

Lotus Health & Beauty

151 High Street, Sevenoaks, Kent TN13 1XJ

www.lotushealthandbeauty.co.uk

T: 01732 740222

The treatment will take just under two hours from start to finish, and you will be measured before and after the treatment so that inch loss can be calculated.

The average client will lose between 10 and 14 inches on their first wrap. Many obtain even better results. A course of three wraps is recommended for maximum benefit. The wraps should be taken no less than seven to ten days apart, and clients should lose in excess of 25 inches over the course of three treatments.

EYE CARE

Eyelash tint	£18
Eyebrow tint	£12
Eyebrow wax & shape	£11
Eyelash perm	£45
Eyelash extensions	£80

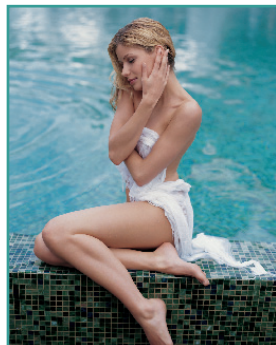


HAND AND FEET CARE

Manicure from	£20
Deluxe manicure and Le Remedi hand treatment	£30
Pedicure	£30
Deluxe pedicure	£35
Acrylic full set	£35 (Maintenance £25)
Gel full set	£40 (Maintenance £30)

WAXING, ELECTROLYSIS, BODY PIERCING

Half-leg wax	£18
Three-quarter leg	£23
Full leg	£28
Bikini from	£18
Brazilian from	£26
Hollywood from	£29
Underarm	£11
Full arm	£20
Half arm	£16
Lip or chin	£8
Back from	£30
Back & chest	£40
Chest & stomach	£30



Appointments cancelled with less than 24 hours notice will be subject to a cancellation charge.

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ELECTROLYSIS

Safe and permanent removal of facial and body hair using sterile disposable needles.

10 mins £15

15 mins £18

BODY PIERCING from £22 to £35 (please ask for details)

TANNING

Sun initiation (60 mins) £45

For a radiant tan: exfoliation with a delicious peeling balm is followed by application of self-tanning hydra cream.

St Tropez	
Spray	£40
Full body cream	£50
Upper body	£35
Legs	£30

MAKE UP

Special occasions	£46
Make up lesson	£50
Bridal makeover & trial	£85

PACKAGES

Mini Top to Toe	£85
Mini facial, manicure & pedicure	

Holiday Top to Toe £95

Half-leg wax, bikini line, underarm, eyelash tint, manicure and pedicure

Deluxe Top to Toe £125

Mini facial, body massage, half-leg wax, bikini, underarm, eyebrow tidy, eyelash tint, manicure & pedicure

Special Occasion £90

Deluxe manicure, pedicure, eyebrow tidy and make up



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Opening Hours
Monday 10am-6pm
Tuesday 9am-7pm
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Friday 9am-7pm
Saturday 9am-6pm

GIFT VOUCHERS AVAILABLE

SOTHYS is the signature of excellence in professional skincare. Through these technically advanced treatments, supporting home care products and personalised advice, we can guarantee results that will enable you to understand, protect and care for your skin.

PROFESSIONAL PEELING SKIN TREATMENT (30 mins) £35

A unique double exfoliation suitable for all skin types except the very sensitive. Wrinkles and pigmentation are diminished. The treatment will bring radiance, refine the skin grain and smooth the features.

FLASH BEAUTY TREATMENT (30 mins) £35

An express treatment to provide rapid skin illumination and maximum relaxation; suitable for all skin types for both men and women. Shows immediate results in a radiant, luminous complexion and improved softness and suppleness.

ACTIVE EYE CONTOUR TREATMENT (30 mins) £35

A triple action freshness treatment for the delicate skin area. Effective on wrinkles and dark circles and bags. This relaxing treatment relieves tiredness, frees congestion and smoothes the skin. Suitable for all skin types.

PROFESSIONAL CORRECTING TREATMENT (1 hour) £45

A five-phase normalising treatment specifically adapted for oily and problematic skins. The skin is soothed and the epidermis is regulated and purified.

IMMUNISCIENCE TREATMENT (1 hour) £45

A specific treatment to soothe, calm and strengthen sensitive and ultra-sensitive skin. Immediate results with skin softened, tightness diminished and suppleness restored.

HYDROPTIMALE (1 hour 10 mins) £55

The ultimate hydration and relaxation treatment for all skin types presenting areas of dehydration. Immediate results after first treatment: with a course for spectacular hydration results, and long-term comfort and suppleness of the skin.

LIFT DEFENSE 2 (1 hour 15 mins) £55

Anti-wrinkle and firming results for all skin types. Recommended for skins showing external signs of ageing. Immediate results after first treatment. Skin appears radiant, feels soft and with increased suppleness. Reduces appearance of lines and wrinkles and improves firmness of skin.

OXYLIANCE (1 hour 15 mins) £55

A treatment specifically created for stressed, tired skins that are exposed to pollution. Skins that are dull, grey and asphyxiated. An incredibly relaxing facial utilising hot towels and essential oils, giving radiance, vitality and protection to your skin.

