. Helps to decongest, improve skin tone and texture. This treatment helps to clear the skin.

Essential Oil Facial **1½ hours** **£52.00**

Extremely relaxing and beneficial for all skin types. A personalised mix of Su-Zen essential oils are used to treat your skin concerns. Includes added application of ampoules, neck traction and scalp massage.

Su-Zen Luxury Facial **1½ hour** **£54.00**

For that extra special pampering treat, a bespoke facial includes prescriptive mask, scalp, hand, arm and foot massage. Cocooned in warm towels, pure heaven.

Su-Zen Anti-Ageing Facial **1 hour** **£45.00**

This facial has been specially designed to combat the main types of ageing; natural, genetic, and photo-ageing due to UV damage.

Non-surgical Facelift **1¼ hours** **£56.00**

This treatment not only tones and lifts more effectively but also addresses the concerns of expression ageing. Free consultation.

Recommended as a course of six, (+ 1 Free) to be taken over one month **£336.00**



Body and Holistic

Swedish Body Massage

A stimulating manual massage, which helps to increase blood and lymphatic flow, promotes a sense of well-being, aids relaxation and helps to minimise fluid retention.

Reduces stress and improves muscle tone and skin texture.

½ hour £22.00

1 hour, full body £40.00

Full body, with exfoliation £47.00

Infra-Red Treatment

Powerful heat rays penetrate the body promoting circulation, reducing pain, tension and aiding healing. Used with massage, infra-red deep heat is very beneficial in the treatment of rheumatism, sciatica, lumbago, muscle tension and colds. Gives rapid relief to sports injuries such as sprains and bruising.

½ hour treatment £22.00

Look Better Naked

This Spa treatment is a fantastic boost for your body leaving your skin smooth, soft and silky. The complete treatment includes exfoliation with a mineral body scrub, Dead Sea mineral body mask and a luxurious massage with a rich body crème.

Ideal pre-holiday treatment £52.00

Aromatherapy Massage

A special massage focusing on acupressure points, helping to restore a balanced energy flow to the body. After your treatment, you will feel relaxed and reinvigorated. The aromatherapy oils should not be washed off for at least eight hours for maximum benefit.

£43.00

Priudara Thai-style Massage

Hot compresses containing a mixture of dried plants, roots, peel, stems and extracts are used to help stimulate the energy flow. This in turn helps invigorate, stimulate, refresh and purify the mind and body. The ultimate detox treatment.

Back treatment £31.00

Ultimate full body treatment £62.00





Th. Stone Therapy

Th. Stone massage is designed to uplift and relax the body at its deepest level. Hot stones, combined with massage, provide the ultimate relaxation. With profound effects on mental, physical and spiritual levels of the body. Treatment includes body brushing.

Back treatment	£31.00
Full body treatment	£62.00

Ear Candling: Thermo-auricular Therapy

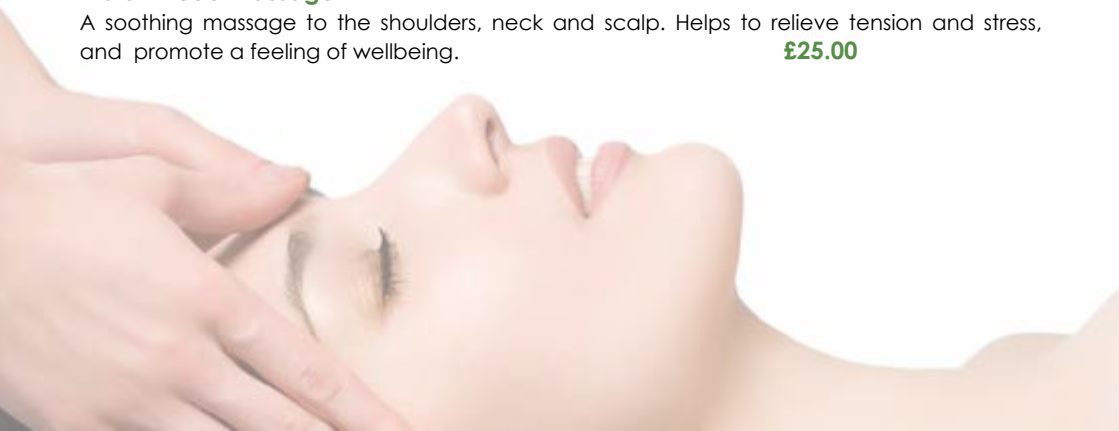
A relaxing and calming therapy, combining neck and scalp massage. This treatment is excellent for anyone who suffers with excess wax in their ears, sinusitis or blocked sinuses. It is also helpful in treating headaches, migraines, catarrh, recurring ear infections and hay fever. This is a gentle holistic treatment and is best when used regularly. For long standing conditions a course of treatments would normally be recommended.

