



REDHOUSE

SPA AND LASER CLINIC



Since founding my first clinic in 1996 I have treated thousands of individuals with skin care concerns and relaxation therapies, developing and nurturing advanced techniques and bringing pioneering treatments to the island. Being the first to introduce laser hair removal to the island we continue to treat, help and guide clients through this sometimes life changing experience.

As technology has evolved so have we as a company by introducing laser treatments for thread vein removal, tattoo removal, pigmentation and sun spot sufferers, acne treatments, rosacea, laser resurfacing for ageing and scarring and stretch mark treatments.

All of our treatments are available with a free consultation and skin care advice treatment programme. *Lia Noble*

LASER TREATMENTS

IPL TREATMENTS

High colour and skin rosacea can be a problem, constant flushing of the skin can split capillaries and produce a flushed angry look to the skin, causing the sufferer 'rosy' cheeks and a hot sensation. IPL can reduce this condition by pulsing yellow light over the skin through a cold gel. This frustrating condition can be reduced and the skin will emerge clearer and more calm.

£120.00 each treatment

Pigmentation in the skin can cause the skin to look aged and uneven, unfortunately many conditions can manifest in the skin with pigmentation. Dark shadowing around the temples is common, as is darkness along the top lip and sun spots can appear on face and hands; hormonal changes can be responsible but primarily the sun is the main cause of premature ageing. We can treat pigmentation in the skin using a green light pulsed through a cold gel to treat and lift pigmentation from the skin. Pigmentation will darken after treatment and start to keratinise in the skin. Through your own natural cell renewal process, the pigment will lift from the skin and 'exfoliate' away, a full spectrum sun block is required after this treatment to stop pigmentation re-occurring.

£120.00 each treatment

Acne is generally caused by bacteria in the skin, causing pustules and blocked sebaceous glands. For the sufferer it can be extremely traumatic and an individual self confidence can be completely taken away. Patients normally use harsh oil stripping preparations to 'dry' the acne up, however the skin generally will react by throwing out more oil and the skin can then become engaged in a vicious circle of problems. Using blue light through a cold gel, the bacteria is neutralised and acne will start to subside, once the bacteria is treated pustules will reduce and inflammation of the 'angry' areas will reduce.

£90.00 each treatment

PIXEL LASER RESURFACING

Laser resurfacing can be used in many ways, fractional laser is a revolutionary method of removing the skin through a pixelated head, and this can be used to treat aged skin, stretch marks and scarring. The treatment is invasive, but it is not a treatment that will incur a huge amount of downtime. Tiny ablative 'holes' are fired at the skin giving the skin flexibility to move but still relying on the untreated skin to act as 'bridges' of healing, meaning a shorter amount of recovery time as opposed to chemical peeling or full face laser resurfacing. Unlike chemical peeling, fractional laser can be used around the eyes to treat Crows feet and fine lines. This area is generally the area which causes most concern in skin ageing. Laser resurfacing can reduce scarring and stretch marks whilst refreshing the skin by significantly reduce open pores, your skin will be more luminous, youthful and smooth.

£180.00 each treatment

LASER TATTOO REMOVAL

Tattoos can be removed with repeated sessions of laser; the laser energy is absorbed by the ink in the tattoo and through the skins healing process the inks will fade from the skin, resistant reds and greens can be sometimes difficult to remove but generally all tattoos can be removed successfully. Amateur tattoos are extremely easy to remove sometimes in only one or two sessions. Price on application at time of free consultation

LASER HAIR REMOVAL TREATMENTS

FOR ASIAN, AFRO CARIBBEAN SKIN TYPES AND CAUCASIAN SKIN.

Laser and IPL hair removal significantly reduces hair and in some cases can become permanent. Any area of the body can be treated, including in-between the eyebrows, we can treat any colour of skin with our selection of lasers and IPL'S. The colour of the hair in all laser or IPL treatment is significant and determines the effectiveness of the result, in theory the darker and stronger the hair the more successful the treatment; white, grey or red hair cannot be treated with laser or IPL. Prices from £20 per session, courses will be discounted.





