



P U R E I N D U L G E N C E

HELIUS

professional tanning & beauty

At Helius we offer a magnificent range of beauty treatments for men and women alongside state-of-the-art tanning technology in an exclusive, luxurious and relaxed environment.

Enjoy the experience!





“The philosophy of Guinot is to combine the best of science and nature . . . to bring you the best in beauty”.

Guinot treatments and products are suitable for both men and women and are only available from qualified beauty therapists who have been thoroughly trained in their practice and application. This means you can be confident of receiving knowledgeable advice and first class care every time you visit our salon.

By working closely with the leading university faculties of pharmacy and dermatology, Guinot products are able to benefit from the latest proven medical breakthroughs in beauty treatments. These are further enhanced by the important role that plant extracts play in combating wrinkles and the ageing process.



GUINOT

INSTITUT • PARIS

HYDRADERMIE FACIAL - 1 hour 15 mins

A superior facial with an international reputation

A monthly Hydradermie facial will keep your

skin in optimum condition £ 45.00

Course of 6 £ 230.00

HYDRA PLUS - 1 hour 30 mins

A deluxe facial treatment

A Hydradermie facial with added specific treatments for the delicate eye and neck areas plus the luxurious Serenity massage, specially developed for the neck, décolleté, shoulders and arms using relaxing and toning essential oils

£ 60.00

Course of 6 £ 320.00

HYDRADERMIE FOR THE EYE AREA - 45 mins

Helps reduce shadows, puffiness and the appearance of fine lines

£ 32.00

Course of 3 £ 85.00

HYDRADERMIE FOR THE BUST - 50 mins

Revitalises and tones the elastic and connective support tissues. The results are a noticeable

firming and lifting of the breast contours £ 40.00

Course of 6 £ 190.00

HYDRADERMIE FOR THE BACK - 1 hour

Ideal deep cleansing treatment for clearing blocked pores and improving skin texture. This special back treatment purifies and rehydrates the skin

£ 40.00

Course of 6 £ 215.00

LIFTOSOME - 1 hour

The perfect treatment before a special occasion

The Liftosome facial has been specifically developed to treat the problems associated with mature skin. It is based on the use of orange extract, which acts as an invigorating stimulant. The high concentrate of Vitamin C firms, regenerates and energises mature skin

£ 41.00

Course of 2 £ 75.00

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INSTITUT • PARIS

BEAUTÉ NEUVE - 1 hour

A superb renewing facial

The Beauté Neuve peeling facial has benefits for every skin type. A hands-on treatment using fruit enzymes, amino acids and vitamins to gently exfoliate and soften the skin, this facial leaves the complexion truly radiant

£ 37.00

Course of 3 £ 95.00

AROMATIC - 1 hour

A 100% natural treatment with plant extracts and pre-blended essential oils

This relaxing facial is customised to suit each client's individual needs, with immediate results of radiance and instant firming of the skin. This treatment also instils a feeling of well-being

£ 40.00

ESSENTIEL FACIAL - 45 mins

The express facial for the busy professional woman

The ideal introduction to Guinot treatments - this facial includes a skincare lesson. Cleanse, tone, exfoliation, mini-massage and a delightful custom made mask to leave your skin looking luminous

£ 28.00

RADIANCE FACIAL - 1 hour

A relaxing facial including cleanse, tone, exfoliate, steam, massage and mask. To help the skin regain its youthful radiance and vitality. Brightens up the skin

£ 30.00

YOUNG PERSON'S FACIAL - 45 mins

To clear skin prone to congestion and blemishes. Includes cleanse, tone, exfoliate, steam, mini-massage and mask.

A purifying and re-balancing facial

£ 27.50

ABSOLUE MINCEUR - 1 hour 15 mins

For a slimmer silhouette

A complete body contouring treatment that is both effective and enjoyable. For its effectiveness, it uses mineral clays, essential oils and specialised massage techniques to smooth and firm areas prone to cellulite, aiding the body's natural elimination of toxins. Choose either Anti-Cellulite or Tone and Firm clays for customised results

£ 59.00

Course of 3 £ 170.00

Course of 6 £ 320.00

BODY POLISH - 45 mins

For luminous, flawless skin all over

A zingy full body exfoliation treatment that revitalises the skin, leaving it beautifully soft and smooth

£ 30.00

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MASSAGE

A deep relaxing massage applied to the body to relieve tension and improve circulation

Swedish Back, Neck & Shoulder - 30 mins	£ 22.00
Swedish Full Body - 1 hour	£ 40.00
Sports/Deep Tissue - 30 mins	£ 25.00
Sports/Deep Tissue Full body - 1 hour	£ 45.00
Including infra-red - additional	£ 6.00

AROMATHERAPY

A thoroughly relaxing pressure point massage to the face, scalp and body using essential oils. The ultimate in stress relief

Face, Body & Scalp - 1 hour 30 mins	£ 45.00
Face, Neck & Back - 1 hour	£ 38.00
Full Body Massage - 1 hour	£ 42.00

