

*Head To Toe Therapy*

Health & Beauty Studio

## **Price List**

**HEAD TO TOE THERAPY**  
**Health & Beauty**  
**Studio**

**32 - 34 Church Road**  
**Burgess Hill**  
**West Sussex**  
**RH15 9AE**

**Phone: 01444 254230**

**Website:**  
**[www.headtotoetherapy.co.uk](http://www.headtotoetherapy.co.uk)**

**Email:**  
**[info@headtotoetherapy.co.uk](mailto:info@headtotoetherapy.co.uk)**

## Our Aim

Our aim is to provide a warm, friendly and informal  
ambiance that will provide a haven away from the stress and pressures of  
life. Whether it is pampering or more practical alternative therapies we  
would encourage you to visit us to discuss how we can meet your  
individual needs.

## Beauty Treatments for Men & Women

### Elemis Facials

With Elemis you step into a world of calmness and inner peace. Leading the way in  
innovative, professional therapies and superior formulations for over 20 years. Elemis is the  
only professional British brand clinically proven to be effective after just one treatment.

**Skin Booster Facial** (30mins) £ 40.00

For a smooth, glowing complexion. Perfect for a lunch-time or early evening 'quick fix' this  
facial is uniquely designed for maximum results in minimum time. Ideal to add to another  
beauty treatment such as a manicure, wax or eyebrow shape to make a complete package.

**Skin Specific Facial** (60 mins) £ 50.00

The perfect skin maintenance facial customised to your skin type. This facial combines skin  
conditioning, plant actives, a prescribed mask and unique eastern facial massage techniques.  
Your face is deeply cleansed to help renew radiance, nourish and balance skin.

**Modern Skin Facial** (60 mins) £ 55.00

Rebalance stressed skin and restore a healthy glow. Bursting with anti-oxidant rich minerals  
and vitamins, this de-stressing and purifying treatment helps remove damaging toxins,  
regenerate skin cells and balance sebum.

**Oxygen Skin Calm Facial** (70 mins) £ 65.00

Soothe sensitive skin and even skin tone. Gentle massage techniques combined with a  
restructuring Japanese Silk Mask soaked in Absolute Skin Calm Serum. It helps to rebalance  
delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering  
immediate comfort to irritated skin.

**S.O.S Purifying Facial** (70 mins) £ 65.00

Purify congested skin and clear complexion. Purifying massage techniques combined with  
the unique Japanese Sulphur Mask and Absolute Vita-C Serum, helps to absorb sebum, calm  
irritation and rebalance oil-rich pores, leaving a beautiful, matte complexion.

**Tri-Enzyme Resurfacing Facial** (60 mins) £ 65.00

Peel away the years for smoother, renewed skin. Pioneering precision layering of Tri-Enzyme  
serums, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring  
and fine lines, revealing younger looking skin.

**Pro-Collagen Quartz Lift Facial** (70 mins) £ 70.00

Anti-wrinkle and firming facial. Specialised lifting massage, combined with proven marine  
extract padina pavonica - helps to re-energise and rejuvenate skin.

**Visible Brilliance Facial** (70 mins) £ 70.00

Revives dull, slackened skin, restoring radiance - perfect pre-occasion treatment.

Specialised micro-circulatory massage combined with a two phase amino active mask, helps smooth, firm, plump and restore radiance.

### **HydroPeptide® Facials**

The HydroPeptide® collection includes 21 different Peptides to boost collagen and fight wrinkles. Peptides nourish, repair, and naturally stimulate diminished collagen and other important tissue, as well as relax the repetitive, wrinkle-causing, facial expression muscle tissue. Suitable for all skin types including delicate.

**Express** (30 mins) £ 30.00

Refresh and rejuvenate without irritation or sensitivity. A mini-facial for all skin types.

**Mini Infusion** (40 mins) £ 38.00

Relaxing facial treatment that infuses the skin with the rejuvenating and uplifting benefits of peptides and proteins. For all skin types.

**Brightening** (60 mins) £ 50.00

A relaxing facial to lighten and brighten all skin types. Suitable for pigmentation, sun damage, acne scars and break out skin.

