



With its central location in the heart of Nottingham's Mapperley area, The Abbey is a haven of beauty and tranquility for clients based all over the city – from Newark to Newstead. Our success is built on our expertise and attention to detail. All our therapists are qualified to the very highest level, starting each visit with a detailed consultation to establish your needs. From there, we'll customise and mix and match treatments as suits, to help you get the most out of your precious me-time.

We believe in getting the little things right too – the fluffiest towels, gorgeous decor and sound advice for your home skincare regime – without the pushy sales pitch! Our list of services is comprehensive, encompassing complementary, cosmetic and therapeutic treatments – from facials to botox. If you choose to book a course of treatments, we'll offer special package prices and savings on the products we choose for you, and luxurious pamper days are also available. Our double treatment rooms mean you can bring a partner or friend and enjoy a treatment together, or make a booking for a larger party before your wedding, birthday or just 'because'!

Any questions? Browse our treatments menu online, drop by or call us on 0115 9605185 and we'll do our best to help.

Accreditations

Accredited Clinical Centre
Priori Skin Peeling - Omnilux Light Therapy

Authorised Dermal Roller Clinic
Medical Skin Needling

Salon of Excellence
Md Formulations

Premier Clinic
Permanent Make-up

Advanced Cosmetic Centre
Injectable Procedures

Our salon has been quickly recognised within the skin care industry as a centre of excellence for serious anti-ageing skin care treatments and advice; and we are proud to offer free skin consultations prior to your first facial with us, to establish your immediate and ongoing needs.

Who says you're only young once!

Beauty Enhancements delicate epilation

With oils of sweet almond, jojoba and essence of gardenia, this system leaves skin perfectly toned and smooth. Hair removal is available for both women & men.

Half Leg	£14.50	Half Arm	£12.00
Three Quarter Leg	£18.00	Under Arm	£9.50
Full Leg	£23.00	Eyebrow Shape / Wax	£8.00
Full Leg & Bikini Line	£27.00	Upper Lip	£8.00
Bikini Line	£10.50	Chin	£8.00
Bikini Plus	£16.00	Lip And Chin	£11.00
Hollywood	£25.00		
Brazilian	£25.00		

Full Face Plus	30 Minutes	£26.00
Full Body Plus	120 Minutes	£72.00

Eyelash Tinting

Eyelash Tint	£10.50	Please note a patch test is required 48 hours prior to 1st treatment.
Eyebrow Tint	£7.50	
Eyelash / Eyebrow Tint	£14.50	

NOUVEAU CONTOUR 3d LASHES

Semi-permanent lash extensions

First Application	75 Minutes	From £65
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The first application price is dependant on lashes used and desired effect. Maintenance is required in 2-3 weeks.

2 Week Maintenance	30 Minutes	£20.00
Express Party Lashes	30 Minutes	£25.00

Lash extensions to add thickness and length, choose from subtle or bold.

Mineral Make-up natural products

COFFEEBERRY® NATURECEUTICALS™ NATURE'S MOST POTENT ANTI-AGEING BOTANICAL

i.d.
BARE ESSENTIALS

Make-Up Lesson	Approx 1 Hour	£35.00
Special Occasion Make-Up	Approx 1 Hour	£35.00
Trial make up + special occasion make up		
Booked Together	2 x 45 Minute sessions	£55.00
Location Make-Up		£POA
Wedding & Special Occasion Customised Packages		£POA



dermalogica®

Every facial begins with the Dermalogica face mapping procedure, which divides the face into 14 distinct zones, each having it's own set of potential problems and unique needs. This mapping provides the therapist with an objective view of the skin condition, as well as an indication of the underlying health issues that may have an adverse affect on the skin.



Face treatments

Prescriptive Facials Approx 1 Hour From **£41.00**
Each facial is individually designed to suit your skin type addressing any concerns you may have regarding: Psoriasis, Rosacea, Eczema, Hyperpigmentation, Hormonal Breakouts and general Dry and Devitalised skin conditions.

All Dermalogica facials include: Swedish + Pressure point scalp, neck and facial massage. Extractions and steam when appropriate.

