

the nails

Hand care

Standard manicure **£26**

The nails will be cleaned, shaped and filed. The cuticles are treated, hands moisturised and massaged. Finally vitamin base coat and polish of your choice is applied.

Deluxe manicure **£33**

This treatment is excellent for all hands and cuticles. Consists of full manicure after which the hands are painted with hot paraffin wax and wrapped up in warm mitts. The ultimate treatment leaves your hands amazingly soft and silky smooth. Finally vitamin base coat and polish of your choice is applied.

Manicure without polish **£25**

File and revarnish **£18**

Shellac everlasting manicure **£40**

14 Day Wear, Zero Dry Time, Mirror Finish
Shellac the patent-pending formulation. Shellac goes on like polish, wears like gel and removes in minutes. It's hypo-allergenic and contains no formaldehyde, toluene or DBP.

Shellac file and revarnish **£32**

(French polish additional £5)

Foot care

Standard pedicure **£35**

The feet are soaked in refreshing foot bath. The nails are cleaned, shaped and filed. The cuticles are treated and hard and dry skin is removed. Followed by an exfoliation, foot massage and an application of vitamin base coat and polish of your choice.

Deluxe pedicure **£40**

This is the ultimate in foot care. Consists of a full pedicure, followed by an application of hot paraffin wax and wrapped up in warm booties. Leaving your feet perfectly smooth and refreshed.

Pedicure without polish **£32**

File and revarnish toes **£24**

(French polish additional £5)

IPL Permanent Hair Reduction

Imagine never having to wax or shave again. With this revolutionary treatment you can.

IPL is a new type of hair removal technology which utilises light to disable the cells within the hair follicle and stops hair from growing back. Results are so long lasting that one short course of treatments and possible maintenance sessions will ensure you never have to wax or shave again.

Unwanted hair can easily be removed from all parts of the body, including; legs, bikini line, brazilian, underarms, upper lip, chin, chest, back and shoulders.

To make sure there is no adverse reaction a quick patch test will be carried out prior to your treatment. We are offering free consultation and patch tests.

- Quick
- Easy
- Affordable
- Safe
- Painless
- Re-growth is slower, finer & lighter in colour
- Save money on your monthly waxing
- No more in-growing hairs

Treatment	Per Treatment	Course of 3	Course of 6
Consultation / Patch Test	FREE		
Lip	£45	£121	£225
Chin	£50	£135	£250
Cheeks	£60	£162	£300
Underarms	£65	£175	£325
Bikini line – standard	£80	£216	£400
Bikini line – extensive	£105	£283	£525
Brazilian	£165	£445	£825
Half leg	£190	£513	£950
Full legs	£225	£607	£1,225
Half arm	£95	£256	£475
Full arm	£165	£445	£825
Abdomen	£75	£202	£375
Hands / feet	£40	£108	£200
Half back	£105	£315	£525
Full back	£170	£459	£850
Chest	£140	£378	£700

the service

Courses

A cost effective way of booking a series of treatments or services. Results are usually significantly enhanced when course of treatments is taken. We will be happy to advise you on their benefits and assist you in planning an appropriate programme to suit your individual needs. Purchase 6 treatments for the price of 5.

Gift vouchers

Vouchers are presented in an elegant presentation folder and can be redeemed against of a variety of services and products. They are valid for a period of 12 months from the date of purchase and are non refundable nor transferable.

Cancellation policy

The treatments you have selected are especially for you. Please note that missed appointments without 24 hour notice are subject to 50% cancellation fee.

Late arrivals

Please arrive 5 minutes before your appointment. Late arrivals will not receive an extension of scheduled time so as not to affect the booking for the next client. The full value rate of the service will be charged.

Mobile phones

We provide a peaceful environment where our clients can relax and unwind. With this in mind we respectfully request that all mobile phones be switched off during your visit in our treatment room.

beauty
with
Lenka

at

**Slim Jim's
Health Club**

Opening hours

Monday - Friday
11am - 8pm

Appointments outside of opening hours
can be arranged by special request

One Finsbury Avenue, Broadgate,
London EC2M 2PF

Tel: 020 7247 9982

www.slim-jims.co.uk

dermalogica[®]
a skin care system researched and developed by The International Dermatology Centre

the face

We have decided to partner with Dermalogica whose products are non-comedogenic and contain no soap, fragrances, alcohol or irritating artificial colours. All our therapeutic treatments begin with a detailed consultation and thorough analysis which enables us to customise every step of your treatment on each visit.

