



# BODY SENSE

Established in 2005, the experts in all things beauty.

01903 850680



# BODY SENSE

Body Sense was opened in 2005 by Kerry Douglas, and has been a successful beauty salon in Rustington ever since. Offering a wide range of treatments in a relaxing, welcoming environment, here you will find products and services to make you feel wonderful.

Specialising in skincare, we're proud to be a Silver Circle Skin Centre for Dermalogica. This means that we're constantly educating ourselves in skin health, and we're passionate about passing that knowledge on to you.

Whether you need relaxation, support for health concerns or to feel fabulous, we are here to help you.

Please visit

[www.bodysensebeauty.com](http://www.bodysensebeauty.com) for Our Story, Meet The Team, aftercare and more. Follow us on social media @bodysensebeauty

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“I’m passionate about Body Sense being a welcoming salon, with high quality treatments and products, and constant education for our therapists.”



# Covid 19

**We understand that we are in strange times, and there is a temporary version of normal that is new to all of us.**

Please take note and obey any signage and instructions in the salon, as we adhere to government guidelines. You can find the most recent Covid19 policies on our social media channels.

We urge you not to come to the salon if you, or anyone you have been in contact with, has had symptoms of Coronavirus. in the past 14 days.

We offer an online booking system which we would like to ask you to use where possible. You can find it on our website, Facebook 'Book Now' button and as an app. Our free app is called Body Sense Beauty and is available on Apple and Android.

Please be kind, patient and understanding. We are doing our best to give you the service you love and deserve, whilst keeping our team and clients safe.

# Hands & Feet

## Manicures

Junior / Senior

Cut, File, Cuticles	16 / 20
Express Manicure shape, cuticles, polish	18 / 22
Maintenance Manicure shape, cuticles, scrub, massage, polish	25 / 30
Teen File & Polish	12 / 14

## CND™ Shellac™

CND™ Shellac™ Manicure includes CND Shellac removal if required	33 / 36
CND™ Shellac™ Manicure & Nail Art stamping, glitter, foil on all nails	37 / 40
CND™ Shellac™ Pedicure includes CND™ Shellac™ removal if required	39 / 42
CND™ Shellac™ Removal with Mini Mani/Pedi	20 / 20
Other Gel Polish Removal 1hr allocated, £5 for every additional 15mins if necessary	20 / 20

## Pedicures

Junior / Senior

Cut, File, Cuticles	16 / 20
Express Pedicure shape, cuticles, polish	18 / 22
Maintenance Pedicure soak, shape, cuticles, scrub, massage, polish	35 / 38
Callus Peel First Treatment intensive treatment to remove hard skin, includes aftercare cream	32 / 35
Callus Peel Maintenance Treatment follow up treatment within 12 weeks	28 / 30
Add CND™ Shellac™ to your Callus Peel	12 / 14
Add Vinylux nail polish	7 / 9

### VINYLUX

Premium brand by CND,  
Vinylux is our 7 day chip  
resistant polish that you can  
remove at home. Infused  
with Vitamin E, Jojoba Oil &  
Keratin it gives a gel like  
shine.



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# Nail Enhancements

Gel nail enhancements give the strength, length and perfect shape that you might be lacking from your natural nails. Light Elegance™ gel is kind to your nails, yet strong and natural looking.

	<b>Junior / Senior</b>
Full set of extensions with Vinylux polish	40 / 45
with CND™Shellac™	50 / 55
2 week infill with Vinylux polish	25 / 30
2 week infill with CND™Shellac™	35 / 40
Overlay- add strength, not length	32 / 37
Overlay with CND™Shellac™	42 / 47
Single nail repair	5 / 7
Light Elegance™ removal	20 / 20





# Waxing & Threading

We use premium strip wax and hard wax that is designed to be used at a lower temperature. This creates a more comfortable experience. Visit our website for our Waxing FAQ. Threading is best for sensitive skins.

	Junior / Senior		Junior / Senior
Eyebrow	12 / 14	Basic bikini	12 / 14
Lip	10 / 12	hair removed outside full briefs	
Chin	11 / 12	Extended bikini	18 / 22
Lip & Chin	15 / 20	hair removed outside a high bikini line- not labia	
Eyebrow & Chin	18 / 20	Brazillian	30 / 35
Eyebrow & Lip	18 / 20	at your discretion, but hair from labia & behind is typical, with some hair left on pubic bone	
Eyebrow, Lip & Chin	22 / 28	Hollywood	35 / 40
Nasal	11 / 12	all hair removed	
Ear	11 / 12		
Underarm	12 / 14		
Arm	20 / 25		
Half leg	18 / 20		
Full leg	25 / 27		
Men:			
Full Chest	22 / 25		
Upper Chest	12 / 15		
Back	22 / 25		
Upper Back	12 / 15		

Receive £5 off any bikini service when you also have a Full Leg wax

Our therapists are trained to give a full brow shape, measuring the angle, length and shape of your brows and face- unlike a traditional 'brow tidy'



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# Holistic Treatments

As we give ourselves less of our time, and more is demanded from us, our mental and physical wellbeing can suffer. Holistic treatments offer a wealth of health benefits, including peace and headspace.

