

Treatment Menu

WAX TREATMENTS

Eyebrow	£11.00
Lip or Chin	£11.00
Lip & Chin	£17.50
Underarm	£11.50
Forearm	£16.50
Full Arm	£21.00
Bikini	£12.00
Brazilian	£26.50
Hollywood	£30.50
Half Leg	£18.00
Half Leg & Bikini	£28.00
Full Leg	£24.00
Full Leg & Bikini	£33.00
Back or Chest	from £19.00

EYE TREATMENTS

Eyebrow Shape	£11.00
Men's Eyebrow Tidy	£11.00
Eyebrow Tint*	£12.00
Eyelash Tint*	£12.00
Brow & Lash Tint*	£20.50
Lash Extensions	from £20.00

* Tint test required 24hrs prior to treatment

MASSAGE

Back Massage - 25mins	£25.50
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To reduce tension and stress and work on deep-seated knots.



Swedish Full Body Massage - 60mins £40.50
Promotes an overall feeling of well-being and relaxation easing away muscle tension.

Hot Stone Back Massage - 25mins £30.50
Comforting and therapeutic warming massage.

Hot Stone Full Body Massage - 60mins £48.50
Ease away aches and pains, help improve circulation and reduce stress and tension.

Indian Head Massage - 45mins £30.50

Reflexology - 50mins £30.50

Ear Candling £30.50

Fake Bake Spray Tan £20.00

SPORTS INJURY, MASSAGE & THERAPY

Whether you are a full time athlete, take occasional exercise or none at all, Sports Therapy is a fast and effective method to treat and recover from debilitating injuries.

Full Consultation & Treatment £40.00

Sports & Remedial Massage - 30mins £25.00

Enhance performance, aid recovery and help prevent injury. **- 60mins** £40.00



Gift Vouchers

Treat someone special to a Body & Sole Gift Voucher. Product ranges available for purchase at the Clinic: Guinot, Elemis, SkinCeuticals, Jessica & Fake Bake.



Opening Hours

Monday	9.30am - 6pm
Tuesday	9.30am - 6pm
Wednesday	9.30am - 8pm
Thursday	9.30am - 8pm
Friday	9.30am - 6pm
Saturday	9.30am - 5pm
Sunday	Closed

Contact us to arrange an appointment

0121 323 3990

www.bodyandsoleuk.co.uk

Body & Sole Medispa, Skin & Beauty Clinic
9 Belwell Lane, Four Oaks, Sutton Coldfield, B74 4AA

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.

Relax.
Restore.
Rejuvenate.

body&sole

MEDISPA, SKIN & BEAUTY CLINIC

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Email: info@bodyandsoleuk.co.uk

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NAIL TREATMENTS



MINX £25.00
Extend fashion to the tips of your toes with over 100 fabulous hard-wearing designs.



JESSICA NATURAL NAILS
Express Manicure or Pedicure £14.50
Cuticles are oiled, nails filed and polished.

Prescriptive Manicure £22.50
Prescriptive Pedicure £28.75
Includes exfoliation, massage, cuticle care and nails filed and polished.

Deluxe Manicure £28.50
Deluxe Pedicure £35.25
As with prescriptive treatment and including benefit of thermal heated mitts or boots.

French Finish £3.00
(Please request at time of booking)

Men's Manicure £20.00
Includes exfoliation, massage and cuticle care.



JESSICA GELERATION GEL NAILS
Gel Shape & Polish £30.00
Nails are shaped and finished with gel polish.

Gel Overlay Manicure/Pedicure £40.00
Includes hand exfoliation, massage and cuticle care.

Gel Refresh Manicure £25.00
Fresh coat applied to existing gel, hands massaged and cuticles conditioned.

Gel Removal £5.00
Gel Single Nail £6.00
French Finish £3.00
(Please request at time of booking)



GUINOT THERAPIES

HYDRADERMIE
Exclusive treatments using galvanic and high frequency currents. Customised for each skin type with rehydrating, regenerating and deep cleansing effects.

Hydradermie Facial - 60mins £51.00
Complete facial treatment to rehydrate and deep cleanse. **6 for £255.00**

Hydradermie Age Logic - 90mins £59.00
Anti-ageing facial concentrating on the eyes, face and neck area. **6 for £295.00**

Hydradermie Back - 60mins £54.50
Rehydrates, regenerates and deep cleanses the delicate back area. **6 for £272.50**

Hydradermie for Men - 60mins £49.00
Specifically designed to treat the concerns of a male skin, rehydrating, soothing and calming.

HYDRADERMIE LIFT
Non-surgical lifting treatment using a stimulation current to give the facial muscles a workout restoring volume and tone.

Hydradermie Lift Express - 30mins 45.00
Includes cleansing, exfoliation, lymphatic drainage and muscle stimulation. **6 for £225**

Hydradermie Lift - 55mins £55.00
As with the lift express and including massage and mask - designed to be taken as part of a course. **6 for £275**

Hydradermie Lift Deluxe - 105mins £89.00
Ultimate anti-ageing treatment combining Hydradermie Age Logic and Lift Express.

