

THE SANCTUARY  
BEAUTY ROOMS

*Treatment Menu*



THE SANCTUARY

## BOOKINGS & CANCELLATIONS

We do accept walk-ins, however, we highly recommend that you book in advance when possible. You are always welcome to call us, but for your convenience, you can also book online at [thesanctuarysherborne.co.uk](http://thesanctuarysherborne.co.uk).

We suggest arriving a few minutes before your appointment time if possible, giving you time to relax, and get settled in. Please note that the treatment duration times we've listed throughout our price list, indicate the length of time estimated for your entire appointment, taking into account any time needed for consultation, along with re-dressing etc.,

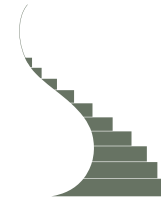
We understand that sometimes you may need to cancel or reschedule your appointment, and kindly ask that you provide at least 24 hrs notice wherever possible, otherwise, if we're unable to fill your time slot, we may have to ask that you pay for your appointment.

## CLIENT LOYALTY CARDS

Regardless of how frequently you might visit us, we offer a number of client loyalty schemes that reward you for your loyalty, and help you get the maximum value out of your visits and purchases.

As a Clarins Gold Salon, we are among only a handful of salons in the UK who can offer the official Clarins' loyalty card that gives you free products as a reward for collecting stamps on purchases. We look after your cards for you, and whenever you buy, you gain a stamp worth £2 for every whole £10 spent with us. You can also earn double points on your card at certain times throughout the year, along with exclusive limited edition Clarins products and gifts when you purchase from us. Follow us on social media, join our mailing list, or ask in the salon to find out more.

We also offer a Dermalogica product reward card. Collect a stamp for each whole £10 you spend with us, and when your card is full, you can redeem it for 20% off your next purchase.



THE SANCTUARY  
BEAUTY ROOMS

We like to think of The Sanctuary as a haven. A place where you can leave the world at the door, and take some time for yourself. Where our professional therapists are on hand to provide a warm, personalised service ~ fully focused on assuring you feel relaxed, nurtured and cared for.

We are located right in the heart of Sherborne, in a beautiful Grade II Listed building in historic Swan Yard. We recently joined forces with our sister salon, Margaret Balfour Beauty ~ which had been here for 22 years, and in the town since 1979 ~ and have extended into the adjacent building to create 10 warm, cocooning treatment rooms designed to calm and soothe you. This includes a room on the ground floor for those clients unable to navigate stairs, along with shower facilities for your convenience.

We offer a full range of professional skin, body and nail therapies, and we are a Dermalogica Prestige Salon, *and* one of a relative handful of Clarins-appointed Gold Salons in the country ~ both accolades that recognises that we provide the highest level of care and service to our clients. And as specialists in both of these advanced skincare systems, we are able to offer a whole wealth of complementary care for your skin, body and broader wellbeing.

Our therapists are selected for their expertise and knowledge in their field, are always here to help, and will always endeavour to exceed your expectations. It goes without saying, that all client consultations are confidential, and conducted with the utmost degree of discretion & humility.

You are always welcome to call in to discuss treatments or products, or to have a free consultation to help you make informed decisions about which treatments you may wish to book.

# FACE

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*Please note, some of the treatment times listed take account of time needed for consultation, skin analysis and preparation for your treatment, along with a few minutes for your unburied return to the real world.*

## TREATMENT ENHANCERS

*Elevate any Dermalogica or Clarins facial with one or more of our treatment add-ons:*

### LED THERAPY + 15 mins £20

Add the power of ceramic LED phototherapy to your facial. Our Dermalux Flex MD system is clinically-proven to trigger the skin's repair and rejuvenation processes, with immediate visible effects.

### MASSAGE + 20 mins £22 each

| Back Massage | Foot & Leg or Hand & Foot Massage |  
| Scalp & Neck Massage |

## FACIAL SKINCARE *with* DERMALOGICA

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The Sanctuary is proud to hold the Dermalogica Prestige Award, given for upholding the highest level of professional skincare training. We tailor our professional Dermalogica salon treatments to meet your individual needs, targeting your specific concerns and common problem areas ~ from acne, sun damage, dehydration & environmental sensitivity, to hyper-pigmentation and ageing skin. As you begin to relax in one of our cosy candlelit rooms, your therapist will analyse your skin to ensure they choose the most suitable and effective products for your skin's needs. All Dermalogica House Facials include a relaxing and therapeutic hand & arm massage, and conclude with an application of SPF products.

### RELAX & RESTORE DERMALOGICA FACIAL

1hr 30 £90

This blissful treatment includes all the benefits of our popular Classic Dermalogica Facial, but begins with the addition of a Swedish back, neck and shoulder massage, for complete and utter relaxation.

### THE REJUVENATING DERMALOGICA FACIAL

1hr £68

We bring advanced CACI Microdermabrasion techniques to this facial, to brighten and smooth the skin, and increase skin cell renewal and product penetration. Skin conditioning face masques and serums are then gently infused into the skin using Galvanic currents.

### THE ULTIMATE DERMALOGICA FACIAL

1hr 30 £85

These intensive facial treatments include all the benefits of our Classic Dermalogica facial, along with some additional and highly-effective professional techniques and topical products, tailored to address your individual skin care needs.

*Please note that, having analysed your skin, we may recommend a different treatment option than the one you have booked.*

#### | ULTIMATE PRO CLEAR |

To clear and calm congested breakout-prone skin. Pore-softening techniques, comedone (blackhead) extractions and anti-bacterial, microbiome-balancing actives, work together.

#### | ULTIMATE PRO BRIGHT |

Fade dark spots and reveal brighter skin. This high-intensity treatment combines a brightening peel with an electric infusion of professional-grade Vitamin C, Niacinamide and Hexylresorcinol ~ addressing all pigmentation concerns.

