



Belleza Home Studio
Sports Injury & Beauty

After Care will be given for all treatments and is available on the BELLEZA website.

Gift vouchers can be purchased and can be posted for an additional fee. PDF vouchers are also available to download.

Please feel free to contact me with any treatment queries or advice.
Alternatively, visit the website for aftercare and top tips.

Siân Gray
Sea View Road
Parkstone
BH12

07468696263

BELLEZA-beauty@outlook.com

www.BELLEZA-Studio.com



Mix & Match Massage

You will receive a one-to-one with all massage treatments along with home care advice and postural awareness. Helping to prevent muscle stress reoccurring and reduces tension.

30 Mins £33 45 Mins £43 60 Mins £53
75 min £63 90 Mins £73 120 Mins £93

Swedish Massage	Hand & Arm Massage
Face Massage	Deep Tissue Massage
Sports Massage	Lymphatic Drainage
Indian Head	Acupressure
Pregnancy Massage	Cupping Massage

Sports Injury & Sports Massage

Benefits of Sports Injury and Massage treatments:

- Increased joint range of motion (ROM)
- Increased flexibility
- Increased sense of well-being
- Increased blood flow
- Increased elimination of exercise waste products (lactic acid)
- Decreased muscle tension
- Decreased neurological excitability (nerves more relaxed)
- Decreased muscle spasms
- Better sleep
- Decreases recovery time between workouts and from injury
- Decreased chance of injury

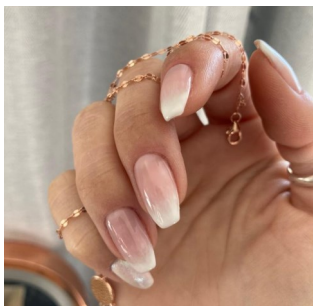
I have learnt many techniques and styles over the years, that I combine to release tension within the muscles and mind.



Belleza Home Studio
Sports Injury & Beauty

Level 3 Sports Injury, Massage & Beauty Therapist

Siân Gray 07468696263
BELLEZA-beauty@outlook.com
www.BELLEZA-Studio.com



Waxing	Price*		Price*
Brow Shape	£10	Full Leg & Bikini	£29
Brow & Lip	£13	Full Leg	£22
Lip or Chin	£7	Abdomen	£7 - £10
Lip & Chin	£10	Half Leg	£17
Face *Excluding Eyebrows	£17	Back, Chest & Abdomen	£32
Under Arm	£9	Back	£20
Forearm	£7 - £12	Chest	£17
Arm	£14 - £17	Back & Chest	£30
Bikini	£14	Shoulder	£10
High Bikini	£18		

Eye Treatments	Price
Brow Tint	£8
Lash Tint	£10
Lash & Brow Tint	£14
Brow Shape	£10
Brow Re-Shape	£12
Brow Shape & Tint	£14
Lash Lift & Tint	£34

Manicure & Pedicure		Price
Luxury Manicure	Hand soak, Exfoliate, Mask, Massage, Cuticle, File & Polish	£27
	Gel Upgrade	£31
Express Manicure	Cuticle, File & Polish	£19
	Gel Upgrade	£24
Luxury Pedicure	Foot soak, Exfoliate, Mask, Massage, Cuticle, File & Polish	£29
	Gel Upgrade	£34
Express Pedicure	Cuticle, File & Polish	£19
	Gel Upgrade	£24
Gel Removal	Remove, file & Cuticle Oil (free with redo)	£3
Nail Art & Swarovski Crystals		From £1
Ombré Gel Colour	Additional	£3
French Gel Colour	Additional	£3
Rock Star Nails	Additional	£1
Gel Strength Overlay	Additional	£3
Individual Nail Form	Additional	£3

