



Tranquillity

Health & Beauty Salon

Relax and De-stress

in our calming, tranquil haven . . .



Michelle Longden-Thurgood HND BTEC I.I.H.H.T BAPTAC

Tranquillity, 4 Azara Parade, Bracklesham Lane PO20 8HP

Tel: 01243 672 775

Open: Tues - Sat, 9am till late

E: tranquillitybeautybracklesham@gmail.com • www.tranquillitybeautybracklesham.co.uk

GUINOT
INSTITUT • PARIS

dermalogica®

Appointed Skincare Salon

GUINOT
INSTITUT • PARIS

Guinot Facials

*Introduce your skin to the benefits of professional skincare
with Guinot-trained skincare experts*

Beautiful skin..... smooth, clear, luminous and glowing with health.....

The revolutionary salon treatments and plant-based products of Guinot epitomise the greatest traditions of French skincare.

With Treatments being at the very heart of the brand, Guinot prides itself on remaining at the forefront of both machine-based and manual treatments.

Over 40 years ago, Guinot introduced to the world the first machine-based facial which uses galvanic and high frequency technology, known today as the award-winning Hydradermie².



Signature Machine based Treatments

Each facial includes a specialised skincare consultation, advice and personalised treatment prescription to finish.



Hydradermie²

Guinot's 'Signature Star' Treatment.
Discover visible results from your very first treatment with Guinot's exclusive Hydradermie² facial. Adapted to your skin type and concerns, this unique innovation enables fast and deep penetration of ionised treatment ingredients, resulting in exceptional effectiveness.

1 hour - £72.00

Course of 3 - £210.00

Course of 6 - £420.00

Hydradermie² Age Logic

The 'Anti-ageing Star' Treatment.

Clinically proven to improve wrinkle depth by up to 49.5%, this specially designed anti-ageing Hydradermie² facial focuses on the eyes, face and neck to target signs of ageing.

1 hour 15 min - £87.00

Hydradermie² Lift

The 'Instant Lifting' treatment.

Hydradermie² Lift brings revolutionary youthfulness and renewed tone by stimulating the muscles and providing a massage that lifts the facial features. In the same way that body muscles are "sculpted" at the gym, this treatment adds a spectacular "lift effect" to your face after just a few sessions.

55mins - £74.00

Course of 9 - £600.00

Hydradermie² Lift Express

The Express Treatment.

For those who are in a hurry and need quick results, this treatment includes cleansing, exfoliation and muscle stimulation restoring a youthful tone to the complexion.

30mins - £55.00

Hydradermie² Lift Deluxe

The 'Ultimate Lift' Treatment.

A combination of the Hydradermie² Age Logic and the Hydradermie² Lift will leave your skin looking fresh and radiant. Experience an immediate lifting treatment through the stimulation of the muscles, lifting the face, adding firmness and leaving an overall younger appearance to the face. **1**

hour 30 mins - £130.00



Eye Logic

The Instant Eye Repair Treatment

This unique treatment targets signs of ageing and tiredness around the delicate eye area, including fine lines, wrinkles, puffiness and dark circles. Using an expert combination of machine technology, a specific hands-on massage and a specially designed eye mask soaked in a concentrated skin repair serum for maximum effectiveness. Excellent brightening treatment for the eyes.

50mins £55.00

Course of 6 - £300.00



**Guinot's
Treatment
Facials**

(Hands on therapy facials)

Age Summum Facial

The Ultimate Anti-ageing Treatment.

The pinnacle of anti-ageing treatments, Age Summum, uses pure Vitamin C, Hyaluronic Acid and Pro-Collagen to target the signs of ageing. Active ingredients are penetrated into the skin using the exclusive Age Summum anti-ageing massage. Fine lines and wrinkles are smoothed and the skin's youthful radiance is restored.

1hr - £85.00

Detoxygene Facial

The Detoxifying Treatment.

This facial re-oxygenates the skin to restore radiance and balance that is often affected by lack of sleep, stress and diet

The mask acts as a 'pollution magnet' removing pollution particles to detoxify the skin and leaves your skin looking radiant and luminous. **£62.00**

Equilibre Purete Facial

The Purifying Treatment.

This facial restores balance and purifies the skin. A specialised heated dual-action exfoliator opens up the skin's pores to help eliminate sebum and blackheads. The skin is left refined and regenerated. **£62.00**

Hydra Peeling Facial

The Radiance Peeling Treatment

Hydra Peeling is a skin rejuvenating treatment with two peeling options that are adjusted and prescribed based on client's beauty goals and level of skin sensitivity.