**Infusion** (60 mins) £ 55.00

Relaxing signature facial treatment that infuses the skin with the rejuvenating and uplifting benefits of peptides and proteins. For ageing, dull, tired or uneven skin.

**Advanced Resurfacing** (60 mins) £ 60.00

Re-energises and hydrates for smoother skin. Will help reduce wrinkles, firm and lift the skin. For all skin types as well as pigmentation, sun damage, acne scars and break out skin.

### **Dermalogica - Prescription Facials**

All Dermalogica treatments are customised to your skin's needs. Based on a unique analysis system and face or body mapping your fully trained therapist will design a personalised treatment tailored to your skin's needs. Your facial treatment will be based on your consultation and face Mapping - it may include: cleansing, exfoliation, extractions, massage, mask application, concentrated booster application, conditioning, eye protection and the application of moisturiser and solar defence.

40 mins (without touch therapies) £ 35.00

60 mins £ 49.00

80 mins £ 63.00

### **Dermalogica Age Smart Facial**

Professional treatment for advanced results that help resurfacing, smoothing, hydrating and firming.

70 mins £ 63.00

## Elemis Body Treatments

<b>Elemis Body Massage</b>	(30 mins)	£ 35.00
	(60 mins)	£ 55.00
	(90 mins)	£ 75.00

Unique deep rhythmic pressure massage and dynamic blends of essential oils customised to target individual needs. Helps you relax, recharge and re-energise - let your tension melt away.

<b>Exotic Lime and Ginger Salt Glow</b>	(30 mins)	£ 35.00
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Invigorating deep cleanse. Feel your senses lifted and your body invigorated by the sublime lime and ginger infused with skin enriching Japanese Camellia oil. After light body brushing, warm oil is drizzled luxuriously over the body, leaving it silky smooth and glowing.

<b>Exotic Frangipani Body Nourish Wrap</b>	(50 mins)	£ 50.00
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Deeply nourishing aromatic treat. Aromatic Tahitian coconut and frangipani flowers are soaked together to produce monoi, which is poured all over your body and then cocooned in a nourishing foil wrap. Skin is drenched with moisture for immediate softness, suppleness and radiance.

<b>Exotic Coconut Rub and Milk Ritual Wrap</b>	(50 mins)	£ 50.00
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This indulgent therapy gently polishes and nourishes your skin whilst soothing the senses - leaving smooth, soft skin. Warmed skin nourishing milk bath is drizzled over your entire body, followed by a softening Balinese coconut scrub. Relax whilst your body soaks up the enriching actives.

## Other Body Treatments

<b>HydroPeptide® Body</b>	(50 mins)	£ 45.00
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Relaxing body treatment that infuses the skin with the rejuvenating benefits of peptides and proteins.

<b>Dare To Bare</b>	(60 mins)	£ 50.00
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Body treatment incorporating the heavenly smells and texture of 'Get Fresh' body care to exfoliate, detoxify and moisturise with relaxing massage movements for silky soft skin.

<b>Head To Toe Time Out</b>	(60 mins)	£ 50.00
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Facial and body treatment together. A facial cleanse and exfoliation followed by a relaxing face, neck, scalp and back massage. Relax and calm your body and mind.

<b>Back 'Facial'</b>	(60 mins)	£ 55.00
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Dry, congested or blemished back? A deep cleansing treatment to purify and rehydrate the back.

<b>Men's De-Stress</b>	(70 mins)	£ 60.00
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For those who lead a stressful life - take time out and relax.

<b>Mothers To Be</b>	(70 mins)	£ 60.00
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Unique formulations and textures provide an experience of pure pleasure for the skin from head to toe. A completely indulgent treatment to take care of your pregnancy needs.

<b>Head To Toe Indulgence</b>	(70 mins)	£ 63.00
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Full body exfoliation followed by massage with warmed balms and finished off with an ultra rich body cream for luxurious relaxation along with silky soft skin.

### **CACI Non Surgical Treatments**

Our CACI Ultimate system is the only treatment system to combine CACI Non Surgical Facial Toning, Crystal Free orbital Microdermabrasion and LED Light Therapy. The system's capabilities offer the most comprehensive range of non surgical treatments available. With over 20 years research, the award winning CACI Facials have been voted the most effective anti-ageing treatments available. For longer lasting results a course of up to ten treatments is highly recommended followed by monthly treatments thereafter.