Hydradermie Lift Yeux - 35mins £34.00
Specifically designed for the delicate eye area, including cleansing, drainage and stimulation. **6 for £170**

Liftosome - 60mins £52.00
Boosts youthful appearance using Pro Collagen and a thermal setting mask. **3 for £139**

Aromatic - 60mins £49.00
Enhances each skin type using essential oils and plant extracts. **3 for £132**

Elemis

ELEMIS FACIALS
Fruit Active Glow - 60mins £42.50
Deep cleansing with powerful conditioning actives to nourish and renew.

Exotic Moisture Dew - 60mins £42.50
Moisturising actives restore a healthy dewy glow.

Herbal Lavender Repair - 60mins £42.50
Cleanses and draws out skin impurities, reducing shine and refining pores.

Modern Skin Facial - 60mins £55.00
Purifying and rebalancing to help remove toxins and regenerate skin cells.

Tri-Enzyme Resurfacing Facial - 60mins £65.00
Targets fine lines, acne blemishes, superficial scarring and uneven skin tone. **(Patch test required)**

Visible Brilliance Facial - 75mins £65.00
Increases moisture levels, instantly firms, plumps and rejuvenates skin whilst helping to reduce dark circles.

Pro-Collagen Quartz Lift Facial - 75mins £65.00
Reduces wrinkles and improves elasticity leaving a firmer, uplifted and more youthful appearance.

Urban Cleanse Facial for Men - 75mins £42.50
Deep cleansing and a complete skin detox.

Skin IQ+ Facial for Men - 75mins £65.00
Combats the harsh, ageing effects of frequent shaving and a hectic lifestyle.



ELEMIS FACE & BODY
Face & Body Sensation - 55mins £60.00
Sensational thermal massage combined with a rejuvenating anti-ageing facial.

Absolute Spa Ritual - 120mins £85.00
Combines Elemis Facial with Deep Tissue Massage Pure relaxation with dramatic results.

Total Time Out for Men - 120mins £85.00
Combines either the Urban Cleanse or Skin IQ+ Facial with the Deep Tissue Muscle Massage. A complete skin, body and lifestyle solution.

ELEMIS BODY THERAPY
Deep Tissue Muscle Massage - 60mins £45.00
Alleviate stress, ease aching muscles and revive the senses.

Deep Tissue Back Massage - 30mins £30.50
Minimum time, maximum tension-relieving results.

ELEMIS EXOTIC THERAPY
Lime & Ginger Salt Glow - 30mins £35.00
A body exfoliation to invigorate and revitalise.

Coconut Rub & Milk Ritual Wrap - 50mins £49.00
An opulent therapy to smooth and soften the skin.

Frangipani Body Nourish Wrap - 50mins £49.00
Nourishing treatment providing ultimate radiance, vitality and total body glow.

ELEMIS DETOX THERAPY
Body Sculpting Cellulite & Colon Therapy - 60mins £60.00
Deep cleansing and firming, stimulates circulation and reduces fluid retention.

Cellutox Aroma Spa Ocean Wrap - 75mins £55.00
Helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

Elemis Nurturing Massage for Mother-to-Be - 75mins £59.00
Specialised massage to help relieve tension in the back and alleviate swelling in the hands and feet.

COSMETIC AND AESTHETIC TREATMENTS

HAIR REMOVAL
Ideal for long-lasting removal of unwanted hair. Courses of 6 are recommended, if paid for in advance, 6th treatment is free. **(Consultation and test patch required)**

FACIAL AREA
Upper Lip or Chin £55.00
Upper Lip & Chin £70.00
Lower Face £95.00
Eyebrows (in between) £35.00
Full Face £150.00

BODY AREA
Neck (front or back) £70.00
Shoulders £85.00
Chest £75.00 - £220.00
Nipple Area £40.00
Back (including shoulders) £75.00 - £220.00
Navel Area £40.00 - £80.00
Abdomen £75.00 - £100.00

ARMS
Underarms £69.00
Upper Arms from £69.00
Lower Arms £85.00
Full Arms £140.00
Hands £55.00

BIKINI & BUTTOCKS
Bikini Line £75.00
Extended Bikini Line £85.00
Buttocks £95.00

LEGS
Upper or Lower legs from £159.00
Full Legs £220.00
Feet £50.00



SKIN REJUVENATION

Combats sun damage, pigmentation and thread veins, stimulates collagen production and gives the skin a smoother, firmer, fresher texture.

(Consultation and test patch required)
Full Face £195.00
Neck £125.00
Full Face & Neck £255.00
Chest/Decolletage £145.00
Face/Neck/Decolletage £345.00
Hands £60.00

ACNE & ROSACEA
A perfect skin solution for acne scarring and rosacea. **(Consultation and test patch required)**

Forehead or Cheeks from £79.50
Nose or Chin from £72.50
Full Face £175.00
Shoulders & Upper Back £175.00

PIGMENTED & VASCULAR LESIONS
A safe and effective method of removing skin imperfections. **(Consultation and test patch required)**

Pigmented Lesions from £65.50
Thread Veins from £65.50

MEDICAL MICRODERMABRASION £79.99
Advanced anti-ageing exfoliation procedure leaving the skin looking smooth, healthy, radiant and glowing.

SKINCEUTICALS

SKINCEUTICALS GEL PEELS £79.99
Deep, anti-ageing exfoliation for all skin types. Effective treatment for sun damaged and acne skin.

MINI MAKEOVER £250.00
Achieve optimum skin radiance and skin health with this combination of Full Face IPL Skin Rejuvenation and Medical Microdermabrasion.