

Holistic

Swedish Massage

A deeply relaxing treatment to relieve stress and sooth muscle tension.

Back, Neck and shoulder massage	30 mins	£25
Full body massage	60 mins	£40

Deep tissue massage

Similar to the Swedish massage however the deeper pressure helps release chronic muscle tension.

Back neck and shoulder massage	30 mins	£30
Full body massage	60 mins	£45

Hot Stone Massage

This involves using a variety of heated stones to massage the body, along with the hands. The heat penetrates deep into muscles, allowing for greater relaxation.

Back neck and shoulder massage	30 mins	£35
Full Body massage	60 mins	£50

Luxury Back Treatment

Includes deep cleanse, steam, Dead Sea salt scrub, mud mask, tone and moisturise using essential oils.

60 mins £30

Full Body scrub

Dead Sea salt scrub, tone and moisturise.

£30

Indian Head Massage

A relaxing treatment to relieve stress and tension build up. Gives immediate relief and promotes deep relaxation, working on upper back, face, neck and scalp.

30 mins £25

Facials

Mini Facial

The ideal choice if you want to give your skin a quick "pick me up", And still leave feeling relaxed. Includes cleanse, exfoliate and steam, face and neck massage and moisturise.

40 mins £25

Customised Facial

A unique facial to correct skin imbalances. Tailored to suit your needs, this is the perfect way to revive your skin, steam and destress. This facial will be designed around your skin and wellbeing.

60 mins £40

Illuminating Facial

A brightening facial to correct hyper-pigmented skin. Visibly reduces the appearance of dull, blemished and uneven skin tone, revealing a brighter complexion. Leaving your skin looking and feeling hydrated!

60 mins £45

***Upgrade** your mini facial to our illuminating product range for an extra £5!

Luxury Facial

The perfect treat! A customised facial treatment, including hand, foot and head massage.

75 mins £55

Facials Continued...

Dermaplaning

A pain free method of exfoliation using a scalpel to gently scrape off the top layer of dead skin cells and vellus hair to reveal a smoother, brighter complexion.

Basic dermaplane includes cleanse, tone and moisturise. £55

Luxury dermaplane includes cleanse tone pre exfoliation steam massage and moisturise. £75

Pamper Packages

HBL Package

Hands - Gel polish
Brows - Eyebrow wax & tint
Lashes - Full set of Individual cashmere lashes

£90 (saving £20)

Holistic Hamper

Luxury facial
Luxury back treatment
Back, neck and shoulder hot stone massage

£99 (saving over £20)

Waxing and Tinting

Eyebrows	£10	Lash tint	£15
Lip/chin	£7.50	Brow tint	£10
Underarm	£10	Brow tint & shape	£15
Forearm	£12	Brow tint & Lash tint	£22
Full arm	£16	Brow wax+lash tint	
Bikini	£12	+brow tint	£28
Brazilian	£22		
Hollywood	£30		
Full leg	£23	Male Waxing	
1/2 Leg	£14	Back & Shoulders	£20
3/4 Leg	£20	Chest or back	£20
Full Leg & Bikini	£30	Back, shoulders & chest	£30

Patch test required for tinting



Lashes

Individual Eyelash Extensions

Full set of eyelash extensions which available in various lengths, made to enhance, thicken and lengthen your lashes.

Full set of Cashmere lashes	£70
1/2 set Cashmere lashes	£35

Hybrid eyelash extensions

full set £75

Russian Eyelash Extensions

These lashes range from 3D - 5D. They are applied using a fan method which created a thicker and fuller look.

Full set of Russian lashes	£80
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Infills	Cashmere	Russian	Hybrid
45 minutes	£30	£35	£40
60 minutes	£35	£40	£45
90 minutes.	£40	£45	£50

50% deposit required at time of booking.

Party Lashes

Cluster of lashes, ideal for parties can last up to 2 weeks £25

Lash removal £15

Lash Lift

This is a great alternative to lash extensions or to improve the appearance of your natural lashes, making them look longer thicker and stronger. *Patch test required*

Lash Lift	£38
Lash lift and tint	£48



15%
OFF
First Beauty
treatment

01202 523 775

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333 Wallisdown Road | Poole | BH12 5BU

All prices are subject to change/availability without notice.

Nails

File and polish	£10
File and french polish	£18
Mini manicure (nail and cuticle tidy)	£15
Manicure (nail and cuticle tidy, exfoliation, massage)	£25
Luxury manicure (all of the above with heated hand mask)	£28
Mini pedicure (nail and cuticle tidy)	£17
Pedicure (nail and cuticle tidy, foot rasp, exfoliation, massage)	£28
Luxury pedicure (all of the above with heated foot mask)	£32
Callus peel treatment with file and polish	£28
Add on callus peel to any pedicure	£15
Full set of Acrylic French	£40
Full set of Acrylic nails	£35
Colour, Glitter, Ombre nails	£40
Re-balance	£30
Infills	£25
BIAB Gel application	£27
BIAB Gel with nail extension tips	£32
BIAB Gel infills	£25
Shellac added to any treatment above	£10
File and shellac application	£25
Shellac hands and feet	£40
Nail repair	£3.50
Acrylic Soak Off	£10
Acrylic soak off & mini manicure	£15
Shellac removal (free if reapplied)	£8

Spray Tan

For best results please ensure you exfoliate the night before and wear loose clothing on the day.

No streaks! No orange! Just the perfect tan!

Fake Bake - Develops in 8-10 hours	£25
Fake Bake - Develops in 60 minutes	£30

HBL recommend to add on a Full Body Scrub prior to tan to prep the skin. Add this to your spray tan appointment for (normally £30) Just £15



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Hair

Blowdry	From £20
Cut & Blowdry	From £30
Wet Cut	From £17

Colouring

Prices vary due to length and thickness of hair, and to the amount and colouring required.

Balayage	From £60
Full head of Highlights	From £55
Half head of Highlights	From £45
T-Section of Highlights	From £35
Full head Colour	From £45
Regrowth Colour	From £30

Gents Cut	From £15
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Children's Cut	From £12
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Balmain Hair Extensions by Quotation

Brazilian Blowdry	From £65.00
Keratin Treatment - smooths, softens and eliminates frizzy hair!	
Creating instant manageability! Lasting 2 - 4 months	



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OPEN

Tuesday 10am - 7pm
Wednesday 10am - 7pm
Thursday 10am - 7pm
Friday 10am - 7pm
Saturday 10am - 5pm

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