#### | ULTIMATE PRO CALM |

Soothe and strengthen sensitive skin. Soothing botanical actives provide relief, while lymphatic drainage and pressure point massage help calm a stressed nervous system. Targeted treatments help hydrate, balance and restore the skin barrier for reduced sensitivity and calmer skin.

#### | ULTIMATE PRO FIRM |

A comprehensive facial workout. Firming and toning deep tissue facial massage is combined with retexturing and replenishing actives, for visibly tighter skin.

### THE CLASSIC DERMALOGICA FACIAL

1hr £65

This customised facial includes cleansing of the skin, highly effective professional exfoliation, soothing massage to rejuvenate blood supply and muscle tone, and application of conditioning face and eye masques.

Finishing with serums and moisturisers to feed and protect the skin.

### THE SKINSOLVER DERMALOGICA FACIAL

45 mins £45 | + Facial Steamer 1hr £58

A bespoke facial treatment to resolve your current skin concerns, or purely to revive you. After cleansing, we tackle issues such as blocked pores, milia removal, skin texture, breakouts, dehydration, & fine lines. Adding the Facial Steamer gives an extra boost in the removal of blocked pores, as well as amplifying relaxation and softening of the skin.

## FACIAL SKINCARE *with* CLARINS

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The ingredients for Clarins' plant-enriched products, are grown high in the French Alps at Domaine Clarins, an open-air laboratory and private farm, inspired by regenerative agriculture. In this unpolluted environment, Clarins are able to cultivate plants and botanicals of exceptional quality, in harmony with the rhythms of nature, and enriched only with the natural substances used in organic farming. This enables Clarins to maintain the highest level of responsible sourcing and ensure consistent quality, with the aim of producing 100% traceable and organic products.

This commitment to grow the purest, cleanest ingredients for their scientifically-founded formulas, along with our therapists' extensive skincare knowledge and rigorous training, is a potent combination. Using the unique 'Clarins Touch', and with every inch of focus on enhancing your personal sensory experience, and optimising your results, every one of our House Facials offers expertise you can really feel, and results that you really can see. All Clarins House Facials include a relaxing hand & arm massage.

### CLARINS BESPOKE SKIN EXPERT FACIALS

1hr 30 £80

These targeted Clarins treatments are designed to address your skin's specific needs. With this in mind, please note that following their analysis of your skin your therapist may recommend a different treatment option than the one you have booked.

#### | YOUTH EXPERT |

The ultimate youth boost, to firm skin & smooth lines

#### | POWER HYDRATOR |

Relieves tightness, restores comfort and radiance.

#### | ANTI-BLEMISH RESCUE |

Purifying and re-balancing ~ perfect for oily or combination skin.

#### | RADIANCE BOOSTER |

Refreshes luminosity for lacklustre skin.

#### | SKIN SOOTHER |

Calms and soothes for strengthened, radiant skin.

### CLARINS ULTRA-RELAXING FACIAL

1hr £63

A deeply relaxing facial that includes cleansing, exfoliation, facial massage and active masques, to soothe the soul and re-balance the skin. Clarins essential oils calm and release tension in the skin and mind.

### CLARINS DETOX & GLOW FACIAL

45 mins £45

A reviving mini facial to promote skin health and radiance. Perfect as an introduction to skincare, or for younger clients.

## ADDITIONAL FACIAL TREATMENTS

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### LASER SKIN REJUVENATION

Hailed as a 'Best New Beauty Innovation' at the UK Beauty Awards, and with a long list of glowing recommendations, the 3D Trilogice long pulse laser can be used to effectively treat a loss of elasticity, and pigmentation, by targeting both melanin and collagen.

The triple wavelength laser creates just a warm sensation in the skin, but generates heat deep within the tissues of the epidermis and dermis, encouraging the stimulation of collagen, along with an even complexion and the lightening of pigmentation.

Prior to your first treatment, you will need to book in for a 30 minute consultation so that we can carry out a patch test, and discuss your concerns and/or desired outcomes. We charge a nominal fee of £10 for this, which is redeemable against any treatments you choose to go ahead with.

Face + Neck: £150 | 3 Sessions £405

Neck: £100 | 3 Sessions £270

Body per area: *From* £150

### DERMALUX FLEX MD

45 mins £35

Dermalux is one of the most powerful portable LED devices in the world, has won multiple awards, and is medically CE certified for treating acne and psoriasis. It harnesses the power of pure light, using unique combinations of Blue, Red and Near Infrared wavelengths to trigger a cascade of biological processes within the skin. Collagen and elastin production is boosted, hydration increased, irritation calmed. skin tone and texture improved, hyper-pigmentation reduced...the benefits really are too numerous to list them all here!

*Dermalux Flex MD is available as a treatment add-on to most of our facials ~ please see details on the previous page.*

## ADVANCED DERMALOGICA FACIAL TREATMENTS

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Our advanced facial treatments work to reach the deeper layers of the skin. Because of this, there may be a period of downtime after your treatment, during which your skin may be more sensitive, and you may experience peeling or redness. Rest assured, this is a perfectly normal response to the effectiveness of your treatment, and nothing to be concerned about. Aftercare is an integral phase of your treatment, and some of these treatments include a homecare regime to support this process ~ which may involve minimising your skin's exposure to the sun.

*Treatment courses are available ~ please ask for details.*

### DERMALOGICA MELANOPRO PEEL PROGRAMME

1hr Facial + 6 week product programme + Skinsolver Facial £350

Pigmentation just met its match! This is a 2-phase clinical-strength treatment regimen of between 4-6 weeks, for those clients who have hyper-pigmentation concerns such as sun spots, acne scars, melasma, dull skin, and rough texture. The first phase of your treatment is an in-salon application of an intensive peeling masque ~ composed of tri-acids, Retinol, Niacinamide, and brightening peptides ~ to kickstart an intensive exfoliation process. You will leave the salon with the masque still on your skin, before removing it at home after between 3-7 hours.

