

body & sole

TREATMENT CLINIC

Beauty Therapy

Cosmetic Beauty

Podiatry (Chiropody)

Sports Therapy







Body & Sole Treatment Clinic

From the moment you step through the door you can relax and unwind from your stresses and tensions and place yourself in the hands of one of our experienced and professional staff.

At Body & Sole we pride ourselves on the comprehensive range of treatments available within the clinic ranging from the exotic Elemis experience and the beautiful Jessica manicures and pedicures to the rejuvenating beauty treatments and restorative Podiatry and Sports Therapy treatments.

So whether you seek relaxation, rejuvenation or restoration, you are sure to find the perfect treatment, tailor-made to your requirements and we look forward to welcoming you to the Body & Sole Treatment Clinic.

Elemis

Elemis is the leading luxury British spa and skincare brand favoured by as many as 5.7 million spa-goers per year. The successful combination of natural active ingredients with cutting-edge technology has enabled Elemis to bring to market some of the most influential anti-ageing products and professional spa-therapies the beauty industry has ever seen.



Recognised as the best in the world, Jessica offers over 200 award winning custom colours, rich in depth that simply glide onto the nail. With Jessica you have the confidence of knowing that you are using colours exclusively formulated for natural nails.

ELEMIS SKIN SPECIFIC FACIALS

1hr £40

A deep cleansing facial for both men and women, helping bring back radiance and youthful vitality.

ELEMIS ADVANCED ANTI-AGEING FACIALS

Tri-enzyme Resurfacing Facial

1hr £65

A specialist treatment for those with fine lines and wrinkles, acne and superficial scarring and uneven skin tone revealing younger looking skin. Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just one treatment.

*Independent Clinical Trials 2006

Visible Brilliance Facial

75mins £65

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Skin moisture levels are clinically proven to increase by up to 61%[†] and elasticity by 40%[†] after just one treatment.

[†]Independent Clinical Trials 2004

Pro – Collagen Quartz Lift Facial

75mins £65

Clinically proven, after just one treatment, to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%[‡]. Uses professional strength formulations for maximum efficiency, leaving a firmer, uplifted, more youthful looking appearance.

[‡]Independent Clinical Trials 2007

ADVANCED ANTI-AGEING FACIAL FOR MEN

Skin IQ + Facial

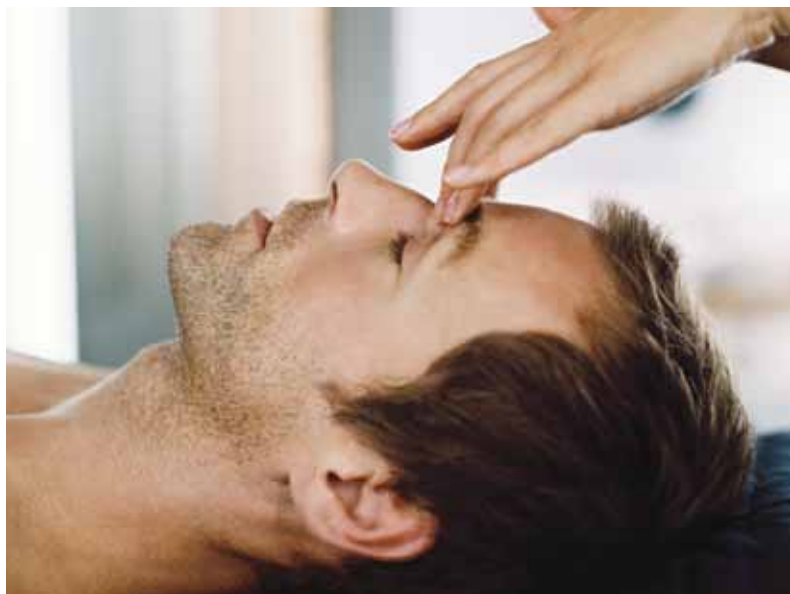
75mins £65

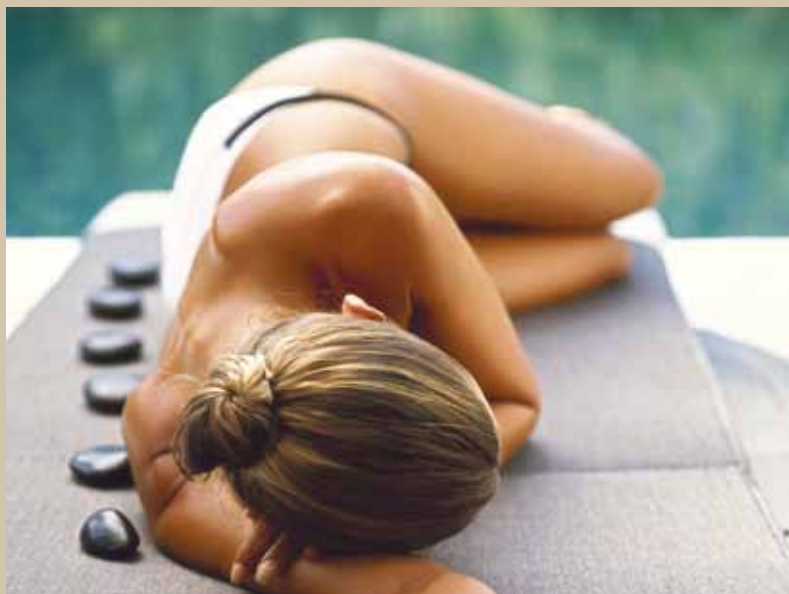
Clinically proven, this treatment is tailored to meet the needs of a hectic lifestyle and to combat harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Courses of treatments

For optimum results we recommend facials and body treatments are taken as a course of 6 sessions.

