



At 207 Health and Beauty, we think its important that everyone should have the opportunity to improve their health fitness and feel good about themselves, We provide a professional, friendly atmosphere and offer Beauty Treatments, a Fully Equipped Personal Training Studio, Physiotherapy and Osteopathic clinic all under one roof.

20% Discount Promotion on Bio-Therapeutic Non Invasive Facial.

Full Set of Russian Volume Lashes £90.00

**BOOK 5 TREATMENTS AND RECEIVE YOUR 6<sup>TH</sup> ONE FOR FREE!**

Visit us on Facebook for more promotions

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**AUGUST 2016**



**Lash extension**

Full set 1.5 hours £75.00  
 Half set 1 hour £50.00

**Infills**

The longer the time between appointment times the longer it takes for an infill. You need at least 40% of the lash extensions on for an infill or a full set will be charged

2-3 weeks £35.00  
 3 weeks + £45.00

**Russian Volume Lashes**

Full Set £120.00  
 Infills 2-3 weeks £65.00  
 3 weeks + £75.00

**Lash Lift and Tint**

LVL stands for Length Volume & Lift. Using the latest technology to lift & straighten your natural lashes for a fab wide eyed look. Lasts approx. £50.00

**Lash and Eyebrow**

Eyebrow shape £12.00  
 Eyebrow tint £10.00  
 Lash tint £18.00

**Waxing**

**Hot Wax**

Basic bikini £16.50  
 High bikini £21.50  
 Brazilian / Hollywood £36.00

**Strip wax**

Full leg £25.00  
 Three quarter leg £22.00  
 Upper thigh £20.00  
 Half leg £18.00  
 Basic bikini line £14.00  
 High bikini line £18.00  
 Brazilian / Hollywood £30.00  
 Under arm £10.00  
 Full arm £25.00  
 Lip or chin £7.00

**Men's Waxing**

Back wax £30.00  
 Chest wax £30.00  
 Neck £13.00



## Manicures and pedicures

### IBX Nail Strengthening Treatment

#### Revolutionary new treatment for weak and damaged nails **£29.50**

CND Shellac is the original and only **Power Polish** service. 14+ days of superior colour no matter what life brings you. **Set it and forget it!**

Shellac manicure	£29.50
Shellac manicure and removal	£36.50
Shellac pedicure	£44.50
Shellac pedicure and removal	£51.50
Shellac polish removal	£20.00
Shellac French polish extra	£5.00
Manicure inc cuticles shape & polish	£22.50
Manicure with French polish	£27.00
Shape and re-varnish	£18.00
Pedicure	£32.00
Luxury Pedicure	£37.00
Pedicure French polish	£37.00
Toes, inc cuticles shape and re-varnish	£25.00



## Osteopathy

Osteopathy is the science of human mechanics. It lays emphasis on the structural and mechanical problems of the body, particularly how the body framework is aligned. It is used to treat back problems, sciatica, neck tension and headaches.

Initial consultation/treatment	£60.00
30 minutes	£55.00

## Facial Treatments

<b>Dermalogica Deep Cleansing Facial</b>	£49.50
60 minutes	
<b>Dermalogica Age Smart Treatment</b>	£60.00
Helps to firm, nourish, regenerate and re-energize your skin. 75 minutes	
<b>The Ultimate Regenerating Facial</b>	£80.00
Relaxing facial using Dermalogica products and E2000 facial toner. 90 minutes	
<b>E2000 Bio-therapeutic Facial Toner</b>	£55.00
Gentle lifting and firming facial leaves a regenerated appearance. 60 minutes	
Course of 10	£500.00
<b>Micro-Dermabrasion</b>	
Non- chemical procedure to remove the outer most layer of dry, dead skin cells, and reveal younger looking skin.	
60 minutes	£55.00
Course of 10	£500.00

## Body Treatments

<b>Deep cleansing back facial</b>	£42.00
Exfoliant and a mask is applied followed by a relaxing massage. 45 minutes	
<b>Aroma massage</b>	£55.00
60 minutes	
<b>Anti-stress back massage</b>	£35.00
30 minutes	
<b>Sports massage</b>	£60.00
60 minutes	
<b>Dermalogica spa body scrub</b>	£30.00
30 minutes	
<b>Dermalogica Body spa</b>	£50.00
(Body scrub+ Body wrap)	
45 minutes	
<b>Luxury Full Body Treatment</b>	<b>£80.00</b>
(Exfoliation, Body wrap, Body hydration)	
1 hora	
<b>Rejuvenating body and facial</b>	£120.00
2 hours	

## Universal Contour Wrap

The all natural sea clay body wrapping process is a natural, effective and safe way to achieve guaranteed inch loss, detoxify the body and cleanse the skin.

Full wrap	£75.00
Course of 3	£165.00
Mini wrap	£65.00

## Personal Training and Private Gym

One-to-one training in a fully equipped gym with a qualified instructor. Develop an exercise regime to achieve your goals.

- Weight loss
- Injury rehab
- Health and fitness gain