After your salon visit, your treatment programme continues at home with regular daily applications of advanced Dermalogica products that will stimulate continued exfoliation and resurfacing, and soothe and hydrate your skin. Your skin will enter into a phase of light peeling for approximately a week, during which time your therapist will be in touch daily, to monitor your progress and provide tailored aftercare guidance. As you settle in to your 6-week home-care regime, you will have a weekly check-in with your therapist (either virtual or in-person). The final step in your treatment programme will be a return to the salon for a nourishing facial treatment, specifically tailored to your skin.

*Please note, you will be required to visit the salon approximately two weeks before your appointment, for a pre-treatment consultation and patch test.*

### DERMALOGICA LUMINFUSION

1hr 15 £130

This facial creates an instant glow, and diminishes signs of ageing, with absolutely no downtime. The treatment begins by combining a targeted eye peel with a retinol and hydroxy acid blend, to resurface and renew the skin. This is followed by Nanofusion technology, to deeply infuse active ingredients, and LED light therapy to visibly restore your skin's luminosity. A great pre-party facial!

### DERMALOGICA PRO-MICRO-NEEDLING

45 mins £160

Course of 3 treatments (4-6 weeks apart): £430

Micro-needling is a minimally-invasive treatment that delivers tiny traumas to your skin's dermis. This is incredibly beneficial to your skin. Dermalogica's advanced needle tip structure technology ~ which induces only a light prickling sensation, boosts collagen and elastin production, which smooths and tightens the skin, and reduces lines over time. Results are elevated with both a chemical peel ~ to target dark spots, wrinkles, and visible pores ~ and Dermalogica's Pro Restore recovery concentrate. Some post-treatment care is required at home, to promote the healing process and amplify your results.

*Please note, a patch test and pre-treatment consultation is required.*

### DERMALOGICA PRO-RETINOL SKIN TREATMENT

1hr £110

This rejuvenating and nourishing facial uses Nanofusion tech to flood your skin with layers of professional-grade retinols. Derived from Vitamin A, Retinol is a powerful active, with numerous proven skin renewal benefits. It is absorbed deep into the skin, encouraging collagen production, and plumping the skin. By accelerating the skin cell turnover process, Retinol reduces the build-up of cells, keeping pores clear, improving dull skin, sun damage, wrinkles, fine lines and hyper-pigmentation ~ ultimately leading to brighter, smoother skin.

Once at home, and as cell turnover increases, you may experience some post-treatment irritation and flaking. A homecare routine will be recommended to you.

### PRO POWER PEEL™ DERMALOGICA SKIN TREATMENT

Pro Power Peel30 ~ 30 mins £60

Pro Power Peel60 ~ 60 mins £100

Regular resurfacing of your skin does wonders to accelerate cell turnover and renewal rates. Dermalogica's suite of Pro Power Peel products gives us the flexibility to create bespoke peels that are perfectly suited to each client's needs.

This is a highly-active exfoliating treatment that renews and resurfaces the skin. Depending on your skin type and/or previous experience of chemical peel treatments, we may recommend an initial introductory treatment. All treatments include a Dermalogica homecare product set.

*Please note, a patch test is required at least 48hrs prior to your appointment.*

# CACI

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## NON-SURGICAL FACE *and* EYE LIFTS

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With unparalleled results (and a wide celebrity following) CACI treatments help to reverse and delay the signs of ageing by gently tightening and toning the muscles of the face and neck, whilst smoothing the appearance of fine lines and wrinkles. Whilst a single CACI treatment offers immediate visible results, to really maximise its potential to retain the lift long-term, we would recommend a course of 10-15 treatments over a four to five week period, followed by maintenance of your lift once every 4-5 weeks.

With most of our CACI treatments, you can also opt to add CACI 'Synergy' ~ technology that simultaneously delivers additional LED light to your skin, giving an even bigger boost to the effects of firming, collagen production, cell renewal, and tone.

*We offer prior consultation ~ to advise which treatment will achieve your desired results ~ along with bespoke treatment combinations & courses.*

### PLATINUM CACI TREATMENT

2hrs £125 | + Synergy £132

Course of 10 treatments £1,125 | Course of 10 + Synergy £1,188

Our highest level of CACI treatment, combining Microdermabrasion, the Ultimate non-surgical lift, the skin-smoothing CACI Wrinkle Comb, and the Hydratone masque, for full face rejuvenation.

### ULTIMATE CACI FACE LIFT

1hr 30 £84 | + Synergy £91

Course of 10 treatments £755 | Course of 10 + Synergy £819

Our Ultimate lift offers a longer treatment time than our standard lift, and hence an increased degree of lift. As with all our CACI lifts, we incorporate Jowl Lift technology to target muscle laxity around the jawline. Opting for the additional LED light of CACI Synergy will really boost infusion of the advanced skincare products we use.

### ULTIMATE CACI FACE LIFT

+ MICRODERMABRASION

1hr 30 £95 | + Synergy £102

Maximising results with the potent combination of CACI's Non-surgical Lift and Microdermabrasion, this treatment offers highly-effective resurfacing, and visible lifting. Add in CACI Synergy, and you have the holy trinity of facial resurfacing, firming and rejuvenation.

### CACI FACE LIFT

1hr 15 £67 | + Synergy £74

Course of 10 treatments £603 | Course of 10 + Synergy £665

A full-face non-surgical lift that improves contours and gives your skin a youthful glow. We tailor the treatment to address your specific concerns, and also add the bonus of CACI's Jowl Lift technology.

