

Hair Removal

Waxing

1/2 Leg	15 mins	£16.50
3/4 Leg	15 mins	£19.50
Full Leg	30 mins	£22.00
Bikini Line	15 mins	£11.00
Bikini Line Extra	30 mins	£21.00
Underarm	15 mins	£11.00
Arm	30 mins	£17.50
Lip or Chin	15 mins	£9.50
Lip & Chin	30 mins	£12.50
Back or Chest	30 mins	£22.00

Brazilian/Hollywood Waxing

Incorporating hard wax for our advanced waxing techniques.

First Appointment	45-60 mins	£35.00
Rebook	35-40 mins	£25.00

Electrolysis

The gentle way to 100% permanent hair removal.

Permanent hair removal.

10 mins	£14.50
15 mins	£16.50
30 mins	£32.00

Course of Electrolysis

Course of 4 x 10 mins – 1 Free	£58.00
Course of 4 x 15 mins – 1 Free	£66.00
Course of 4 x 30 mins – 1 Free	£128.00

Advanced Electrolysis

Specialised treatment for the removal of facial thread veins, skin tags and Milia from the face and body.

15 mins	from £50.00
30 mins	from £70.00

Eye treatments

Eyebrow Shape	£11.00
Eyebrow Tinting	£9.50
Eyelash Tinting	£11.50

(Patch test required prior to 1st appointment)

Our Mission

Simply...to be passionate!!

At Body and Sole we are truly passionate about what we do and believe we offer only the most up-to-date treatments available.

Simply choose the amount of time you'd like to spend with us, and your therapist will suggest a range of treatments suited to your mood and needs on the day.

Opening Hours

Monday	9am-6pm
Tuesday	9am-6pm
Wednesday	9am-7pm
Thursday	9am-6pm
Friday	9am-6pm
Saturday	9am-5pm

With all treatments please allow up to an extra 15 minutes for your Face Mapping consultation and prescription.

Skin Rewards

Our expert therapists recommend professional skin care treatments every four to six weeks. You can pre-purchase five treatments and receive an extra one free with our Skin Rewards Package.

Cancellations

Please give at least 24 hours notice when cancelling an appointment. A fee will be charged for late cancellations and missed appointments.

Gift Vouchers

Whatever the occasion, the ideal gift is just a phone call away. You can purchase a customised gift certificate for any of our treatments on offer at Body and Sole. Gift Vouchers can also be posted to the recipient or yourself.

Gratuities

If you would like to show your thanks to your therapist please do so in person, this cannot be added to your bill.

Sarah Barnett Proprietor

**14, Almshouse Arcade, 19 The Hornet,
Chichester, West Sussex PO19 7JL**

Tel: 01243 774613

www.bodyandsole.uk.com

Body & Sole

Dermalogica Appointed Skincare Centre

2009
Treatment Menu
Tel: 01243 774613 • www.bodyandsole.uk.com



The Body & Sole Difference

We believe in skin... and we believe in you. We are passionate about the treatments and products that we offer at Body & Sole.

We believe in creating insanely great skin treatments just for you. So your experience at Body & Sole is completely flexible.

Simply choose the amount of time you'd like to spend with us and after your personal consultation your therapist will perform Face Mapping and then suggest a range of treatments and touch therapies customised to your skin conditions on the day.

We use the best products on offer in the industry in Dermalogica. Dermalogica use only the finest ingredients, all products are non-comedogenic and contain no mineral oil, lanolin, alcohol, fragrance or formaldehyde and are not tested on animals.

Face Mapping Skin Analysis

Face Mapping is a revolutionary approach to skin analysis by the International Dermal Institute developed for Dermalogica.

Face Mapping provides targeted skin care for unsurpassed results, using zone by zone analysis it tells us what products are right for your skin and also allows us to determine the best skin treatments for your skin's condition. Face Mapping is performed prior to every skin treatment.

15 mins	Free
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Skin Bar Experience

Come and play at our new and exciting Skin Bar and experience your very own mini treatment and Face Mapping by your personal therapist. Our Skin Bar is complete with mini steamers and hot towels for the complete skin experience.

30 mins	Free
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The Treatment

Based on your consultation and Face Mapping your treatment may include a combination of Deep Cleansing, Exfoliation, Extractions, Treatment Masque including a Scalp Massage and Touch Therapies.

45 mins (No touch therapies)	£45.00
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Why not try the treatment for your back?

Touch Therapies

Customised with Dermalogica's Stress Relief Oil or Energising Oil, personalise your treatment to your mood and choose one or more touch therapies to add to your treatment.

Face, Back, Hands or Feet	15 mins	£15.00
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Galvanic Treatment

Incorporating Galvanic current, this option deep cleanses the skin and intensively penetrates active ingredients to improve skin texture. This is particularly beneficial to dry and dehydrated skins and also oily/congested skins to help remove blocked pores.

60 mins	£55.00
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NEW: Microzone Treatment

A targeted treatment for specific skin concerns to achieve rapid results. Add to the treatment to target specific areas. Choose from Flash Exfoliation, Eye Rescue, Lip Renewal, Blackhead/Spot Relief, Skin Soother, Intense Moisture.

20 mins	£20.00
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30 mins	£30.00
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Skinmate Elite Microcurrent Treatment

Incorporating both Galvanic and Microcurrents, this treatment uses special electrodes that release a low frequency and intensity current. The benefits of this treatment are that it is deep cleansing, eliminates toxins, tones face and neck muscles, will visibly reduce wrinkles and firm and tone the skin. We recommend a course of six treatments over a six week period.

60 mins	£55.00
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NEW: AGE Smart Treatment – your skin's future!

Are the signs of aging becoming more prevalent on your skin? Give it a revitalising power boost with this treatment designed to help firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin aging. Includes contour masque. This treatment is recommended every eight weeks.

60 mins	£60.00
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Medibac™ Treatment

The end of the line for adult acne! This powerful new acne clearing treatment helps to prevent acne by thoroughly deep cleansing, removing pore-clogging skin cells and extracting current breakouts. This treatment also detoxifies the skin while calming irritation and redness finishing with oil-free hydration and controlling excess surface oil.

60 mins	£55.00
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NEW: ChromaWhite TRx Treatment

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface skin cells, helping to minimise the appearance of sun and age spots.

60 mins	£60.00
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For the Body & Soul

Incorporating Body Mapping and Dry Body Brushing.

Well-Being Massage

Choose from a selection of pre-blended oils.

30 mins	£30.00
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60 mins	£50.00
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Deep Thermal Therapy with Thermal Stamp

Inspired by the practices of 14th Century Thai Therapy, this treatment utilises a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, demineralise, de-stress and relax.

30 mins	£35.00
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75 mins	£60.00
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Tanning

St Tropez Tanning

The ultimate tan treatment that lasts up to 10 days, includes full-body exfoliation. Develops in 8 hours.

60 mins	£42.00
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Hands & Feet

Manicure	30 mins	£22.00
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Luxury Manicure	45 mins	£27.00
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Includes masque and heated mitts

Pedicure	30 mins	£27.00
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Luxury Pedicure	60 mins	£35.00
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Includes masque and heated booties