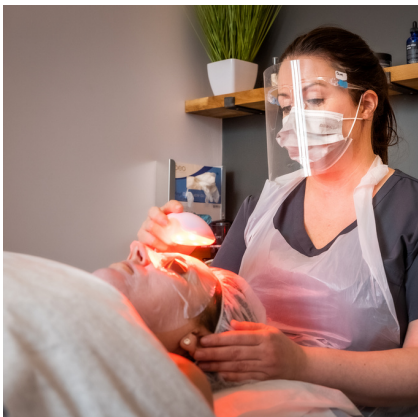




BODY SENSE



BODY SENSE

Established in 2005, the experts in all things beauty.

01903 850680



BODY SENSE

Body Sense was opened in 2005 by Award Winning Skin Specialist, 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 yourself feel wonderful.

Specialising in skincare, we're proud to be a Silver Circle Skin Centre for Dermalogica. This means 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.

Visit www.bodysensebeauty.com for Our Story, Meet The Team, Aftercare and more. Follow us on Facebook and Instagram @bodysensebeauty

01903 850680



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



Cancellation Policy

Please call 01903 850680 if you cannot make your appointment. Cancellations with less than 24 hours notice will be subject to a 50% cancellation fee.

'No shows' or failure to attend your appointment will be subject to 100% cancellation fee.

If you need to reschedule your appointment due to Covid symptoms or self isolation, there will be no cancellation charge.

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.

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 10 days. If our team need to isolate, it limits the appointments we can offer.

We have hand washing facilities and hand sanitiser in the salon. We will also provide you with a container to keep your belongings safe and with you. We will send you a Covid screening email before your appointment, so please return this and keep your email address updated with us.

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.



Our Treatments

Hands & Feet	Pg 6
Nail Enhancements	Pg 7
Waxing & Threading	Pg 8
Brows & Lashes	Pg 9
Laser Hair Removal	Pg 10
Holistic & Body Treatments	Pg 13
Skin Treatments	Pg 14
Aesthetics	Pg 21
Additional Info	Pg 22

We Offer

- Gift vouchers
- Treatcard loyalty points, exchanged for free treatments
- Teen Hour
- Online booking
- Body Sense Beauty app

Please note:

Our pricing is tiered to: Junior & Senior Therapist.

Seniors have a minimum of 4 years experience at Body Sense.

Parental consent required for anyone under the age of 18 with a limitation on some treatments to over 18 only



Hands & Feet

Manicures

Treatment	Jr / Snr
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™

Treatment	Jr / Snr
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 (30 mins allocated, £5 for every additional 15mins if necessary)	20 / 20
Other Gel Polish Removal (1hr allocated, £5 for every additional 15mins if necessary)	20 / 20

Pedicures

Treatment	Jr / Snr
Cut, File, Cuticles	16 / 20
Express Pedicure (Shape, cuticles, polish)	18 / 22
Maintenance Manicure (Soak, shape, cuticles, scrub, massage, polish)	35 / 38
Treatment	Jr / Snr
Callus Peel First Treatment (Intensive treatment removes hard skin, includes aftercare cream)	32 / 35
Callus Peel Maintenance Treatment (Maintenance treatment must fall within 12 weeks of first treatment.)	28 / 30
Add CND™ Shellac™	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.





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.

Treatments

Full set of enhancements with Vinylux™ polish	45
-with CND™Shellac™	55
2 week infill with Vinylux™ polish	30
2 week infill with CND™Shellac™	40
Overlay- add strength, not length	37
Overlay with CND™Shellac™	47
Single nail repair	7
Light Elegance™ removal	20
Nail Art	from 50p/nail



Waxing & Threading

We use premium strip wax and hard wax 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 very sensitive or teen skins.

Face, Legs & Arms

Treatment	Jr / Snr
Eyebrow	12 / 14
Lip	10 / 12
Chin	11 / 12
Lip & Chin	15 / 20
Eyebrow & Chin	18 / 20
Eyebrow & Lip	18 / 20
Eyebrow, Lip & Chin	22 / 28
Nasal	11 / 12
Ear	11 / 12
Underarm	12 / 14
Arm	20 / 25
Half leg	18 / 20
Full leg	25 / 27

Bikini

Treatment	Jr / Snr
Basic bikini (Hair removed outside full briefs)	12 / 14
Extended bikini (Hair removed outside a high bikini line- not labia)	18 / 22
Brazilian (At your discretion, but hair from labia & behind is typical, with some hair left on pubic bone)	30 / 35
Hollywood (All hair removed)	35 / 40

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'

