

## OPI Hands & Feet

Feet treated with kindness, care and technical skill can be beautiful and sensuous. The road to foot health and beauty begins with a professional pedicure, the ultimate favour you can do for your feet.

All treatments offer long lasting results and are great for holidays or a refresh during the week.

### Axiom Gel Nails 1 hr 20 min £50

Gel nails are a fabulous, state of the art nail polish lasting up to three weeks. Axiom is a gel-based colour, applied in various layers and set under a UV light. Full nail grooming will take place during the treatment.

### OPI Manicures

#### Deluxe Manicure 1 hr £35

Are your hands looking and feeling tired? Why not shift those dull skin cells with a beautiful aromatic scrub and a time release hand mask. A re-shape will also take place along with cuticle work, hand massage selected polish and high gloss finish.

#### OPI Manicure 45 min £30

Do you need a good tidy up? A 45 minute manicure will be splendid for your indulgence. Re-shape, cuticle push back and cut, hydrating hand massage and selected OPI polish.

#### Express Manicure 30 min £25

Brighten up your week with a fabulous OPI colour, re-shape, cuticle push back and a polish of your choice. Perfect fit for your lunch hour.

### OPI Pedicures

#### Deluxe Pedicure 1 hr £40

A deluxe foot treatment with aromatic scrub and thermal mask with intense hydration. Your feet will be cleaned and groomed to an excellent standard finishing with a reflex point foot massage, colour of your choice and a high gloss finish.

#### OPI Pedicure 45 min £35

The best option for hard skin. Feet will be soaked, exfoliated, filed, cuticles will be pushed back and removed followed by a relaxing foot massage and selected polish of choice.

#### Express Pedicure 30 min £30

Freshen up your toes in your lunch break and you'll be feeling fabulous in a flash. The treatment includes cuticle push back, re-shape and OPI polish of your choice.

### Touch ups

#### Re-varnish 15 min £10

#### Gel Nail Removal 15 min £10

## Waxing

We use tea tree strip wax and Lycon hot wax for all our waxing treatments.

Tea tree strip wax is suitable for large areas of the body and is very calming and soothing on the skin. Talc will be applied first to provide a barrier between the skin and hair growth.

Lycon hot wax has a great reputation in the waxing world. Hot wax is applied to either the pubic area or face to remove unwanted hair. An oil pre-cleanse is applied to the area to protect the skin from irritation. It is highly recommended for hyposensitive clients. Please add £5 to all treatments if requesting Lycon hot wax.

½ leg	£22	Under arm	£15	<b>Extended</b>	<b>£30</b>
¾ leg	£26	Back wax + shoulder + neck	£28	All hair removed one inch inside the knicker line.	
¾ leg + bikini	£36	Eyebrows	£12		
Full leg	£30	Chin	£10	<b>Brazilian</b>	<b>£40</b>
Full leg + bikini line	£48	Lip	£10	All hair removed from underneath and the groin area.	
Full leg + extended bikini	£50			<b>Hollywood</b>	<b>£45</b>
Tummy	£16	<b>Bikini Line Waxing</b>		All pubic hair removed from the groin area using a combination of strip wax and hot wax.	
Full arm	£25	<b>Basic</b>	<b>£22</b>		
½ arm	£16	All hair removed outside of the knicker line.			
¾ arm	£20				

## Packages

### Eye Indulgence 45 min £40

Spoil your eyes with this full range of eye care treatments. This package includes eyelash tint, eyebrow tint and shape.

**Saving £17**

### Mini Pamper 1 hr 15 min £70

If you need a quick burst of relaxation this package is ideal. Includes: Escale Beaute facial, re-varnish on hands and feet, back neck and shoulder massage.

**Saving £30**

### Sheer Delight 4 hr £170

Working too hard? Need a special treat? How about a morning or afternoon of sheer delight? Enjoy as your skin is magically transformed into the finest pure silk. Tensions fade as rich, aromatic scents engulf you, relieving your body and mind of stress. Salt rubs will exfoliate your whole body leaving you as smooth as silk. Pure pleasure takes over as you are cocooned in a body wrap that will detoxify and deep cleanse the body inside and out. Finally relax as your wearied nails, hands and feet are bathed in rich velvety emollients.

