

PAMPER Packages

Ultimate MONU Body Ritual *120mins* £65

Luxury treatment using exotic salt scrub to exfoliate the body. Face, body and scalp massage using body oils add to this treatment followed by an express facial.

bliss Beauty Package *120mins* £65

This package includes an express facial, an express neck and shoulder massage, a Mavala file and polish to fingers and toes.

bliss Holiday Package *60mins* £45

This package includes a half leg, bikini line and underarm wax plus an eyelash tint and eyebrow shape.

ST. TROPEZ YOUR ULTIMATE TAN



Instantly bronzes and lasts up to 7 days!



New formula features a floral scent



Smooth and streak free natural tan

30mins £25

The Ultimate Perfect Glow

Opening Times

Monday	CLOSED
Tuesday	10am - 6pm
Wednesday	10am - 8pm
Thursday	10am - 8pm
Friday	10am - 4pm
Saturday	10am - 2pm
Sunday	CLOSED

bliss Gift Vouchers

Available for all treatments and different denominations.

Valid for 6 months from issue date.

The Portland
2-4 Cross Street,
Galston, KA4 8AL

TEL 07810 786951
01563 822455

 Find me on Facebook!

bliss
Beauty and Body Treatments

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MONU Facials

Monu Skincare use properties of natural ingredients including plants, herbs, minerals and essential oils.

Hydra Lift Collagen Facial *60mins* £36

This luxury treatment is to help dry dehydrated skin. A collagen veil is used to plump and firm the skin whilst restoring optimum moisture levels.

Prescription Facial *60mins* £36

This treatment uses a gel mask blended with nourishing essential oils to help revive, refresh and hydrate the skin.

Aromatic Facial *60mins* £36

This treatment provides exfoliation and a soothing massage to face, neck and shoulders. Using essential oils to benefit each different skin type, it helps to smooth and repair the absorption of the skin.

Line Smoothing Algae Facial *60mins* £36

This luxury treatment includes a seaweed compress to the face to help smooth and energize skin.

Resurface & Peel Facial *60mins* £36

This treatment aims to refresh and replenish the complexion with an active blend of natural acids, vitamins and essential oils.

Express Facial *30mins* £22

Introduction to Monu products, this treatment helps to hydrate the skin.

Dermaplaning *60mins* £28

This is an exfoliating treatment that gently scrapes away the surface of the skin to remove dead skin and peach fuzz (vellus hair) by using a surgical scalpel. Leaves the skin feeling beautifully smooth.

Massage

Swedish Massage

This is a therapeutic remedial massage to help relieve muscular problems caused by stress and tension.

Full Body, Face & Head *75mins* £38

Full Body *60mins* £36

Back, Neck & Shoulders *45mins* £33

Express Neck & Shoulders *30mins* £25

Hot Stones Massage

Hot stones are used to perform this massage. The heat they produce works deep into the muscles to help relax and de-stress.

Full Body *60mins* £38

Back, Neck & Shoulders *45mins* £33

Indian Head Massage *45mins* £33

This massage concentrates on the shoulders, neck, head and arms. It boosts circulatory flow and helps to ease tension.

Reflexology *45mins* £30

This relaxing treatment works with the central nervous system. Application of pressure to the feet sends calming messages to the body to help reduce tension levels.

Gift Vouchers

Available for all treatments and different denominations.
Valid for 6 months from issue date.

Nail Treatments

Bliss uses CND Shellac products and Mavala nail enamels and products.

CND Shellac Nails *45mins* £22

CND Soak Off *30mins* £10

Mavala Manicure *60mins* £22

Mavala Pedicure *60mins* £25

Mavala File & Polish *30mins* £15

Add Paraffin Wax *30mins* £12

Eye Treatments

Eyelash Lift & Tint *60mins* £35

Eyelash & Eyebrow Tint *30mins* £20

Eyelash Tint £12

Eyebrow Tint £8

Eyebrow Shape £12

Waxing Treatments

Full Leg, Bikini Line & Underarm £40

Full Leg & Bikini Line £35

Full Leg £25

Three Quarter Leg £20

Half Leg, Bikini Line & Underarm £33

Half Leg £17

Underarm £10

Bikini Line £12

Upper Lip & Chin Wax £12

Upper Lip £10

Eyebrow £12