

Appointment Times Vary  
By Appointment

Monday - Saturday  
10am till 9pm Weekdays  
10am till 6pm Saturdays

Salon  
01578 722 727



*Body & Mind*

Price List 2015

Borders Body & Mind Ltd  
The Memorial Medical Centre  
2 Edinburgh Road, Lauder, TD2 6TW

salon@bordersbodyandmind.co.uk  
www.bordersbodyandmind.co.uk

## Borders Body & Mind

We are committed to producing superior customer service to our guests at Body & Mind. Borders Body & Mind asks that you express your expectations before or during your treatment so that our therapists can meet your expectations of both service and treatments.

When booking, please advise us if you are pregnant, have muscle or joint injuries; have recently received laser or plastic surgery. Any of these conditions may affect the success or ability to perform your treatments.

Advice is free if you wish to discuss a skin-related problem, please give us a call to arrange an appointment suitable with yourself. It would be appreciated if clients could give their input, for future treatments. We would like you to tell us what you want to see in your salon.

Management reserve the rights to deny treatment if they feel it is not in your best interest.

Some treatments are individual to the therapist, and so may only be available on certain days or times. We are sorry if this causes any inconvenience.

## Waxing

Full Leg	£16
Full Leg & Bikini	£22
Full Leg, Bikini & Underarm	£27
Full Leg & Brazilian	£26
Full Leg, Brazilian & Underarm	£31
Half Leg	£12
Half Leg & Bikini	£18
Half Leg, Bikini & Underarm	£22
Half Leg & Brazilian	£21
Half Leg, Brazilian & Underarm	£26
Bikini & Underarms	£14
Brazilian & Underarms	£18
Underarms	£6
Forearms	£8
Full Arms	£11
Lip, Chin or Eyebrow	£6
Lip, Chin & Eyebrow	£8
Eyebrow Tweeze	£5

## Specialist Waxes

For all your holiday requirements girls	£10
<b>Bikini Wax</b> <i>(A bit off the sides)</i>	£10
<b>Brazilian Wax</b> <i>(Landing strip all the way through)</i>	£15
<b>Bollywood</b> <i>(Very short landing strip)</i>	£20
<b>Hollywood</b> <i>(No place to land)</i>	£26
<b>The Whole 9 Yards</b> <i>(Hollywood wax with diamanté designs Of your choice)</i>	£35
<b>Bum Wax</b> <i>(We tried to think of a nicer way to put this, but the name says it all)</i>	£10

## Electrolysis

Permanent hair removal with no side effects and as pain free as possible. A consultation is received prior to any treatment as a new client.

15 mins	£12
30 mins	£18
45 mins	£25

# Facials

## Facials

Facial products are available for you to buy in the salon.

### 30 min facials

#### Mini-facial

Includes: cleanse; exfoliation and either a cream mask; or facial massage, and finished with the moisturiser to suit your skin.

£15

#### Eye or Lip collagen treatment

This treatment includes a gentle cleanse, rehydrated collagen pieces, with a light massage to help soothe, tone and relax.

£15

### 45 min facials

#### MD Glycolic peel facial

£25

### 1 hour facials

#### Customized facial

Prescriptive facial to balance the skin  
Includes: a cream mask and a hand or foot massage while mask is on.

£30

## Advice

All facials are designed for each individual and their skin type.

### Perfect Hydration facial

This is an intensive moisture boost for the skin, if you work in an air conditioned environment, or just had a bit too much sun, this is the facial for you. Includes a cleanse and exfol with the AHA peel, the skin is then treated to a crystal massage over the top of a pure collagen sheet, and the facial is completed with the moisturiser to suit your skin.

£40

### Algae facial

This facial improves skin structure, vitalizes, cools and calms the skin, includes: cleanse, exfol; then the Algae Matrix mask is dissolved onto the skin and a 20min massage is done with the mask. Treatment finishes with the moisturizer to suit your skin.

£40

### 1 ½ hour specialized facials

#### Anti-Stress

More than a facial, relaxes body, mind and enhances the skin. Includes: thermal back roll; cleanse; exfol with a vapor ozone steam; a relaxing shoulder and face massage; a pure collagen mask: an aroma foot or hand wrap; and a moisturizer to suit your skin.

£50

#### Exquisite Golden Caviar Treatment

Caviar extract for skin used to luxury!