Initial consultation and treatment	£32.00
Thereafter	£28.00
Course of three treatments	£82.00
Course of five treatments, plus one FREE	£140.00

Indian Head Massage

A soothing massage to the shoulders, neck and scalp. Helps to relieve tension and stress, and promote a feeling of wellbeing.

£25.00



Packages

Our packages are the ultimate relaxing experience.

Please note that due to the length of these appointments, we recommend booking well in advance. We also require a 50% deposit on booking. We can provide group bookings; for hen parties etc or provide a bespoke package for you, ask for more details.

Deluxe Bridal Package **£180.00**

Includes Aromatic Facial, eyebrow shape, eyelash tinting, make-up trial and a Jessica Zen Spa Pedicure, plus a Jessica Manicure and make-up application on the day.

Essential Oil Top to Toe **£82.00**

A very relaxing and soothing treatment. Includes an Aromatic Facial a full body and scalp massage using specialised techniques. This is the ultimate in luxury and useful for stress related conditions. Regular treatments will help you beat stress. *Allow 2hrs*

Pamper Half-Day Special **£137.00**

A luxurious treatment ideal for a special gift or treat 3½ hours of pure escapism, includes a Jessica Manicure and Zen Spa Pedicure, Essential Oil Top to Toe and an eyebrow reshape.

Prom Package **£70.00**

Ideal before proms, parties, hen weekends, includes a Sienna X spray tan, Party Lashes with tint and a file and polish. *Allow 1 hour*

Holiday Countdown **£117.00**

Includes a full leg, bikini and underarm wax, Jessica Manicure and Zen Spa Pedicure, eyelash tinting and eyebrow shape. *Allow 3½ hours.*

De-stress and Relax **£78.00**

This is 2 hours of pure heaven, total relaxation at the deepest level, includes an Essential Oil Facial and a Th. Stone therapy back treatment.

Top to Toe Tidy **£58.00**

Ideal prior to a weekend away or wedding, includes ½ leg wax, underarm wax, eyebrow shape and a file and polish on toes and fingers. *Allow 1½ hours.*





Environ Skincare

Developed by plastic surgeon Dr Des Fernandes, the range uses vitamin A in high doses for a genuine effect on the skin.

Helps to address sun damaged, ageing & problematic skins. A consultation prior to your initial treatment is given along with a bespoke skin care recommendation.

Please be aware that recommended skin care products for homecare are essential to achieve results.

NEW Mini Facials **30mins Treatment** **£40.00**
Precision or Purifying

Active Vitamin Treatment **1¼ hours** **£55.00**

Advanced Active Vitamin Treatment
(includes mini peel) **1½ hours** **£67.00**

The freshest, most active forms of Vitamins A, C and anti-oxidants are driven deep into the lower layers of the skin. Particularly effective for sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring, with visible differences after just one session.

The Frown Treatment **45 minutes** **£75.00**

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The treatment works in the same way as botox without the associated risks.

