

Spa Facials

Our skilled team of spa therapists will recommend to you, on booking, the best prescription facial adjusted to your wishes, time, budget and type of skin.

We recommend the mini-facial as an introduction to our Spa Facials. During your treatment your skin will be carefully analysed and advice will be given for suitable future treatments.

After careful analysis of your skin, your therapist will choose a facial for your specific skin type and needs.

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| Mini Facial (30 Mins) | £29.95 |
| Classic Care Facial (1hr) | £39.95 |

Micro Dermabrasion Facial

An excellent treatment for anyone wanting to improve the look and condition of their skin. It is particularly effective in treating dark spots, uneven skin tone, blocked pores and for skin which is looking dull and tired. Our diamond tipped machine offers the very latest technology in micro dermabrasion and clients see an excellent visual result - even after the first facial.

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| Micro Dermabrasion Facial (1hr) | £59.95 |
| Course of 5 Facials (Get One FREE) | £239.00 |
| Course of 10 Facials (Save over £200) | £395.00 |
| Mini Micro Dermabrasion (30 Mins) | £39.95 |
| Course of 5 (Get One FREE) | £160.00 |
| Course of 10 (Save over £100) | £299.00 |

Non Surgical Facelift

A relaxing but highly effective facial treatment to tone and lift facial muscles. We offer a trial for just £25 to demonstrate the effectiveness of this treatment. A course of 10 is recommended for more lasting results, followed by a maintenance treatment every 4 - 6 weeks.

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| Appointment Time 40 mins | £36.95 |
| Course of 10 Sessions (Save £110) | £219.00 |
| Maintenance Sessions | £32.95 |

M3 Lift Facial

An advanced form of the non-surgical facelift - which gives an extra lift to the skin. It has been developed to be 100% pain free, whilst still delivering a brilliant result.

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| Appointment time - 40 mins | £44.95 |
| Course of 10 sessions | £299.00 |

M3 Infusion Facial

An amazing combination of the M3 Lift combined with microdermabrasion and powerful anti-aging ampoules - which will totally transform your face.

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| M3 Infusion Facial (1 hour) | £79.95 |
| Course of 5 Infusion Facials | £319.00 |
| Course of 10 Infusion Facials | £595.00 |

Skin Rejuvenation NOW ONLY £39.95

VPL (Variable Pulsed Light) is a safe and effective treatment for skin imperfections.

Clinically proven to effectively treat acne, rosacea, thread veins, fine lines and wrinkles, age spots and sun spots; VPL technology leaves your skin looking smooth, silky and radiant... and with none of the discomfort of invasive treatments.

See our separate leaflet for more details.

Muscle Relaxant Injectables & Fillers

A Doctor, specialising in Aesthetics, visits Ab Flab to undertake this very specialised treatment.

| Muscle Relaxant Injectables | Fillers |
|-----------------------------|-----------------------|
| 1 Area | £200 |
| 2 Areas | £250 |
| 3 Areas | £300 |
| | Price on Consultation |

Gift Vouchers

Gift Vouchers of any value, are ideal for those requiring hours of opulent pampering or even a course of corrective treatments of Prescriptive Facials or Massage.

Buy by Value, or Buy by Treatment - the choice is yours.

The perfect way to let somebody special know that you care how they feel.

Build your own Spa Treatment Voucher for that special personal touch.

Ways to Buy Gift Vouchers

1. Secure telephone card payments
2. Buy in the salon, in person

Ab Flab Packages also make ideal Gifts

PAMPER PACKAGE A

Mini facial, Back massage, Manicure and polish, Pedicure and polish, Wash and blowdry ONLY £95.95 (Saves £17 on individual purchase)

PAMPER PACKAGE B

Classic care facial, Full body massage, luxury manicure, luxury pedicure, wash and blowdry ONLY £118.95 (Saves £20 on individual purchase)

INCH LOSS PACKAGE A

Universal contour bodywrap, Eurowave slimming treatment, Body action session ONLY £65 (Saves £13 on individual purchase)

INCH LOSS PACKAGE B

3 x Universal contour bodywrap, 5 x Eurowave session, 5 x Body action session ONLY £225 (Saves £54 on individual purchase)

Little DIVAS

Fingernail Painting, Toenail painting and Make Up for Children
1 to 3 Children £19.95 each 4 to 7 Children £17.95 each 7+ Children £15 each

Opening Hours:

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| Monday | 9.30am - 5.30pm |
| Tuesday | 9.30am - 5.30pm |
| Wednesday | 9.30am - 9.00pm |
| Thursday | 9.30am - 9.00pm |
| Friday | 9.30am - 7.00pm |
| Saturday | 9.00am - 5.00pm |
| Sunday | 11.00am - 3.00pm |

find us 24 hours a day at:

www.abflab.co.uk



Hair and Beauty

Our Salon Is Situated
inside The Snowdome,
Tamworth B79 7ND

PRICE LIST



Call to Reserve Your Treatment

01827 64911

Visit Our Website for Full Details on Our Services

www.abflab.co.uk



We have the Perfect Treatment for You...

