

Beauty  
Holistic  
Nails  
Tanning

## treatments and prices



### hands and nails

Fourteen Beauty use the Jessica Nails range of luxury nail systems and treatments and stock a full range of polishes and treatments. Choose from two luxurious manicures, using Jessica products



**Express Manicure £18.00**  
Includes cuticle work, shaping and selection of polish, including French manicure

**Deluxe Manicure £32.00**  
As Express plus exfoliation treatment, hand massage and the use of heated mitts to enhance moisturisation

**File and varnish £11.00**  
If you have less time or just want something in between manicures.

### nail enhancements

Fourteen Beauty's professional nail technicians specialise in acrylic nail enhancements and can also provide unique personalised enhancements for your nails.

**Full set of Acrylic natural looking nails with:**

**French finish £46.00**

**Nail polish finish £46.00**

**Plain and nail polish finish £40.00**

**maintaining your enhanced nails:**

Fourteen recommend making maintenance appointments every two to three weeks.

**Acrylic infills Personalised/French finish/overlays £35.00**

**Plain and nail polish finish £28.00**

If you do have an accident with your nails we can carry out individual repairs

**Single nail fix (acrylic) £4.00**

### feet and toes

*(please bring suitable footwear to wear after)*

**Express Pedicure £22.00**  
Choose either a foot or leg massage with selection of polish, including French pedicure

**Deluxe Pedicure £36.00**  
As Express plus exfoliation of rough skin, foot and leg massage and the use of heated booties to enhance moisturisation

Important information prior to your pedicure:  
We advise that suitable footwear is brought to wear home, as nail varnish takes a number of hours to dry completely. Fourteen is unable to renew nail polish that is damaged after you leave the salon.

Fourteen  
VIP Club

Please ask for details of our VIP Club. Keep up to date with the latest news, events and offers.



### face

Fourteen offer an extensive range of facials, make-overs, special event make-up & wedding packages using the Bodyography range. In addition specialist rejuvenation treatments and techniques are available.

**Make Over £32.00**  
Cleanse and make-up for an event or special occasion such as a prom or ball, this treatment is also suitable for younger clients as a tuition to make the most of your features and understand how to use make up.

**Semi-permanent make-up £POA**  
A natural looking, long lasting option, which removes the problems of smudged eyeliner, faded lipstick, or runny mascara. A range of enhancements are available including Lip-line or full colour, Eyebrow shaping and enhancements and Eyeliner – top and/or bottom.

An initial free consultation is available on request and treatments start from under £200 which includes a one month post treatment appointment

### eyes

**Eye lash tint (blue, black or brown tint) £12.50**

**Eye brow tint (black or brown tint) £9.00**

**Eye lash perming (includes complimentary lash tint) £42.00**  
A patch test is required 24hrs prior to tinting or perming.

**Eye Brow Shaping £8.50**  
We use a combination of waxing and plucking to ensure the shape of your brow is just right.

**Extreme Comfort Eye mask £32.00**  
An eye treatment for dark circles, congestion and puffy eyelids, may also be part of your facial treatments.

**Pure Collagen Eye Treatment £32.00**  
A luxurious neck and eye treatment leaves the eye contour soft and smooth with the use of pure native soluble Collagen resulting in plumped fine lines and wrinkles. Not suitable for puffy eyes. Can also be adapted as a lip treatment.

**Hollywood lashes**  
Transform your lashes with lash extensions to give longer, fuller and very natural looking lashes that will last for between one and two months. Although you need not compromise – you can shower, exercise, swim and sleep, it may impact their life.

We individually apply one lash at a time to existing lashes to give beautiful, lush lashes that will look and feel completely natural.

**Full set of lashes £72.00**  
**Re-lash maintenance, from £30.00**

### ear piercing (single or pair)

A safe and sterile method of ear piercing is used by Fourteen, including a set of studs and after care instructions. No children under the age of 8 years old will be pierced and treatment is for the ear lobes only. Fourteen is registered and licensed with the Environmental Health Office and consent laws apply.

### specialist facial treatments

**facial rejuvenation**  
We also offer a range of the very latest facial rejuvenation treatments including:

**Wrinkle relaxing injections from £175.00**

**Facial fillers from £270.00**

See Harley Court's full price list for additional treatments.

All treatments are carried out by a fully trained Facial Aesthetic physician. Please ask for further details on these specialist treatments.

