



HOME STUDIO

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.

Contact

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 £30 45 Mins £40 60 Mins £50
75 min £60 90 Mins £70 120 Mins £90

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.

Sports Injury And Beauty Specialist



HOME STUDIO

Level 3 Sports Injury, Massage & Beauty Therapist

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Waxing	Price*		Price*
Brow Shape	£9	Full Leg & Bikini	£28
Brow & Lip	£12	Full Leg	£21
Lip or Chin	£6	Abdomen	£6 - £9
Lip & Chin	£9	Half Leg	£16
Face *Excluding Eyebrows	£16	Back, Chest & Abdomen	£31
Under Arm	£8	Back	£19
Forearm	£6 - £11	Chest	£16
Arm	£13 - £16	Back & Chest	£29
Bikini	£13	Shoulder	£9
High Bikini	£17		

Eye Treatments Price

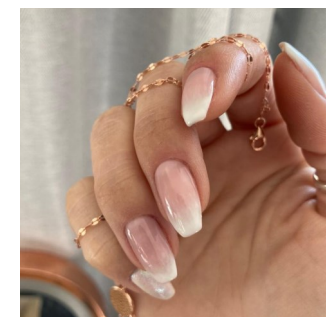
Brow Tint	£7
Lash Tint	£9
Lash & Brow Tint	£13
Brow Shape	£9
Brow Re-Shape	£11
Brow Shape & Tint	£13
Lash Lift & Tint	£32

BELLEZA Brow	Eyebrow Re-Shape. Colour Match Tint & define with Brow powder	£16
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Manicure & Pedicure		Price
Luxury Manicure	Hand soak, Exfoliate, Mask, Massage, Cuticle, File & Polish	£25
	Gel Upgrade	£30
Express Manicure	Cuticle, File & Polish	£18
	Gel Upgrade	£23
Luxury Pedicure	Foot soak, Exfoliate, Mask, Massage, Cuticle, File & Polish	£28
	Gel Upgrade	£33
Express Pedicure	Cuticle, File & Polish	£18
	Gel Upgrade	£23
Gel Removal	Remove, file & Cuticle Oil (free with redo)	£3
Nail Art & Swarovski Crystals		From £1
Ombre Gel Colour		Additional £3
French Gel Colour		Additional £3
Rock Star Nails		Additional £1
Gel Strength Overlay		Additional £3
Individual Nail Form		Additional £3

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



The Body Shop Facials		Price
Luxury Facial	Deep Cleanse, Tone, Exfoliate, Steam and Decongestion, Mask, Head Massage, Moisturiser & Eye Cream.	£26
60 Min		
Express Facial	Cleanse, Tone, Exfoliate, Mask, Head Massage & Moisturise.	£19
30 Min		
Sensitive skin Facial	Specialised for sensitive skin, a Luxury facial with Cold stone facial massage. Helping to calm, reduce inflammation and the appearance of scarring.	£26
60 Min		
Age Defying Facial	Deep Cleanse, Tone, Exfoliate, Steam, Decongestion, Mask, Collagen Eye Mask, Head Massage, Moisturiser & Eye Cream.	£31
70 Min		
Teen Facial	Deep Cleanse, Tone, Exfoliate, Steam and Decongestion (extra attention), Mask (specialised T-Zone), Head Massage, Moisturiser & Eye Cream.	£29
60 Min		
Back Cleanse	Back Cleanse, Exfoliate, Steam and Decongestion, Mud Mask, Hot Towel, Back Massage and Body Moisturiser.	£48
60 Min		

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

Products will be specially selected from The Body Shop range and available to purchase at 10% discount. Each facial is provided with home care advice specialised to your skincare needs.