



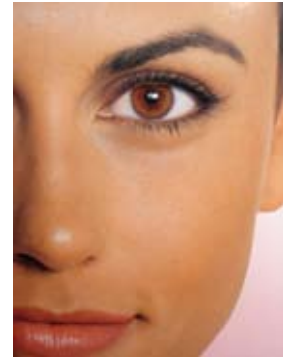
Remedies⁺
laser skin & health clinic
of Topsham

one | unique | you

"To all at Remedies - I have been coming here for a few months now in preparation for my wedding. Even my sister comes now. We both love Remedies and everyone that works there are absolutely lovely. I'm hooked on this place! My sister and I will be returning even after the wedding.

I have had microdermabrasion and chemical peels on my back and face and the results have been brilliant and I've just had the multi-vitamin facial in prep for the wedding and it felt amazing. Thank you so much"

Karen, Exeter



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Welcome to Remedies

We're here to help you discover the 'one unique you'.

At Remedies, through many years of caring for our clients, we've developed a whole range of treatments to help you look and feel younger for longer.

Our product ranges include dermalogica as developed by the International Dermal Institute, MD Formulations & ID Bare Minerals, Vitage, Priori and Jessica Nails.

Also, to help meet the wider health and 'well being' needs of our clients, we have built up a very successful team of independent Complementary Therapists who practice from our premises.

For more details on the Complementary Therapist team just visit www.remediesbeauty.co.uk or call our reception.

We look forward to meeting and treating you.

Remedies - the start of the journey...

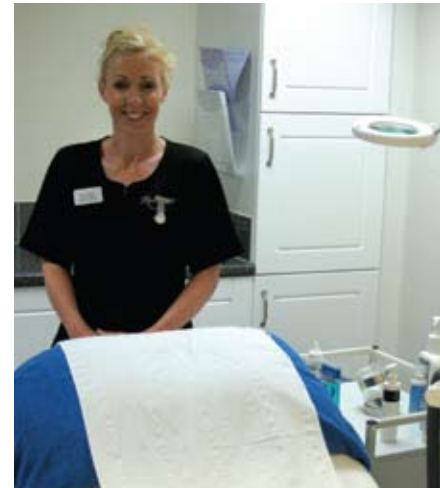
At Remedies, we're not just a beauty salon, or a clinic. We have the expertise and facilities to provide a complete skin care journey, designed specifically for you. Our many years of experience have shown us that before we recommend a treatment, we need to know about you, and what you need, and more importantly, what you don't need!



At Remedies, We'll help you relax...



...and discover the one unique you....



...from qualified beauty therapists...



*...we'll help you on your journey,
and talk you through every step....*



*...with a specially developed program
of treatments designed just for you....*



*...and our expert, friendly team
are always here to help.*

...to discover the one unique you.

Our combination of holistic treatments mean we can truly deliver the ultimate in skin care and beauty, from stress busting massages, nails, even Laser treatments, everything you need is here under one roof. We'll help you discover the 'one unique you' and help you feel amazing. At Remedies, we're here to help you look and feel younger - for longer.

Facial Treatments

As every client is unique variants of these facial treatments may be provided to meet client needs. There are also various 'Add-ons' at very competitive prices you may wish to consider. (See the list at the bottom of this section).

- | | | | |
|--|---------------|----------|-----------------------|
| 1) Consultation Facial
This extensive treatment includes skin analysis and prescription of relevant products, a preferred choice for those who are having a facial with us for the first time. You are provided with a bespoke facial plus expert advice and guidance. | £45.00 | | approx 60 mins |
| 2) Maintenance Facial
A short cleanse, mask and moisturise for those in a hurry. | £37.50 | | approx 45 mins |
| 3) Multi-Vitamin Facial
Suitable for the more mature/dry skin type | £47.50 | | approx 45 mins |
| 4) Dermalogica Hydroxy Acid Facial
Suitable for Acne prone skins | £47.50 | | approx 45 mins |

"I had my first treatment and my skin felt so soft and looked very clean. My skin now looks so even and healthy. I have just had my second treatment and am very pleased with my new clean looking skin. Thank you for your advice and help"

Mr A, Topsham

5) Facial Peels

One of our most popular ranges of facial treatments. These Glycolic Acid based peels are suitable for those with a congested, acne, pigmented skin and helps to promote skin rejuvenation. The peels vary in the composition and clients tend to progress through their strengths as appropriate for their skin.