Upgrade your facial by adding		
Silhouette Vitamin C Eye Treatment	Add 15min	£10.00
Sonopeel Ultra Sonic Peeling	Add 30min	£20.00
Omnilux Light Therapy	Add 30min	£30.00

Body treatments

The Ultimate Body Treatment Approx 1 1/2 hour **£67.00**
This treatment includes body mapping, exfoliation and aromatherapy pressure point massage, customised mud or gel packs are applied to hydrate and detoxify the skin, and to wrap if all up you will receive a deep acupressure scalp massage.

Mineral Salt Scrub Approx 45min **£36.00**
An exfoliating body scrub, customised with aromatherapy essential oils, will help to smooth the skin, relax stressed muscles and soothe the senses.

Power Recovery Wrap Approx 45min **£36.00**
An ultra-soothing, hydrating treatment personalised with aromatherapy oils. A natural, Aloe-based pack is swaddled in a thermal wrap to infuse the skin with moisture.

Nourishing Sea Mud Therapy Approx 45min **£36.00**
Detoxify, exfoliate and nourish your body with a purifying wrap that helps to add minerals to the body, infused with aromatic botanical extracts and fruit enzymes, will leave your skin smooth and supple.

Purifying Back Treatment Approx 30min **£30.00**
The deep cleansing rub is followed by extractions and an aromatherapy massage.

Manicures & Pedicures healthy nails

Using only the finest products in association with OPI, The Abbey can breathe new life into your hands or feet.

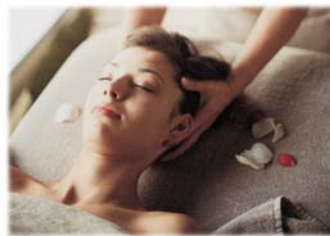
Basic Manicure	£23.00
Deluxe Manicure including heated mitts	£26.00
File & Varnish	£11.00
Basic Pedicure	£23.00
Deluxe Pedicure including heated boots	£23.00
File & Varnish	£11.00
Add French Varnish To Treatment	£2.50

* Please remember to bring along your flip flops when having a pedicure.

[comfort zone]

This range is used in exclusive Mediterranean spas and is prized for the use of luxurious products including tropical fruit and flower extracts, soft and creamy mineral clays, marine algae and blends of essential oils, combined with the ancient Polynesian art of relaxation and well being to regain energy, vitality and uplift your senses, and deeply nourish your skin.

Face treatments



Active Pureness Rebalancing Approx 1hour **£46.00**
This rebalancing treatment is a deep cleansing treatment that is also suitable for sensitive skins prone to impurities.

Active Pureness Regenerating Approx 1hour **£56.00**
This regenerating treatment is designed for oily, acne-prone skins and uses a special biphasic mask to re-mineralise and clear impurities.

Hydrmemory Approx 1hour **£46.00**
A 24 hr deep hydrating treatment, for particularly dehydrated skin caused by stress, excessive sun exposure, air-conditioned areas, pollution and frequent air travel.

Recover Touch Approx 1hour **£46.00**
This is an anti-oxidant vitamin face, neck and décolleté treatment rich in vitamins and mineral salts.

Chrono Reverser Approx 1hour **£46.00** plus Collagen Mask **£56.00**
Collagen anti-ageing fruit acid treatment, A delicate treatment that stimulates cell regeneration and visibly reduces wrinkles.

Skin Resonance Approx 1hour **£46.00**
A desensitising reinforcing treatment for sensitive and delicate skin. The skin retrieves its nourishment, tone and gives a pleasant feeling of wellness.

Glorious Skin Including Mask Approx 75 Mins **£61.00**
Expression signs are immediately visibly improved, as it gives the face, neck and décolleté a toned and youthful aspect.

Absolute Pearl Approx 1hour **£46.00**
Anti-spot whitening program, it fades hyper pigmentation. A long-term program will progressively lighten hyper-pigmented areas and restore an even tone.

Body treatments



Tranquility Ritual Treatment Approx 90 Mins **£77.00**
Face and body treatment with unique massage techniques from around the world to deeply relax body and mind. Improves circulation, tone and hydration of the skin.