The skin absorbs the precious active ingredients and the elegant, luxurious textures of the Golden Caviar by Biodroga line, delivered through an ampoule, the soft, velvety mask and the massage. This infuses the skin with precious ingredients that lend it a refined beauty.

£50

*1 ½ hour specialized facials cont...*

**Age Performance**

This luxury facial provides support for the more mature skin. Includes: Thermal back roll; cleanse; exfol with vapour ozone; aroma foot wrap; vitamin concentrate with eye and lip massage, 3 face masks, vitamin honey cream mask, hot paraffin mask, to increase the effect; a facial massage; then the 3rd mask is applied; finally the facial is concluded with the Age performance moisturiser. £50

**Derma Rolling treatment**

Derma Rolling is an advanced aesthetic treatment, it is the step you could take prior to thinking of facial surgery and fillers!

It is not suitable to everyone, but a consultation prior to treatment, with our trained therapist, will make sure you are in completely safe hands!

2 hours £180

**Skin Rejuvenation**

For anyone concerned with lines and wrinkles. This facial includes the Futur-tec Skin Regeneration treatment with the much loved collagen fleece mask to plump up all the areas that concern us women, a hand massage is done while the mask is on, and the treatment is finished with the defense maximiser serum and the age performance moisturiser. £50

**Futur-tec Skin Regeneration**

Futur-tec heralds the dawn of the new face-age. Promising to effectively and painlessly tackle harsh face and body imperfections such as wrinkles, cellulite and acne. Combining laser, micro current, ultrasound and vacuum in one state-of-the-art treatment.

Face or Body (1 hour) £35

**Make - Up**

Make-up is available for you to buy at the salon

**Day or Evening Make-up**  
(up to 30 mins) £20

**Wedding Make-up Including a Trial Run**

Trial run up to 1 hour £40  
On the day 30 mins

**Eye Treatments**

Eyebrow tint £7.50  
Eyelash tint £9  
(Either of the above plus  
eyebrow wax additional) £2  
Eyebrow, lash tint & shape £15  
Eyelash perm £20  
Eyelash perm, tint & brow shape £25

**Eyelash Extensions**

Full set £12  
Corners £7

**Lash Perfect, Semi permanent Extensions**

They look and feel like natural lashes but can last for weeks.  
**Full Set (up to 2 hours)** £60  
**Maintenance (up to 1 hour)** £25  
(additional time may require additional cost)  
Eyelash tint and then corner lashes (1h 15m) £35

# Body Treatments

## Body Treatments

### Tanning

St Tropez Spray Tan  
(30 mins)

£25

### St Tropez Exfoliation

Prior to tanning-Try this to get the best from your tan, Includes full body exfoliating with mitts and scrub, followed by a shower.  
(30 mins)

£15

### 1 hour body treatments

#### Spa Sensation Salt Scrub

Starts with a cleanse, exfoliation, and mask for the face, followed with each area of the body being scrubbed down with fine crystals of sea salt, in an aromatherapy mix of Peppermint, Lavender and Rosemary, to revitalise body and mind, follow with a shower and moisturising massage all over the body including the face, with the moisturiser to suit your skin.

£25

## Body Wraps

### 1¼ hour body treatments

#### Milk Honey

This fabulous treatment starts with a full body salt scrub to cleanse smooth and strengthen, followed by the application of the milk honey wrap, which improves suppleness, elasticity and revitalizes dry sensitive skin. While the body is wrapped you can enjoy complimentary mini facial. The treatment is finished with a shower and a full body moisturising.

£45

#### Aroma Algae

One of the most wanted body wraps, starts with the salt scrub to slough off those dead skin cells, then wrapped up in the Aroma-Algae wrap that increases detoxification and fat reduction, decreases water retention and heavy feeling in the legs. This treatment includes a Royal Aquamarine crystal massage on the face and neck while you rest and the treatment is finished with a shower and full body moisturising.

£45

## Cashmere & Silk

Pamper yourself, this indulgent body wrap starts with a full body cleanse, then a full body massage with silk gloves to exfoliate, followed with the luxurious Cashmere body pack, to nourish soothe and improve skins moisture balance and resistance. While resting a relaxing face and head massage continues the treatment. The residue of the pack is then removed with hot cloths and body is finally moisturised and gently pressed all over with a precious silk powder puff.

£50

### Shrinking violet Body wrap

Inch loss over 72hours, enjoy a relaxing treatment, where your skin feels soft, moisturised, and smells lovely, and you are detoxified and loose inches!

