

# Harmony

Skin Care Centre



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## The Harmony Skin Care Concept

*We aim to make your experience here at Harmony one which will leave you feeling relaxed, refreshed and uplifted.*

### Introduction

**Harmony Skin Care Centre** is an established Beauty Salon in the heart of the Bronte country.

We offer a wide range of treatments in friendly, comfortable, relaxing surroundings, by Therapists trained to the highest standards, who are more than happy to offer free consultations and advice to anyone wanting a treatment.

Here at **Harmony Skin Care Centre** we use quality products such as; Dermalogica, Nailtiques, Get Fresh and Green Tea products, giving optimum results to our treatments.

All Consultations are free of charge.

## Dermalogica Facial Treatments

### Prescription Facial

The latest advances in skin analysis, provide you with a treatment specifically designed to address your personal skin concerns. This treatment consists of a deep cleanse, exfoliation, masque and relaxing face neck and shoulder massage. This facial also includes an eyebrow tidy.

**£35.00 (1 hour)**

### Power Regeneration Treatment

This treatment is quite simply one of the most effective ways to combat premature ageing and treat environmentally stressed skin using a complete blend of vitamins. It visibly reduces the signs of ageing by improving the skin's texture and tone.

**£39.00 (75 mins)**

### Medicated Clearing Treatment

This treatment is the ultimate in acne management because it targets current blemishes while helping to prevent future breakout activity. Our Medicated Clearing Treatment will focus on purifying your skin with deep cleansing followed by extractions; a medicated masque will then be applied to aid the healing process, finishing off with a moisturiser with active ingredients.

**£39.00 (1 hour)**

### Express Facial

This express Facial has the benefits of our Dermalogica products and comprises of a cleanse, superficial exfoliate and nourishing masque, finished off with a calming moisturiser.

**£22.00 (30 mins)**

### Men's Exclusive Facial

This relaxing Facial begins with a facial wrap in warm towels prior to a dual-action exfoliating cleanser with a unique 'beard lifting' lather, which removes oil and debris on the skin, clearing the pores and helps minimise ingrown hairs. The applications of a soothing masque will balance and hydrate the skin. A light-weight moisturiser containing antioxidants to protect your skin against ageing free radicals and UV rays is applied to complete the treatment.

This treatment also includes a face, neck and shoulder massage.

**£36.00 (1 hour)**

## Silhouette Facials

Green Tea contains one of nature's powerful antioxidants which provide actions to remove and protect against impurities (Free Radicals) that attack the skin on a daily basis. Free Radicals block and dehydrate the skin, therefore creating fine lines and wrinkles and preventing it from appearing fresh and healthy. The skin needs to regenerate and produce fresh skin cells if it is to feel taut and firm. By using products from the Matcha Green Tea range we can achieve a firmer more youthful skin.

Some of our Silhouette Facials include the infusion of the products by 'Dermafusion'. This treatment uses micro-pulses to help the ingredients of the products chosen to penetrate into the skin in half the time of other conventional routes. Dermafusion Speciality Facials can be directed to treat a magnitude of needs and desires.

### Matcha Green Tea Facial

This Facial has the benefits of repairing, hydrating and moisturising the skin whilst preventing future DNA and UV damage. It consists of a cleanse and exfoliant with the extract of Kiwi fruit helping to reduce the dead skin cells that build up on the face over a period of time. A Green Tea Mask will help to repair and hydrate the skin leaving the skin deeply moisturised and refines the surface of the epidermis, reversing the signs of ageing such as skin dryness, fine lines and wrinkles by improving cellular oxygenation and cohesion. Includes facial massage.

**£29.00 (45 mins)**

### Detox and Firming Facial

This Facial has all the benefits of the Matcha Green Tea Facial plus the Dermafusion of a Bio-Ampoule\* to fit the client's needs. A facial massage with a Regeneration Oil helps to regenerate and moisturise the skin cells, followed by the Green Tea Peel off Mask. This is a supercharged Anti-Oxidant Mask which helps remove debris and provides antibiotic and anti-viral actions, improving the skin's composure, reducing lines and other tell tale signs of stress and ageing. Contains essential vitamins; C, B1, B2, B6, Theanine and Folic Acid, which preserve a much healthier, smoother, youthful skin.

**£41.00 (1 hour)**

## Skin Rejuvenation Treatments

### Dermalift

Discover a younger looking you. The Dermalift Facial System rejuvenates facial muscles and skin tone by the use of a micro-current. This reduces and softens fine lines and wrinkles and results in facial contours. For maximum benefit a course of 10 (2 weekly).