Dermalogica Prescriptive Facial

This revitalising treatment is tailored to meet your individual needs targeting specific concerns from acne, dehydration, sun damaged to environmentally sensitised skin. After the detailed consultation this treatment begins with professional cleansing and gentle exfoliation. With the aid of a steamer the skin is then warmed to allow easy removal of build up congestion. While a customised mask takes effect, enjoy a relaxing neck and shoulder massage. Finally an application of concentrated boosters and moisturisers are used to hydrate, protect and restore the natural balance of your skin.

1hr £55 - 30 mins £35

Multi-vitamin Power Exfoliation

Using the latest in vitamin repair and hydroxy acid exfoliation technology, this treatment improves skin elasticity, thoroughly removes dulling surface debris and stimulates cell renewal. It is designed to treat environmentally damaged skin and combat premature ageing. To achieve maximum results this treatment is recommended in a series of six sessions.

1hr £55 - 30 mins £35

Skin Exfoliant System

This treatment is recommended for congested, oily and acne prone skins as it helps to eliminate blockages. The system contains a mixture of fruit enzymes, hydroxy acids and natural plants to stimulate cell renewal. This gently smooths and softens the skin texture and appearance. To achieve maximum results this treatment is recommended in a series of six sessions.

1hr £55 - 30 mins £35

Express facial

This treatment achieves maximum results in minimum time. A refreshing and relaxing facial that includes cleansing, exfoliation, customised mask and application of a moisturiser. Ideal as a booster to refresh and revitalise your skin.

30min £40

the body

Deep Cleansing Back Treatment

Begins with deep cleansing and exfoliation of the back, shoulders and upper arms and followed by removing impurities, congestion and excess oil. Tired muscles are then relaxed with a massage before an application of a soothing hydro-pack or enzymatic sea mud.

1hr - £55

St Tropez Spray Tan

Sun damage equals ageing. Thinning skin, a break down of collagen, loss of elasticity, leathery texture and broken capillaries are just the beginning. Achieve a natural golden glow with this aloe vera based lotion and enjoy a year round tan without sun exposure. Can be achieved within 15 minutes to squeeze into your lunch hour.

15 mins - £39

the essentials

Lycon Wax

This is the market leader in hair removal wax. Using only the finest resins, natural ingredients and aromatherapy oils. Lycon delivers superior performance removing stubborn hair as short as 1mm. Used around the world by top spas and salons, frequented by international models and celebrities.

Lycon Strip Wax

This is used super thinly, removes short hair, doesn't leave a sticky residue and is virtually pain free.

Have a leg wax and any bikini wax together and save £5

Full leg	£32
3/4 leg	£26
1/2 leg	£21
Upper leg	£24
Brazilian	£31
Hollywood	£35
Basic bikini	£15
Extended bikini	£20
Tummy	£20
Upper chest	£23
Full chest and stomach	£29
Upper back	£23
Full back and shoulders	£29
1/2arm	£20
3/4 arm	£23
Full arm	£26
Underarm	£12
Eyebrows	£14
Chin	£12
Lip	£12
Lip and chin	£20

Lycon Hot Wax

This is renowned as the least painful and most effective waxing method. Low temperature formula removes hair as short as 1mm, is more gentle and very soothing. Perfect for sensitive areas.

Basic bikini hot wax	£18
Extended bikini hot wax	£25
Brazilian hot wax	£36
Hollywood hot wax	£40
Under arm hot wax	£16
Lip or chin hot wax	£15

Tinting

Eyelash tint	£15
Eyebrow tint	£12
Eyelash and eyebrow tint	£25

Healthy lifestyle analysis

Free

Nutritional consultation

We all want to look and feel our best. To live life to the full we need to feel good inside.

Our modern day problem is lack of well balanced diet, highly polluted world, stress, processed and refined food.

Healthy lifestyle analysis helps to find you your strongest and weakest body system. Find 20 minutes to complete the analysis with Lenka and she will help you to target those body systems most in need of nutritional supplementation and reinforcement with Nature's Sunshine products, with the purest and finest range of natural organic ingredients.

20 mins £15

Purchase a course of 5 treatments and receive a 6th complimentary treatment free.