Hair Care

| | Short Hair (above Shoulder) | Long Hair (below Shoulder) |
|---------------------------------------|--------------------------------|-------------------------------|
| Shampoo and Cut | £19.95 | £19.95 |
| Shampoo, Cut and Blow Dry | £28.95 | £30.95 |
| Shampoo and Blow Dry | £18.95 | £19.95 |
| Restyle, Cut and Blow Dry | £30.95 | £31.95 |
| Gents Dry Cut | £9.95 | |
| Gents Shampoo and Cut | £12.95 | |
| Gents Cut and Blow Dry | £14.95 | |
| Childrens Spray Cut (under 10) | £7.95 | |
| Childrens Spray Cut (age 10 to 13) | £9.95 | |
| Childrens Cut and Blow Dry (under 14) | £22.95 | £24.95 |

Perms - incl Cut & Blow Dry

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| Full Head Perm | from £65.95 | £71.95 |
| Straightener (using keratin therapy) | £79.95 | £89.95 |

Colours

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| Full Head Colour | £65.95 | £67.95 |
| Full Head Colour and Foils (1 Col) | £76.95 | £79.95 |
| T Section Foils (below 12) | £66.95 | £69.95 |
| Foil Highlights (1 Col) (above 12) | £69.95 | £72.95 |
| Roots only | £58.95 | £59.95 |
| Roots and Foils (1 Col) | £73.95 | £76.95 |
| Semi Permanent - Full Head | £59.95 | £61.95 |
| Cap Highlights | £69.95 | |

Please Note: there is a minimum price of £66.95 for T section foils. Above 12 foils will be classed as a full head. This price also includes a cut and blow dry (this is payable whether or not you require a hair cut). If more than 1 colour is used, then £5 extra per colour will be charged.

Hair Up

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| Party Hair Up | from £28.95 |
| Prom Hair Up | £29.95 |
| Bridal Hair Up | £29.95 |

Make Up

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| Special Occasion Make Up | £29.95 |
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Bridal Make Up

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| Price per Person (applied at the salon) | £29.95 |
| Price per Person (at home)* | £34.95 |

*We will travel locally, to a brides house / hotel, providing there are a minimum of 3 make-ups to do

Please NOTE: All brides must attend a trial make-up, prior to their big day... (we want to make sure you get exactly what you want don't we ?)

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| Bridal Make Up Trial | £29.95 per trial |
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Semi Permanent Make Up

We have an outside professional visit our salon regularly to offer this highly specialised service - Please call salon for prices.

Fast Tanning Sunbed

Super fast tanning is easy in our fast tanning sunbed

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|--------|--------|---------|--------|--------|-------|
| 3 mins | £2.50 | 6 mins | £4.00 | 9 mins | £5.50 |
| 1 hour | £25.00 | 2 hours | £45.00 | | |

Spray Tan

We use Celebrity Bronze spray tan, which is 100% active organic DHA. It contains no alcohol and a perfect natural looking tan can be achieved in just 10 minutes.

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| Price per Session | £15.00 | or pay for 2 Sessions | £25.00 |
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Spa Exfoliations

A full body exfoliation using aromatic sea crystals.
Full Body Exfoliation (30 mins) £29.95

Waxing

A fast effective way of removing unwanted hair, will last for approx 4 to 6 weeks

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| Top Lip or Chin | £6.95 |
| Eyebrows | £9.95 |
| Underarm or Bikini Line | £13.95 |
| Three Quarter Bikini | £19.95 |
| Full Bikini | £24.95 |
| Half Leg (Knee to Ankle) | £14.95 |
| Three Quarter Leg | £18.95 |
| Full Leg | £23.95 |
| Full Leg and Bikini | £29.95 |
| Full Leg and Full Bikini | £41.95 |
| Fore Arm | £13.95 |
| Full Arm | £19.95 |
| Men's Back or Chest | £19.95 |

(using Hot Wax £29.95)
Half Leg (Knee to Thigh) £15.95

Eye Care

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| Eyebrow Shape (Tweezered) | £9.95 | Weekender Lashes | £15.95 |
| Eyebrow Tint* | £8.95 | | |
| Eyelash Tint* | £9.95 | | |
| Eyebrow and Eyelash Tint* | £16.95 | | |

*Treatments involving tints require a patch test at least 24hrs beforehand

Threading

An ancient method of giving eyebrows a perfect shape, and the removal of unwanted hair on the face with a cotton thread. Threading is an alternative for those with sensitive skin, and is safer on the skin than waxing or tweezing.