Monticelli Mud Approx 60 Mins **£56.00**
Reducing and detoxifying treatment, using a soft and creamy mud enriched with the Italian Monticelli thermal waters.

Detoxifying Mud Wrap Approx 60 Mins **£51.00**
Reducing and detoxifying treatment, using active marine sediment and essential oils to produce in-depth purification and lymphatic stimulation.

Revitalising Firming Mud Wrap Approx 60 Mins **£46.00**
Revitalising treatment available in 4 different styles: Rice, Pearl, Olive & Coconut.

D-Age Approx 60 Mins **£46.00**
Deep acting kamani oil stimulates collagen leaving the skin more elastic and toned. Also works to reduce the appearance of stretch marks and prevention of new ones.

Body Strategist Cellulite Remodeller Approx 60 Mins **£51.00**
Anti-cellulite body wrap with essential oils to stimulate the elimination of toxins. Restoring lightness and tone.

Complementary therapies

Perfect for relaxation, stress relief and general well being, all carried out by professional therapists.

Vital Leg Treatment Approx 45min **£36.00**
Combining the best of nature and science to bring relief to legs that have been over exercised, have circulatory problems or swollen legs. Using a marine complex, cold-pressed mint juice and mafura butter to stimulate refresh and re-hydrate. The legs are then wrapped in bandages soaked in relieving oils for 15mins to relieve, refresh and revitalise, followed by a leg massage.

Lushly Foot Treatment Approx 45min **£36.00**
Includes: soak, exfoliation, tranquility aromatic oil shiatsu massage. Bandages are soaked in juniper, fennel and thyme and wrapped around legs to revitalise followed by a jojoba balm massage.
You can even combine this treatment with Add 30min **£35.00** manicures and pedicures.

Reflexology One Hour **£46.00**
Relaxing yet invigorating pressure point massage on the feet, to give you a total sense of well being. Working with energy & meridians around the body, Reflexology can help to heal physical & emotional imbalances.

Deep Tissue Massage 30 minutes **£26.00** 60 Minutes **£46.00**
A vigorous workout of deep rhythmic pressure focussed on relieving specific stress and muscle tension using blends of essential oils to suit individual needs.

Full Body Massage One Hour **£46.00**
Ease tension, relieve stress and promote general well being using either relaxing or revitalising oil blends.

Back, Neck, Shoulder Massage 30 Minutes **£26.00**
Ease muscular tension and relieves aches and pains.

Antic Full Body Hot Stone Massage One Hour **£51.00**
Intense massage with heated basalt stones, this treatment leaves the tissues elasticised and toned.
"A truly amazing massage creating an intense state of physical and mental well-being and comfort."

Indian Head Massage 30 Minutes **£26.00**
Stress relieving massage incorporating face, scalp and shoulders.

Hopi Ear Candles 45 Minutes **£26.00**
A natural and relaxing treatment developed by the Hopi Indians centuries ago. Using a blend of anti viral and anti bacterial oils. The hollow candles draw out any impurities and unblock sinuses. Also helpful for treating migraines, head colds, catarrh. Glue ear and hay fever.

Sacred Nature Organic Ritual 90 Minutes **£77.00**
An anti-ageing treatment which is nourishing and protective with products which have been formulated according to ecocost guidelines, offering a natural treatment indicative for all skins. This ritual detoxifies, nourishes and tones the face and body.

Lux Warm Oil Massage 60 Minutes **£56.00**
A choice of fragrances from either shea butter or Argan oil massage candles. Both promote regeneration and deep nourishment of the skin. Rich in minerals and vitamins this treatment provides Anti-Ageing results coupled with a feeling of well being.

***Black Soap Exfoliation** Add 15 Minutes **£15.00**
Traditionally used in Turkish baths, this treatment refreshes the skin through deep cleansing and enzyme exfoliation without damaging the skin structure.
*Available Only As An Add On To Lux Massage

Acupuncture - Independant Practitioner From **£35.00**
Full details available at reception

Man Space treatments



Waxing	
Eye Brow Shape / Wax	From £7.00
Back and Shoulders	£20.00
Chest and Abdomen	£20.00
Eyelash + Eyebrow Tint	£14.50
Eyebrow Tint	£7.50
Intimate Waxing	From £50.00

We also specialise in permanent hair removal, Botox and Dermal Fillers for our male clients. Details overleaf.