This package includes: Aroma Luxe massage, Soins Velours body treatment, deluxe manicure and pedicure.

**Saving £30**

### Head to Toe Reviver 2 hr 15 min £110

A real star treatment combining marine mineral salts and essential oils for a full body exfoliation with a nourishing foot mask and the exceptional Hydralescence facial. This package immerses you from head to toe in a total spa experience. Tiredness drifts away, leaving you feeling pampered and refreshed with renewed balance and confidence.

**Saving £30**

### Get Ready for the Weekend 2 hr 30 min £140

The perfect package for an evening out or a special occasion. Professional application of make-up, manicure and your hair washed and styled. Look perfect and feel great!

**Saving £30**

**Opening times:** Tues-Fri: 10am-7pm  
Sat: 10am-5pm  
Sun-Mon: Closed

Appointments available out of hours by pre-booking only. To book, please call: 020 7490 8555 or email [info@no-74.co.uk](mailto:info@no-74.co.uk)



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# N° 74

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Whether you're looking for a regular treatment, a pre-holiday pampering session or the ultimate in relaxation with a Yon-Ka facial or massage, we have a range of treatments for you. We can also offer packages for weddings and spa days.

We have included as much information as possible to help you decide on a treatment but if you're undecided please ask any one of the team.

## Eye Enhancers

Tinting is an ideal treatment for holidays, fair eyelashes and swimmers. Treatments will enhance your natural shape and frame your eyes enabling you to say goodbye to your mascara and eyebrow pencil.

Tints are available in three shades lasting from 4-5 weeks, covering even the most stubborn white hairs.

### Eyelash Tinting 20 min £20

The eyelash tint treatments are designed to enhance the colour and length of the lashes making them look longer and more beautiful.

During the treatment we apply protective pads coated in petroleum jelly for under the eyes prior to applying the tint. During this process your eyes are shut and are covered with cotton wool whilst the tint depth of colour develops. Any surplus tint is then very gently wiped away leaving you with beautiful looking lashes. The treatment is painless as your eyes are closed and protected during the treatment.

Treatment can be repeated every 4-5 weeks as required.

### Eyebrow Tinting 10 min £15

This treatment gives you excellent instant results, giving you a beautiful shape which frames your eyes.

Firstly, your eyebrows are wiped over and your desired colour is applied onto the hairs and left to develop. The surplus tint is very gently wiped away and then we can begin to wax or pluck the eyebrows according to the type and amount of hair you have. At the end of the treatment we finish with an application of gentle soothing lotion.

### Eyebrow and Eyelash Tinting 30 min £30

### Eyebrow and Eyelash Tinting plus an Eyebrow Shape and finish with a Rejuvenating Eye Mask 45 min £45

## Yon-Ka Treatments

Enter the world of Yon-Ka treatments for a unique experience where fragrance brings you harmony. Yon-Ka has more than 50 years of expertise in a wide array of holistic, custom treatments providing instantly visible results.

Yon-Ka skincare products are based on pure essential oils – lavender, cypress, rosemary, thyme and geranium. Their distinctive aromas are evident as soon as you enter the treatment room and promote relaxation, wellbeing and total rejuvenation for mind, body and spirit.

Each facial is tailored for the individual client. If you are unsure of which one would best suit you, we would be happy to discuss the options with you.

### Intermezzo 15 min £15

An express botanical beauty encounter if you are short on time. This quick beauty flash facial will restore your skin's glow.

### Escale Beaute 45 min £45

Citrus scent combined with the true lavender fragrance of French Provence to re-energise and stimulate, while a selection of botanical extracts replenish your skin revealing a soft, delicate soothed complexion. 45 magical minutes of wellbeing and relaxation that will leave you wanting more!

### Le Grand Classique 1 hr 15 min £70

The ultimate in relaxation. A deep, pore cleansing, restoring and relaxing facial. A truly personalised beauty treatment, which includes five steps of progressive cleansing without irritation thanks to an exclusive Yon-Ka process. With a relaxing massage and invigorating, balancing natural aromas, your skin is left clean and complexion super radiant.