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| Eyebrows | £9.95 |
| Upper / Lower lip | £6.95 |
| Neck | £8.95 |
| Sides | £9.95 |
| Chin | £6.95 |
| Full Face | £27.95 |

Eyelash Extensions

Semi-permanent lash extensions offering the latest technology available, where the individual fake lashes are added to each of your own eyelashes, resulting in beautifully long, thick, natural looking lashes! Lasts up to 2 months!

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| Full Set (approx. 90 mins) | £99.00 |
| Maintenance 2 weekly (approx 45 mins) | £29.95 |
| Weekly Maintenance (approx 30 mins) | £19.95 |

Nail Care

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| Manicure | £17.95 |
| Manicure with Polish | £19.95 (w. Gel Polish £26.95) |
| Manicure with Nail Art | £27.95 |
| Luxury Manicure to include: Hand and Arm Massage & Polish | £22.95 |
| Paraffin Wax Manicure (incl. Polish) | £29.95 |
| French Manicure | £21.95 |

Foot Care

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| Pedicure (30 mins) | £21.95 |
| Pedicure with Polish | £23.45 w. Gel Polish £29.95) |
| Pedicure with French Polish | £25.95 |
| Pedicure with Nail Art | £33.95 |
| Luxury Pedicure to include: Lower Leg and Foot Massage & Polish | £27.95 |
| Paraffin Wax Pedicure | £32.95 |

Callus Foot Peel

A luxury spa foot treatment that removes hard, callused skin, leaving your feet feeling soft and revitalised.

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| 1 Session | £25.00 |
| 5 Sessions | £99.00 (Save £26) |

Fat Freezing

Excellent for the removal of stubborn areas of fat including: tummy, back, love handles, bottom, legs and anywhere else you are finding it hard to remove despite healthy eating and exercise.

NEW LOW PRICE per cup - £49.50 (Call Salon for a free consultation)

Universal Body Contour

A totally natural and superb body wrapping process that guarantees excellent and lasting inch loss. This body wrapping process is without doubt the very best on the market. Elasticated bandages soaked in warm sea clay solution are used to contour the body, lifting flabby buttocks and breasts, and flattening the abdomen. The average client can expect to lose between 10 and 14 inches overall with their first treatment. A course of 3 will generally produce an overall inch loss of 25" and will bring our female clients down by a complete dress size without losing a pound in weight! The skin is totally cleansed, the body de-toxified and you feel totally rejuvenated.

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| Single Bodywrap | £55.95 |
| Course of 3 Wraps | £149.95 |
| Course of 6 Wraps | £255.95 |
| Maintenance Wrap | £47.95 |

'Honey I Shrunk' Bodywrap

The natural ingredients used in this bodywrap target the fat cells within the body, which not only gives immediate results - but carries on working for a further 72 hours after - giving further inch loss - excellent for fast and easy results.

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|-------------------|---------|
| Single Bodywrap | £55.95 |
| Course of 3 Wraps | £149.95 |
| Course of 6 Wraps | £255.95 |

Eurowave Slimming Machine

Ideal for the treatment of slimming and cellulite - transform the shape of your body! If you want to lose a few extra inches then why not try Eurowave. This is an electronic firming treatment that specifically targets your problem areas. Pads are positioned on parts of the body that you want to work on (stomach, hips, thighs,etc) whilst you lie on the couch, an electronic signal makes your muscles contract and release as if you were exercising. An 18 minute session on the stomach is the equivalent to 200 sit ups! but you let Eurowave do the work!

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| 1 Session | £22.95 |
| 10 Sessions | £179.00 |
| 20 Sessions | £299.00 |

Traditional Massage

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| Swedish massage (1 hr) | £32.95 |
| Aromatherapy (using pre-blended oils) (1 hr) | £34.95 |
| Full Body Massage with Stones | £44.95 |
| Back Massage (30 mins) | £22.95 |
| Back Massage with Stones | £26.95 |
| Back Massage with Aroma (30 mins) | £24.95 |
| Indian Head Massage (30 mins) | £27.95 |

Laser Hair Removal NOW ONLY £39.95

The latest technology available, to permanently reduce unwanted hair from all areas of the face and body. Please see our separate leaflet for details and prices.