

CREME

HAIR AND BEAUTY TREATMENTS

Est. 1996

BEAUTY TREATMENTS

We offer a complete range of
Beauty Treatments from head to toe
For all your Hair and Holistic needs please see our
separate Price Lists

THE OLD CHURCH
8 MILL STREET, OAKHAM, RUTLAND LE15 6EA
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SALON ETIQUETTE

We want everyone to have the best possible experience when they visit us at Creme and have some guidelines to ensure that you can take time out and relax.

- We discourage the use of mobile phones and respectfully request that they are on silent when you are in the salon.
- All appointments are booked for the time you need and so we ask you to arrive promptly. If you arrive late we will do our best to keep to the treatments. However, because we do not want to keep anyone waiting we may have to shorten/change your appointment if your stylist/therapist has another client immediately after you.
- It is vital that all new clients have a skin test before any hair colour or eye treatments, even if they have had colour or tinting previously. We cannot overstate the importance of skin testing for your well being and safety.

TREATMENTS

INDIAN HEAD MASSAGE

TIME: 40 Minutes £35

Indian Head Massage is a traditional form of massage. It can be felt far deeper in the head, neck and shoulder area, than a normal massage and is particularly effective in treating tension and stress that builds up in those areas.

ST. TROPEZ SPRAY TANNING

TIME: 25 Minutes £23

St. Tropez Spray Tanning is available with our experienced Therapists. The quickest way to a professional, bronzed finish.

Please wear loose fitting, dark clothing for your appointment.

HALF BODY TAN

TIME: 10 Minutes £15

Whether you would prefer your upper or lower body tanned, we will have you looking sun-kissed in no time.

DELUXE HOPI EAR CANDLE TREATMENT

TIME: 55 Minutes £40

Incorporating an intensive oriental head and scalp massage using a luxurious hair mask.

HOPI EAR CANDLES

TIME: 45 Minutes £25

An ancient natural therapy, also known as thermo-auricular therapy. This balancing treatment is beneficial in the relief of many head, ear and sinus problems. Releasing their essential oils with revitalising heat, the candles gently remove excess moisture and compact wax. Includes acupressure ear and face drainage to remove released toxins.

EAR PIERCING - PAIR

TIME: 25 Minutes £19.50

We pierce up to three holes on the lobes only.

HAND AND FOOT TREATMENTS

When booking your treatment, please let us know if you have any polish or gel on already, as we will need to allow extra time to remove this.

CREME MANICURE

TIME: 55 Minutes £30

A full manicure including nail and cuticle work, exfoliation, massage and nail polish application.

MALE MANICURE

TIME: 25 Minutes £20

A full manicure including nail and cuticle work, exfoliation and massage.

CREME PEDICURE

TIME: 55 Minutes £35

A full pedicure including nail and cuticle work, hard skin rasping, exfoliation, foot massage and nail polish application. Please bring your flip flops!

MALE PEDICURE

TIME: 40 Minutes £25

A full pedicure including nail and cuticle work, hard skin rasping, exfoliation and foot massage.

FILE AND VARNISH (HANDS OR FEET)

TIME: 25 Minutes £15

FILE, CUTICLE AND VARNISH (HANDS OR FEET)

TIME: 40 Minutes £22

OPI GEL COLOUR

Introducing OPI gel colour. OPI is the number one nail salon brand worldwide. Therefore, they leave the use of the GelColour range to the professionals. So sit back, relax and get your nails perfected.

OPI GEL POLISH FINGERS/TOES

TIME: 45 Minutes £30

Includes: nail shaping, cuticle work and OPI gel polish application.

GEL POLISH MANICURE

TIME: 55 Minutes £45

Includes: nail shaping, cuticle work, OPI gel polish application, exfoliation and hand and arm massage.

GEL POLISH PEDICURE

TIME: 75 Minutes £45

Includes: nail shaping, cuticle work, OPI gel application, exfoliation and foot and leg massage.

EXISTING OPI GEL REMOVAL

TIME: 25 Minutes £10

THE CREME PROMISE...

The price you see is the price you pay - there are no hidden extras

LASHES

MARVEL-LASH EYELASH EXTENSIONS

TIME: Full Set 55 - 115 Minutes £70

Marvel-Lash individual extensions are a safe and effective method of dramatically enhancing the appearance of the eyes. The natural lashes are thickened and lengthened almost weightlessly. Results can last up to two months and with regular top up treatments, the effect is indefinite.