Facials

Express Macha Facial **£31.00**
Deep cleansing and exfoliating

Dermalogica -Environmental Control **£41.00**
For sensitive skin includes an oatmeal mask to calm and soothe.

Dermalogica -Medicated Cleansing **£46.00**
Purifying and deep cleaning. Treats ingrowing hair problems and breakout's.

Comfort Zone - Active Pureness/Rebalancing **£46.00**
This rebalancing treatment is a deep cleansing clearing treatment also suitable for sensitive skins

Active Pureness Regenerating **£56.00**
This regenerating treatment is designed for oily, acne-prone skins and uses a specific biphasic mask to re-mineralise and clear impurities.

Alpha/Beta Rosacea Peel **£56.00**
This gentle yet effective treatment reduces skin redness and inflammation, to calm and rejuvenate the skin.

Anti-Ageing Peel & Enzyme Mask **£56.00**
(Advanced Exfoliating Facial)
The ultimate double boosting treatment! The enzyme mask lifts and firms the skin whilst the deep exfoliating treatment reveals fresh, healthy skin.

Male Manicure **£22.50**
Male Pedicure **£22.50**

All our treatments are available for men or women. Enquire online at abbeysalon.com or ring 0115 960 5185 for more details.

All complementary therapies are available for men.

maternity treatments

New Life: rebalancing treatment approx 1 hour **£51.00**
This treatment during pregnancy is a specially adapted massage using sweet and delicate ingredients which have a draining effect and relieves joint tension by reducing swelling and heaviness.

New Mum: tonifying and firming treatment approx 1 hour **£60.00**
Post pregnancy treatment, to help restore body shape and firm the tissues affected by pregnancy. Will nourish and elasticise skin, improve texture, reduce appearance of stretch marks and tone bust tissue (optional). The bust area is not treated when nursing.

Mum To Be approx 3 Hours **£145.00**
A wonderful treat before the big day. Includes a Facial with scalp massage, customised full body massage, a deluxe pedicure with vital leg treatment and manicure. All designed to minimise stretch marks, reduce swelling, heaviness and relax muscles of the lower back.

The Abbey

The Abbey offers a complete range of packages and indulgence options. Visit our website: abbeysalon.com or please ask for further details.

• Visit the 360° tour online of the Abbey

• Male treatments a speciality

• Double/Treble treatment rooms available

• Individual packages to suit individual needs

• Spa days for up to 6 people

• Spa nights - 2 1/2 hours, taster treatments. Up to 25 people

• Indulgence treatment menu available

Prices correct at time of printing
Including VAT at 20%



Visit us at facebook.com

0115 9605185
www.abbeysalon.com

153 Woodthorpe Drive, Mapperley Plains, Nottingham, NG3 5JL

Considerations

Children - The Abbey welcomes children of all ages, but they must be supervised at all times.

Mobile Phones - To ensure everyone enjoys their visit to The Abbey, please ensure your Mobile Phone is either switched off or on a silent setting.

Appointments - If you cancel your appointment please give at least 24 hours notice (We reserve the right to charge 50% of the cost of appointments missed without giving due notice).

Advanced Anti-Ageing Treatments

Who says you're only young once!



Permanent make-up



NOUVEAU® Specialist From **£350.00**
Eyebrows, Eye Enhancement & Liner, Lip Contour & Blush
Prices on consultation and savings for multiple treatments



Injectable procedures

Line & Wrinkle Smoothing

Line and wrinkle treatments are commonly used to treat areas in the upper part of the face, these treatments can combat both fine lines and also deep wrinkles.

1 Area	-	From £150.00
2 Areas	-	From £200.00
3 Areas	-	From £300.00
Additional Advanced Areas		Each £50.00

Hyperhidrosis

Excessive sweating due to hyperhidrosis forces men and women to change their clothes every few hours, limits personal style, ruins fabrics, and erodes self-confidence. We provide one of the best treatments for excessive sweating at very competitive rates.