### CACI FACE LIFT

+ MICRODERMABRASION

1hr 15 £78 | + Synergy £85

A full facial lift, including jowl treatment, with the added brightening and smoothing effects of Microdermabrasion.

### CACI EYE TREATMENT

1hr £54 | + Synergy £61

Course of 10 treatments £485 | Course of 10 + Synergy £549

Focused lifting to restore the eye area. This treatment includes a cooling eye masque, along with specialist eye serums and probes, to drain and brighten the entire eye area.

### CACI JOWL LIFT

1hr £54 | + Synergy £61

Course of 10 treatments £485 | Course of 10 + Synergy £549

Specifically designed to target muscle laxity around the jawline, this treatment offers intense lifting of the lower face, improving jaw contour and tone. Includes the Hydratone masque for full face replenishment.

### CACI ORBITAL MICRODERMABRASION

30 mins £37

Course of 5 treatments £160

For rapid skin brightening and smoothing of facial lines and skin texture. Microdermabrasion is a non-invasive skin resurfacing treatment that will leave your skin feeling smooth and clear.

# MASSAGE *and* BODY TREATMENTS

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Relax on our heated couches and unwind in the candlelit glow of one of our cocooning treatment rooms, and through the various therapeutic benefits of heat, and the undeniable power of touch, you will receive a results-orientated body treatment, and a wonderful sensory experience.

To awaken the senses and nourish the skin, our massage treatments incorporate Clarins pre-blended treatment oils, which are formulated with organic active plant-based ingredients and essentials oils. Your body is enveloped in nurturing aromatic oils as your therapist unwinds you for an experience that will leave you with a sense of lightness, balance and peace of mind.

*Please note, our listed booking times allow a few minutes for undressing and settling before your massage or treatment, and for an unhurried return to the real world after your treatment.*

## LAVA SHELL MASSAGE

Full Body: 1hr 30 £90 | Back: 45 mins £53

Using a specially-formulated oil that evokes a sense of the ocean, heated Tiger Clam shells are expertly glided over the body with varying pressures and techniques, enabling your therapist to reach your deepest aches and pains, and alleviate all stress and tension. Tummy work provides a natural colonic cleanse.

## CLARINS HOT STONE MASSAGE

Full Body: 1hr 15 £74

Back, Neck & Shoulders: 45 mins £52

Warm Basalt stones aid the gentle release of tension and boost your overall sense of wellbeing. Your therapist expertly combines the smooth and individually-shaped stones with massage and beneficial Clarins aromatic oils, in a personalised treatment that is deeply relaxing, and your therapist wonders in fighting fatigue, soothing tense muscles, eliminating toxins, and restoring some equilibrium to the mind and body.

## FULL BODY MASSAGE INCLUDING FACE & SCALP

1hr 15 £64

A super-therapeutic and relaxing hour-long massage, tailored to your individual needs or areas of concern, but with attention given to the whole body ~ including your face and scalp if you wish.

## LUXURY BACK TREATMENT

1hr £52

Exfoliation, deep tissue massage and heated masque application to smooth, relax & detoxify. The backs of the legs are massaged whilst the masque works its magic on your back.

## TENSION EASE BACK, NECK & SHOULDER MASSAGE

45 mins £44

A 30 minute more intensive massage, for deeper release of muscle and joint tension.

## BACK, NECK & SHOULDER MASSAGE

30 mins £33

A 20 minute unwind that's easy to fit into your day, but still offers considerable benefits in terms of relaxing the body and mind, and unwinding the mind.

## TIRED FEET & LEGS MASSAGE

30 mins £30

A full-leg massage that will help support the vascular and lymphatic system, and relax sore or tight muscles.

## INDIAN HEAD MASSAGE

45 mins £47

A seated massage founded on centuries-old therapeutic techniques, and designed to relax tight muscles and increase joint mobility in the head, neck and shoulders.

## TRANQUILITY HEAD MASSAGE

45 mins £45

Massage therapy techniques are performed whilst you are laying down. This treatment will relax tight muscles in the head, neck and shoulders. Deep held tensions are released, leaving you feeling newly energised and clear headed.

## EYES

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### SHRINKING VIOLET DETOXIFYING BODY WRAP

1hr 30 £80

Course of 6 treatments £435

A real boost before a night out or special event. Detoxifying oils are smoothed over the body before you are wrapped and ready to relax, whilst we pamper you with a mini facial or hand & foot massage. The perfect way to look and feel a little leaner. Effects last for 72 hours, however since the results are cumulative, a course of treatments offers a great way to complement ongoing weight loss efforts.

### CLARINS BODY EXPERT TREATMENTS

1hr 30 £78

With either of our Clarins Body Expert treatments, you can choose to take the opportunity to release even further tension from your body, with a choice of three therapeutic Treatment Enhancers:

Back Massage | Foot & Hand Massage | Scalp & Neck Massage  
+ 20 mins £22

#### | BODY SCULPT |

A detoxifying and firming massage treatment to drain and smooth. This treatment tightens and brightens, and will leave you feeling body confident. Tailored to work on the things that concern you most.

#### | BODY RENEW |

Detoxifying and invigorating exfoliation to renew skin, followed by a deeply hydrating effleurage application of aromatic lotion, leaving your skin nourished, smooth and hydrated. Guaranteed to refresh and energise you every time.

### MAMA-TO-BE PREGNANCY BODY TREATMENT

1hr 30 £78

A specially-created nourishing full-body treatment that is carried out with full attention on comfort and support for you and your baby. The combination of a reviving facial, back massage, and a foot & lower leg massage, will leave your skin feeling and looking great, boost your energy levels, release tension and reduce any heaviness in your legs.