Hydra Boost Treatment **1 hour** **£75.00**

The perfect antidote to dry, lacklustre skin, this treatment deeply hydrates while plumping and firming the skin. It helps to reduce fine lines caused by dehydration and increases the plumpness of the dermis, resulting in moisturised, glowing skin.

Skin Clearing Treatment **45 minutes** **£47.00**

Specifically designed to address problem skin, this gentle peeling treatment helps to clear the complexion and calm inflammation, helping to decongest the skin and smooth its texture.

Environ Cool Peel **Single Treatment** **£52.00**
Course of 5 + 1 Free **£260.00**

A ground breaking approach to peels, which rejuvenates skin while caring for the epidermis. These peels address lines, photo-damage, rosacea and problem skin, stimulate growth factors, boost collagen AND achieve incredible results with NO redness and NO recovery time and are suitable for ALL Skins types

We recommend a course of 6 treatments.



IMAGES

TONING SALON

Dawson's Court, Market Place, Settle. North Yorkshire BD24 9ED

Tel: 01729 823344

Ladies Only Fitness Studio



You Can...
Feel Good!
Get Fit!

Get Guaranteed Inch Loss!
Improve Posture and Muscle Tone!
Work the Body Smart Not Hard!
Learn How To Live Younger Longer

We have been established for the last 20 years providing Toning Tables, Sunbed and Mini Gym for our clients.

State of the art Powertone Plus Pilates Toning Tables, which combine Pilates based techniques and Vibro-therapy.

FLABÉLOS Vibro Plate : The ultimate 10 minute workout. Why not try our Treadmill, Cross Trainer and Recumbent Bike in the Mini Gym.

Our Fully Trained Staff will be on hand at all times to assist and support you, whilst you achieve your personal goals.

Call in now for a Free Trial of our Total Body Toning Workout! All Ages & Abilities Welcome!

Images Price List

- Yearly Membership:- £360.00** Available prepaid or £30 S/O per month
+ (1st months payment for new members.)
- 8 Months Membership:- £35.00** S/O per month + (as above)
- 6 Months Membership:- £180.00** Prepaid
- 4 Months Membership:- £40.00** S/O per month + (as above)
- 3 Months Membership:- £120.00** Prepaid
- 1 Months Membership:- £65.00** Prepaid (Anytime)
- 1 Months (Off Peak) Membership:-** (11am until 3pm) **£45.00**

*All Above Membership Packages at Images include combined use of:-
Powertone Toning Tables and all the C/V equipment in our Mini Gym.
* 3 months Membership Packages or more also include the Flabelos *
Images Gift Certificates are also available.*

- 1 Months C/V Only:- £35.00**
- 1 Months Powertone Only:- £48.00**
- 1 Months Powertone (Off Peak):- £40.00**
- Course Of 10 x Powertone:- £45.00**
- Course Of 20 x Powertone:- £80.00**
- Course Of 10 x C/V:- £37.00**
- Course Of 10 x Powertone + 10 C/V: £80.00**
- Course of 10 x FLABeLOS:- £42.00**

****Please ask about our current OFFERS***

Opening Times:-

Mon	7.30am	-	8.00pm
Tues	8.00am	-	6.00pm
Wed	7.30am	-	8.00pm
Thurs	8.00am	-	8.00pm
Fri	7.30am	-	6.00pm
Sat	8.00am	-	1.00pm





SUSAN'S

BEAUTY & BODYCARE SALON

OPENING TIMES

Monday:	CLOSED
Tuesday:	9.00am - 6.00pm
Wednesday:	9.00am - 6.00pm
Thursday:	11.00am - 7.30pm
Friday:	9.00am - 6.00pm
Saturday:	9.00am - 1.00pm



ENVIRON.

AUSTRALIAN
BODYCARE



jane iredale
THE SKINCARE SPECIALIST



JESSICA™

Sienna
PROFESSIONAL SPRAY TAN



SU-ZEN

ADVANCED
nutrition programme