LIGHTHOUSE cosmetic skin clinic

REJUVENATING YOUR FACE AND NECK

Anti-wrinkle injections, line-smoothing fillers

Nefertiti face lift

Tightening of ageing / sun damaged skin

Treatment for dull / uneven complexion

Treatment of ageing hands, décollete, face and neck

ENHANCING YOUR LOOKS

Jawline contouring

Lip perfection

Removal of smokers lines

Cheekbone augmentation

Nose reshaping

Lateral eye brow lift

COSMETIC MINOR SURGERY

Treatment of acne, scarring, stretchmarks

Treatment of excessive sweating

Removal of skin tags, moles, lipomas, cysts and warts

Shave excision / curettage / histology if required

Please call us at the clinic on (01983) 822291

TREATMENT MENU

Consultation with Dr V Manning and treatment planning
(refundable against treatment) £25

Upper face muscle relaxing injections (forehead, frown lines, crows feet)

1 area from £185

2 areas from £245

3 Areas from £295

Advanced lower face procedures, including the Nefertiti facelift from £425

Hyperhidrosis (excessive sweating) from £395

Lip Augmentation / Defining from £250

Hyaluric Acid Dermal Fillers from £250

Smile lines / nasolabial folds

Marionette lines

Smokers lines / perioral lines from £175

Radiesse for facial contouring, initial treatment, complimentary review.

Non surgical face lifts from £475

Nasal contouring, remodelling from £325

Cheek augmentation from £425

Chin augmentation from £325

Jaw line contouring from £325

Lateral eye-brow lifts from £175

Rapid lip lines from £225

Nose to mouth lines from £325

Radiesse for instant long lasting hand rejuvenation from £375

Gift vouchers cannot be used with these treatments





HAIR SALON

Our leading hair stylists have a strong reputation and identity of their own. Not just for cutting, but styling to suit every occasion. Many believe your hairstyle makes more of an immediate impression than any other aspect of your appearance. At Red House Hair salon you can rely on a final look that perfectly suits your lifestyle and helps project your true personality.

By arrangement, we offer a complete and personal 'Wedding Hair Service'. Why not have your regular stylist on hand to help you look your absolute best on your special day? For more information, please contact our reception team.

'THE PERMANENT BLOW DRY'

Pure Keratin Relaxing Treatment is a revolutionary keratin based hair treatment. Keratin is the primary protein of the skin, hair and nails. This natural substance gives hair the ability to return to its healthy, shiny, smooth state. Results are visible immediately after treatment is completed. Hair looks healthy and youthful; it resembles children's hair.

The results last for two to four months and fades progressively with every wash. As clients repeat the treatment every few months, you will be able to observe the improved quality of hair grown after Pure Keratin was applied.

£150.00

STYLE DIRECTOR:

Cut and blow dry	from £35.00
Men's cut and blow dry	from £15.00
Blow dry	from £15.00
Hair up	from £45.00

COLOUR DIRECTOR:

Full head highlights	from £70.00
Half head highlights	from £30.00
Tint / veg colour	from £20.00

Senior and junior stylists are available on request, please ask reception for more details.

MASSAGE

BACK, NECK AND SHOULDER MASSAGE

30 minutes

A massage especially for those of us who experience the build up of tension in these areas.

Treatment cost £32.00

HOT STONE BACK MASSAGE

30 minutes

Concentrating on the back, neck and shoulder area. This luxurious massage will relax tired and stressed muscles.

Treatment cost £37.00

HOT STONE FULL BODY MASSAGE

1 hour

The warming and healing properties of basalt volcanic stones are gently massaged over the entire body for this truly relaxing experience.

Treatment cost £55.00

HOT STONE FACIAL

1 hour

This deep cleansing and circulation boosting facial will help premium grade products penetrate into the skin more effectively. Increasing hydration, circulation and even the skin with a heavenly glow.

Treatment cost £38.00

SOOTHE AND DETOX MASSAGE

1 hour

Beginning with a vigorous body brushing, this treatment uses reviving and detoxifying aromatherapy oils in massage that incorporates lymph drainage techniques.

A pressure point scalp massage is included in this treatment to free the neck and scalp of tension. A warm poultice is applied to the back for relaxation and purification.

Treatment cost £44.00

SWEDISH FULL BODY MASSAGE

1 hour

A deep manipulative massage using an unperfumed massage medium.