Torso

Treatment	Jr / Snr
Full Chest	22 / 25
Upper Chest	12 / 15
Back	22 / 25
Upper Back	12 / 15



Brows & Lashes

Nothing frames your face better or makes it easier to go makeup free, than groomed brows and & lashes! *patch test required

Brows

Lashes

	Jr / Snr		Pricing
Henna Brows*	35 / 35	Classic Full Set*	70
HD Brows*	35 / 35	30 minute infill**	20
Brow wax/thread	12 / 14	45 minute infill	25
Brow tint*	12 / 14	60 minute infill	49
Brow wax & tint*	18 / 20	Hybrid Full Set*	75
Eyelash tint*	19 / 21	30 minute infill**	25
Brow tint & eyelash tint*	23 / 25	45 minute infill	27.50
Brow wax & brow tint & eyelash tint*	30 / 34	60 minute infill	30
	45 / 45	Russian Volume Full Set	85
		30 minute infill**	27.50
		45 minute infill	30
		60 minute infill	35
		Lash Extension Removal	20
		Lashlift & tint	45
		(Low maintenance but dramatic results, curls & tints your lashes lasting 6-12 weeks)	

** Only available for 1 week or less since last infill





Laser Hair Removal

No pain, no fuss and not a razor in sight!

Laser treatment results are best achieved with a minimum course of 6 sessions.

Course prices paid at the beginning of a treatment will receive a 20% discount. Maintenance treatments are also offered at a reduced cost but can only be booked once a course has been completed. This is to ensure the desired results.

A selection of laser hair removal prices are listed below, but please do refer to our website for a full comprehensive price guide. Discounts can also be applied when purchasing treatments of multiple areas.

Please note that a consultation and patch test must be carried out before any treatment can go ahead. This is chargeable at £25.00 and is in addition to the course price.



Laser Hair Removal

Female

	Course of 6 Sessions (20% off)	Maintenance Session
Face	216	35
Upper Lip	264	45
Chin or Sides of Face Lip	336	60
Lip & Chin or Jawline & Chin or Neck	456	80
Jaw, Chin & upper Lip	528	95
Full Face	696	115
Full Face & Front Neck	792	135
Body		
Fingers or Nipples or Navel or Toes	312	55
Hands / Feet	360	65
Underarm	408	75
Bikini (Standard) / Buttocks	456	80
Bikini (Brazilian) / Lower Arm / Abdomen / Upper Arm / Lower Back	624	105
Bikini (Full)	792	135
Full Arm / Lower Leg	864	160
Upper Leg	936	170
Upper Leg Inc. Bikini	1,056	190
Full Leg	1,320	225
Full Leg Inc. Bikini	1,464	250
Underarm & Bikini (Standard)	672	120
Underarm & Bikini (Brazilian)	792	150
Underarm & Bikini (Full)	1,008	180



Laser Hair Removal

Male

	Course of 6 Sessions (20% off)	Maintenance Session
Face		
Centre Brow or Ear Lobes	216	35
Upper Cheeks	312	55
Front / Back Neck	456	80
Front & Back Neck	624	105
Beard	672	120
Beard & Front Neck	792	150
Body		
Hands / Feet & Toes	360	60
Underarm	456	80
Buttocks	528	95
Lower Arm / Chest / Stomach	672	115
Whole Arm / Full Back / Shoulder & Upper Arms	984	185
Chest & Stomach / Lower Leg	1,056	190
Upper Leg / Full Back inc. Shoulders but not Arms	1,200	200
Full Leg	1,848	330



Holistic Treatments

As we give ourselves less of our time and yet more is demanded from us, our mental and physical wellbeing can suffer. Holistic treatments offer a wealth of health benefits, since relaxation is proven to help physical as well as mental health.

Treatments

		Jr / Snr
Full Body Massage	1hr	45 / 50
Back, Neck and Shoulder	30min	28 / 32
Aromatherapy Massage	1hr ¼	55 / 60
Hot Stone Massage	45min	42 / 42
Hot Stone Massage	1hr ¼	60 / 60
Pregnancy Massage	1hr	60 / 60
Indian Head Massage	30 mins	28 / 32
Reflexology	1 hr	50 / 50
Hopi Ear Candling		32 / 35

Body Treatments

MoroccanTan - Full Body Scrub & Tan A pampering, relaxing treatment which prepares the skin, gives a massage like experience and a natural, glowing tan	35 / 40
Revitalising Body Scrub - Full Body Himalayan Salt scrub with a seasonal fragrance oil and coconut oil to finish.	45 / 45
Revitalising Body Scrub- Legs & Feet/Back & Arms	25 / 25





Skin Treatments

Skin is our specialisation. We're proud to be experts and all treatments are bespoke services tailored to your skin concerns. Please ask to speak to a Skin Therapist who can suggest the best treatment plan for you. Book a course of 5 skin treatments (excluding Mesotherapy and advanced aesthetic facials) and enjoy your 6th free.