- | | | | |
|---|----------------|--|------------------------|
| a) 50% Basic Glycolic Peel | £55.00 | | approx 45 mins |
| | £275.00 | | course x6 Peels |
| b) Advanced Peel (additional Enzyme Mask) | £60.00 | | approx 60 mins |
| | £300.00 | | course x6 Peels |
| c) 60% Alpha Beta Peel (Glycolic & Salicylic) | £65.00 | | approx 60 mins |
| | £325.00 | | course x6 Peels |
| d) 70% Forte Peel | £75.00 | | approx 45 mins |
| | £375.00 | | course x6 Peels |
| e) Priori Idebenone Peel - unique antioxidant peel for rejuvenation | £65.00 | | |
| | £350.00 | | course x6 Peels |
| f) Microdermabrasion | | | |
| To remove surface debris and provide a superficial physical exfoliation to freshen up your skin. | | | |
| g) Standard Microdermabrasion Facial | £60.00 | | approx 60 mins |
| Other areas of the body can be treated e.g. shoulders/chest just ask your therapist for more details. | £300.00 | | course x6 Peels |

Add-Ons (add to any of the Facial Treatments listed)

Eyebrow Tidy	£5.00
Back & Neck Massage	£17.50
Add File & Paint	£12.50

Laser and Intense Pulsed Light (IPL) treatments

Remedies has a wide range of Laser/IPL equipment which can provide you with treatments for:

Hair Management

Red Vein Removal

Port Wine Stains

Verruca

Rosacea

Tattoo Removal

Pigmentation

Acne and Acne Scarring

Skin Rejuvenation for Fine Lines and Wrinkles

The Laser Consultations

Before any laser treatment is provided a full consultation must be given where we can assess your condition, understand your needs, explain what the treatment involves, answer any questions and identify potential costs.

We only charge for our NLITE Acne consultation as it is more time consuming and slightly more involved.

NLITE Laser Consultation for Acne

£25.00

| approx 45 mins

All other Laser/IPL Consultations

Free

| approx 30 mins

Prior to any actual Laser treatment taking place a Patch Test will need to be carried out.

This is charged at £50.00 but will be deducted from the cost of your first treatment.

Individual leaflets are available in reception or on request for all our Laser/IPL/Peels treatments plus further details on our website www.remediesbeauty.co.uk.

"Laser treatment for facial hair, fantastic. Such a success"

Linda, Teignmouth

Combined facial treatments

A combination of a peel or microdermabrasion with the laser. Treatment choice for acne and skin rejuvenation.

The complete facial treatment package	£150.00
IPL/Laser Standard	£110.00
Plus	£125.00

Combining a peel or microdermabrasion with IPL or Laser for skin rejuvenation/acne/pigmentation/red veins.
Please speak to your therapist regarding preferred choice.

Individual leaflets are available in reception or on request for all our Laser/IPL/Peels treatments
plus further details on our website www.remediesbeauty.co.uk.

"I really feel the laser treatment I am having is helping me to slowly gain more confidence in myself again and feeling more feminine. My therapist is wonderful and helps me to feel relaxed and not so self conscious. Thanks"

Mrs B, Exmouth

"I was going somewhere else for treatment and was told by a friend about Remedies. I came here myself and haven't looked back. My skin has improved loads and I am really pleased! - Thanks so much"

Mr C, Newton Abbott after Acne Treatment

Body treatments

1) Body Skin Conditioning

a) The Back Facial

£45.00 | approx 45 mins

After your back has been deep cleansed, invigorated and polished smooth, any tight muscles are relaxed using Swedish massage techniques designed for specific stress areas. This specialised back treatment includes back, shoulders and upper arms. Perfect for those with problem areas they cannot reach.

b) The Back Peel

£55.00 | approx 45 mins

A deeper cleansing and conditioning back treatment giving a thorough deep and an appropriate Glycolic skin peel, plus a reviving swedish massage. Then your back has a mask applied and finished off with moisturisation.