*Suitable any time after 12 weeks of pregnancy.*

All of our treatments begin with a consultation to discuss how you would like your brows and/or lashes to look, and the shape that is best suited to your unique facial structure. We then use careful and precise techniques with wax, tweezers, or a combination of both, to achieve your desired result.

*Please note, you will be required to have a patch test 48hrs prior to your first tinting, lifting, extension or lamination treatment.*

### SHAPING & TINTING

Eyebrow Shape: 15 mins £17

Eyebrow Tint: 15 mins £17

Eyebrow Shape & Tint: 30 mins £26

Eyelash Tint: 30 mins £24

Eyelash Tint & Eyebrow Tint: 30 mins £29

Eyebrow Shape & Eyelash Tint: 45 mins £34

Eyebrow Shape, Eyebrow Tint & Eyelash Tint: 45 mins £39

### BROW LAMINATION *with* BROW TINT & SHAPE

45 mins £45

+ Eyelash Lifting (*see below*): 1hr 45 £78

Your brows are volumised and set into place, creating a fuller and more defined look that lasts for 4 - 6 weeks.

### EYELASH LIFTING *with* BROW TINT & SHAPE

1hr 30 £60

+ Brow Lamination (*see above*): 1hr 45 £78

We lift your lashes from the root, whilst volumising and tinting them, to open up the eyes and give the appearance of longer, thicker lashes. Includes a relaxing hand and arm massage. Results last 6 - 8 weeks.

### EYELASH EXTENSIONS

Individual lash extensions are expertly applied to your natural lashes, enhancing their length and fullness. We recommend a maintenance infill after 2 - 3 weeks, depending on your desired degree of fullness.

Full Set of Extensions: 2 hrs £68

2 Week Maintenance Infills: 45 mins £35

3 Week Maintenance Infills: 1hr 15 £47

+ Eyelash Tint to any Maintenance Treatment: 15 mins £12

Lash Extension Removal: 30 mins £16



# RETREATS

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All of us benefit from taking proper time out to restore some balance and get back to who we are. Our 'retreat-ments' offer a once-in-a-while, self-care-focused session that we all need, and they make the perfect gift for someone who might not otherwise get around to prioritising themselves with some me-time. We've created a retreats menu that blends some of our best-loved treatments together, but we can also offer bespoke combinations of your choice. And we have a number of rooms that are spacious enough to comfortably accommodate couples or groups ~ perfect for a nurturing catch-up, celebration, or shared relaxation time.

Morning coffee or afternoon tea & biscuits are included in all retreats, and during our longer more immersive retreats, it is possible to break for some lunchtime sustenance ~ which we can arrange on request.

*All retreat nail treatments can be upgraded to Gel Polish.*

*Please ask for additional timings and prices at the time of booking.*

## RESET *and* RESTORE RETREAT

2hrs 15 £120

Your treatment begins with a relaxing ~ or invigorating, depending on your preference ~ Back, Neck & Shoulder Massage. Then it's time to roll over and sink even deeper into relaxation with a 30 minute tailored Dermalogica or Clarins House Facial, followed by your choice of a Signature Manicure or Pedicure that will leave your hands or feet feeling utterly pampered. You'll receive a Sanctuary goodie bag too.

## UNWIND *and* GLOW RETREAT

3hrs £160

A nourishing retreat for deep unwinding. We begin with a Lava Shell Back, Neck & Shoulder Treatment to bring warmth and release to your muscles. Then, our Signature Manicure ~ with polish if desired - returns your hands to all their smooth, hydrated glory, before you drift away during a blissful 75 minute House Facial, using intensely-illuminating products, to bring back your glow. Includes a Sanctuary goodie bag.

## RELAX *and* REVIVE RETREAT

4hrs £195

An entire morning or afternoon in our nurturing hands ~ imagine! Your self-care session begins with our super-relaxing 45 minute Tension Ease Back, Neck & Shoulder Massage, before you enjoy both a Signature Manicure and Signature Pedicure, with an extended foot & leg massage. Ending with a nurturing 75 minute House Facial, your skin will be left looking luminously healthy, and you'll feel amazing from top to toe. Includes a salon product collection to take home.

## IMMERSE RETREAT

5hrs £285

This luxurious, you-centred retreat is a combination of treatments designed to leave you feeling truly cared-for, and your most restored self. Full body exfoliation buffs away tired skin, before a luxurious full body massage treatment nourishes your skin, and unwinds you from the outside in. We follow with a Signature Manicure and a Luxury Pedicure, to deeply soften and hydrate. Your time concludes with your choice of either an hour-long House Facial, or a CACI Non-Surgical Face Lift, along with an eyebrow tidy. This is a re-treatment we surely all deserve at least once; vitality fully restored and body nourished and calm. Light day make-up can also be applied if desired. Includes a salon product collection for you to take home & enjoy.

## SERENITY *in* PREGNANCY RETREAT

3hrs 15 £170

Whilst all of our retreats can be customised so that they are suitable for expectant mums, this combination in particular ticks all of the boxes for replenishing the pregnant body and mind. We'll begin with a full body exfoliation and massage adapted for pregnancy, using specifically supportive body conditioning products, before lavishing some love on your feet and legs with a Signature Pedicure. Finally, a 30 minute House Facial, focused on your skin's particular needs, will leave you feeling calm and nurtured from top to toe. Includes a Sanctuary goodie bag.

*Please note, you should be beyond the first trimester to have this treatment.*

## MAMA'S MOMENT *Post Pregnancy* RETREAT

1hr 30 £82

Designed to hold space and provide self-care for you as a new mum, our Mama's Moment invites you into the salon with your newborn or infant, to share a relaxed, peaceful and intimate facial experience. As your little one rests either upon your chest or next to you in their carrier or pram, this re-treatment offers connection between mother and child during a moment of intention to lovingly honour the skin you're in and acknowledge the incredible capabilities of your body. A revitalising and hydrating House Facial will add luminosity to your complexion, and also includes massage of arms, hands, lower legs & feet, for maximal comfort and relaxation. Includes a Sanctuary goodie bag.