	<b>Junior / Senior</b>
Full Body Massage 1hr	45 / 50
Back, Neck and Shoulder 30min	28 / 32
Aromatherapy Massage 1hr 1/4	55 / 60
Hot Stone Massage 45min	42 / 42
Hot Stone Massage 1hr 1/4	60 / 60
Pregnancy Massage 1hr 1/4	60 / 60
Indian Head Massage	28 / 32
Reflexology 1 hr	50 / 50
Hopi Ear Candling	32 / 35

## Tanning

MoroccanTan- 35 / 40

### Full Body Scrub & Tan

A pampering, relaxing treatment which prepares the skin, gives a massage like experience and a natural, glowing tan



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# There's more!

Our generous Treatcard scheme, gives you 1 point for every £1 you spend on treatments, 2 points for every £1 you spend on products and 50 points when you recommend a friend! It won't take long before we can offer you something you haven't tried before, absolutely free! Please note, you will not be able to redeem your Treatcard points in July & August 2020, due to the business being closed for lockdown for 4 months. We apologise for any inconvenience and thank you for your support.

We're proud of our gift voucher cards which are made of 100% recyclable 'plastic' so you can give guilt-free. If you'd like to be completely environmentally friendly, online vouchers are available.

We will beat Dermalogica's online offers when you buy in salon. You'll also accrue Treatcard points and benefit from our expert advice. If you prefer to order online than collect from salon, we can give you a link so you get the best value.

Download our free Body Sense beauty app where you can book, move or cancel an appointment, view your appointment history and check how many points you have.

We are active on social media- join us! We love seeing your beauty selfies, and give as much advice as we can. You can check in with us, ask for help and leave us a review. We also have an email/text list for special offers to subscribe to.

You can book appointments on our website & Facebook page, using the 'Book Now' button. All of our contact information can be found on the back cover.



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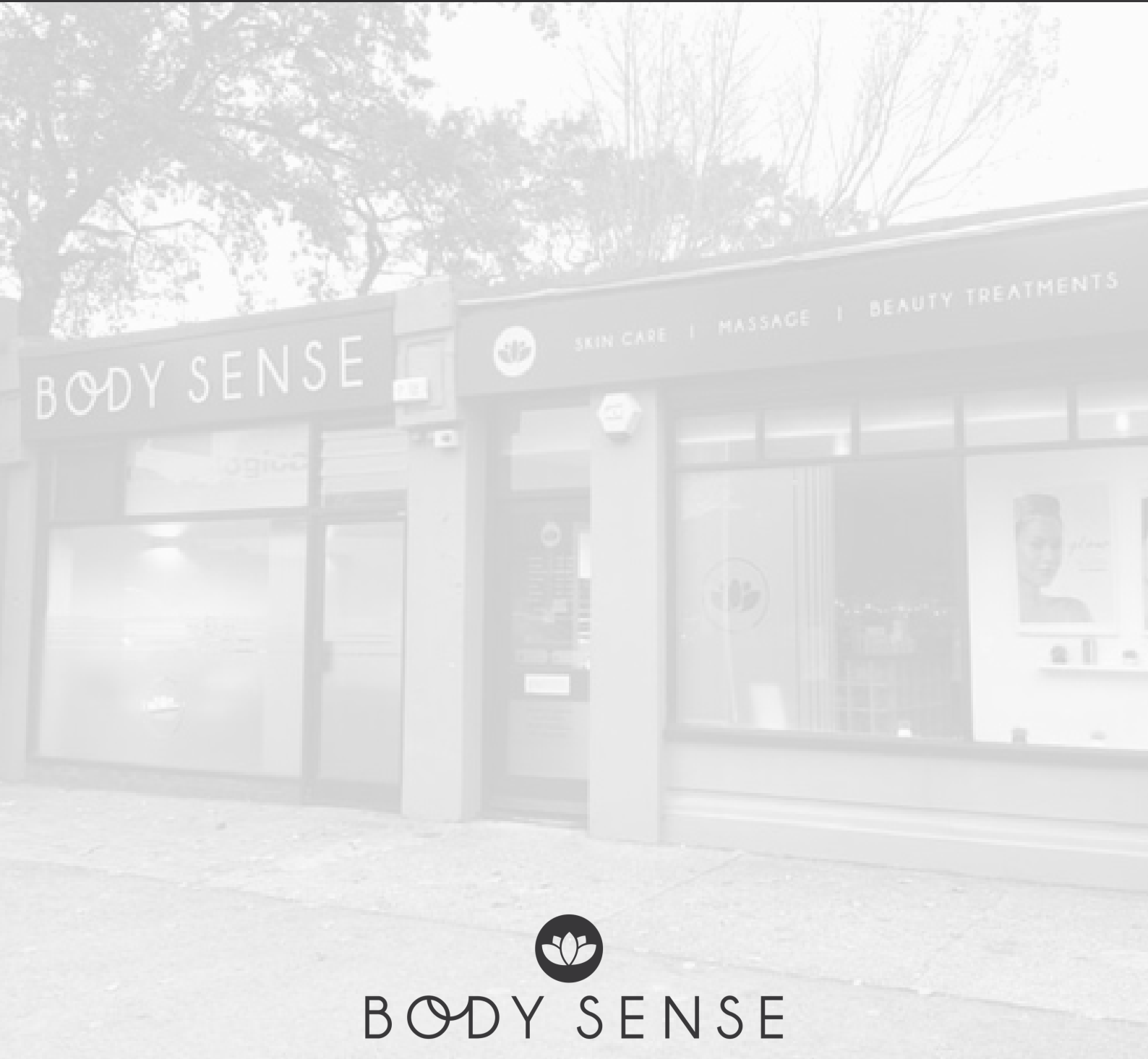
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@bodysensebeauty

There is limited parking in front of the salon.

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