

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 needs please see our separate Hair Services List

THE OLD CHURCH
8 MILL STREET, OAKHAM, RUTLAND LE15 6EA
T: 01572 723823 cremehairandbeauty.co.uk



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.

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 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 LIFT AND FIRM FACIAL

TIME: 85 Minutes £70

Perfect for mature, dehydrated and stressed skin suffering from loss of tonicity and lacking in firmness. This unique ESPA facial offers a combination of advanced hands on lifting and firming massage techniques and special acupressure skills. This technique is aimed at releasing and easing the facial tension that causes muscles to tighten and emphasise lines and wrinkles. The result is improved circulation, stimulated oxygen uptake and a significant reduction in tension.

ESPA AGE DEFYING FACIAL

TIME: 55 Minutes £50

An intensive boost for maturing, lifeless skin. Concentrating on regenerating and firming, this facial leaves skin feeling revitalised, nourished and protected.

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.

THE CREME PROMISE...

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

ESPA SKIN RADIANCE FACIAL

TIME: 55 Minutes £50

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep leaves you with dull, sallow skin. This facial includes products rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet to help improve in the radiance and texture of the skin.

ESPA AROMATHERAPY FACIAL

TIME: 55 Minutes £50

Suitable 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 head massage to leave the mind clear and the skin smooth and moisturised.

ESPA REBALANCING FACIAL

TIME: 55 Minutes £50

Skin problems can appear unexpectedly and are often caused by stress, diet or an ineffective care regime. Specific massage techniques combined with natural clays and minerals intensively cleanse the skin leaving it calm, clear and balanced.

ESPA REHYDRATOR FACIAL

TIME: 55 Minutes £50

Superb for dry, de-hydrated, stressed and tired complexions. Gentle deep cleansing and exfoliation prepare the skin for a rejuvenating massage with botanical rescue and face treatment oil.

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 head massage.

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 TISSUE 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 moisturise using luxurious and effective products.

BODY TREATMENTS CONTINUED...

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 antistress 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 STIMULATING HIP AND THIGH TREATMENT TIME: 55 Minutes £50

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to blockages, cellulite, fluid retention and uneven skin texture. After deep exfoliation with seaweed and a salt scrub there follows a detoxifying massage using stimulating essential oils.

ESPA TOTALLY INDULGENT TREATMENT TIME: 85 Minutes £70

This total body treatment has been carefully designed for anyone who may be contra-indicated 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.

BACK MASSAGE TIME: 25 Minutes £30 TIME: 40 Minutes £40

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

FULL BODY MASSAGE TIME: 55 Minutes £45 TIME: 85 Minutes £60

Swedish massage techniques over the whole body.

MASSAGE WITH HOT STONES TIME: 25 Minutes £40 TIME: 40 Minutes £50

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

THE CREME PROMISE...

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OTHER 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.

EAR PIERCING - PAIR

TIME: 25 Minutes £19.50

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.

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 massage to remove released toxins.

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.

MARVEL-LASH 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

'A Weekend Lash' - Perfect for a special occasion or a weekend away.

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. Lasts up to 7 days.

INFILLS

TIME: 45 Minutes £30

Needed every 2 - 3 weeks for permanent effect.

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.

JESSICA GELERATION SOAK-OFF GEL POLISH

The beauty of Jessica, in a gel, with the health of the natural nail in mind. GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

**GELERATION GEL OVERLAY MANICURE/
PEDICURE**
TIME: 70 Minutes £40

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

Cannot upgrade to luxury.

EXISTING GEL REMOVAL
TIME: 25 Minutes £5
Prior to Jessica hand or foot treatment.

GEL REMOVAL
TIME: 25 Minutes £10
Without a hand or foot treatment.

GELERATION SHAPE AND POLISH
TIME: 25 Minutes £25

Hands or feet.

HAND AND FOOT TREATMENTS

JESSICA PRESCRIPTIVE MANICURE
TIME: 55 Minutes £30

**JESSICA PRESCRIPTIVE MANICURE
DELUXE**
TIME: 70 Minutes £35

With thermal mittens. Cannot accompany gel.

**FILE AND VARNISH
(HANDS OR FEET)**
TIME: 25 Minutes £15

**FILE, CUTICLE AND VARNISH
(HANDS OR FEET)**
TIME: 40 Minutes £22

**EXECUTIVE HAND AND NAIL
TREATMENT FOR MEN**
TIME: 25 Minutes £20

ZENSPA PEDICURE
TIME: 70 Minutes £35

ZENSPA PEDICURE DELUXE
TIME: 85 Minutes £40
With thermal booties. Cannot accompany gel.

EXECUTIVE FOOTCARE FOR MEN
TIME: 40 Minutes £25

Upgrade your Jessica polish to our new Phenom polish. The look and drying time of a gel with a no-hassle removal process! Just £5 extra per hand or foot treatment.

THE CREME PROMISE...

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

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.

OCCASIONAL MAKE UP APPLICATION

TIME: 25 Minutes £25
TIME: 55 Minutes £45

BRIDAL MAKE UP TRIAL

TIME: 55 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).

Mii BROWS

TIME: 25 Minutes £20

Perfect for party time or for a new look to match your new hair! This includes an eyebrow wax, shape and tint. We will then apply our soft and effortlessly smooth eye brow pencil from our fantastic make up range, sweeping on to neaten and define brows for a fabulously framed look.

A tinting patch test is required 48 hours before treatment.

HAIR REMOVAL/SHAPE AND TINT

UNDERARM WAX

TIME: 10 Minutes £10

BIKINI WAX

TIME: 10 Minutes £10

LIP WAX / CHIN WAX / EYEBROW WAX

Each £8

2 Treatments £15
All 3 Treatments £20

HALF LEG WAX

TIME: 25 Minutes £18

To above the knee.

FULL LEG WAX WITHOUT BIKINI

TIME: 40 Minutes £22

FULL LEG WAX INCLUDING BIKINI

TIME: 55 Minutes £30

BACK WAX

TIME: 25 Minutes £17

BRAZILIAN BIKINI WAX

TIME: 45 Minutes £28.50

EYE LASH TINT

TIME: 25 Minutes £12

EYE BROW TINT

TIME: 10 Minutes £8

EYE LASH AND BROW TINT

TIME: 25 Minutes £18

A patch test is required 48 hours before any tinting is carried out.

ELECTROLYSIS

TIME: 10 Minutes £15

TIME: 25 Minutes £20

TIME: 40 Minutes £25

TIME: 55 Minutes £40

Please allow for an extra 15 minutes on your first visit to allow for a consultation.

THREADING

LIP / EYEBROW / CHIN

TIME: 10 Minutes Each £8

2 Treatments £15

All 3 Treatments £20

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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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