Treatment cost £44.00

AROMATHERAPY MASSAGE

1 hour

Combining the power of aroma and massage with a choice of aromatherapy oils to leave you feeling calm and revitalised.

Treatment cost £44.00

EASTERN SCALP MASSAGE

30 minutes

A wonderful treatment concentrated on the scalp, neck and shoulders. It will leave you refreshed and relaxed with a new clarity of mind.

Treatment cost £30.00

PREGNANCY MASSAGE

1hour

A wonderful massage for your ever growing bump, aching back and swollen ankles will be relieved with the art of massage.

Treatment cost £60.00

EXTREMITIES MASSAGE

1hour

Luxury massage for your hands, head and feet. This treatment begins with a luxurious foot bath and massage including pressure points.

The treatment continues with a hand and arm massage, shoulders and neck and finishes with a scalp massage.

Treatment cost £60.00

DELUXE MANICURE

A hydrating treatment for your hands and nails. Cuticle and nail tidy, with a relaxing massage of the hands and forearm followed by a nourishing hand mask before finishing with nail polish. **Treatment cost £20.00**

EXPRESS MANICURE

Cuticle and nail tidy with nail polish. **Treatment cost £12.00**

DELUXE PEDICURE

A beautiful 'facial' for your feet. We start with exfoliation of the feet and legs, tidy your cuticles and nails, massage up to your knees, give your feet a product mask and finish with polish. **Treatment cost £30.00**

SHELLAC NAILS

This long lasting, chip proof manicure or pedicure gives excellent results with no drying time. **£17.00**

LUXURIOUS BESPOKE FACIALS

1hr 15mins
Using a vast range of quality skin care ranges which includes Dermalogica, Neals Yard, REN, Aromatherapy Associates and Dr Hauschka, your skin care therapist will commence your treatment with a consultation regarding your facial, at this consultation your skin care needs will be discussed.

You may be visiting us to relax and be pampered, or to treat a particular skin care concern, whatever your requirements be assured of quality advice and a thorough bespoke facial tailor made to you. Steamed towels and back massage encompass every facial. **£55.00**

MINX NAILS

Funky florals, cheetah designs and many more, minx nails is the latest fashion alternative to nail polish, lasting weeks with no drying time!
Treatment cost £17.00

MAKE UP LESSONS

These make up lessons open the make-up bag to a new you, with advice from professional make up artists who know the best products, colours and image for your personality, face shape and skin type. A perfect gift for a loved one, these make up lessons offer you the chance to discover how make up can be fun and not just another chore. **£30.00**

SPECIAL PACKAGES

REDHOUSE RITUAL

Sublime relaxation and well being will be achieved from a luxurious treatment incorporating full body massage, facial and scalp massage. **£100**

BE PAMPERED

A soothing back massage and hot steamed towel followed by a foot massage and finishing with a facial, bringing your sense of well being back into balance. **£100**

JUST FOR MEN

A hot stone full body massage, steamed towel facial with essence of cologne and lemon, with a deeply relaxing pressure point massage which will lift the senses and invigorate the mind. **£100**

JUST FRIENDS

Begin your pamper treatment with our Dr Fish foot spa treatment. Our little friends will gently nibble any hard dead skin ready for your perfect shellac pedicure in our dual therapy room. Enjoy each others company with a perfect manicure to finish a fun filled morning or afternoon. **£85 each**

NEW FISH PEDICURE

ABOUT OUR FISH

The fish we use are original Garra Rufa also known as doctor fish, nibble fish or little dermatologist.

Although these little Minnow size fish have no teeth, they certainly have a big impact! When you immerse your feet into the warm water these curious little dermatologists will get to work by gently nibbling off any dead hard skin, leaving you pampered, healthy and glowing.

All over the world nibble fish centres are springing up and people are taking advantage of a totally organic pedicure. The fish will only work on unhealthy or dead skin, the healthy skin is left untouched.

£20.00 for 20 minutes



BEAUTY

WAXING

Half leg	£18.00
Three quarter leg	£20.00
Full leg	£25.00
Bikini	£9.50
Brazilian	£20.00
Hollywood	£24.00
Underarm	£9.50
Chin wax	£6.50
Lip wax	£6.50
Lip and chin	£12.00
Forearm	£8.50
Full leg, bikini and underarm	£40.00
Pre-Holiday wax	£38.00
Includes full leg wax, bikini wax and eyebrow shape	

THREADING TREATMENTS

Ancient Indian hair removal technique. Using a waxed thread pulled at an even tension, hair is removed from the root. Gentle and effective, this treatment will leave the skin calm and smooth.