Shrinking Violet Body Wrap works by Lipolysis. Lipolysis is where the actual fat cells in the body are broken down and whats in them is removed from the body, making this the first inch loss wrap to actualy tackle the fat.

For an extra treat, combine this with a mini facial, or mini hand treatment! £50

### 2 hour body treatment

#### Fitness Wrap

Covered in a seaweed algae gel, then wrapped up in bandages soaked in salt, marine silt and kaolin, this wrap removes waste products from the body giving you a measurable inch loss from your body shape. This treatment also includes a full customised facial while you are wrapped. £68

### Holistic Therapy's

#### Indian Head Massage

The ultimate, stress relieving massage, incorporating face, scalp and shoulders. This massage can be carried out with or without oil. (45 mins). £25

#### Hopi Ear Candling

This ancient and natural therapy has been used by Native American Indians for many years. Helps with compacted earwax, colds flu, sinusitis, headaches and hay fever. Give it a try. (30 mins) £25

#### Hot Stone Massage

The Hot Stone massage is a must for those that want the ultimate relaxing and balancing massage, just don't plan to do anything after it. (1 ½ hours) £60

Hot Stone Massage (1 hour) £38  
Hot Stone BNS (30 mins) £25

### Aromatherapy

All essentials oils are chosen to suit the body's individual needs. Free consultation requires an extra 20 mins on treatment time. Full Body (1 ½ hours) £50

### Reflexology

This treatment is done by working on reflex points on the feet, stimulating the body and mind according to the area worked on. Please ask for more details (1 hour) £30

### Ayus Lomi

Is a combination of Indian & Hawaiian massage, an intense, deeply relaxing ritual for the entire body. 1 of 3 Ayurvedic blends of oil are used to balance your body, mind and spirit. Starting with an oil stream over your forehead chakra, followed by a massage that flows gently all over the body. A beautiful experience. (1 ½ hours) £60

### Massage

The areas of massage can be specified by the client: legs; back, neck and shoulders; head and neck, wherever you have a problem.

15 mins	£10
30 mins	£20-£25
45 mins	£30
1 hour	£35-£39
1 ½ hour	£45-£50

### Nails

Using ingredients taken from Indonesia and the Java Islands, plants, herbs and fruits, used in Indonesian medicines are combined to condition, sooth and protect your hands and feet. Products are available to buy in the salon.

### Mini Hand Treatments

Includes tidying of nails and cuticles, a hand mask with heated mitts, moisturising and optional nail polish. (45 mins) £18

Or

Includes nail shape, nail buff, full cuticle tidy, moisturising and optional polish. (30 mins) £14

### Deluxe Hand & Nail Treatment

Includes finger soak, sugar scrub, mask with heated mitts, hand massage and tidying of nails and cuticles, and finally optional nail polish. (1 hour) £25

### Paraffin Wax Hand or Foot Treatment

Includes nail and cuticle tidy and soak, paraffin wax mask, followed by a hand/foot massage, and optional nail polish. Brilliant for sore joints. (1 hour) £25

### Mini Foot Treatment

Includes nail and cuticle tidy, foot mask with heated booties, moisturising and optional nail polish. (45 mins) £18

Or

Includes foot bath soak, nail shape, cuticle tidy, hard skin removal with file and scrub, moisturising of feet. (30 mins) £14

### Deluxe Foot Treatment

Includes foot soak, sugar scrub, foot mask with heated booties, foot massage and tidying of nails, cuticles and heels, and optional nail polish. (1 hour) £25

### Calgel Nail Extensions

**Nail Extensions**  
(1¾ hours) £40  
*You can choose colour or french for your extensions*

**Single Nail Repairs** £5  
**Removal & Mini Manicure** £20

### Calgel/Artistic/Shellac or Gellish

Goes on like polish, wears like gel, no drying time, off in minutes. Say goodbye to chips and smudges

**Gel Manicure**  
(1 hour)

£25

**Gel Pedicure**  
(1 hour)

£25

**Removal & Reapply**  
(1 ¼ hours)

£28

### Minx Nails

The Nail wrap of the stars, comes in different styles, colours and designs. Will give you the WOW factor, please ask to see what options are available.  
(30 mins)

