

MANICURES using normal polish

Express Manicure 30 mins £20.00

Cuticle tidy, trim, file, polish, **OR** relaxing hand massage.

Caring Manicure 45 mins £25.00

A hand scrub is applied, nails are soaked, cuticles pushed back, and nails trimmed and filed. A relaxing hand massage is carried out before polish is applied.

Add Heated Mitts 15 mins £5.00

A great addition to any manicure. Deeply nourishing and very good for stiff joints and arthritic conditions.

PEDICURES using normal polish

Quick Pedicure 40 mins £27.00

Hard skin is filed, a scrub and cream are applied, nails are cut & filed, cuticles tidied, and polish applied.

Holistic Pedicure 60 mins £35.00

Feet are soaked in a foot bath, a foot scrub applied, cuticles are pushed back, nails cut & filed and hard skin filed. A foot and leg massage is carried out before a polish is applied.

Add heated booties 15 mins £5.00

Add to any pedicure to make it extra luxurious. Good for aching joints and dry heels.

Callus Heel Peel 30 mins £20.00

A four-step treatment to remove stubborn hard skin from the heel and balls of the feet. Not suitable for diabetics. Course of 3 recommended, £50.00.

JUST NAIL CARE

Cut and File Nails 15 mins £10.00

The nails are trimmed and filed on either the hands or feet. Specify which area when booking.

Cut and File Nails (both) 30 mins £15.00

File & Polish (hands or feet) 20 mins £15.00

A file and polish with normal polish. £3.00 extra for gels.

GEL POLISH using Premier Gel

Gel Manicure 45 mins £28.00

As per Caring Manicure with an application of gel polish.

Gel Pedicure 60 mins £38.00

As per Holistic Pedicure with an application of gel polish.

Express Gels 30 mins £22.00

A cuticle tidy, trim & file, and gel polish. Fingers or toes.

Soak-off Gels 30 min £10.00

Nail Art from 15 min £5.00

A variety of designs available from marbling to diamantes, perfect for summer toes or special occasions, to add a touch of glamour.

LASHES & BROWS

*A patch test is required **24 hours** before all tint & lifting.*

Please book your patch test online or over the phone.

Eyelash Tint 30 mins £14.00

Lasts 6-8 weeks approx.

Eyebrow Tint 15 mins £8.00

Last 3-4 weeks, depending on how dark you go.

Lash & Brow Tint 30 mins £18.00

Brow Tint & Tidy 15 mins £12.00

A brow tint and tidy of the brows with tweezers or wax.

Lash Lift & Tint 60 mins £35.00

This lifts & darkens natural lashes with amazing results.

See our Facebook page for gallery of fantastic results.

Lasts 8-12 weeks approx. No maintenance required.

WAXING

*Lasts around 4-6 weeks. Leave hair ¼ inch before waxing. Avoid hot baths, showers, saunas, steam rooms, sunbeds and sunbathing and moisturisers 24 hours before **and** after waxing. 20% off a course of 3.*

Half leg wax 30 mins £16.00

Full leg wax 45 mins £25.00

Full leg & bikini tidy 60 mins £30.00

Underarm wax 15 mins £8.00

Bikini line wax 15 mins £9.00

High bikini wax 30 mins £15.00

Eyebrow wax 15 mins £8.00

Lip or chin wax 10 mins £7.00

Lip & chin wax 20 mins £10.00

Forearm wax 25 mins £12.00

Brazilian wax 40 mins £25.00

Hollywood wax 50 mins £30.00

Back wax 30 mins £20.00

ELECTROLYSIS HAIR REMOVAL

Using Sterex, one of the leading brands in Electrolysis. A more permanent solution to unwanted hair. Using single, sterile needles to cauterise hair at the base of the follicle. **Buy five get one free on a membership plan.**

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| Consultation | 15 mins | Free |
| Duration | Price per trt | Plan breakdown* |
| 10 minutes | £15.00 | £12.50 |
| 15 minutes | £18.00 | £15.00 |
| 30 minutes | £22.00 | £18.33 |

*Please note the plan breakdown is per treatment.

MONU FACIALS

Base in Cheltenham, Monu have over 35 years' experience in blending the very best pure, natural ingredients combining essential oils, plant extracts and minerals to perfection. **Buy three facials and get 20% off on a pre-paid membership plan.**

Monu Express Facial 30 mins £26.00

Receive a cleanse, tone and, exfoliation using warm mitts, after which a mask is applied, while a scalp or hand and arm massage can be carried out. Moisturiser is applied to finish.

Monu Aromatic Facial 60 mins £37.00

A cleanse, tone and exfoliation is carried out using warm mitts. Then relax with a 20 min face, neck & shoulder massage using aromatic oils. A mask is then applied while you receive a scalp or hand & arm massage. Moisturiser is applied to finish.