**Microdermabrasion**  
A facial treatment which exfoliates the skin, stimulating the natural production of collagen and elastin, resulting in firmer, younger looking skin. Ideal for problem skins, including acne and acne scarring, pigmentation and blemishes, as well as helping mature or tired skin.  
**Single 1 hour treatment £46.00**  
**Course of 5 treatments £200.00**

**Skin peel**  
The RegimA peel is a natural chemical peel – it only uses plant and flower chemicals in its ingredients. It contains natural AHAs which render the peel suitable for ALL SKIN TYPES as they separate the damaged outer dead layer from the healthy living layer of the skin – giving your skin a visible new radiance!  
**Single treatment £75.00**  
**Course of 4 treatments £270.00**

**Perfector**  
A non invasive, anti ageing face lifting treatment to lift, smooth, tighten and refine the complexion. An initial consultation is provided within the cost of the treatment when the therapist will be able to advise you on a course of treatments and maintenance programme to achieve the desired results.  
**Single treatment £46.00**  
**Course of 10 £400.00**

**Exceptional Perfector**  
Combining the high tech muscle tightening effects of non surgical face lifting with the hydrating and anti ageing luxurious Thalgo Exceptional facial treatment, resulting in fabulous results for mature skins.  
**Single treatment £75.00**  
**A course of 5 £375.00**

### facial therapies

Fourteen Beauty has chosen Thalgo as its main skin care product range for both treatments in the salon and for continued use at home. In existence since 1968, Thalgo is a worldwide brand. Starting in the medical world Thalgo have extended their outstanding results to develop the use of Marine Algae inspired and based products into the cosmetology field.



Thalgo is only recommended by professional Beauty Therapists and is not tested on animals.

**Ocean facial for men £46.00**  
Men's skin has special needs; it is thicker, richer in sebum (oil) and can be stressed by the daily process of shaving. Thalgo has created the Ocean Facial especially to meet these needs. Based upon relaxing massage movements and the application of a purifying mask diffusing all the goodness of the highly energising Alue Bleue Vitale®, directly to the heart of the skin.

**Purity Ritual Facial £34.00**  
The perfect introduction to Thalgo, an intensely restorative and refreshing facial, focusing on your own skins needs, this treatment incorporates active marine ingredients and vegetal milks.

**Aroma Essential £44.00**  
An ultimate relaxation facial it helps to soften expression lines and is totally tension relieving and suitable for all skin types. Combining the purest essential oils, plant extracts and a cool marine algae mask,

**Re-balancing Mask with Micronized Marine Algae £46.00**  
This treatment stabilises and deep cleanses, its anti-bacterial effect is ideal for combination, oily and problem skin types. Combining pure natural seaweed, rich in minerals and vitamins with high potency marine extracts, this treatment may also be used on problem back areas.

**Thalgotermyl Anti-Acne £46.00**  
Specifically for youthful, problem skin. Based on natural essential oils with re-balancing marine algae mask to reduce inflammation and control excess oil. This treatment can also be adapted to treat all affected areas such as back and shoulders.

**Hydra Moisture Source Facial £46.00**  
A truly hydrating, moisturising treatment to improve skin texture and leave the skin feeling soft and looking radiant. Featuring active ingredients and vegetal milks combined with a unique mask to combat dehydration.

**Oxygen Facial £46.00**  
To improve sluggish, sallow skin, which has been polluted by stress and negative lifestyles. The purifying and oxygenating treatment gives a boost to replenish and nourish the skin resulting in a natural healthy glow –perfect city dweller facial!

**Extreme Comfort Facial £46.00**  
This facial incorporates a warm mask to soothe and relieve congested skin and is especially effective for fragile and delicate skin. This unique mask is combined with Bio-Marine anti-wrinkle extracts to re-hydrate and redefine.

**Also available as an eye treatment for dark circles, congestion and puffy eyelids £32.00**

**Pure Collagen Velvet Mask £46.00**  
Especially effective for sun damaged skin, this intensive hydration smoothes fine lines and wrinkles. With pure native soluble Collagen protein rich extracts and creams, this treatment softens and smoothes the skin and helps maintain moisture balance.  
**Incorporating Eyes, Neck and Lip area £56.00**

**Pure Collagen Eye Treatment £32.00**  
This luxurious neck and eye treatment leaves the eye contour soft and smooth, by using pure native soluble Collagen it plumps out fine lines and wrinkles. Not suitable for puffy eyes. Can also be adapted as a lip treatment.

**Fundamental Wrinkle Control Facial £46.00**  
A powerful anti-aging treatment to improve the look of lines and wrinkles. Specially formulated massage style, delivers softening and smoothing benefits, with the intensive "Double Mask", a combination of wrinkle filling strips and gel mask bathing the skin in anti-aging ingredients.