MYLASH EYELASH LIFT

TIME: 45 - 60 Minutes £40

Marvel-lash eyelash lift gently and comfortably lifts natural lashes from the root. Includes lash tint. The lashes appear longer and thicker. Results can last up to 2 months.

CLUSTER LASHES

TIME: 15 - 30 Minutes £15

Perfect for a special occasion or to accompany a make up application.

EXPRESS LASHES

TIME: 45 Minutes £30

Marvel-Lash individual lashes are applied using a different technique for a non-permanent effect, i.e. a weekend away. These can be applied the day before a make-up application for a very tailored look.

LASH EXTENSION INFILLS

TIME: 45 Minutes £30

Needed every 2 - 3 weeks for permanent effect after.

STRIP LASHES

TIME: 10 Minutes £12

Have our traditional false eyelashes put on by a professional to ensure perfection.

A patch test is required 48 hours prior to any lash treatments.

MII MAKE UP

With skin loving formulas, tailored brushes and a pure mineral line, Mii has set its sights on ensuring you are filled with the confidence that every makeup decision will be the right one.

BRIDAL MAKE UP TRIAL

TIME: 90 Minutes £65

Incorporating a consultation and trial.

Price for Wedding Day make up will be quoted after trial and payable in full in advance (non refundable) to confirm booking - including mother of the bride/ bridesmaids etc).

OCCASIONAL MAKE UP APPLICATION

TIME: 30 Minutes £30

TIME: 60 Minutes £55

HAIR REMOVAL/SHAPE AND TINT

UNDERARM WAX TIME: 10 Minutes	£10	BACK WAX TIME: 40 Minutes	£28.50
BIKINI WAX TIME: 10 Minutes	£10	BRAZILIAN BIKINI WAX TIME: 40 Minutes	£28.50
HIGH BIKINI WITH HOT WAX TIME: 10 Minutes	£15	HOLLYWOOD BIKINI WAX TIME: 45 Minutes	£30
EYEBROW WAX	£10	EYE LASH TINT TIME: 25 Minutes	£12
LIP WAX / CHIN WAX	£10	EYE BROW TINT TIME: 10 Minutes	£8
HALF LEG WAX TIME: 25 Minutes	£20	EYE LASH AND BROW TINT TIME: 25 Minutes	£20
FULL LEG WAX WITHOUT BIKINI TIME: 40 Minutes	£22		
FULL LEG WAX INCLUDING BIKINI TIME: 55 Minutes	£30		
		A patch test is required 48 hours before any tinting is carried out.	
ELECTROLYSIS		THREADING	
TIME: 10 Minutes	£15	LIP / EYEBROW / CHIN	
TIME: 25 Minutes	£20	TIME: 10 Minutes	Each £10
TIME: 40 Minutes	£25		
TIME: 55 Minutes	£40		

A free 30 minute consultation must be booked at least 48 hours before first treatment. This includes a small area of electrolysis.

ESPA

Every ESPA treatment is a totally caring experience and the ultimate in luxury. By taking a holistic approach, the treatments are as much for the inner self and mind as they are for the face and body. ESPA's Tri-active products are produced from the highest quality organic and naturally grown plants known for their purity, potency and therapeutic benefits. They are as natural as they can be and are rich in essential oils, plants extracts and marine elements. Deeply relaxing and de-stressing oils, revitalising seaweeds and nourishing creams help to achieve outstanding results on the face, body and mind.

FACIAL TREATMENTS

ESPA ENZYME PEEL FACIAL

TIME: 85 Minutes £80

This luminosity achieving facial begins with an intensive clarisonic brush cleanse. The advanced blend of AHAs, lactic acids and pumpkin enzymes then works on the deeper layer of the epidermis; dramatically aiding the removal of dead skin, boosting circulation and evening pigmentation. A soothing seaweed and menthol mask is then applied following a cooling rose quartz crystal massage. The skin is left instantly radiant, toned and hydrated.

ESPA ADVANCED SKIN RADIANCE FACIAL

TIME: 85 Minutes £70

Suitable for all skin types and ages, this advanced treatment uses powerful products and techniques to restore skin's vitality and reveal a bright, smooth and youthful complexion. Includes Clarisonic brush cleansing and a rose quartz crystal massage.