NB: Please note some of the Elemis products do contain nuts.





ELEMIS FACE AND BODY THERAPY

Face and Body Sensation

55mins £60

A sensational massage combined with a prescribed booster anti-ageing facial. Choose from the Re-Energiser, an ice-cool thermal massage to relieve stress tension and ease aching muscles, or Tranquillity, a thermal soothing massage to induce a deep level of relaxation and calm the mind.

ELEMIS BODY THERAPY

Deep Tissue Massage

1hr £45

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential oils are prescribed to target individual's needs and reduce specific stress and muscle tension.

Deep Tissue Massage

30mins £28

Minimum time, maximum tension-relieving results. Specifically targets the back, shoulders and neck areas, where you need it most.

ELEMIS EXOTIC THERAPY

Exotic Lime and Ginger Salt Glow

30mins £35

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap

50mins £49

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a foil wrap. This opulent therapy is great for smoothing and softening, combined with a pressure point facial massage and de-stress scalp massage.

Exotic Frangipani Body Nourish Wrap

50mins £49

This nourishing body wrap or unique dry float drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this therapy, which Polynesian women traditionally used to protect their skin and provides the ultimate radiance, vitality and all over body glow.

Courses of treatments

For optimum results we recommend facials and body treatments are taken as a course of 6 sessions.

NB: Please note some of the Elemis products do contain nuts.

Body & Sole Massage

Back Massage

25mins £25

This massage includes the back, neck and shoulders. Our therapist will adapt the treatment to suit the client's individual needs.

Swedish Full Body Massage

1hr £40

Swedish massage uses firm but gentle pressure to promote relaxation and ease muscle tension. It is the most well known type of massage. If it is your first time at the clinic, the Swedish massage is the perfect place to start.



Waxing

Full leg wax	£21
Half leg & Bikini wax	£25
½ Leg Wax	£15
Bikini Wax	From £10
Under arm	£9
Forearm	£14
Lip or Chin	£9
Lip & Chin	£14
Eyebrow	£9
Back or Chest	From £25

Tinting

Eyebrow shape	£9
Eyelash tint	£10
Eyebrow tint	£9
Eyebrow and Lash	£16

NB: A patch test is required 24 hours prior to tinting.



Jessica Nails

Shape & Polish

£12

Your nails are beautifully shaped and treated with a prescriptive basecoat finishing with the perfect polish.

Prescriptive Manicure

£20

In addition to the shape and polish, your nails will be analysed and treated for their specific nail type. The treatment includes exfoliation, massage and cuticle care.

Deluxe Manicure (with LeRemedi Hand Treatment)

£25

The ultimate in hand and nail care with all the benefits of LeRemedi Hand Treatment and Jessica Prescriptive Manicure with the luxurious added benefit of thermal heated mittens for deeper penetration of the oils and creams, excellent for increasing circulation and relieving stiff and painful joints.

Men's Manicure

£20

Your hands are exfoliated to remove any dryness and massaged with creams, cuticles conditioned, groomed and nails are trimmed and perfectly shaped.

ZenSpa Pedicure

£28

Choose between calming green tea and revitalising citrus for this luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and toenails will be beautifully shaped and perfectly polished.

Deluxe Pedicure

£30

The ZenSpa pedicure with the luxurious added benefit of thermal heated booties for deeper penetration of oils and creams, excellent for increasing circulation and relieving stiff and painful joints.





Podiatry (Chiropody) Treatments

In the UK, it is thought that 90% of us will suffer from a foot problem at some point in our lives and many put up with foot pain believing it to be normal.

Since mobility is an important part of your overall quality of life, maintaining foot comfort is a must. A regular 6-12 weekly visit to a podiatrist for general chiropody care is the best way to ensure your feet stay in tip top condition.

Treatments and Services:

- Routine Nail Care
- Thickened Nails
- Ingrown Toenails & Nail Surgery
- Hard Skin & Corns
- Dry Skin & Cracked Heels
- Verrucae Pedis
- Insoles & Orthotics

Weekday Consultation	£25
Saturday Consultation	£30

Sports Therapy

Body & Sole Clinic offers the treatment and rehabilitation of sports injuries. Additionally, clients can benefit from massage therapy and deep tissue body massage, to enhance performance, aid recovery and help prevent injury.

Whether you are a full time athlete, take occasional exercise, or do no exercise at all, Sports Therapy is the most effective way to treat and recover from debilitating injuries.