We are a Silver Circle Skin Centre for Dermalogica, so not only do we care about your relaxing experience, we know how to treat your skin to get the best from it.

We train constantly in skin health and conditions and the best way to use products and ingredients for glowing, healthy skin. Our facials range from consultations to pampering options to chemical peels, micro needling and skin tightening using the latest technology for the best results.

We are so proud to say that Kerry is also a National Hair and Beauty Silver Award winner for Skin Therapist of the Year. This is a testament to her commitment to learning and experience over her 25 year career and we are delighted that she is expanding our treatment offering in 2022 with more advanced medical grade treatments to include HIFU, Radio Frequency Microneedling, IPL skin regeneration to name a few.

We can't wait to get you started on your skin journey towards your best skin ever!



Dermalogica Facials

Our Dermalogica skin services are completely tailored to your skin as well as being a relaxing, rebalancing experience. We use ultra sonic, iontophoresis, LED or Cryotherapy in your treatment alongside award winning, results driven, professional grade products.

Treatments

Face Mapping with Dermalogica

Our comprehensive skin analysis will help determine how to treat skin concerns. Price deductible from product purchases.

Dermalogica Pro30 skin treatment

This intensive, bespoke 30 minute treatment combines professional exfoliation & deep treatment and massage for fast, visible results. Ideal for all skin types.

Dermalogica Pro60 skin treatment

The ultimate 60 minute treatment is customised to target all your skin needs & leave your skin radiant. It incorporates LED light therapy or other modalities to boost collagen production, and highly advanced professional grade actives for deep treatment. Great results in a relaxing environment. Ideal for all skin types.

Dermalogica Pro Power Peel

Truly transformative, this effective, customised 60 minute peel treatment is dramatically enhanced by powerful IonActive Serums, customised masque, LED therapy & massage leaving skin clear, smooth & glowing. You've never had a peel treatment like this before! Especially good for pigmentation, ageing and breakout prone skin.

Jr / Snr

20 / 20

35 / 37

55 / 55

75 / 75



Dermalogica Facials

Treatments

Dermalogica Pro Power Eye Peel Skin Solver

The Pro Power Eye Peel is a 20 minute treatment focusing on brightening, evening skin tone and minimising fine lines in the eye area. This resurfacing treatment is specially formulated and contoured for the delicate under eye area and crows feet. The concentrated patch exfoliates and hydrates in a single step! We will also perform either lifting, drainage or deep penetration using modalities for the application of a bespoke high performance serum, according to your skin needs.

Jr / Snr

20 / 20

Prefer a full facial?

Add this eye treatment on to a facial:

Pro Power Eye Peel Add On

15 / 15

Dermalogica Teen treatment

Clear Start- rebalancing hormonal skin, 20 mins

20 / 20

- Vegan
- Cruelty Free
- Recyclable packaging
- Gluten Free
- Paraben Free
- Results Driven
- Premium Quality Ingredients

“I feel so relaxed and more knowledgeable about my skin's needs. My therapist listens to me and always gives me advice with my skin. Every time I leave my facial, my skin feels incredible and so clean. She has helped me so much with my skin needs and been so helpful with product suggestions which has helped me with a skin routine. My therapist is beyond amazing and has gave me confidence with my skin again



Crystal Clear Facials

Crystal Clear delivers innovative technology, results driven products and an uplifting experience whatever your skin concern.

Treatments

Jr / Snr

Crystal Clear COMCIT Elite

COMCIT treats ageing, dehydrated skin with results that are simply staggering and provides an instant, dewy glow. Combines microneedling and Oxygen therapy.

80 / 80

Crystal Clear Microdermabrasion

Crystals are blasted and dead skin cells are removed through the vacuum action to reveal smoother, brighter, more radiant skin. The treatment is completed with a beautiful hydration mask to lock in moisture and provide an invisible second skin effect. Results are evident after a single treatment but for more intense results a course of treatments is best. Ideal for dull, uneven, pigmentation or oily skin.