This revolutionary skin renewal treatment even enables clients with sensitive skin to enjoy the benefits of an enhanced cellular regeneration peel. Hydra peeling is a unique alternative to aesthetic medicine that erases visible signs of ageing, brightens skin tone and diminishes dark spots.

1hr - £80.00

Course of 3 - £210.00

Hydra Summum Facial

The Hydrating Plumping Treatment.

A hyaluronic acid infused treatment to intensely rehydrate and restore the skin's barrier. Wrinkles and fine lines are smoothed and skin is left plumped and nourished.

1hr - £80.00

Lift Summum Facial

The Luxury Lifting Firming treatment.

The Ultimate firming treatment, Lift Summum leaves the face and décolleté visibly firmer, plumped and lifted. Collagen and Hyaluronic acid alongside a unique lifting massage technique help to smooth fine lines and wrinkles away giving a more youthful appearance.

1hr - £80.00

Mini Reviving Facial

An express facial to quickly brighten and freshen the skin with an exfoliating foam cleanse and a conditioning hydrating mask with tension relieving scalp massage.

30min £40.00

Guinot Relax & Revive Facial

A whole hour of hands on therapy to brighten the skin. Ideal 1st time facial.

50mins £55.00



BODY TREATMENTS

Firming & Contouring Body Wraps

Achieve visible slimming and firming results from the very first treatment. With the Techni-Slimming and Techni-Firming treatments from Guinot.

Using an in depth massage combined with carefully formulated serums and a unique body wrap technique. These specially designed manual treatments visibly reduce the appearance of cellulite and restore the skin's firmness.

✧ **Techni-Slimming Body Wrap**

Containing key ingredients of caffeine and IsoSlim Complex, this unique treatment combats stubborn cellulite whilst inhibiting the formation of new fat in the targeted area, refining and smoothing the silhouette.

1hr £80.00

✧ **Techni-Firming Body Wrap**

Designed to firm the body and tone the skin using key actives of Crelastin B to improve skin's elasticity and Alaria Esculenta to fight against skins slacking.

1hr £80.00

Aromatic Skin Renewing & Exfoliation Treatment

Achieve firm and silky-smooth skin with this complete body exfoliation which helps to eliminate dry, flaky skin, refining the skin's texture. The exfoliation is followed by a body moisturiser leaving the skin soothed and refreshed.

45min £52.00

HEALING HOLISTIC MASSAGE TREATMENTS

Healing treatments to restore the natural state of balance and harmony within the body. Working on energy meridian lines and colour visualisation.

Swedish Massage

A stress relieving massage to relax tired, achy muscles and ease tight knots and tension in the back.

Full Body 1hr £62.00

**Back, Neck & Shoulder 30min
£34.00**



Aromatherapy Massage

The ultimate relaxing massage using wonderfully scented pure essential oils prescribed to the client's individual needs to de-stress, calm and detoxify the body. Treatment uses lymphatic drainage technique to help drain away unwanted toxins.

Full Body including Face and scalp massage 1hr 15min £90.00
**Back, Neck & Shoulder 30min
£42.00**

Indian Head Massage

A holistic healing massage relieving tension in the scalp, neck and shoulders. Excellent for anyone suffering with headaches and migraines or eyestrain and sinus problems. Ideal for dry hair and scalp as promotes conditioned, soft shiny hair using pure coconut and jasmine oils.

30min £40.00

LAVASHELLS®

'The warmth of the tropics in the palm of your hand'.

A relaxing heat therapy massage using tiger clam shells from the Philippines that contain a natural detoxifying remedy which provides continual warmth to soothe the muscle tissues.

Back and Neck 30min £46.00
Full Body 1hr 15min £110.00

Reflexology

A healing pressure point massage technique on the feet treating specific zones which relate to different parts of the body. Excellent to ease stress and anxiety and help with certain ailments such as IBS, headaches and migraines. Treatment is then completed with a relaxing aromatherapy foot massage.

1hr £47.00
Course of 4 £170.00



Pregnancy Back Massage

A relaxing back, neck & shoulder massage performed on a chair for comfort of baby bump. Soothing massage techniques to ease back tension and muscle soreness before baby arrives. **25min £40.00**

HAND & FEET TREATMENTS



Gelish Manicure

A longer lasting manicure using a specialised chip resistant nail lacquer which lasts for up to two weeks with gleaming high shine and no drying time!