INDIAN HEAD

This massage improves the circulation to your head and scalp clearing your mind and relaxing your body and soul

30 mins	£ 25.00
45 mins	£ 30.00

REFLEXOLOGY

A very relaxing foot massage to cleanse, stimulate and clear blockages, creating sense of balance in the body. Includes consultation

45 mins	£ 30.00
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SHIATSU THERAPY

A massage using pressure points to calm and relax the mind. Relieves stress, tension and helps insomnia, migrains, blood pressure and circulation. Helps ease the symptoms of colds influenza and much more

30 mins	£ 20.00
1 hour	£ 38.00



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ST.TROPEZ AUTO BRONZANT

A 3-step process - exfoliate, moisturise and auto-bronzant application giving the most realistic result. Lasts 5-7 days depending on your lifestyle

1 hour £ 40.00

ST.TROPEZ AIR - 30 minutes

£ 30.00

Second treatment (optional) £ 30.00

A second treatment taken within five days will give a deeper tan

GUINOT/ST.TROPEZ BRONZANT - 15 minutes

For the face and Decollete - includes exfoliation and moisture £ 15.00



GUINOT AUTO BRONZANT - 1 hour 15 mins

For a glowing, instant tan

This moisturising self-tanning treatment gives an evenly bronzed colour with natural copper highlights £ 40.00

EAR PIERCING

Safe and hygienic system using individually sterilised packs. (price includes choice of studs and aftercare lotion). Age - 8+

Sterile gold studs £ 20.00



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BIO-OXYGEN

This latest facial pushes oxygen, vitamins and soya extract deep into the skin via a pressurised jet. The treatment involves a spray that works on the skin and an oxygen aroma inhalation, which combines oxygen and essential oils to act as a boost for tired skin. The oxygen mimics the female hormone, oestrogen which produces collagen and elastin to reduce fine lines and wrinkles as well as dramatically improving sun damaged skin, pigmentation problems, smoker's skin, loss of elasticity and acne

Per session £ 85.00
Course of 5 £ 425.00

Receive one of the two homecare products worth £50 FREE when you purchase the course of five sessions

Maintenance - one facial every 1-3 months

BOTOX

Injection to temporarily put frown muscles to sleep for approximately 3-4 months to reduce lines, crow's feet and forehead creases

Single Area Treatment (e.g. frown lines) £ 250.00
Two Area Treatment £ 340.00
All Three Areas £ 435.00



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NAIL EXTENSIONS

Gel - 1 hour, 30 mins	£ 45.00
Acrylic - 1 hour, 30 mins	£ 45.00
Fibreglass - 1 hour 30 mins	£ 55.00
Maintenance - 45 mins	£ 23.00
Repairs per nail	£ 4.00
Nail Art per nail - from	£ 4.00

BIO-SCULPTURE NAILS

Bio Sculpture Gel can be applied onto the natural nail, over tips or a sculptured extension

Gel overlays on natural nails - 1 hour	£ 30.00
As Above with French tip - 1 hour	£ 35.00
Gel Tips - 1 hour	£ 45.00
Gel Sculptures - 1 hour, 30 mins	£ 50.00
Infills - 35 mins	£ 20.00
Nail Replacement - 15 mins	£ 4.00
Repairs - 15 mins	£ 2.50
Toenails Overlay - 1 hour	£ 30.00
Toenails Overlay with Pedicure - 1 hour, 30 mins	£ 45.00

JESSICA MANICURE - 1 hour

A treatment manicure which analyses and treats each nail for its specific type. The cuticles are cared for by oils and creams, the nail shape is perfected and finally treatment basecoats and colour are applied

£ 22.00

JESSICA DELUXE MANICURE - 1 hour, 15 mins

With thermal mittens for deeper penetration

£ 26.00

JESSICA PEDICURE - 1 hour

A luxury treatment using aromatherapy-based products for softer, smoother feet and legs

£ 25.00

JESSICA PEDICURE DELUXE - 1 hour, 15 mins

As above but using thermal booties for deeper penetration

£ 32.00

File and re-varnish - 30 mins

£ 12.50

Re-varnish - 15 mins

£ 6.00

JESSICA BEAUTE NEUVE MANICURE - 1 hour, 30 mins

A mini-facial for the hands

Helps to reduce the appearance of pigmentation patches and uneven skin. Hydrates and softens

£ 30.00



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BEAUTY PACKAGES - The ideal gift

THE ULTIMATE - 3.5 hours

£ 150.00

Body Polish, Full Body Massage,
Indian Head Massage, Bio-Oxygen Facial

PRE-HOLIDAY - 3 hours

£ 70.00

Jessica Manicure and Pedicure, Eyebrow shape,
Eyelash Tint, Half Leg Wax and Bikini or Underarm Wax