Dermal Fillers

Dermal fillers are popular treatments for wrinkles and facial lines. A dermal filler procedure helps to 'fill out' and smooth away troublesome areas including the Nose to Mouth Grooves, Forehead Lines, Frown Furrows, Lipstick Lines, Acne Pits, and Crows Feet.

Lines & Folds	From 1/2ml	£240.00
	From 1ml	£340.00

Lip Augmentation	From 1/2ml	£240.00
	From 1ml	£340.00

Advanced Facial Volume Contouring

Advanced facial contouring adds additional volume to cheeks and eyebrows.

Set of Cheeks	From	£680.00
Set of Eyebrows	From	£340.00

Multiple Treatment Savings



Dermal roller medical skin needling

£350.00 course of 3 **£900.00**

To rejuvenate tired and ageing skin, reduce wrinkling, combat acne scarring, treat uneven skin tone and stretch marks. Includes vitamin and collagen extracts and gel.

Stretch marks course of 3 **£750.00**



Advanced Anti-Ageing facial treatments

La Maison
CLAYTON SHAGAL

Exclusive to La Maison CLAYTON SHAGAL, 99% pure extracted collagen, reformulated as gels or extracts to penetrate the dermal layer of the skin without injection. Plumps and hydrates the epidermal layer to reduce fine lines, hyperpigmentation and acne scarring. Strengthens skin structure to promote a stronger, younger looking skin.

Hydrating Facial approx 1 Hour **£97.00**

Anti-Ageing approx 1 Hour **£97.00**

Collagen approx 1 Hour **£97.00**

Course of 3 **£255**

*with 10% off product range when purchasing home care regime



Advanced Facial Treatments and resurfacing procedures



Omnilux™ Light Therapy is a non-invasive, non-thermal procedure that works to stimulate the body's own 'natural processes' to help counteract the effects of ageing.

Intended for clients with thin skin and wrinkles, sagging jawline and under eye drooping.

Firming and Lifting Individual treatment **£56.00**

Complete Omnilux™ Treatment **£340.00**
2 per week for 4 weeks = 8 total. Monthly follow up recommended.

Combination Facials

PRIORI Peel and Omnilux™ **£87.00**

CLAYTON SHAGAL and Omnilux™ **£128.00**

Pre & Post Surgery

Prepare the skin by building the collagen in the surgical area then deminish scarring post surgery - Consultation required.



PRIORI Advanced AHA Skin Renewal System Suitable for both men & women

PRIORI'S Professional Skin Renewal System is designed to accelerate and maximize results obtained with PRIORI Advanced AHA skincare products and is only available through your skincare professional. The Multi-Layer Skin Renewal treatment menu includes:

Skin Renewal Peel approx 30mins **£56.00**

Designed to deeply exfoliate the skin and increase its natural ability to hold moisture, skin becomes visibly smoother, firmer, younger looking and brighter. Ideal for mature, sun-damaged skin or normal skin that needs a boost.

Skin Perfection Peel approx 30mins **£56.00**

Promotes clearer, softer, brighter, more radiant skin. Designed especially to deeply cleanse, exfoliate, freshen, invigorate and clarify problem prone skin.

Barrier Repair Peel approx 30mins **£56.00**

Designed especially for sensitive or damaged skin that is already compromised. Supplies essential skin nutrients to help fortify and repair damaged skin barrier function. Soothes and hydrates even the most sensitive skin.

Replenishing Peel approx 30mins **£56.00**

A relaxing yet results-focused facial that stimulates skin hydration from within and promotes a more youthful and radiant appearance. Ideal for extremely dry, stressed skin.

Or book a course of 6 treatments for only **£280.00**

with Omnilux™ Light Therapy course of 6 treatments **£435.00**

Full Range of Skin Care Regime products available



Advance skin care treatments.

md formulations®

Remarkable results



Prescriptive facials for problematic and ageing skins

Prescriptive Facial approx 1 Hour from **£51.00**
Management of acne, rosacea, hyperpigmentation and fine lines.

Glycolic Acid Peel (40% Glycolic) approx 1 Hour **£46.00**
Eliminates dead skin build up. Improves collagen production and skin renewal. Reduces fine lines.