Eyebrow shape	£14.00
Lip	£10.00
Chin	£10.00
Side of face	£15.00

EYE TREATMENTS

Eyebrow shape	£9.50
Eyebrow tint	£7.00
Eyebrow shape and tint combined	£15.00
Eyelash tint	£12.00

HD BROWS

High definition brows are the ultimate celebrity brow shape, seven steps to brow perfection. Your specific trained brow artist will tint, thread and tweeze your brows to perfection. £25.00

NOVALASH EYELASH EXTENSIONS

Individual lashes that can last for weeks! Experience fuller thicker lashes, novalash lashes require infilling every 4 weeks.

Full set	£75.00
Infills	£25.00

SELF-TANNING TREATMENT

FAKE BAKE

Indulge yourself in the richest, safest tan that will last for up to a week. Fake Bake is an organic instant tanning product guaranteed to last up to 50% longer than any other self tan. Please exfoliate the day prior to your appointment and on the day of your tan do not use body moisturising products or wear deodorant. Wear loose dark clothing on the day of your treatment. Application cost £25.00

HOPI EAR CANDLES

Ear candling can help with re-balancing the ear, relieving tinnitus and be a soothing treatment to help with ears feeling blocked.

Treatment cost £25.00

MALE WAXING

We are proud to provide male waxing treatments of the highest standards.
We look forward to providing you with a professional and high standard wax!

Chest Wax	£15.00
Back Wax	£20.00
Male Brazillian	£45.00
Male Hollywood	£60.00
Bottom	£45.00
Full leg wax	£45.00





ADVANCED FACIAL TREATMENTS

MEDICAL MICRODERMABRASION

Particle skin resurfacing is a sophisticated yet simple procedure that exfoliates the outer damaged layer of skin on the face and body including the hands. This reveals the younger, firmer and more radiant skin beneath.

While one treatment is beneficial for restoring balance and improving texture in any skin, it is also commonly used as a course in the treatment of fine lines, sun damage, acne scarring, blackheads, superficial age spots, stretch marks and scar tissue.

Microdermabrasion can be used as a treatment on its own or with other specialised treatments; your therapist will advise you.

Single treatment £80.00

Regeneration and corrective treatment
Course of 5 treatments £320.00
(One free treatment)

CACI NON-SURGICAL FACELIFT

Innovative micro-current therapy, which delivers minute electrical waves to the skins surface to regenerate muscle tone and encourage cell repair.

Combats ageing, lifts skin, reduces puffiness and dark shadows, tightens and tones muscles and enhances skin texture.

Treatment cost £45.00

Course of 10 £360.00
(two free treatments)

Course of 15 £495.00
(four free treatments)

CACI MICROLIFT

The powerful exfoliation of Microdermabrasion combined with a non-surgical facelift

Treatment cost £90.00

Course of 5 £360.00
(one free treatment)

NOUVEAU CONTOUR

Imagine being able to look in the mirror every day and see perfect brows, striking eyes and beautiful lips. You'd look fantastic, as if you had a professional make up artist with you all the time.

With semi-permanent cosmetics you can achieve all that and much more. From the moment you get out of bed in the morning, you'll look instantly radiant. Think of all the time and hassle you would save by not having to apply makeup.

There would be no more smudged eyeliner, smeared lipstick or uneven brows, you'd look perfect from the word go.

Even if you only want a very subtle effect, semi-permanent cosmetics will enhance your natural features, giving you also the chance to add conventional make up to change your look to suit any occasion.

A consultation with our Nouveau Contour technician is free so enhance your inner beauty today.

EYEBROW ENHANCEMENTS

Powdered brow effect	£300.00
Three dimensional hair stroke effect	£300.00

EYE ENHANCEMENTS

Eyelash enhancement	£300.00
Shaded Eyeliner in fashion colours (thin)	£350.00
Shaded Eyeliner	£400.00

LIP ENHANCEMENTS

Lip Contour	£300.00
Blush 4	£25.00





SLIMMING TREATMENTS

UNIVERSAL CONTOUR WRAP

Sea Clay body wrap treatment for detoxifying, firming, contouring and guaranteed inch loss. For exceptional and lasting results a course of 3 is recommended.