*Please see overleaf for our Gentleman-specific retreats.*

## GENT'S REBALANCE RETREAT

2hrs £130

Refresh and reset with key treatments to unlock a healthier you. First a Hot Stone Massage deeply eases the tension in your back, followed by a tired legs and feet massage to relax over-worked muscles. Enjoy full facial refreshment with a 45 minute House Facial, focused on improving your skin health, and taking you to another level of relaxation with facial and scalp massage. Includes a mini nail tidy for a groomed finishing touch. Includes a Sanctuary goodie bag to take home.

## GENT'S VITALITY RETREAT

4hrs £200

Recapture the essence of healthy skin and unwind with this extended package of treatments. First a re-surface with body exfoliation followed by a shower and then an unwinding full body massage. We then move on to getting your feet into a healthy condition, a quick hand tidy and a 60 minute House Facial for restorative work, to address skin concerns and to further relax your shoulders and neck. Leaving you rested, relaxed and ready for life. Includes a product collection for you to take home.

## TANNING

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Our tanning treatments deliver a beautiful sun-kissed glow to your skin, perfect for special occasions or pre holiday. Our therapists use perfected application techniques and professional-grade products, ensuring even coverage and a natural colour suitable for your skin tone.

### CLARINS SUMMER GLOW

We exfoliate and prep your skin, before manually applying Clarins' professional super-hydrating, untinted self-tan products. Your tan will develop over the next 8 -10 hours to give you a radiant, streak-free natural-looking glow.

Full Body: 1hr 15 £65

Full Legs: 30 mins £31

### SPRAY TANNING

Our spray tanning treatments use professional, natural, warm tans without any unpleasant smells, giving you immediate colour that then continues to develop over the next few hours. You will also be advised on how to maintain and top up your colour at home.

*Please note, you will need to exfoliate at home prior to your treatment.*

Full Body (develops over 8hrs): 45 mins £45

Express Full Body (develops in 1- 5hrs): 45 mins £47

Face, Arms, Décolleté & Upper Back: 30 mins £30

Full Legs: 30 mins £30

## MEN'S GROOMING

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Our male clients are of course welcome to have any of our treatments, but in addition we offer the following gentleman-specific services. (See our Gents' Retreats menu too.)

### THE TAILORED MEN'S FACIAL

1hr £60

+ 20 minute Back Neck & Shoulder Massage 1hr 20 £82

Geared specifically to men's skin health, this facial is a results-driven treatment that targets your skincare concerns ~ be they dryness or irritation, oily skin or breakouts due to naturally higher sebum production, or dull and lacklustre skin that can occur due to environmental factors such as stress, pollution and poor sleep. Your facial also includes an element of massage to relieve tension in the jaw, neck and upper shoulders, but you can always take this to another level by adding in a focused Back, Neck & Shoulder Massage.

### GENTLEMAN'S BACK WAX

30 mins £31

### GENTLEMAN'S CHEST WAX

30 mins £27

### GENTLEMAN'S BACK & CHEST WAX

45 mins £42

### GENTLEMAN'S MANICURE

30 mins £24

Your nails are trimmed and tidied, and your cuticles and any areas of hard skin are exfoliated and nourished with Clarins conditioning nail-care products, before a replenishing hand balm is applied..

### GENTLEMAN'S PEDICURE

60 mins £34

Sit back and enjoy a relaxing feet soak and scrub, as we gently but effectively remove any hard skin, trim and tidy your nails, and attend to your cuticles, before finishing with a tension-melting massage of your feet and lower legs.

### MALE BROW

15 mins £16.50

For a brow that is as well-groomed as the rest of you! After discussion and planning with your therapist, we'll use an appropriate combination of wax, tweezers or tint, to bring unruly hairs under control, and reduce unibrow for a maintained look that frames your eyes to look their best.

# HANDS AND FEET

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## MANICURES *and* PEDICURES

Our expert nail technicians use a combination of Clarins aromatic nail care products, and professional salon-grade BioSculpture and CND polishes ~ giving you a huge array of colours to chose from, and ensuring your nails and cuticles are healthy and cared-for.

*We recommend that you wear open-toed shoes after your pedicure, as polish can take several hours to fully harden.*

### LUXURY MANICURE

1hr £47 | + French 1hr 15 £55

Your treatment begins with exfoliation of your hands and arms, before a full manicure, and then deep nourishment with a heated mitten hand masque treatment (during which you will be treated to a soothing massage of your feet and lower legs), and finally, application of your chosen polish.

### SIGNATURE MANICURE

45 mins £34 | + French 1hr £42

Hand exfoliation, nail shaping, cuticle work, massage & polish.

### MINI MANICURE

30 mins £25 | + French 45 mins £33

Nail shaping, cuticle tidy & polish application.

### LUXURY PEDICURE

1hr 15 £56 | + French 1hr 30 £64

Your treatment begins with exfoliation of your feet & lower legs, before a full pedicure, and then deep skin rejuvenation with a heated bootie foot masque (during which you will be treated to a soothing massage of hands and arms), and finally your chosen polish application.

### SIGNATURE PEDICURE

1hr £39 | + French 1hr 15 £47

Without polish: 45 mins £32

Exfoliation of your feet, hard skin removal, nail shaping, cuticle maintenance, foot & lower leg massage, and polish.

### MINI PEDICURE

30 mins £25 | + French 45 mins £33

Nail shaping, cuticle tidy, and polish application.