#### **CACI - Ultimate Anti-Ageing Facial**

The Ultimate CACI facial will leave your skin smoother, lifted, plumped and hydrated. The treatment includes microdermabrasion to resurface, non-surgical facelift, use of the wrinkle comb with LED light therapy to target your areas of concern, and the Hydratone mask to soften, plump and rehydrate the skin.

CACI Ultimate Eye	(50 mins)	£ 45.00
CACI Ultimate Facial	(90 mins)	£ 80.00
Course of 6 treatments	(6 x 90 mins)	£400.00

#### **CACI - Non Surgical Face-Lift**

The treatment gently lifts, tightens, tones and re-educates the facial muscles whilst smoothing the appearance of fine lines and wrinkles, and providing a healthier look.

CACI Eye	(30 mins)	£ 31.50
CACI Facial	(60 mins)	£ 50.00
Course of 10 treatments	(10 x 60 mins)	£430.00

#### **CACI - Hydratone Enhanced Facial**

The Hydratone treatment is a combination of our non-surgical face-lift with the added benefit of a super hydrating mask. The rollers gently massage the face causing the mask to become charged so that the whole face is bathed with rejuvenating energy.

CACI Hydratone Face	(60 mins)	£ 55.00
Course of 10 treatments	(10 x 60 mins)	£475.00

#### **CACI - Microdermabrasion**

This skin resurfacing crystal free treatment works by gently removing the superficial layer of skin to help blemishes, scarring, sun damage, fine lines and wrinkles. LED light therapy and Hydratone mask is also used to leave the skin brighter, clearer and revitalised.

30 mins		£ 30.00
Course of 6 treatments	(6 x 30 mins)	£150.00

#### **CACI - Healing Facial**

The ultimate booster facial. Wrinkle comb combines LED light therapy and micro-current to plump out, soften lines and wrinkles, thereby providing a non-invasive, needle free alternative to collagen injections and other dermal fillers.

50 mins		£ 45.00
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#### **CACI - Jowl Lift**

Firms and tones the jowl line. The CACI Jowl Lift facial uses new Quad Probe applicators designed to double the lifting action of the CACI treatment system thereby enhancing results.

20 mins		£ 20.00
Course of 10 treatments	(10 x 20 mins)	£170.00

#### **CACI - Wrinkle Revolution**

Mini treatment to help reduce fine lines and wrinkles. The facial includes a cleanse, tone, microdermabrasion and LED light therapy.

20 mins		£ 20.00
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## CACI - ChromaClear Microdermo-Percussion

The ChromaClear system includes a gel mask and non invasive peeling that produces very little redness or irritation leaving a glowing and revitalised look. Recommended for anti-ageing, hydro regenerating, scar tissue, acne and blemishes.

20 mins	£ 23.00
60 mins with Hydratone Mask	£ 55.00
Course of 10 treatments	(10 x 60 mins) £475.00

## Fingers & Toes

**Geleration Manicure** (60 mins) £ 44.00

A long lasting manicure giving strong, beautiful, high-gloss nails. For when you don't have time to maintain your nails but still want them to look good. Gel manicure includes; cuticle care, nail shape and finish with Jessica's 'Geleration' gel polish.

**Geleration Pedicure** (70 mins) £ 50.00

Gel pedicure includes; hard skin removal, exfoliation, cuticle care, nail shape and finish with Jessica's Geleration gel polish.