**Face neck and scalp massage £25.00**  
In addition to the Thalgo facial treatments Fourteen also offer their own face, neck and scalp massage, using pressure points to relieve stress and tension.

**Exceptional Perfector £75.00**  
Combining the high tech muscle tightening effects of a non surgical face lift with a luxurious, hydrating and anti ageing Thalgo Exceptional facial treatment, resulting in fabulous results for mature skins.  
**A course of 5 £375.00**

Book & pay for a course of any 5 facial treatments and we will give you the sixth as our gift to you!

## body therapies & massage

Marine Spa specialist Thalgo's therapies and products use ingredients from the sea containing natural proteins, amino acids, minerals and vitamins. The body therapies are an excellent aid to all slimming, firming, detoxifying and relaxation needs.

### Fourteen Relaxing Massage treatments

A simple massage to promote relaxation and relieve tensions using oils (these do not include the face or scalp);

**Back neck and shoulder massage** £25.00  
**Full Body massage** £45.00

### Hot stone body massage

The use of hot stones promote a feeling of warmth and well being in this full body massage.

For maximum results we recommend the body treatments are taken as courses of 6 or 12 sessions.

### Micronized marine algae body wrap

This treatment activates circulation, increases metabolism and relieves aches and pains. We recommend this treatment as a prelude to any slimming and firming courses. Excellent for general well being and total relaxation. The original marine algae wrap, rich in minerals, vitamins and micro nutrients.

### Marine Prelude

Eliminates dead skin cells, helps smooth skin roughness, refines skin texture through this ultra exfoliation treatment which combines natural sea salts and marine mud. Your entire body will feel invigorated by the activation of micro-circulation and reflex activity for the feet.

### Aromaceane wrap

A personal selection of essential oils by your therapist, to suit your specific needs, choose from Aroma Slender, Aroma Vitality, Aroma Detox or Aroma Relax. This ultra relaxing and cleansing treatment combining essential oils and sea mud includes reflex activity for the feet.

### Aromatic massage

A full body massage which detoxifies and improves the function of the nervous system, ultimately relieving signs of stress and fatigue, with the use of selected essential oils, and combining powerful techniques based on Shiatsu and Swedish massage principles. Activates circulation and lymphatic system,

### Frigo-Thalgo body wrap

A simple cold wrap treatment, highly effective in eliminating excess fluid from the hip and thigh areas. Excellent for the treatment of cellulite, heavy hips and thighs, and for the relief of tired and heavy legs.

### Re-balancing Back Treatment

Rich in natural active marine algae, this treatment cleanses and purifies to leave the skin radiant. Incorporates a relaxing back massage to ease away tensions.

### Bust Modelling Treatment

An intensive thermal treatment incorporating plant and marine proteins combined with high performance liposome's to enhance elasticity and maintain bust firmness and definition.

### ISHI ChocoTherapy Body Wrap

An invigorating anti-cellulite therapy, your skin is cleansed, toned and exfoliated with a honey and lavender scrub followed by massage and wrap with the sensual indulgent aroma and feel of warmed natural Italian cocoa, blended with exotic oils to drain and nourish, finished with a chocolate body spritz and a white chocolate body mousse, leaving your skin feeling luxurious soft and pampered.

## body & holistic treatments

Fourteen offer a comprehensive range of body and holistic therapy treatments to promote health, relaxation and well being.

### Sports & Remedial Massage

A specific massage that may incorporate exercises and stretches to prevent and treat injuries, as well as part of a rehabilitation program. Sports massage may increase flexibility of muscles and joints and accelerate healing.

Choose from: 30 minutes £26.00  
1 hour £52.00

### Reflexology

Is one of the most popular and powerful health treatments available, and is commonly believed to help relieve hormonal and digestive problems, sleep and relaxation difficulties.

An initial 30 minute taster session is available £21.00

Choose from 1 hour or 1½ hour treatments to follow on from £42.00

### Emotional Freedom Techniques (EFT)

A technique which may be performed for you and taught to you to help with fears, phobias or worry. Based on the discovery that the body's natural energy system may become imbalanced with EFT helping to remove the negative thoughts and emotions.

### Indian Head massage

£25.00

### Hopi ear candle treatment

£30.00

## bronzing & tanning

Select from a range of treatments to improve your own or establish a tan.



Guaranteed not to streak and to create a natural depth of colour St Tropez is the international award winning product favoured by professional salons. The results give the skin a bronzed glow and assist in camouflaging stretch marks and varicose veins. Fourteen recommend you wear dark, loose fitting clothing after your treatment.