Facials		Price
Luxury Facial	Deep Cleanse, Exfoliate, Steam and Decongestion, Mask, Head Massage, Face Massage, Tone, Moisturiser & Eye Cream.	£34
	Add-on: Neck & Shoulder massage	£39
Sensitive skin Facial	Specialised for sensitive skin, all the benefits of the Luxury facial, with Cold Cryo facial massage. Helping to calm, reduce inflammation and the appearance of scarring.	£34
	Add-on: Neck & Shoulder massage	£39
Teen Facial	Deep Cleanse, Exfoliate, Steam and Decongestion (extra attention), Mask (specialised T-Zone), Head Massage, Tone, Moisturiser & Eye Cream.	£34
	Add-on: Neck & Shoulder massage	£39

£6 Facial add-on

Neck & Shoulder Massage
Cryo—Massage
Retinol Mask

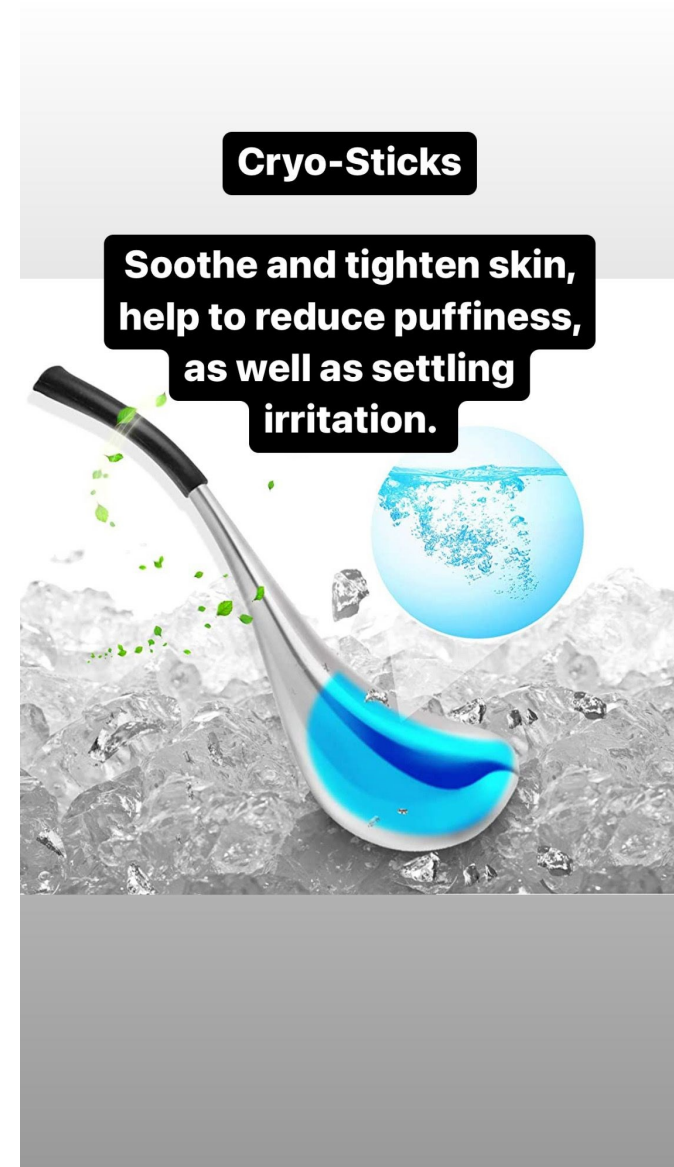
Back Cleanse	Back Cleanse, Exfoliate, Steam and Decongestion, Mud Mask, Hot Towel, Back Massage and Body Moisturiser.	£53
--------------	--	-----

OPI is a Multi Award Winning product with long lasting results for up to 3 weeks.

*For any other waxing, please enquire.
Please note, prices may vary due to hair growth.



Cryo Massage



Skincare  Cosmetics

RETINOL

VITAMIN ENRICHED

Reduces wrinkles

Combats loss of elasticity

Restores moisture

Nourishes skin

New



Skincare  Cosmetics

RETINOL

VITAMIN ENRICHED

15 MINUTE MASK

ANTI-AGING
SHEET MASK

VITAMINS A + B + E

SMOOTHES FINE LINES
DEEPLY HYDRATES
FIRMS & TONES