**Single treatment - £28.00**

**Course of 10 (9+1 Free) - £252.00**

### Dermalift Eye Treatment

Reduce fine lines around the eyes with a Dermalift Eye Treatment. This consists of a lifting treatment followed by a nourishing eye masque which soothes and replenishes the delicate skin around the eyes.

**Single treatment - £22.00**

**Course of 10 (9+1 Free) recommend 2 weekly - £198.00**

### Dermalift Sono Peel

An exciting aesthetic innovation that delivers extremely effective peeling and regenerative treatments that overcome the tell tale signs of ageing. Skin will go from 'matt to silk in just 25 minutes'. It lifts atmospheric debris and Free Radicals that regularly damage our skin, leaving the skin feeling soft and smooth to the touch.

**£21.00**

### Micro-Dermabrasion

Micro-Dermabrasion is a cosmetic technique using the Diamond Touch Exfoliating System to remove the outermost layer of dead skin cells from the epidermis. It is a non-abrasive procedure. This treatment stimulates the production of collagen and elastin, resulting in younger looking skin.

Recommended for the treatment of:

- Active acne and acne scarring
- Open pores, black heads and milia
- Ageing skin, fine lines and wrinkles
- Sun damaged skin, pigmentation, stretch marks

**Single treatment - £32.00**

**Course of 5 (4+1 Free) - £128.00**

Why not add the benefit of a Mini Facial and luxurious Collagen Face Mask?

**- £50.00**

## Thermacell

Thermacell Face and Body, Sculpting, Lifting, Defining, Tightening and Reducing. The Thermacell system delivers energy in very controlled amounts to the body, moving through the tissues and targeting the dermis and the subcutaneous layers that contain collagen and fats.

The Benefits:

- Cellulite Reduction/Removal
- Fat Reduction/Removal
- Collagen Tightening and Development
- Non-Surgical Face-Lifting
- Stretch Mark Reduction/Removal
- Sculpting, Toning, Defining and Shaping

**Price on Consultation**

## IPL Hair Removal

- Hair Removal

**Price on Consultation**

## Semi-Permanent Make-Up

- Eyebrows
- Lips
- Eyeliner

**Price on Consultation**

## Complementary Therapies

### Reflexology

Our aim is to achieve full relaxation by using a technique of pressure massage of the feet or hands. It is a simple non-invasive treatment, which helps relieve energy blockages which can cause an imbalance in the systems of the body. By relieving these blockages it stimulates the body's own healing powers, helping them to work in harmony and also keep us in a state of good health. The treatment can be helpful in treating migraine, headaches and sinus problems. To achieve the full benefit of Reflexology a course of 8 treatments are recommended.

**Price - £28.00**

**Course of 8 (7+1 Free) - £196.00**

## Massage

### Therapeutic Massage

An ideal way to reduce muscle tension and remove the negative effects of everyday stress. This treatment restores your sense of wellbeing, with a customised combination of massage techniques.

Back, Neck and Shoulder

**£21.00**

Full Body

**£36.00**

### Hot Stones Back Massage

Indulge yourself with a Hot Stones Back Massage. The heat from the hot stones will warm and relax the muscles while helping ease pain and tension. The essential oils used during this treatment will give you the ultimate relaxation.

**£26.00**

### Tibetan Head Massage

An ancient Tibetan therapy which uses acupressure points in massage to rebalance the body and mind.

**£32.00**

## Depilatory Waxing Treatments

A semi-permanent method of hair removal using Tea-Tree or Lavender products, which helps to soothe the skin.

Half Leg	<b>£14.50</b>	Under Arm	<b>£9.00</b>
Half Leg/Bikini	<b>£19.50</b>	Lip or Chin	<b>£6.50</b>
Three quarter Leg	<b>£17.50</b>	Lip and Chin	<b>£10.50</b>
Three quarter Leg/Bikini	<b>£24.50</b>	Lip and Chin and Neck	<b>£16.50</b>
Full Leg	<b>£22.00</b>	Side of Face	<b>£10.00</b>
Full Leg/Bikini	<b>£26.00</b>	Chest	<b>£25.00</b>
Bikini Line	<b>£9.00</b>	Back	<b>£25.00</b>
Extended Bikini	<b>(add £3)</b>	Full Arm	<b>£17.00</b>
Brazilian	<b>£17.00</b>	Half Arm	<b>£13.00</b>

Please inform staff if you are on medication before any waxing treatments.