A professionally applied Spray Tan in our "Airport" booth. This is a high speed treatment and develops within 4 hours.

**Half body tan** £15.00  
**Full body tan** £25.00

Lotion mousse application (takes 24/48 hours for full tan to develop)

**Half body tan** £28.00  
**Full body tan** £46.00

### Fast Tan Vertical Sunbed

Achieve an even All Over Tan in our stand up tanning station. Suitable for most skin types, under 18's must have parental consent. Fourteen will ask you to complete their initial consultation form to assess your skin type before use.

**Individual sessions**  
**3 minutes** £3.50  
**6 minutes** £6.00  
**9 minutes** £9.00  
**12 minutes** £11.00

**Tanning courses**  
**30 minutes** £28.00  
**60 minutes** £50.00  
**90 minutes** £70.00  
**120 minutes** £90.00

## hair removal

### Waxing

A semi permanent method of removing unwanted hair, choose from honey or lavender for more sensitive skin.

**Brow wax** £8.50  
(include an eye lash tint to really define your eyes without make up)

**Lip or Chin wax** £7.00

**Lip and Chin wax** £10.00

**Underarm wax** £9.00

**Standard bikini line** £12.00  
*for just around the party line*

**Brazilian** £18.00  
*leaving a centre section*

**Full bikini area** £30.00

**Full leg and & standard bikini** £30.00

**Half leg wax and standard bikini** £23.50

**Full leg only** £24.50

**Half leg only** £17.00

**Forearm** £9.00

**Full arm** £14.50

## other areas

**Abdomen or chest wax** £30.00  
**Back wax** £25.00

## electrolysis

A permanent method of hair removal, designed as a regular course of treatments for full effect. A complimentary consultation is provided prior to your treatment.

Fourteen in registered and licensed with the Environmental Health Office.

**1 session (10 minute treatment)** £12.00

**Course of 5 sessions** £50.00

## body sculpting

### Arasys Inch loss therapy

The Arasys system works to achieve and sustain remarkable inch loss by stimulating and controlling the muscles. Increasing the metabolic rate and improving circulation, reduces the build up of cellulite and breaks down body fat. An initial consultation is included for each separate course of treatments and a maintenance programmed is recommended to achieve desired results.

**Single treatment** £31.00

**Course of 10 treatments** £275.00

**Thalgo Slim & Sculpt** £75.00

A "fitness massage", which features active muscle building in a zone by zone massage using Thalgo active ingredients to aid this slimming & firming treatment

## pamper & events packages

Fourteen offer inclusive packages for you to choose for yourself or as a gift. Other combinations of treatments or courses of treatments are also available.

A personalised Pamper Gift Invitation can be prepared for you to give as a gift

**Mini Pamper Package** £55.00

A mini Purity Ritual facial, a Back Neck & Shoulder massage, plus a file and varnish for fingers OR toes

**Top to Toe package** £85.00

A mini Purity Ritual facial, a Full body massage plus Express Manicure and Express Pedicure.

**Deluxe Pamper package** £160.00

Your choice of Thalgo facial plus Thalgo body therapy (see those marked \*), a Deluxe Manicure and Deluxe Pedicure.

**Bridal Make Up** £60.00

*(includes both appointments)*  
Two separate appointments are arranged; the first gives you time with Fourteen's make up specialists to select colours and type of make up to match your wedding theme or style, the second is on Wedding Day, when we perfect your make up within your time schedule, depending on your location, we may be able to come to you to ease your preparation.

**Proms night** £20.00

Fourteen's make up specialists will help you select colours and the right type of look to match the style of the event or your outfit.

## cancelled appointments

In some instances we may ask for a booking payment of 10% of the total cost of your treatment. We would prefer not to apply a cancellation charge, so please give us 24hrs notice to avoid the 10% cancellation fee.

## gift vouchers

Personalised vouchers, valid 12 months, available mail order. Treatment or monetary amount

## Opening Hours

Monday 9.30am – 6.00pm  
Tuesday 9.30am – 9.00pm  
Wednesday 9.00am – 9.00pm  
Thursday 9.00am – 9.00pm  
Friday 9.00am – 6.00pm  
Saturday 9.00am – 4.00pm

14d The Furlong Centre  
Ringwood  
Hampshire  
BH24 1AT

T 01425 489994  
e info@14beauty.co.uk  
www.14beauty.co.uk

Combine any  
body and facial  
treatment and we  
will offer you a  
10% discount.

Fourteen  
at home



We also offer our treatments in the comfort of your own home.

Please ask for areas and treatments covered.