## FRUIT ACID PEEL *for* FEET

1hr £46 | + French 1hr 15 £54

Add Gel Polish: 1hr 15 £56 | + French Gel Polish 1hr 30 £64

Astonishing results after just one treatment. Hardened calluses are dissolved and then removed, revealing soft, healthy new skin beneath. Your treatment includes a file and polish on toes, and application of nourishing softening creams.

If you would like us to incorporate Nail Art as part of your polish ~ be it regular polish or gel polish ~ please add 15mins & £5 to the booking time and price listed.

## GEL POLISH APPLICATION

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With a choice of long-lasting, non-chip professional-grade gel colours from BioSculpture or Shellac. We begin all our gel nail treatments by tidying your cuticles and shaping your nails, before expertly applying the polish of your choice, for an immaculate, chip-free finish for up to two weeks.

Individual Nail Extensions are available with all Gel treatments, at a cost of £1 per nail. For full sets of extensions/tips, please see below.

### GEL POLISH APPLICATION

Hands: 1hr £38 | + French 1hr 15 £46

Feet: 45 mins £33 | + French 1hr £41

*(See overleaf for removal & re-polish options.)*

### FORTIFIED GEL POLISH ON HANDS

1hr 15 £43 | + French 1hr 30 £51

Removal & Re-polish: 1hr 30 £51 | + French 1hr 45 £59

For even longer wear, and to further strengthen and protect your natural nails. or for those clients whose polish needs to hold its own in particularly tough conditions, your gels are fortified with either a builder gel or acrylic dip powder ~ both of which soak off with your gels after the extended wear-time.

### GEL POLISH MANICURE

1hr 15 £44 | + French 1hr 30 £52

Our Signature Manicure, but with gel polish. Includes exfoliation of your hands, nail shaping, cuticle work, and a relaxing hand massage.

### GEL POLISH PEDICURE

1hr 15 £49 | + French 1hr 30 £57

Our Signature Pedicure, with added gel polish. Includes exfoliation of your feet, hard skin removal, nail shaping, cuticle maintenance, and a nurturing foot & lower leg massage.

### GELS + BIOSCULPTURE TIPS

1hr 30 £55 | + French 1hr 45 £63

Removal & Re-polish: 1hr 45 £63 | + French 2hrs £71

Add length & strength to your shorter or broken nails, with individual full-cover glue-free tips that simply soak off with your gel polish at the end of their 2 week wear. Perfect for a special event.

### GEL POLISH REMOVAL

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All gel polish requires in-salon removal.

### GEL POLISH REMOVAL *and* REPOLISH

Hands: 1hr 15 £46 | + French 1hr 30 £54

Feet: 1hr £39.50 | + French 1hr 15 £47.50

### GEL POLISH REMOVAL + NAIL TREATMENT

From hands or feet: 30 mins £18

We carefully remove your polish before shaping your nails, giving your cuticles some love, and applying highly-effective oils & conditioning products.

### GEL POLISH REMOVAL

From hands or feet: £5

Safe, professional removal by one of our qualified receptionists.

## GROUP PAMPER PACKAGES

*Share the Care*

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Getting together with a small group of friends or family to share some pampering and relaxation time can be a real joy ~ not to mention a perfect way to mark a special occasion such as a birthday, upcoming wedding or baby shower.

We can accommodate groups of up to 10, and will dedicate a team of therapists whose sole intention is to give you and your guests an uplifting and memorable shared experience.

Please get in touch for details of the available treatments ~ along with extras such as lunch, refreshments & beauty goodie bags ~ and we can help you arrange a bespoke package that ticks all the boxes for you.

### PAMPER PARTIES *for* YOUNGSTERS

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Available for groups of 5-10 girls and/or boys, from aged 7 upwards. Let us take care of the party guests while you relax and watch the magic (or perhaps take the opportunity to book in for a treatment yourself!).

#### TIME TO SHINE PAMPER PARTY

1.5 hrs £30 per guest

Guests are treated to party make-up application and application advice, glitter tattoos and nail art on fingers. Refreshments and party goodie bags are included.

#### SPA PAMPER PARTY

1.5 hrs £30 per guest

Guests are pampered with a mini facial and light day make-up for anyone who'd like some, hands or feet are treated and polished, with nail art too if desired. Refreshments and party goodie bags are included.

## HAIR REMOVAL

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### DEPILATORY WAXING

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Your unwanted hair is removed using organic cream or hot wax. Booking times will vary depending on the areas being treated, but please ask and we can give you an idea of how long you need to allow.

Full Leg	£37
Full Leg + Bikini Line	£44
Full Leg + High-Cut Bikini Line	£47
Full Leg + Brazilian	£59
Full Leg + Hollywood	£61
Three Quarter Leg	£33
Half Leg	£29
Half Leg + Bikini	£37
Half Leg + High-Cut Bikini Line	£39
Half Leg + Brazilian	£50
Half Leg + Hollywood	£53
Half Leg + Underarm	£37
Bikini Line	£18
High-Cut Bikini Line	£24
Brazilian	£37
Hollywood	£41
Underarm	£17
Forearm	£25
Eyebrows	£17
Upper Lip	£17
Upper Lip + Eyebrows	£29
Upper Lip + Chin	£22
Upper Lip + Nostrils	£22
Nostrils	£12

### THREADING

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For removal of facial hair, and for clients with more delicate skin types.

Eyebrows	£19
Upper Lip	£19
Chin	£19
Upper Lip + Chin	£25
Upper Lip, Chin + Cheeks	£30

## ADVANCED LASER HAIR REMOVAL

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Hailed as a 'Best New Beauty Innovation' at the UK Beauty Awards, 3D Trilogyice is a triple wavelength laser hair removal system that offers a safe, pain-free, fast and effective solution for permanent hair removal. With precise application control, and cooling tech for optimal comfort, we can treat almost all areas of the body, and most skin types and tones.