ESPA INNER CALM FACIAL

TIME: 55 Minutes £50

Tailored in-treatment for all skin types, this deep cleansing aromatherapy facial purifies and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and oriental scalp massage to leave the mind clear and the skin smooth and bright.

ESPA MINI FACIAL

TIME: 25 Minutes £35

A pick me up facial to treat, purify and hydrate the skin. It includes a cleanse, exfoliation, mask and luxurious scalp massage. It is ideal for those who would like an introduction to ESPA products.

ESPA BACK, FACE AND SCALP TREATMENT

TIME: 85 Minutes £65

The initial, deep cleansing, back exfoliation is followed by a deeply relaxing back massage with aromatic oils bringing powerful de-stressing benefits to mind and body. This all-embracing treatment then continues to a full ESPA aromatherapy facial with acupressure, face and oriental scalp massage.

THE CREME PROMISE...

The price you see is the price you pay - there are no hidden extras

BODY TREATMENTS

ESPA BACK, FACE AND SCALP TREATMENT WITH HOT STONES

TIME: 110 Minutes £80

Our back, face and scalp treatment made even more luxurious with the power of volcanic stones.

ESPA HOT STONES FULL BODY MASSAGE

TIME: 55 Minutes £60

TIME: 85 Minutes £75

This treatment begins as the body is massaged with ESPA blended aromatherapy oils using volcanic stones. Stones are carefully placed on the chakras powerful energy centres for rebalancing and grounding effects. An indulgent head massage is given to calm and soothe mind and spirit.

ESPA DEEP MUSCLE FULL BODY MASSAGE

TIME: 85 Minutes £70

Releases deep set tension, whilst relaxing your body with pre blended Aromatherapy oils, using specific massage movements and techniques.

ESPA LIFE SAVING BACK TREATMENT

TIME: 40 Minutes £40

An ideal treatment for problematic skins and a treat for this much neglected area. This 'facial for the back' includes cleansing, body brushing, exfoliation, aromatherapy massage, marine mud mask and moisturising using luxurious and effective products.

ESPA HOLISTIC TOTAL BODY CARE

TIME: 100 Minutes £70

This all-encompassing treatment commences with full body skin brushing and gentle exfoliation to prepare the skin. This is then followed with a full body massage using a blend of essential oils chosen to suit individual requirements. Please ask a Therapist if you would like this treatment tailored to pregnancy or nursing mothers.

ESPA AROMATHERAPY FULL BODY MASSAGE

TIME: 70 Minutes £50

Experience the benefits of massage and individually chosen essential oils in one of the finest anti-stress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy.

ESPA SALT AND OIL SCRUB

TIME: 25 Minutes £35

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. A compact treatment with a dramatic result.

ESPA BODY POLISH

TIME: 25 Minutes £35

An exclusive body and skin enhancing treatment. Can be used in isolation to remove dead skin cells and provide hydration, or as preparation for a massage. This complete exfoliation includes skin brushing and a refreshing spearmint scrub.

ESPA TOTALLY INDULGENT TREATMENT

TIME: 85 Minutes £70

This total body treatment has been carefully designed for anyone who may be contraindicated to wraps, essential oils or other treatments. The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced techniques to safe areas. It leaves the skin toned and the client totally relaxed as it includes a gentle cleanse, exfoliation and massage of the body and scalp. It is perfect for pregnant and nursing mothers to relax and improve tonicity of the skin at this very special time.

BODY TREATMENTS CONTINUED...

BACK MASSAGE

TIME: 25 Minutes £30

TIME: 40 Minutes £40

Light or deep pressure on the neck, shoulders and back.

HOT STONE BACK MASSAGE

TIME: 25 Minutes £40

TIME: 40 Minutes £50

Our volcanic stones are used for a ten times deeper massage.

FULL BODY MASSAGE

TIME: 55 Minutes £45

TIME: 85 Minutes £60

Swedish massage techniques over the whole body.

Please see our separate holistic price list for alternative body treatments.

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OPENING HOURS

Monday	Closed
Tuesday	9 - 5
Wednesday	9 - 5
Thursday	9 - 8
Friday	9 - 5
Saturday	8.30 - 4

Gift Vouchers available

Cancellations for hair, beauty and holistic treatments must be notified with at least 24 hours notice. A 50% charge will be payable for cancellations made within 24 hours.

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