Alpha/Beta Acid Peels (50% Glycolic) approx 1 Hour **£56.00**
Next step up from glycolic peels, also containing salicylic acid, this peel is ideal for acne scarring and rosacea.

Anti-Ageing Peel-Off Mask approx 1 Hour **£56.00**
Deep exfoliating and firming for ageing and sun damaged skin.



Ultrasonic Peeling and regeneration

Sonopeel

The Sonopeel system allows for both deep regeneration and peeling of the skin (with no side effects) resulting in remarkably renewed and refreshed skin.

- Regenerates the revival of new skin
- Helps to deal with scars and stretch marks
- Non aggressive
- Clarifies the complexion
- Removes dead, dry skin from the face & body

Your skin will go from matt to silk in 30 minutes

Approximately 45 minute treatment priced **£36.00**

* Sonopeel can be combined with Silhouette and ALL OTHER FACIALS, but must be booked at the same time for only **£20.00**

Suitable for both men & women



Intense Pulsed Light Therapy for hair removal

IPL is a painless and highly effective form of permanent hair reduction. Can be used on all parts of the body, including sensitive areas such as face & neck, and male & female genital areas. Also very effective for treating ingrowing hairs.

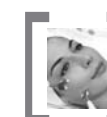
Consultation required - Male & Female clients welcome.

Treatment Prices Start From **£50.00**

* Purchase a course of 6 and only pay for 5

Treatment	Price	Course of 6
Upper Lip	£50.00	£250.00
Chin	£70.00	£350.00
1/2 Face	£105.00	£630.00
Full Face	£130.00	£650.00
Underarms	£70.00	£350.00
Bikini	£80.00	£400.00
Brazilian	£110.00	£550.00
Hollywood	£120.00	£600.00
1/2 Leg	£180.00	£900.00
Full Leg	£300.00	£1500.00
Shoulders	£130.00	£650.00
Back	£220.00	£1100.00
Chest	£130.00	£650.00
Stomach	£80.00	£400.00

* When having 2 or more areas treated receive an additional saving



Silhouette facial treatments



Dermalift

Non-surgical micro-current lifting system. Without the use of surgery, will successfully lift and tone tired and sagging muscles of the face and body, by the use of micro-current probes and pads with immediate results. A course of treatments is recommended, 6 treatments for the price of 5.

Dermalift Microface approx 1 hour **£36.00**
Course of 6 **£180**

Eye Dermalift Vitamin C Treatment approx 30 mins **£27.00**

Course of 6 **£135**

Lip Dermalift Vitamin C Treatment approx 30 mins **£27.00**

Course of 6 **£135**



Dermafusion Microface with Mask

An amazing result is achieved with this combination of a Dermalift Microface and a mask infusion. The Dermafusion system successfully carries out a dedicated anti-ageing treatment ranging from a simple 30 minute eye treatment to a full 75 minute facial. You will achieve twice the penetration of active ingredients in half the time.

Choice of mask **£66.00**

Course of 6 **£330**

Suitable for mature or ageing skin, fine lines and wrinkles, post menopausal or 45+, acne or sensitive.



Silhouette body treatments



Profile Faradic Body Toning

This system specialises in toning, lifting and firming, cellulite reduction, lymphatic drainage, tissue enhancement and circulation improvement. It can be a kick start to getting your body into shape, combined with the gym or working alone with dieting you will get great results. You will have your own set of pads which are connected to the machine and programmed for your personal needs. A full consultation will decide which programme is best for you to achieve optimum results.



Total Body Workout approx 1 hour **£36.00**

To tone and define legs, arms, and stomach.

Localised Treatments approx 1 hour **£36.00**

Thighs & Buttocks, Lymph, Chest, Shape & Tone, Stomach and Bust.

* Can also be added into any facial treatment from our menu

A course of 6 treatments is recommended. If you book a course of 6 treatments, we offer a special deal of 6 for the price of 5!

Can be individually customised for men to tone and build muscle.

The Abbey



Opening times
Tuesday - 9.00am - 5.30pm
Wednesday - Thursday 9.00am - 8.00pm
Friday - Saturday 9.00am - 6.00pm
Sunday - Monday - Closed