## Beautiful Eyes

### Eye Enhancer Treatments

Eyebrow Trim	<b>£7.00</b>	Eyeshadow Tint *	<b>£10.00</b>
Eyebrow Tint *	<b>£6.00</b>	Eyeshadow and Eyebrow Tint *	<b>£14.00</b>

### Eyeshadow Extension

'Lash Perfect' lashes are a semi-permanent lash extension which are applied directly to the individual lashes. This will give longer, thicker, natural looking lashes.

Infills are required every 2 to 3 weeks.

**Full set - £50.00**

**Infills - from £18.50**

\*All new clients must have an allergy test 48 hours prior to treatment. It is imperative to inform our staff if you have recently had a tattoo.

## Happy Hands

Nailtiques is a unique therapeutic nail care system designed to help nails that peel, break and split. Using a range of formulas to suit everyone's needs, also excellent for the recovery of damaged nails after the use of artificial products.

### Nailtiques Manicure

Nails filed to desired shape, cuticle work, application of Nailtiques product and formula, hand and arm massage complete with your desired polish. **£21.00**

### Deluxe Manicure

(All of the above) plus an extra nourishing hand exfoliation and the use of heated mitts to help the products penetrate into the hand and nails. This is finished with a hand and arm massage and complete with your desired polish. **£26.00**

File & Polish **£12.00**  
**(additional £3.00 for French Polish)**

### Gelish by Harmony

From Nail Harmony comes Gelish Colour Gels. The gels come in an array of colours which are applied like polish but are cured in a LED lamp – drying instantly, leaving nails with a beautiful high gloss finish which can last up to 2 weeks.

Gelish Fingers **£21.00**  
Gelish with Manicure **£28.00**  
(Gelish removal with re-apply) **£5.00**  
Gelish removal on own **£10.00**  
**(additional £3.00 for French Polish)**

# Happy Feet

## Pedicure

Get that 'Fresh Feet' feeling with our pedicure treatment! We use products filled with nature's finest ingredients. Every item in our foot line is blended to refresh, deodorise, exfoliate and moisturise even the weariest of feet. **£24.00**

## Deluxe Pedicure

Our Deluxe Pedicure has the advantage of our 'Rescue Me' product, which consists of an intensive repair crème loaded with shea butter and aloe-vera, plus skin-renewing alpha hydroxyl fruit acids, which aids the exfoliation process of dead skin cells. A wrap and heated booties are used which will help the products penetrate deeper for a softer, smoother skin. **£29.00**

File and Polish

**£12.00**

**(additional £3.00 for French Polish)**

Gelish Toes

**£21.00**

Gelish with Pedicure

**£31.00**

Gelish removal with re-apply

**£5.00**

Gelish removal on own

**£10.00**

Minx Nails extends fashion to your toes. It is applied onto natural nails and comes in a wide range of graphics, designs and metallic finishes. (Clients must choose which design they want at time of booking).

Minx

**£21.00**

Minx with pedicure

**£39.00**

## Body Treatments

### Mineral Sugar Scrub

Prepare to see your skin glow! This treatment includes a Mineral Sugar Scrub to slough away dead skin cells, a body mask to nourish and hydrate, finishing with a rich cream massage to relax and soothe the skin. Ideal for a pre-holiday treat!

Full Body	<b>£40.00</b>
Back (including arms)	<b>£20.00</b>
Including face exfoliation & face mask	<b>£55.00</b>

### Body Bronzing

Body exfoliation, moisturise and St Tropez tan. Excellent for that special occasion or as a pre-holiday treatment.

Full Body	<b>£38.00</b>
Full Body (with no exfoliation)	<b>£30.00</b>
Full Legs	<b>£18.00</b>
Half Body	<b>£22.00</b>

# Harmony Aesthetic Clinic

An established Aesthetic Clinic since 2001. Maureen Scully, who is an Aesthetic Nurse and Nurse Independent Prescriber offers treatments for correction of lines, wrinkles, scars and skin rejuvenation. A well respected nurse in the field of aesthetics with 13 year's experience in this field and 35 years as a Registered Nurse.

All consultations are free of charge. All Aesthetic treatments require a deposit at the time of booking.