65 / 65

Crystal Clear Oxygen Therapy

The Botox alternative, an action-packed serum with cell-energising extracts is plumped into the skin using high pressure oxygen; this unique action plumps the skin from the inside out and regenerates lacklustre complexions. Crystal Clear Oxygen therapy offers an immediate anti-fatigue effect whilst effectively addressing a whole host of common skin concerns. Ideal for dull, dry, oily or tired skin.

65 / 65

Crystal Clear combined Oxygen & Microdermabrasion

75 / 75



Advanced Skin & Electrolysis

Kerry offers advanced skin treatments and blemish reduction - this is degree level skin care and includes removal of skin tags, thread veins, moles, seborrheic keratosis, warts, xanthelasma, cysts, cherry angiomas and many more. If you have a bump or lump that you'd like treated, contact us for a consultation.

Treatments

Pricing

Mesotherapy- includes peel & LED

Mesotherapy consists of an incredible chemical peel followed by an advanced technique that uses non invasive and non surgical micro injections to provide the skin with Filmed's NCTF - a cocktail of 59 different vitamins, minerals, enzymes, amino acids, coenzymes and Hyaluronic Acid, that work synergistically with the skin to reinforce structure, increase collagen production, improve texture and rejuvenate the skin. The treatment is then finished with cryotherapy and LED light therapy for anti aging results. This is the Gold standard of skin treatments.

150

Nanosoft Eye or Neck treatment

For a more targeted result specifically for the eye or neck area, Nanosoft advanced needling technique combines with Fillmed's NCTF for the ultimate anti aging treatment.

Eye treatment

150

Neck treatment

180

Combined Mesotherapy and Nanosoft treatment

195



Advanced Skin & Electrolysis

Treatments

Pricing

Skin Tag Removal	50
Thread Vein Removal	50
Wart Removal (price per wart)	30
Pigmentation Patch Test	25
Pigmentation Treatment	75
Seborrheic Keratosis Treatments	75
Other blemish removals on quotation	
Hair Removal by Electrolysis	
The hair follicle is treated to permanently remove hair. Good for small areas, repeated treatments are necessary.	
10 mins	15
15 mins	20
30 mins	27





BODY SENSE



Aesthetics at Body Sense

Becky Hollands Aesthetics, a registered nurse with a wealth of experience, has the ethos of "less is more to obtain natural results". Becky is a member of the Government recognised safety in aesthetics register 'Save Face', a member of the British Association of Cosmetic Nurses and a member of Complications in Medical Aesthetics Collaborative.

Treatments

	Pricing
Wrinkle softening injections consultation/ treatment	from 25-200
Wrinkle softening injections follow up	0
Filler consultation and treatment	from 300
Cheek enhancement consultation and treatment	from 300
Cryotherapy consultation and treatment	100
Dermaroller consultation	25
Dermaroller Face treatment	250
Dermaroller Neck and Face treatment	300
Microsclerotherapy consultation	25
Microsclerotherapy treatment	200

To book, please call the salon on 01903 850680 or call Becky directly on 07979800824



There's more!



Our generous Treatcard scheme gives you 1 point for every £1 spent on treatments, double points 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!



Our gift vouchers are made of 100% biodegradable wood so you can give guilt-free. If you'd like to be completely environmentally friendly, online vouchers are available. Order them on our app or website.



We beat Dermalogica's online offers with trial sizes when you buy in salon. You'll also accrue Treatcard points and benefit from our expert advice. If you prefer to order online, visit our website www.bodysensebeauty.com



We retail some of the best beauty brands like CND & HD Brows, to local, eco friendly body product companies like Delhicious & Lola Lashes. Browse and test in salon or shop on our website- claim your points, add gift boxes and even get free local delivery!



Download our free Body Sense Beauty app where you can book, move or cancel appointments, view your appointment history, order vouchers and check your Treatcard points and rewards. You can also book on our website or call 01903 850680.



We're active on social media- join us! We love seeing your beauty selfies, and give as much advice as we can. You can check in, ask for help and leave us a review. We also have an email/text list on our website for special offers to subscribe to. Use our hashtag #bodysense on Instagram and Facebook.



We know how important it is to get into good habits as a teenager. We all remember 90's brows, don't we? We offer Teen hour: 20% off File & Polish or Brows between 3.30pm- 4.30pm, Monday- Thursday. Our Teen Facial can be found on the Dermalogica page.








BODY SENSE

Body Sense Beauty Ltd
52-54 The Street
Rustington
West Sussex
BN16 3NR

There is limited parking in front
of the salon.

 www.bodysensebeauty.com
 hello@bodysensebeauty.com
 01903 850 680

E&OE

 @bodysensebeauty

 @bodysensebeauty





BODY SENSE

2021/2022