Includes full cuticle work, nail repairs & relaxing arm massage.

Gelish manicure £34.00

(Gelish nail art - extra £5.00-£15)

Gelish pedicure £40.00

(Gelish nail art - extra £5.00-£15)

Gelish removal, file and nourish with treatment strengthener £24.00

There will be an additional charge of £5.00 for the removal of Gel Varnish NOT Applied by us.

OPI Signature Manicure

1hr £32.00

OPI Signature Pedicure 1hr £36.00

File and Paint £20.00

Manicure with strengthener and no polish £28.00

EYE TREATMENTS



brôw
by Mi

Eyelash tinting inc de-stress scalp or relaxing arm massage £20.00

Eyebrow tinting £10.50

Eyebrow and Eyelash tint £28.00

Patch test required 24 hours before first time.

High Definition Brows

The whole package for perfect statement eyebrow definition including double the strength tint, gentle lavender wax & mineral make up to soothe redness & highlight your beautiful arch **£27.00**

HAIR REMOVAL

Waxing

Using PhD unique waxing system offering you a professional and less painful hair removal service. PhD is the safest and most hygienic wax system in the world using a disposable applicator for every client.

Full leg wax £35.00

Full leg including bikini line £40.00

3/4 leg wax £27.00

Lower leg wax £20.00

Top half leg wax £29.00

Bikini line £19.00

Underarm £15.00

Eyebrow wax £10.50

Lip or chin wax £10.50

Arm wax £22.00

Electrolysis 15min £20.00

30mins £35.00

TANNING TREATMENTS



St. Tropez Spray Tan

The leading tanning system to leave you bronzed, glowing and beautifully brown.

£30.00 Full Body

£15.00 Legs

MAKE UP



Using professional Mii mineral make up range.

Wedding make up trial £70.00

Wedding make up on the Big Day £80.00

Out charge extra £10.00

If you wish for make-up to be applied in the comfort of your home on your wedding day.

Prom make up £70.00

Make up lesson/application £65.00

With helpful tips and advice.



PAMPER PACKAGES

Pregnancy Pamper Package

Feel totally pampered at this special time with a deeply relaxing back massage to help ease back ache and tension and a mini reviving facial to leave your skin refreshed and nourished.

Also a mini manicure finishing with a buffed high shine.

2hrs £100.00

Bridal Package

Includes make up application on the big day and a trial practise beforehand with helpful tips. Also a gelish manicure and pedicure to stay perfectly polished right through to your honeymoon.

£200.00

Top to Toe Pamper Package

Feel fully rejuvenated from head to toe with a Gelish Manicure, A Gelish Pedicure and finishing with the GUINOT Relax and Revive facial for full Body relaxation.

£120.00

Pre Holiday Pamper Package

Get Beach ready Hands and Feet with a Gelish Manicure and Gelish Pedicure.

Also includes a 1/2 leg wax, Eyebrow wax and Eyelash tint.

£120.00



BOOKING ADVICE & GUIDELINES

- ✂ All first time clients please arrive 10mins before treatment to allow for consultation with therapist and achieve your optimum treatment goals.
- ✂ Unfortunately late arrivals will mean a reduced treatment time.
- ✂ 24 hours notice of cancellation would be gratefully appreciated. Cancellations received within 24 hours may be subject to a cancellation fee.
- ✂ Clients are advised to remove any jewellery when having treatments.
- ✂ Clients are advised NOT to apply moisturiser prior to waxing treatments.
- ✂ Clients are advised to exfoliate their skin and not to apply deodorant, perfumes or moisturiser prior to a self tanning treatment as it will effect the result of the tan developing.
- ✂ Clients are advised not to bring their young children along to treatments due to health and safety of hot wax and equipment nearby also the comfort of relaxation benefit for yourself and other clients around.
- ✂ Unfortunately we cannot remove any other Gel nail systems as our brand we use will not be compatible to remove it.





GIFT VOUCHERS AVAILABLE

Make the perfect personalised gift for your loved one or friend

All treatments are performed by highly trained and dedicated skin care specialists

Tel - 01243 672775

E: tranquillitybeautybracklesham@gmail.com • www.tranquillitybeautybracklesham.co.uk