We offer a professional hands-on evaluation of your needs and use a wide range of techniques to ensure the best care plan for you, whether you are looking to deal with simple aches and stiffness or a more serious injury. Your treatment may involve manual therapy, massage, Ultrasound, Laser, Stretching and remedial exercise.

Treatments and Services:

Sports Injuries

Muscle strains, ligament sprains

Spinal Pain & Injuries

Back and neck stiffness, prolapsed disc, degeneration, stress fractures, referred symptoms

Joint Problems

Injury, pain, swelling, stiffness, hip and knee, frozen shoulders, early signs of Arthritis

Postural Problems

Muscle imbalance, core stability

Post Surgery

Rehabilitation following surgery

Underperformance

Improve your fitness and conditioning, speed, strength, power, endurance, balance

Sports and Remedial Massage

Neck, Shoulders, lower limb and back

Full Consultation £40

Sports and Remedial Massage 30mins £25

1hr £40



Further Information

Cancellation policy

Should you wish to cancel or change an appointment, we request 24 hours notice or 50% of the treatment price may be charged.

Elemis & Jessica Ranges

Should you wish to make a purchase, Elemis and Jessica products are available at the clinic.

Gift Vouchers

Treat someone special with a Body & Sole Gift Voucher. Available for any treatment, therapy or monetary value, our Gift Vouchers make a perfect present for anyone wanting to relax, rejuvenate and restore their body.



Location

How to find us

Body & Sole Treatment Clinic is located at 9 Belwell Lane in the heart of Mere Green, opposite Waitrose and conveniently on local bus routes.

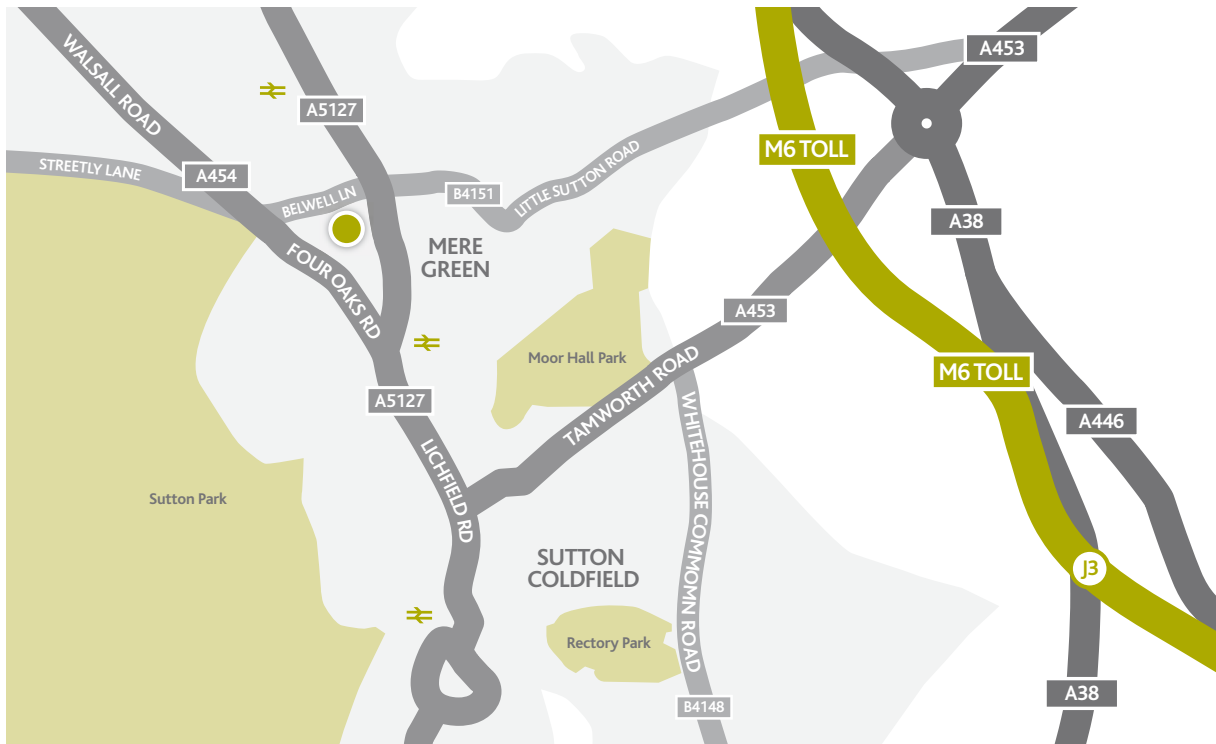
9 Belwell lane, Mere Green, Sutton Coldfield,
West Midlands B74 4AA



Body & Sole



Rail Station



Relax. Rejuvenate. Restore.

Elemis  JESSICA®

- 1 **Relax** - release the day's stresses and unwind in one of our tranquil treatment rooms
- 2 **Rejuvenate** - immerse yourself in the unique Elemis experience
- 3 **Restore** - indulge in a treatment tailor made to your requirements

Tel. 0121 323 3990
www.bodyandsoleuk.co.uk

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