

## LASH TREATMENTS

**Nouveau Lash LVL Treatment 45 min £45**

The LVL Lash lift is the revolutionary natural lash treatment taking the beauty industry by storm. By straightening your natural lashes at the root and then tinting them the LVL lash lift gives you the appearance of longer, thicker lashes. Lasts for up to 6-8 weeks.

**\*Patch test required 48hrs before treatment\***

## EYE TREATMENTS

Eyelash Tint*	30 min	£10
Eyebrow Tint*	15 min	£8
Eyelash & Brow Tint*	30 min	£16
Eyebrow Shape	30 min	£12
Eyebrow Wax	15 min	£8
Eyebrow Wax & Tint*	30 min	£15

**\*Patch test required 24/48hrs before treatment\***

## JESSICA TREATMENTS

Deluxe Manicure	60 min	£30
Mini Manicure	30 min	£20
Deluxe Pedicure	75 min	£35

Completed using either Jessica Phénom polish or Jessica GELeration

**MONDAY - SATURDAY**  
**10am-8pm** Times May Vary



Whether you have a moment in your lunch hour to maintain your manicure or time to de-stress and relax, Total Body Therapy is the perfect place for you.

Located on the top floor of the Trefeddian Hotel, take some time before your treatment to unwind in our beautiful lounge or on the balcony overlooking Cardigan Bay.

To avoid disappointment we recommend you pre-book any treatments you require.

Cancellation within 24 hours of appointment may incur a 50% charge.

**GIFT VOUCHERS**  
**AVAILABLE**

## TOTAL BODY THERAPY



**Trefeddian Hotel**  
**Aberdovey**

**01654 767213**

[www.totalbodytherapyaberdovey.com](http://www.totalbodytherapyaberdovey.com)



## BEAUTY LAB® FACIALS

### Essential Facial

#### Balancing, Hydrating or Calming.

A rejuvenating treatment that combines all the essentials for healthy, soft radiant skin every day. Skin is left cleansed, polished and beautifully conditioned. A perfect introduction to BeautyLab or for clients who are short on time.

<b>One Treatment</b>	<b>30 min</b>	<b>£30</b>
<b>Course of 6 Treatments</b>		<b>£180</b>

### Glyco-Peel Facial

This advanced facial consists of three stages of exfoliation followed by four layers of hydrating and soothing products. Results are visible from the first treatment, however a progressive course of six treatments are recommended.

<b>One Treatment</b>	<b>45 min</b>	<b>£45</b>
<b>Course of 6 Treatments</b>		<b>£270</b>

### Anti-Ageing Facial

With exclusive peptides and high performance plant derived extracts, this anti-ageing treatment is developed for skin that requires a firm, smooth approach. Advanced formulations and relaxing targeted massage techniques ease the appearance of fine lines, leaving skin looking and feeling radiantly invigorated.

<b>One Treatment</b>	<b>60 min</b>	<b>£55</b>
<b>Course of 6 Treatments</b>		<b>£330</b>

### Rejuvenating Eye Treatment

Revitalise and recharge your eye area. A highly effective eye treatment, using targeted massage techniques and peptides to reduce dark circles, puffiness and deliver visible line softening. Eyes are left looking bright, youthful and revitalised.

<b>One Treatment</b>	<b>30 min</b>	<b>£25</b>
<b>Bolt onto another facial</b>	<b>20 min</b>	<b>£20</b>

## TANNING

Using marine mineral extracts this tanning collection takes the benefits of coral seaweed and coastal flowers to replenish your skin and leave it sublimely soft. (Organic DHA)

<b>Full body spray Tan</b>	<b>30 min</b>	<b>£25</b>
<b>Full body manual Tan</b>	<b>45 min</b>	<b>£35</b>

## WAXING

Full Leg	60 min	£25
Full Leg & Bikini	60 min	£28
Half Leg	30 min	£16
Bikini	15 min	£10
Underarm	15 min	£9
Lip or Chin	15 min	£8
Eyebrow	15 min	£8
Forearm	30 min	£12

## MASSAGE

<b>Indian Head Massage</b>	<b>40 min</b>	<b>£40</b>
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Working on chakras to help relieve headaches, eyestrain and can stimulate hair growth.

### Swedish Massage

Relaxing or invigorating to work on muscular tension.

### Aromatherapy Massage

Using pre blended essential oils to promote health and well being. A relaxing and gentle treatment.

### Hot Stone Massage - pre booking essential

Using heated basalt stones to relax and balance the muscles and mind.

<b>25 min - £30</b>	<b>55 min - £50</b>	<b>85 min - £65</b>
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### Pregnancy Massage

As an approved MamaBabyBliss affiliate salon, we offer uniquely created massage treatments for mums-to-be and new mums. These treatments will leave you and your 'bump' feeling revived and fabulous!

<b>First Treatment</b>	<b>70 min</b>	<b>£55</b>
<b>Further Treatments</b>	<b>55 min</b>	<b>£50</b>

<b>Hopi Ear Candles</b>	<b>45 min</b>	<b>£30</b>
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A gentle relaxing therapy which can help with sinusitis, rhinitis, ear wax, ear ache, irritation of ear, tinnitus, headaches and migraines.