## Aesthetic Treatments

### Botulinum Toxin

Botulinum Toxin is a successful treatment in the smoothing out of fine lines and wrinkles. Areas that can be treated are frown lines, crow's feet and forehead lines.

Botulinum Toxin Injection (1 area) **£195.00**  
Botulinum Toxin Injection (3 areas) **£300.00**

Botulinum Toxin Injection (2 areas) **£250.00**

### Dermal Fillers

We offer a range of dermal fillers for lip enhancements, cheek augmentation, jaw and nose sculpturing for a more youthful look.

Juvederm 2 (1 syringe) **£195.00**  
Juvederm 4 (1ml) **£280.00**

Juvederm 3 (1ml) **£250.00**  
Radiesse (1.5ml) **£400.00**

*Deposit of £100 needed at time of booking for above treatments.*

### Derma Roller Treatment

Genuine Dermaroller™ Therapy™ can significantly improve the appearance of:

- Acne scars
- Stretch marks
- Aged and sun damaged skin
- Facial and décolleté lines and wrinkles

Genuine Dermaroller™ Therapy™ provides advanced micro-medical skin-needling – a procedure that stimulates the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, healthier, younger-looking skin.

After a Genuine Dermaroller™ Therapy™ procedure your body will start to naturally regenerate and repair the skin, working below the surface in the Dermis. This takes time as new collagen is formed, new skin cells are generated and blood supply is enhanced. It can take up to 6 weeks before visible signs of regeneration and repair are seen and the process will continue over the following months, providing you with a natural and long lasting enhancement.

**£180.00 each**

**A course of 3 is recommended - £480.00**

## Skin Tech Skin Peels

### Skin Tech Easy TCA (15%) Peel

This is a highly effective Medium Peel, to treat fine lines, discolouration and acne. It is also well tolerated by the skin.

The Peel is applied in four, once weekly sessions, there is minimal downtime and patients can continue daily activities as normal. The face will feel tight on the initial two days following the Peel and will noticeably flake on the third and fourth day.

The treated area should not be cleaned on the evening of the Peel and the post-Peel Cream applied by the practitioner must be kept on until the following day. The face can be cleansed the next day and the Skin Tech Daily Care Cream recommended should be applied. The more the skin is moisturised, the more readily it will flake and results will be better too. Following an Easy TCA Peel, skin must be protected from the sun with a SPF 50+.

The TCA Peel is beneficial in rejuvenating skin to reduce the visible signs of ageing or sun damaged skin, fine lines, wrinkles and stretch marks. TCA is also useful for the treatment of various dermatological conditions including acne, dry skin, hyperkeratosis, hyper-pigmentation, keratosis, chloasma and melasma (discoloration).

This peel is specifically for:

- Teenager skin problems
- Acne scarring
- Skin rejuvenation
- Pigmentation problems
- Photo ageing
- Keratoses
- Stretchmarks

**Price for course of 4 - from £475.00**  
**(includes home care products)**

All these treatments are carried out with Maureen Scully, Aesthetic Nurse, with 12 year's experience in this field and 32 years as a Registered Nurse.

All consultations are free of charge.

Skin Tags

**£40.00**

Thread Veins

**£30.00**

## Health/Medical Conditions

It is the client's responsibility to inform us before every treatment, if on medication, suffering from any illness or pregnant, so we can consider whether it is safe to carry out your chosen treatment.

## Bookings

When booking an Aesthetic Appointment with the Nurse we may ask for a deposit to secure your treatment.

## Cancellations

Please try to inform us 24 hours prior to any cancellation or a charge may be made.

## Mobile Phones

Please ensure that your phone is on silent to maintain a relaxed atmosphere for you and other clients.

## Client Feedback

We are always striving to maintain a high level of service and would welcome your feedback. If for any reason you are unhappy with our service please let us know.

This Price List is effective from January 2014.

A close-up, soft-focus photograph of a woman's face, showing her eyes, nose, and lips. The image is overlaid with a semi-transparent brown filter that serves as the background for the text.

## Opening Times

Monday – Appointment Only

Tuesday 10am – 8pm

Wednesday 10am – 8pm

Thursday 10am – 8pm

Friday 10am – 6pm

Saturday 9am – 3pm

Sunday – Closed

All major credit cards  
accepted for payment

## Harmony Skin Care Centre

2-4 Kipping Lane, Thornton, Bradford BD13 3EL

Telephone: 01274 831120

[www.harmonyskincarecentre.co.uk](http://www.harmonyskincarecentre.co.uk)