Treatment cost	£50.00
Course of 3 treatments (Over 4 to 8 weeks)	£125.00

SLIM-UP

Slim-up combines the benefits of infrared and electrical muscle stimulation, to produce dramatic body shaping results. The ultimate slimming and toning system, it will produce dramatic results that are progressively improved throughout the course of treatments. Slim-up can target areas of your body that cause you most concern.

TONING

We recommend 20 mins session

Treatment cost	£20.00
Course of 10	£160.00

SLIMMING

We recommend 40 mins sessions

Treatment cost	£40.00
Course of 10	£320.00

GENERAL CLIENT INFORMATION

HOW TO SPA

We ask that you arrive 15 minutes before your appointment to fill in a medical questionnaire (if you are a new client) or to simply relax prior to your treatment. If you are late for an appointment, it may be necessary to reduce the time allocated to your treatment in order not to inconvenience other clients; however the full treatment charge will be levied.

PERSONAL ITEMS

We recommend that you look after your valuables as we cannot accept responsibility for their loss.

RESERVATIONS

We recommend that your spa reservation be made at least 3 weeks in advance of your treatment.

CANCELLATION POLICY

If you wish to cancel your appointment, please provide 24 hours notice or 50% of the treatment cost will be charged. If you are on a pre-paid course, your treatment may be deducted.

BOOKING POLICY

Credit card details will be required to book any treatment of 2 hours or over.

REFUNDS

Refunds will not be given on pre-paid courses, gift vouchers or products.

FACILITY USE

The spa is exclusively for use by people aged 16 years or over. Please note that children cannot be accommodated in the spa at any time.

MOBILE PHONES

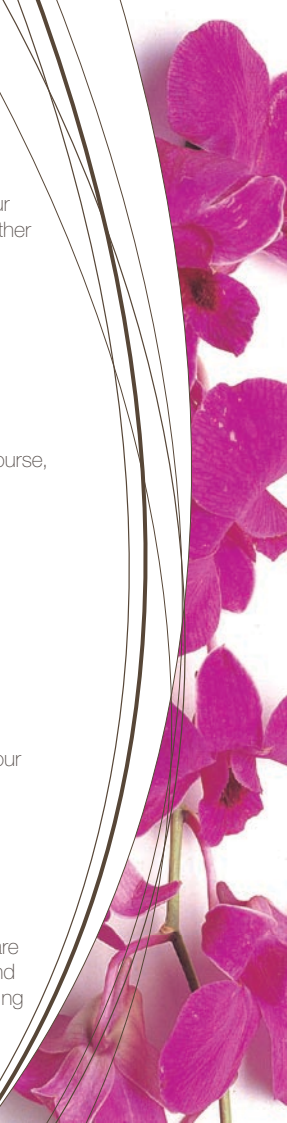
We would like you to think of our day spa as your own private 'quiet zone' where silence, subtle music and soft conversation reign. To ensure your relaxation and that of others is not disturbed, we request that your mobile phone be switched off during your spa visit. Thank-you.

DISCOUNTS

Significant price savings are available on courses of treatment of 5 or more sessions when paid in advance. Valid for 6 months only, these are non-refundable and non-transferable.

GIFT VOUCHERS

Gift vouchers are available and provide the ideal gift for that special occasion. They are supplied with a copy of our treatment menu and skin care samples when available. Gift vouchers cannot be used against any promotional activity that may be running in our spa, they will expire at the end of the month shown on the voucher. Gift vouchers are non-refundable and non-transferable. All change due will be given in voucher form, bearing the same expiry date as the original voucher.



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SPA AND LASER CLINIC

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open : monday - wednesday 9am - 5pm thursday - friday 9am - 8pm saturday 9am - 3.30pm

quaybeauty
of yarmouth

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If phoning for Yarmouth, please quote **Quay Beauty**.



Dr.Hauschka
Approved Outlet

dermalogica[®]
a skin care system researched and developed by The International Dermal Institute