2) Massage

The benefits of a therapeutic massage can include: relaxing de-stressing, or deeper, energising and invigorating. Allow our therapist to prescribe a specific treatment to suit you using Swedish, Lymph drainage or G5 massage procedures. Hydrotherm massage is also available and suitable for pregnant women or those who find laying prone difficult. Courses available.

	Courses	Individual Treatments
a) Back and Neck	£125.00	£25.00 approx 30 mins
b) Deluxe Back and Neck	£165.00	£33.00 approx 45 mins
c) Full Body	£200.00	£40.00 approx 1 hour
d) Deluxe Full Body		£45.00 approx 1 hr 15 mins

e) Indian Head Massage

A stress relieving experience. This is performed sitting and clothed, it is particularly beneficial for headaches and sinus related problems.

£30.00 | **approx 45 mins**

£25.00 | **approx 30 mins**

3) Tanning - we do not use or promote the use of Sunbeds!

For a safe, natural looking tanning treatment which includes exfoliation and application.

Full body including face

£45.00 | **approx 60 mins**

Half Body

£27.50 | **approx 30 mins**

*"I would just like to say another huge thank you for all the great work you do on me!
You always make me feel a whole lot better about myself and my skin problems.
I love coming into see you as you give such good advice and instead of chucking pills
or creams at me like my doctor, you explain why problems occur and make me understand my skin.
Mwah!"*

Kylie, Plymouth

*"I had treatment on my chin with Laser for hair removal, which I felt very
self conscious of. After two treatments I felt so much better. The laser worked,
its great and no more snipping the hair off. The Laser is painless, just a small heat
spot for less then a second. No problem at all. I would recommend it to anyone"*

Rose, Totnes

*"I have had 2 Laser Sessions on Red Veins on my cheeks.
The result is fantastic. I feel like a new woman!
Many Thanks to Remedies. Didn't hurt much either!!"*

Mrs W, Budleigh Salterton

Beauty treatments

1) Waxing

For a perfectly smooth result with expert technique. The skin can stay smooth for weeks at a time with no shadow and irritation is minimised with the use of Australian Tea Tree products.

Half Leg upper	£20.00	Half Leg upper + Bikini or U/Arm	£27.50
Half Leg lower	£18.00	Half Leg lower + Bikini or U/Arm	£25.00
Full leg	£30.00	Full leg + Bikini or U/Arm	£37.50
3/4 Leg	£25.00	Bikini or Underarm	£12.50
Underarm and Bikini	£22.00	Hollywood	£35.00
Brazilian	£30.00	Lip, Chin or Brow	£11.00
Lip and Chin	£17.50	Neck & Shoulders	£22.50
Full Back	£27.50	Arms	£18.00
Bleaching Top Lip	£12.50		

2) Eye Treatments - Tinting

Enhance the colour of your lashes and brows with a permanent tint of colour.

A free skin patch test is essential 24 hours prior to appointment.

	Single Treatment	Course x6		
Eyelash Tint	£14.50	£72.50	Eyebrow tint	£12.00
Lash & Brow tint	£22.50	£112.50	Lash & Brow Tint & Tidy	£25.00
Eyebrow shape	£17.50		Eyebrow Tint & Tidy	£15.00
Eyebrow tidy	£11.00			

3) Hands and Feet Treatments - Nails

JESSICA nails promotes the growth off healthy nails using intensive treatments to suit particular nail types.

	Single Treatment	Course x6
Manicure - Standard	£22.00 approx 45 mins	£110.00
Manicure – Super with paint	£26.00 approx 60 mins	£130.00
Luxury Manicure (with paraffin wax)	£30.00 approx 75 mins	
Pedicure	£28.50 approx 60 mins	£142.50
Luxury Pedicure (with paraffin wax)	£32.50 approx 75 mins	
Manicure & Pedicure	£36.00 approx 2 hours	
Nail File, buff or paint Hands or Feet	£17.50 approx 30 mins	
Nail File, buff or paint Hands & Feet	£30.00 approx 60 mins	
Hand or Foot Treatment with Paraffin Wax Dip for dry skin	£25.00	
Individual Nail Art	From £10 per set (dependent on design)	

4) Mineral Make Up

For new ideas and professional application of a wide range of colours that can be tried. All treatments include cleanse, tone and moisturise.