Express manicure - cuticle care, nail shape & polish (30 mins) £ 22.00

Manicure (50 mins) £ 30.00

Deluxe Manicure - includes cuticle care, exfoliation, hand massage, nail shape, mask, paraffin wax/thermal mittens and polish. (60 mins) £ 36.00

Express pedicure - cuticle care, nail shape & polish. (40 mins) £ 26.00

Pedicure (60 mins) £ 36.00

Deluxe Pedicure - includes cuticle care, exfoliation, foot massage, nail shape, mask, paraffin wax/thermal booties and polish. (70 mins) £ 41.00

French Polish £ 4.00

Gel Infills (50 mins) £ 30.00

Gel Removal (30 mins) £ 22.00

LeRemedi Hand Treatment (20 mins) £ 20.00

Men's Hand & Nail Grooming (40 mins) £ 26.00

## Waxing

Back & Shoulders £ 28.00 Full Leg & Brazilian £ 44.00

Back & Shoulders & Chest £ 38.00 Half Leg £ 18.00

Bikini or Underarm £ 12.00 Hollywood £ 42.00

Brazilian £ 21.00 Lip or Chin or Cheeks or Neck £ 9.00

Chest £ 17.00 (Any two of above £ 15.00)

Forearm £ 15.00 Playboy £ 37.00

Full Arm £ 21.00 Three Quarters Leg £ 23.00

Full Leg £ 27.00 (Hot wax also available)

Full Leg & Bikini £ 34.00

## Electrolysis

5 minutes £ 6.90 £ 8.00

10 minutes £ 11.50 £ 12.70

15 minutes £ 16.10 £ 18.40

20 minutes £ 20.70 £ 22.50

30 minutes £ 30.00 £ 32.30

Prepay for a course of 6 treatments and receive one additional treatment free.

## Eye Treatments

**Eye Mask** (40 mins) £ 37.00

To firm, brighten and soothe while reducing puffiness, shadows and lines.

**CACI Eye** (30 mins) £ 31.50

See "CACI" - firms, lifts and reduces dullness and lines.

Eyebrow Shaping (wax/tweezers) £ 10.00

Eyebrow Tint \* £ 8.00

Eyelash Tint \* £ 15.00

Eyelash & Brow Tint, & Eyebrow Shape \* £ 30.00

(\* A patch test is required at least 24 hours before treatment..)

## Make Up

For details see our website or ask in the studio.

## St Tropez

For details see our website or ask in the studio.

## Spoil Yourself

**Head To Toe Special Occasion** £157.00

Express Facial, an eye lash tint, eye brow shape, full body Aromatherapy massage, a Jessica manicure and Jessica pedicure. (3 hours and 50 mins)

**Head To Toe Beauty Day** £215.00

Your choice of Head To Toe's treatments. (5 hours and 30 mins, plus buffet lunch)

## Massage & Holistic Treatments

**Aromatherapy Massage** (70 mins) £ 55.00

Gentle massage with pre-blended essential oils. Includes full body, face and scalp.

**Indian Head Massage** (40 mins) £ 38.00

Warmed oils are massaged gently into the scalp to provide sensual relaxation. This is followed by gentle massage of the head, neck and shoulders.

**Reflexology** (60 mins) £ 40.00

Gentle pressure is applied to the feet to stimulate and aid the body's healing process.

**Stone Massage** (30 mins) £ 39.00

(60 mins) £ 61.00

Ultimate relaxation as the heated, smooth, volcanic basalt stones glide over the skin and the warmth radiates the body. Physically the circulation is boosted, muscle tension released and a sense of well being achieved - a real escape from day-to-day pressures.

**Therapeutic Massage** (30 mins) £ 30.00

(40 mins) £ 36.50

(60 mins) £ 48.00

Deep massage to break down those knots and nodules. Helps reduce stress and relieve those aches and pains. Inform your therapist as to the type of massage you require, e.g. gentle, work on knots, lymphatic, etc...

# Opening Hours

**Monday to Friday**

**9.30 am to 6.00 pm**

**Saturday**

**9.00 am to 5.30 pm**

**Evening treatments available Tuesday,  
Wednesday & Thursday by prior appointment.**

**Free Loyalty card for regular  
clients – offering discounts and  
periodic promotions.**

**Credit and debit cards welcome. Gift Cards for  
that special present. Double room available for  
joint treatments.**

**Prices and opening hours correct at time of  
going to print. Treatment times are indicative  
& may allow for preparation & consultations.**

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Head to Toe Therapy is a trading name of Head to Toe Therapy Ltd.,  
Company No. 3879866, whose Registered Office is 32-34 Church Road,  
Burgess Hill, West Sussex, RH15 9AE.