£20

### Gents Waxing

Full Back £16  
Full Chest & Back £25  
B, S & C (Back, Sac & Crack) from £45

### Gents Eyebrows

Monobrows removed / general tidy (Not same as ladies treatment) £8

### Gents Nails

Trim & Tidy (30 mins) £14

### Gents Massage

**Deep Tissue Massage**  
To stretch and straighten those knots using essential oils that are fresh and invigorating.

30 mins From £17-23  
1 hour From £32-37

### Gents Facials

**Quick Refresher**  
Clarifies, cleanses and vitalises mens stressed skin. (45 mins) £30

### Vitality

For new energy and refreshing relaxation with intensive pampering care (1 ½ hours) £50

### Kids Treats (under 10yrs)

**Fun Manicure or Pedicure**  
Clean up those little paws and let them sparkle, multi-colours and diamantes (30 mins) £10

### Kids Little Facial

Teach them how to cleanse properly, make those teenage years easier. (30 mins) £12.50

## Gails Pamper Parties

Girls Nights/Hen Parties/Birthdays

Invite some friends to your home and choose from the following treatments:

- Manicure-Pedicure
- Mini facial-Head massage
- Shoulder massage- Eyelash extensions

Prices from £15 per person

Price includes travel within 30 mins of distance from salon

Email : pamperparties4u@hotmail.co.uk

## Facial Aesthetic Clinic

One Saturday a month, we will be hosting an Aesthetics Clinic.

This will be advertised in the salon.

Botulinum Toxin: Botox

For 1 Area           £120

For 2 Areas           £200

For 3 Areas           £270

A free review and top up, if required, is normally done 2 weeks later.

## Dermal Fillers

The prices for dermal fillers alters due to the areas being treated.

The dermal filler being used is: Juvederm.....the most important step to restoring the younger you.

Lip area                           £240

Other areas are from           £180 per syringe.

For more information please phone

## Sports remedial therapy

Pain or discomfort? Don't put up with it! Try sports and remedial therapy with Dave, whether it be a sports strain or post operative recovery, this treatment can help you get back on track.

1st treatment (75 mins)           £47

Repeat treatments (1 hour)       £40

## Thia Massage

Thia massage, this fantastic treatment is great if you do a lot of active sports, or just need a really good stretch! Imagine the feeling after a yoga or Pilates class, without you having to do any of the work! Close your eyes and breath and let Dave do the work for you!

1 hour                               £40

1 ½ hours                           £55

2 hours                               £70

## Hypnotherapy

Hypnotherapy, psychotherapy, EFT, and many other methods, can be used to help the mind. Are you struggling with weight loss? or need help to overcome anxiety, fears or phobias? Or need help to build your confidence?

We all have problems, choose to help yourself today.

Consultation (30 mins)	£20
First Session (1 ¼ hours)	£45
Subsequent sessions (1 hour)	£40
Reinforcements (45 mins)	£30
Regression Therapy (2 hours)	£65

## Splendid Bamboo Facial

Dragon fruit extract and precious caviar extract condition demanding skin. The innovative massage with Bamboo sticks and the high quality ingredients, leave you feeling pampered, and your skin radiant with an exceptional luminosity. This treatment is an unforgettable wellness experience.

70 mins	£50
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## Tropical Bamboo Treatment

This exotic treatment will leave you feeling full of well being. Natural powerful ingredients, with the gorgeous massage wax and the innovative bamboo massage will caress your body and soul.

This is a treatment with a difference combining the best of both body treatments, a massage, and a body wrap.

1 ½ hours	£60
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### Gift Vouchers

Treat someone special to a Gift Voucher. Available for purchase at reception. Vouchers are non-refundable and expire after 6 months from day of purchase. Out of date Gift Vouchers will not be accepted, however the monies from unused gift vouchers is put towards a charity.

### Mobile Phones

To allow complete relaxation for you and other clients, please ensure that all mobile phones are switched onto silent, or off.

### Valuables

Please look after your money and valuables. The management accepts no responsibility for the loss of these things.

### Weddings

We do make-up for weddings at some venues within the Borders, however there is a charge for the length of time it takes us to get to you, on top of the treatment fee. Payment for these events will be required prior to the event.

### Products for Sale

We hold a wide range of products for sale in the salon, from make-up, to massage oil. Please ask your therapist or at reception for more details and prices.

### Payment Types

Payment for all treatments is currently only payable by cheque or cash.

### Cancellations

If you can't make your appointment, we would appreciate a minimum of 5 hours notification. Or we will have to start charging for missed appointments.