Brief Make-up consultation

Free (to discuss products 15 mins)

Make up lesson

£25.00 (application of products 30 mins)

5) Ear Piercing

£15.00 includes Gold Plated studs

6) Thermology & Electrolysis

Single Treatment

Course x6

a) Electrolysis Hair removal

£20.00 | approx 30 mins

£100.00

b) Thermology Removal of skin tags and warts.

from £45.00 (depends on the no. and size)

Treatment Packages

Great for that Special Gift or simply a treat for yourself, our packages are designed to give a bit of pampering.

For Women

Our 'Pamper Packages' for women

- | | | | | |
|-----------------------------|---|----------------|--|-------------------------|
| 1) Time Out | A consultation Facial, Back & Neck Massage, Hand Nail File & Paint | £70.00 | | approx 2 hours |
| 2) Time Out Plus | A consultation Facial, Back & Neck Massage, Hand & Foot Nail File & Paint | £80.00 | | approx 2.5 hours |
| 3) Top to Toe | A consultation Facial, Full Body Massage, Hand & Foot Nail File & Paint | £90.00 | | approx 3 hours |
| 4) Deluxe Top to Toe | A Multi-Vitamin Facial, Full Body Massage, Manicure or Pedicure | £105.00 | | approx 3 hours |

For Men

Our 'Grooming' packages for Men

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|--------------------------|---|---------------|--|-------------------------|
| 1) 'The Usher' | A Back Exfoliation, stress relieving neck and shoulder massage, a face cleanse, exfoliation and mask. | £50.00 | | approx 1 hour |
| 2) 'The Best Man' | A Back Exfoliation, stress relieving neck and shoulder massage, a face cleanse, exfoliation, mask treatment and a Hand or Foot nail file. | £65.00 | | approx 1.5 hours |
| 3) 'The Top Man' | A Back Exfoliation, stress relieving back and legs massage, a Mens Facial and a Hand or Foot Nail File | £90.00 | | approx 2 hours |

Our Remedies Gift Vouchers are available for purchase to a Value or Specific Treatment.

What a great gift this would be for the Man or Woman in your life!





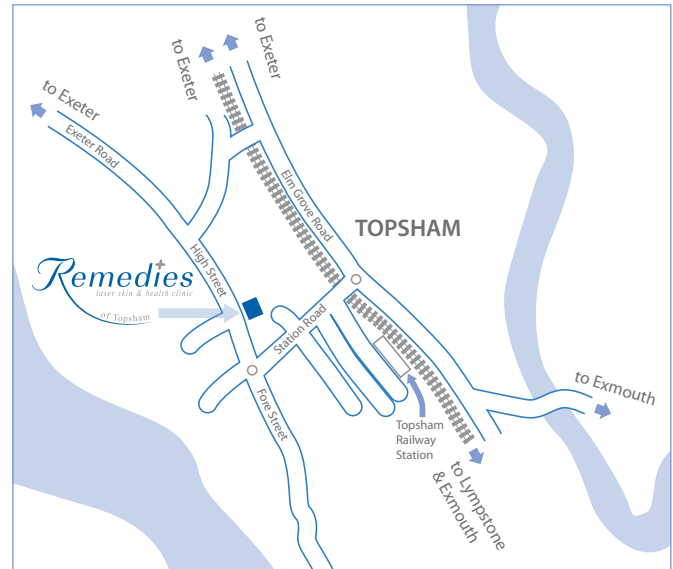
How to find us

By Car

From the M5, take junction 30 towards Exmouth. Follow the signs for Topsham. We are situated near the centre of Topsham. Parking is available opposite the clinic, or in local public car parks.

By Train

Remedies is a short walk from Topsham Railway Station, which is on the Avocet Line. Change at Exeter Central for Exmouth.



Call us on **(01392) 877221**

Email us at sales@remediesbeauty.co.uk

30 High Street, Topsham, Exeter, EX3 0ED

www.remediesbeauty.co.uk

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