Monu Luxury Facial 75 mins £40.00

As per an Aromatic facial with a hot compress and aromatic oils with extra massage round the shoulders and a soothing foot massage included while the mask is on. Moisturiser is applied to finish.

Monu Aromatic Steam 75 mins £41.00

As per an Aromatic facial with the addition of a steam cleanse with the removal of blackheads and whiteheads. Good for congested pores and oily skin or those prone to whiteheads. Emily only.

Monu Radiance Facial 75 mins £43.00

New! As per an Aromatic facial with an algae radiance mask with a relaxing scalp or foot massage. Helps to smooth fine lines and give a radiant glow to the skin. Perfect as a pre-wedding treatment.

Collagen Eye Treatment 30 mins £15.00

Targets fine lines and wrinkles round the eyes. Includes a warm compress and soothing massage to ease eye tension, strain, and headaches. A collagen mask helps nourish this delicate area. Add to any facial for **£10.00**.

THERAPEUTIC MASSAGE

Massage treatment for women only. **Buy five, get one free on a membership plan online or in person.**

Back Massage 30 mins £30.00

Eases knotty tension and relaxes tight muscles using our specialised butterfly massage techniques.

Back, Face & Scalp 45 mins £35.00

Eases tensions & stress and gives a sense of well-being.

Back & Legs Massage 45 mins £33.00

Relaxes tension from the back and back of legs which can often be tight due to stress and tension.

Full Body Massage 60 mins £45.00

A total body massage for mind and body. Eases tension from the whole body, concentrating on specific areas of tension and stress build-up.

HOT STONES MASSAGE

Using volcanic stones heated to work deep into the muscle and ease stress and tension. Women only.

Hot Stones Back 45 mins £35.00

Full Body Stones 75 mins £48.00

JANE IREDALE MAKE-UP

The award-winning vegan friendly, mineral make-up.

Colour Match 15 mins £10.00

Get the right foundation for your skin. Redeemable against any two purchases of mineral make-up.

Cleanse & Make-up 45 mins £25.00

Perfect for any occasion, look your best & feel confident. Suitable for bridesmaids, mum of the bride/groom on the wedding day.

Trial Wedding Make-up 60 mins £40.00

A trial is recommended beforehand to ensure you are happy with everything before your big day.

Make-up for Wedding 60 mins £45.00

Get your make-up done for your special day by a professional. **Call out fee** applies. Packages available.

SPRAY TANNING

*An advanced spray tan system to give superior results. Wear loose, dark clothing, exfoliate prior to treatment and remove deodorant and moisturisers. A perfect pre-holiday treat. Pre-wedding trial just **£10.00**.*

All-over Spray Tan 30 mins £15.00

Perfect for a special occasion and a great pre-holiday treatment, to give you a beach glow before you go! Pre-wedding trial advised only **£10.00**.

Legs or upper body 15 mins £12.00

HILLS SIGNATURE PACKAGES

These packages are the perfect way to spend a morning or afternoon in the salon. Afternoon tea or a beverage are included in these packages. A perfect way to finish a pamper is with a spot of refreshments in the Sugarloaf café downstairs!

Afternoon Tea Package 30 mins £28.00
*2 people in succession**

Enjoy a pamper in the salon followed by a pot of tea with a slice of home-made cake in Sugarloaf café.

Choose **ONE** of the treatments below.

- 30 min Express Facial
- 30 min Back Massage
- 30 min Express Manicure

Monu on the Hills Pamper 75 mins £57.00
*One person advisable**

Enjoy our signature **3 treatment** pamper package which includes:

- 30 min Back massage
- 30 min Express facial
- 15 min Collagen eye treatment
- £2.50 coupon for the Sugarloaf café.

Hills Aromatic up-grade 1hr 45 mins £72.00

Upgrade your Monu on the Hills Pamper from a 30 min Express facial to a 60 min Aromatic facial for just **£15.00** extra! Great value for money.

Hills Back Treatment 30 mins £20.00

The back is cleansed using the Monu Rosewood & Honey wash and exfoliated with Micro exfoliant beads and removed with warm mitts. A 10 min massage is carried out, then a hot compress is applied. Finished with an application of Rose and Lemon enriched cream.

The salon can only currently cater for **one person at a time as there is only one therapist at present. Hence, we have put suggestions on which treatments would suit two people, and which might be better with just one. Perhaps with a break for lunch if there are two of you, and a good book to read while you wait! The walks on the hills are beautiful so this could provide a welcome distraction while waiting. Or pop down to the Sugarloaf café!*

Please book well in advance to avoid disappointment if you are travelling to the area on holiday and would like a pamper. We are more than happy to cater for you, and we hope you have an enjoyable stay in the Malvern Hills!