

## HANDS & FEET

### CLASSIC MANICURE

45 MINS £25 £28 £31

Classic manicure, cuticles neatened and a hand and arm massage will be performed. A varnish of your choice will be applied.

### LUXURY MANICURE

1 HOUR £28 £31 £34

This has the benefits of our classic manicure with the added benefits of an exfoliation to smooth and a masque to re-hydrate. A varnish of your choice will be applied

### EXPRESS NAIL TIDY

30 MINS £11 £14 £17

Fantastic for a quick tidy up. Your nails will either be filled and cuticles neatened with a clear varnish applied or filled and a varnish of your choice will be applied

### CLASSIC PEDICURE

45 MINS £25 £28 £31

Your nail will be filed, cuticles neatened. A leg and foot massage will be performed. A varnish of your choice will be applied. It is advisable to bring flip-flops so your varnish has the chance to dry completely.

### LUXURY PEDICURE

1 HOUR £28 £31 £34

This has the benefits of our classic pedicure with the added benefits of an exfoliation to smooth and a masque to rehydrate. It is advisable to bring flip-flops so your varnish has the chance to dry completely.

### SPRAY TAN

With quick application, this will give beautiful even looking tan that develops over time.

Full body £21 £24 £27

1/2 body £11 £14 £17

### ST TROPEZ CREAM TAN

A full body scrub will be carried out to ensure the skin is prepped ready for the tan application.

Full body £32 £34 £36

## HANDS & FEET

Gel Overlays £28

Gel Extension Removal £19

Toe Overlays £25

Minx Nails £27

Reduced Minx nails if bought with manicure / pedicure £17

Gel Polish £21

Gel Polish removal with a mini manicure £19

Gel Polish French £23

Gel Polish if bought with manicure / pedicure £15

## GELNAILS

### GEL NAIL EXTENSIONS £38

Gel applied to enhance the shape and length of your nails for a natural look. Can also be applied over your natural nail to strengthen

French Nail Extensions £47

### GEL INFILS £27

We recommend infills to be carried out every three weeks to ensure your nails stay neat and tidy, includes two replacements.

French Nail Infills £32

INDIVIDUAL REPLACEMENT £5

## MAKE UP

### MAKE UP

Make Over 45 MINS £22 £24 £26

Make Up Lesson 1 HOUR £24 £26 £28

### WEDDING MAKE UP

We are able to visit the bride on her special day but a call out fee will be applied.

Trial £26 £29 £32

Wedding Bride £32 £35 £38

Bridesmaid £27 £30 £33



Truro 01872 279368

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## OPENING TIMES

Monday	Closed
Tuesday	9 - 4
Wednesday	9 - 6
Thursday	9 - 7
Friday	9 - 7
Saturday	9 - 5

If you would like an earlier or later appointment than the specified opening times please contact the salon

# BEAUTY

[www.calmante.co.uk](http://www.calmante.co.uk)

## SKIN CARE

Prices shown for Beauty Therapist - Senior Therapist - Head Therapist.

### LUXURY SKIN CARE

**1 HOUR £39 £41 £44**

This is the ultimate in skin care treatments. Cleansing will begin to remove make up and impurities from the skin, exfoliant with steam helps to remove dead skin cells. A face, neck and shoulder massage will help improve circulation and a masque will help to hydrate and improve skin tone and texture. Toner, eye product and moisturiser will complete the treatment leaving you feeling refreshed and revitalised. A hand massage will be performed while steam is applied and a foot or scalp massage will be performed while the masque is on.

### MICROZONE

**30 MINS £25 £27 £29**

Fantastic treatment for busy individuals. The express skin care consists of a double cleanse, exfoliant, steam and masque. A hand massage will be performed while the masque is on.

### FACE MAPPING

**15 MINS COMPLIMENTARY**

Our complimentary face mapping will allow our therapist to have an in depth look at your skin with the help of a consultation the most suitable skin care routine can be advised.

### LUXURY BACK TREATMENT

**1 HOUR £39 £41 £44**

Our relaxing back skin care treatment is fantastic for dry and oily/blemished skins. Our treatment begins with a double cleanse, exfoliant and steam. A relaxing back, neck and shoulder massage will ease tension. A masque will be applied and a moisturiser will complete the treatment.

### REFLEXOLOGY

**1 HOUR £37**

Our feet relate to different parts of our body. Using gentle pressure over the feet we can help remove blockages and imbalances from within the body. This then helps to restore the flow of the bodies natural healing energies allowing the body to return to his natural state. Reflexology can help with many elements.

### REIKI

**1 HOUR £37**

Reiki is a natural healing treatment that helps to unblock energy zones within the body. Reiki channels energy from the practitioner to the receiver. You remain fully clothed and the practitioners hands are gently placed over the energy zones.