Prior to your first treatment, you will need to book in for a 30 minute consultation so that we can carry out a patch test, and discuss your concerns and/or desired outcomes. We charge a nominal fee of £10 for this, which is redeemable against any treatments you choose to have.

### FACIAL

Upper Lip:	£50		6 Sessions	£255	8 Sessions	£320
Chin:	£60		6 Sessions	£306	8 Sessions	£384
Upper Lip + Chin:	£90		6 Sessions	£459	8 Sessions	£576
Full Face + Neck:	£170		6 Sessions	£867	8 Sessions	£1088
Neck:	£90		6 Sessions	£459	8 Sessions	£576
Between <i>the</i> Brows:	£40		6 Sessions	£204	8 Sessions	£256
Top Beard Line:	£60		6 Sessions	£306	8 Sessions	£384

### LEGS, THIGHS & FEET

Full Leg ( <i>incl. toes &amp; feet</i> ):	£285		6 Sessions	£1425	8 Sessions	£1824
Lower Legs:	£165		6 Sessions	£841	8 Sessions	£1056
Thighs:	£185		6 Sessions	£943	8 Sessions	£1184
Feet <i>or</i> Toes:	£70		6 Sessions	£357	8 Sessions	£488

### LOWER BODY

Standard Bikini Line:	£100		6 Sessions	£510	8 Sessions	£640
High-cut Bikini Line:	£110		6 Sessions	£560	8 Sessions	£704
Brazilian Bikini Line:	£120		6 Sessions	£612	8 Sessions	£768
Hollywood Bikini Line:	£170		6 Sessions	£867	8 Sessions	£1088
Hollywood + Perianal:	£190		6 Sessions	£969	8 Sessions	£1216
Perianal:	£70		6 Sessions	£357	8 Sessions	£448

### UPPER BODY & ARMS

Underarms:	£80		6 Sessions	£408	8 Sessions	£512
Half Arms:	£150		6 Sessions	£765	8 Sessions	£960
Full Arms:	£220		6 Sessions	£1122	8 Sessions	£1408
Hands <i>or</i> Fingers:	£60		6 Sessions	£306	8 Sessions	£384
Nipples <i>or</i> Navel:	£70		6 Sessions	£357	8 Sessions	£448
Chest + Nipples:	£150		6 Sessions	£765	8 Sessions	£960
Stomach:	£140		6 Sessions	£714	8 Sessions	£896
Shoulders <i>or</i> Upper Back:	£180		6 Sessions	£918	8 Sessions	£1152
Upper Back + Shoulders:	£275		6 Sessions	£1402	8 Sessions	£1760
Full Back:	£275		6 Sessions	£1402	8 Sessions	£1760
Full Back + Shoulder:	£325		6 Sessions	£1530	8 Sessions	£1920

## MAKE-UP

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We use cosmetics from both Clarins and Jane Iredale. Both ranges care for your skin, whilst giving long wear and flawless finishes.

We are happy to be able to offer you a 10% discount on any products that you decide you'd like to purchase on the day.

### ONE TO ONE MAKE-UP LESSON

1hr 15 £68

Lacking confidence in your application, stuck in a rut, or just starting out? We can help!

### CLEANSE & MAKE-UP

1hr £45

Working with a freshly-cleansed canvas, let one of our trained beauty therapists bring out your natural beauty for a special occasion.

### WEDDING DAY MAKE-UP

from £120

Our wedding day services include a consultation and trial beforehand, and on the big day, our experienced beauty therapists can either see you in-salon or on location. *Location fees will apply, please ask for details.*

## PIERCING

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Ear lobe, ear cartilage or nose piercing, using the safe, sterile and hypo-allergenic Professional Inverness system. We have a wide array of plain, jewelled and shaped studs to choose from. All piercings must remain in place for 6 to 12 weeks, until healed. Sterile aftercare solution is included.

### EAR PIERCING

Real Diamond set in 14 Carat Gold: Pair £199 | Single £105  
*A truly special piercing, perfect for a gift or to mark a special occasion.  
Comes with a Sanctuary Goodie Bag*

18 Carat Gold: Pair £95 | Single £51

14 Carat Gold or Titanium Studs: Pair £75 | Single £41

Gold Plated or Stainless Steel Studs: Pair £55 | Single £28

### NOSE PIERCING

£60

To promote optimal healing, we pierce your nose with a studded piercing post, which should be left in for a minimum of three months, after which time it can be replaced with a ring if you wish.

## BEAUTY PRODUCTS

Alongside our treatments, we also have a well-stocked retail area with a full range of skincare products and cosmetics from Clarins & Dermalogica, along with the award-winning range of supplements from the Advanced Nutrition Programme™ ~ formulated to support healthy skin and wellbeing, while also protecting our planet.

Please feel free to come in and browse at any time ~ no need for an appointment!

## GIFT VOUCHERS

Our gift vouchers make the perfect present. You can choose to give someone a specific treatment, a self-care retreat, or even a course of treatments, for an extra special gift. Alternatively, you can choose any nominal amount for someone to spend on treatments or products of their choice.

## DELIVERY SERVICE

For a small charge, we offer a local delivery service on all products & gift vouchers. Please enquire in Salon, give us a call on 01935 816177 or email us at [treatments@thesanctuarysherborne.co.uk](mailto:treatments@thesanctuarysherborne.co.uk)

# THE SANCTUARY

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NO.1 SWAN YARD | SHERBORNE DT9 3AX | 01935 816177

## OPENING TIMES

MONDAY	9AM - 5.30PM
TUESDAY	9AM - 5.30PM
WEDNESDAY	9AM - 6PM
THURSDAY	9AM - 8PM
FRIDAY	9AM - 6PM
SATURDAY	9AM - 3PM



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