### Hydralescence 1 hr £60

This high performance, deep hydrating facial will revive the most dehydrated complexions, eliminating signs of stress and helping your skin to re-balance itself with a moisture surge of oils, creams and elixirs.

### Plaisir d'Aromes 50 min £60

A relaxing and wellbeing facial this cocooning treatment unites all of the beneficial elements of Yon-Ka skincare and turns the moment into a pure pleasure. The aromatic compress with its subtle fragrance and the incomparable power of plants coupled with the relaxing massage will leave you refreshed and re-energised.

### Optimiser 1 hr 15 min £80

A deep firming facial that lifts your skin with a redefined contour and replenished radiance. Thanks to the regenerating action of extracts of horsetail, rosehip and collagen, your skin is left looking beautiful and relaxed.

### Alpha Vital 1 hr 15 min £70

Through a resurfacing fruit acid treatment your complexion is brightened, skin becomes softer and firmer and with visibly diminished wrinkles and lines.

### Vital Intense 1 hr 15 min £80

A revitalising facial recommended for all ages. Your skin will be revived with essential oils and energised by free-radical vitamins and trace elements leaving it invigorated as it rediscovers all of its balance, elasticity and vitality.

## Yon-Ka Body Treatments

Escape to a world of scents, softness and well-being. Whether you are looking for supple, soft and well-moisturised skin or an appearance of slimness, firmness and tone, our Yon-Ka body treatments will leave you feeling revived and refreshed.

### Phyto-Marine 1 hr £115

A slimming treatment that offers a full body marine clay mask. This treatment helps to aid slimming and detoxifying as well as help to combat fatigue and reduce orange-peel skin. Results are incomparable although to achieve the full benefits of this popular treatment a course is recommended.

### Deep Cleansing Back 1 hr £50

This exfoliating back treatment includes a deep exfoliation, massage and deeply detoxifying seaweed mask.

### Soins Velours 45 min £70

This treatment is a must for dehydrated skin. The whole body is exfoliated with gentle fruit peels or a remineralising 100% natural marine scrub followed by an application of hydrating body milk containing vitamin E and essential oils. Exfoliates, hydrates and de-stresses your skin.

### Hydralescence Corps 1 hr 50 min £100

Long lasting, deep hydrating treatment. You'll love this effective moisturising and comforting treatment. First a plant-based soft gel peel exfoliates and moisturises, with a delicious citrus fragrance. Then you'll luxuriate in a full body mask of marine clay, rich in detoxifying anti-fatigue properties. Finally your body is moisturised with a divine combination of oils and creams.

### Jambes Toniques 30 min £45

Jambes Toniques is the ultimate remedy for heavy, tired legs, especially after a long day or in hot weather. Rich in ivy and essential oils, this treatment stimulates surface blood circulation and leaves your legs feeling wonderfully light and fresh.

## Massage

Massage deeply relaxes the mind and body bringing you back into relaxation. Muscular tension is relieved whilst blood and lymph flow and digestion and the nervous system are stimulated.

### Aroma - Luxe Massage 1 hr £65

This marvellous relaxing treatment frees your body from stress replacing it with a soothing calm. You will be massaged from head to toe, energised or relaxed according to your needs, in an atmosphere full of essential oils of lavender, verbena and more.

### Three Point Back Massage 30 min £45

This is deep tissue massage for back, neck and shoulders. Ease away stress and tension using techniques specifically created to relax muscles.

### Swedish Massage 1 hr £65

This massage incorporates techniques such as Thai and Shiatsu. It is particularly good for those who have tight aches and pains and can help to diminish acute or chronic fatigue. Using aromatic oils for muscle relaxation and hot towels over the feet you will leave your excess baggage at the door. Medium to firm pressure is applied throughout this deeply relaxing treatment.



Book four beauty treatments and get a fifth one FREE\*

T: 020 7490 8555 E: info@no-74.co.uk

\*Lowest priced treatment will be given free