TOP-TO-TOE - 4 hours

£ 100.00

Deluxe Jessica Manicure and Pedicure,
Radiance Facial, Full Body Swedish Massage

SPECIAL OCCASION - 2 hours, 30 mins

£ 65.00

Eyebrow Shape, Back, Neck and Shoulder Massage, File
and Re-Varnish to hands and feet, Cleanse and Make-up



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POUR HOMME

FACIAL

TRES HOMME - 1 hour

Created just for gentlemen clients, this facial leaves the skin cleansed, refreshed and well moisturised

£ 30.00

HYDRADERMIE FACIAL - 1 hour 15 mins

A superior facial with an international reputation

A monthly Hydradermie facial will keep your skin in optimum condition

£ 44.00

Course of 6 £ 230.00

HYDRADERMIE FOR THE BACK - 1 hour

Ideal deep cleansing treatment for clearing blocked pores and improving skin texture. This special back treatment purifies and rehydrates the skin

£ 40.00

Course of 6 £ 215.00

MEN'S HAND AND NAIL GROOMING - 45 mins

A complete Hand and Nail treatment

£ 17.50

Pedicure - 45 mins

£ 20.00

WAXING

Forearm

£ 14.00

Full Arm

£ 18.00

Back/Chest

£ 15.00

Back & Chest

£ 25.00

MASSAGE

A deep relaxing massage applied to the body to relieve tension and improve circulation

Swedish Back, Neck & Shoulder - 30 mins

£ 22.00

Swedish Full Body - 1 hour

£ 42.00

Sports/Deep Tissue - 30 mins

£ 25.00

Sports/Deep Tissue Full body - 1 hour

£ 45.00

Including infra-red - additional

£ 6.00

REFLEXOLOGY

A very relaxing foot massage to cleanse, stimulate and clear blockages, creating sense of balance in the body. Includes consultation

45 mins

£ 30.00

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THE ULTIMATE TANNING EXPERIENCE

As scientists have developed a better understanding of UV light, the myth that sunbeds are bad for you has finally been dispelled. We believe that with today's technology it is actually **safer*** to use a sunbed than to sunbathe outdoors.

At Helius, we offer the very latest state-of-the-art tanning technology. Each sunbed is enclosed in the most luxurious and spacious cabin and equipped with air-conditioning, an aroma-dispensing system and a choice of four music channels. Each client has their individual requirements and skin type carefully assessed prior to their first tanning session.

We stock a large range of indoor and outdoor tanning products from California Tan, Guinot and St.Tropez.

We highly recommend the use of these products and offer a 100% money back guarantee if you are not entirely happy with the results they provide.

SUNBEDS - YOUR CHOICE

KBL 6000 - 48x160w body tubes and 4x500w facials
air-conditioning - sessions from £8.00

ERGOLINE AVANTGARDE - 48x160w body tubes and
3x520w facials, air-conditioning - sessions from £8.00

HAPRO 520 SLi - 45x160w body tubes and 4x500w
facials, air-conditioning and aroma - sessions from £6.00

HAPRO LUMINA 40 - 40x160w body tubes and 3x400w
facials, air-conditioning and aroma - sessions from £5.00

Sessions start at six minutes and increase in two minute increments up to a maximum of 18 minutes.

We recommend a minimum of six sessions (taken consecutively) to achieve a base tan. Sunbed sessions can be purchased individually or to achieve a greater saving in blocks of 60, 90 or 130 minutes.

***under controlled conditions**



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GIFT VOUCHERS AVAILABLE IN £5, £10 & £20 DENOMINATIONS

CANCELLATIONS

24 hours notice of cancellation or alteration of appointments is required or a 50% cancellation fee will be charged.

HELIUS MEMBERSHIPS

Our membership scheme combines beauty and tanning. Each level offers greater savings together with complimentary refreshments.

	YOU PAY	YOU GET	SAVING
ORANGE	£250.00	£270.00 plus 30 mins on Lumina 40 sunbed	£ 41.00
SILVER	£500.00	£550.00 plus 60 minutes on Hapro 520 sunbed	£ 90.00
GOLD	£750.00	£850.00 plus 130 minutes on High Power sunbed	£ 220.00
BLACK	£1000.00	£1200.00 plus 200 minutes on High Power sunbed	£ 440.00



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HOURS OF BUSINESS

TANNING			BEAUTY		
MONDAY	9.00am	- 7.00pm	MONDAY	10.00am	- 7.00pm
TUESDAY	9.00am	- 8.00pm	TUESDAY	9.00am	- 8.00pm
WEDNESDAY	9.00am	- 8.00pm	WEDNESDAY	9.30am	- 8.00pm
THURSDAY	9.00am	- 8.00pm	THURSDAY	9.30am	- 8.00pm
FRIDAY	9.00am	- 7.00pm	FRIDAY	9.00am	- 6.00pm
SATURDAY	9.00am	- 6.00pm	SATURDAY	9.00am	- 5.00pm
SUNDAY	10.30am	- 2.30pm	SUNDAY	Closed	Closed





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