## BODY CARE

Prices shown for Beauty Therapist - Senior Therapist - Head Therapist.

### SWEDISH MASSAGE

A deep massage designed to help release tension, improved circulation and encourage the removal of toxins. A pre-blended oil will help to intensify your experience.

Full body	<b>1 HOUR</b>	<b>£38</b>	<b>£41</b>	<b>£44</b>
Back, neck and shoulder	<b>40 MINS</b>	<b>£29</b>	<b>£32</b>	<b>£35</b>
Back, hands and feet	<b>40 MINS</b>	<b>£29</b>	<b>£32</b>	<b>£35</b>
Scalp, neck and shoulders	<b>40 MINS</b>	<b>£29</b>	<b>£32</b>	<b>£35</b>

### SPORTS MASSAGE

**1 HOUR £46**

Sports massage is management, manipulation and rehabilitation of soft tissues of the body including muscles, tendons and ligaments. Each treatment is tailored to the individual. Full body.

### HOT STONE MASSAGE

Using therapeutic aromatherapy oils the heated ancient volcanic stones are massaged over the body working deeper into the muscle layers, melting tension away leaving you feeling relaxed and completely pampered.

Full body	<b>1 HOUR</b>	<b>£58</b>	<b>£61</b>	<b>£64</b>
Back, neck & shoulders	<b>30 MINS</b>	<b>£40</b>	<b>£43</b>	<b>£46</b>

### AROMATHERAPY MASSAGE

After a thorough consultation your therapist will blend the most suitable oils for your needs. Aromatherapy can help with a range of elements, including muscular aches and pains, tension head aches, stress PMT, tiredness and much more.

Full body	<b>1 HOUR</b>	<b>£49</b>
Back, neck & shoulder	<b>40 MINS</b>	<b>£40</b>
Feet, back & hands	<b>40 MINS</b>	<b>£40</b>
Scalp, neck & shoulders	<b>40 MINS</b>	<b>£40</b>

### THERMO-AURICULAR THERAPY

**45 mins £27**

Thermo auricular therapy is a non-invasive complementary therapy designed to help treat conditions associated with the ear, nose and throat. Great to aid congestion and tension headaches. After the candles have burnt, a face and scalp massage will be preformed. This is a very soothing and relaxing treatment.

## HAIR REMOVAL

Prices shown for Beauty Therapist - Senior Therapist - Head Therapist.

### WAXING

Your skin will be left feeling smooth for weeks at a time.

Eyebrows	<b>£8/£10/£12</b>	Stomach	<b>£7/£9/£11</b>
Lip/Chin	<b>£7/£9/£11</b>	Half Upper Leg	<b>£25/£27/£29</b>
Lip and chin	<b>£12/£14/£16</b>	Half leg	<b>£18/£20/£22</b>
Bikini	<b>£12/£14/£16</b>	Full leg	<b>£25/£27/£29</b>
Underarm	<b>£10/£12/£14</b>	Full leg inc bikini	<b>£27/£29/£31</b>
Bikini and underarm	<b>£20/£22/£24</b>	Chest	<b>£12/£16/£18</b>
Brazilian	<b>£17/£19/£21</b>	Back	<b>£17/£19/£21</b>
Hollywood	<b>£25/£27/£29</b>	Fore Arm	<b>£12/£14/£16</b>
Full leg wax with Hollywood	<b>£39/£41/£43</b>		
Full leg wax with Brazilian	<b>£31/£33/£35</b>		

### THREADING

Your skin will be left feeling smooth for weeks at a time.

Eyebrows	<b>£8/£10/£12</b>
Lip/Chin	<b>£7/£9/£11</b>
Lip and chin	<b>£12/£14/£16</b>

### ELECTROLYSIS

This highly effective treatment will help remove hairs with a gradual permanent result.

10 Minutes	<b>£11/£13/£15</b>	15 minutes	<b>£13/£15/£17</b>
30 minutes	<b>£18/£20/£22</b>	60 minutes	<b>£29/£31/£33</b>

### EYE TREATMENTS

A patch test must be carried out at least 24 hours prior to all tinting treatments

Eyelash Tint	<b>30 mins</b>	<b>£12/£14/£16</b>
Eyebrow Tint	<b>15 mins</b>	<b>£9/£11/£13</b>
Eyelash and Eyebrow Tint	<b>30 mins</b>	<b>£18/£20/£22</b>
Eyebrow Shape	<b>15 mins</b>	<b>£8/£10/£12</b>
Eyelash Tint, Eyebrow Tint and Shape	<b>45 mins</b>	<b>£26/£28/£30</b>
Eyelash Extensions		<b>£40</b>
Eyelash Infil		<b>£28</b>
Eyelash Lift		<b>£32</b>
Eyelash Lift, Eyebrow Tint and Shape		<b>£47</b>
My Brows		<b>£27</b>