SKIN LIGHTENING INSTITUTE TREATMENT (1 hr 15m) £55

A skin lightening treatment and home care programme, especially created to offer effective results on reducing localised hyper pigmentation spots, and to lighten the overall appearance of the skin.

SECRETS DE SOTHYS IT

(2 hours 15 mins) for face and body £105

(1 hour 15 mins) for face only £75

The ultimate in Luxury Anti-ageing , De-stressing Face and Body care. Skin is left instantly radiant, smooth moisturised and with the removal of imperfection.

SOTHYS HOMME (FOR MEN) (1 hour) £45

The ultimate detoxifying and de-stressing treatment for men. Hydrates skin parched or sensitised by both wet and dry shaving. Immediate results after first treatment, with increased comfort, relaxation, radiance and detoxification of the skin.

NON SURGICAL FACE LIFT ADVANCED TREATMENTS

Bio-ultimate Age Defying Facial (1 hour) £60

An extraordinary facial which reduces the signs of ageing utilising specialised products and microcurrent Technology. A preventative treatment for younger clients and rejuvenating for mature clients, skin is re-hydrated, circulation is improved and a firmer, revitalised appearance is achieved.

TURBO LIFT FACIAL (40 mins) £55

A quick lifting treatment providing immediate results. Turbo Lift is a 40 minute treatment. An ideal treatment in between botox injections and other injectable fillers.

PLATINUM PEPTIDE FACIAL (40 mins) £45

A signature facial designed to address specific areas of concern resulting in a fresh and youthful appearance.

INVISIBLE EXPRESSION FACIAL (30 mins) £38

Using the New Invisible Expression Masque - a hands free application addresses expression ageing combining Suzuki Sequencig Technology with high performance ingredients for complete firming infusion.

Bio-ultimate body firming treatment (40 mins) £50

Designed to improve the contours of the body. This complete body treatment improves muscle tone, reduces the appearance of cellulite, as well as enhancing skin tone and elasticity. Also available: body, pigmentation and acne treatments.

EXHILARATING EXFOLIATION WITH GINGER (30 mins) £30

A warming and stimulating exfoliation is carried out with a delicious peeling balm, containing oriental spices and essential oils of ginger and nutmeg.

TONIC BUST (50 mins) £40

A soft exfoliation with a loofah followed by a massage with essential oils and a peel-off firmness mask.

DETOXIFYING MARINE BENEFITS (60 mins) £55

An exfoliation with marine salts and citrus essential oils followed by a detoxifying mineral body mask.

MINERAL ENCHANTMENT (90 mins) £65

A stimulating exfoliation with marine salts and essential oils is carried out prior to application of a detoxifying mineral mud.

SLIMNESS WORSHIP (90 mins) £65

A stimulating exfoliation with marine salts and essential oils is carried out prior to application of a green tea and red vine mineral body mask. To finish, a relaxing massage with stimulating essential oils of lemon, grapefruit, cypress, cedar and juniper.

ANTI-EAU COCKTAIL (80 mins) £60

For tired legs. An application of a cryogenic-effect body mask for legs, completed with a decongesting full body massage.

BODY CONTOUR WRAP (2 hours) £75

The Universal Contour Wrap™ exfoliates and cleanses your skin, detoxifies your body, tightens loose tissue and guarantees you exceptional and lasting inch loss. It is excellent for reducing the appearance of cellulite and stretch marks. The treatment works by compressing the soft tissue with elasticated cotton bandages, using special wrapping techniques that 'lift' and 'shape' the body and flatten bulges, whilst the sea clay solution cleanses and purges the body of toxins that are stored between the fat cells.



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Thai Foot Massage (1 hour 15 mins) £45

A massage of the lower legs and feet, with elements of shiatsu and reflexology. It involves hands-on stretching and massage, along with the use of a stick to stimulate the reflex points. The effects can include improved circulation in the legs and it can stimulate lymphatic drainage.

Thai Massage (2 hours) £70

This unique full-body massage is a blend of yoga, acupressure and reflexology and is designed to relax and open the body's natural energy flow. Unlike the scooping and continuous strokes of Western-style massage, traditional Thai massage uses point pressure, muscle stretching and compression done in a rhythmic movement of gentle rocking. Performed on a mat on the floor rather than a couch, the movements assist the restructuring of the musculoskeletal framework with great benefits for athletes, dancers and other people who want to achieve maximum performance.

Velvet Skin Miracle (60 mins) From £55

The treatment begins with a gentle full-body exfoliation, followed by an application of thermal gel, which gently rehydrates the skin. To complete the treatment, a relaxing and nourishing full-body massage.

Wake-up Exfoliation (40mins) £35

A marine salts exfoliation with citrus essential oils. Ultra-stimulating to leave you feeling invigorated.

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Dong Do is the owner of Lotus Health and Beauty. Originally trained in the Far East (Saigon), Dong has achieved a high level of expertise across a broad range of treatments and for the last nine years has furthered her training in Europe achieving certification in no less than 10 disciplines.



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GIFT VOUCHERS AVAILABLE

Holistic Treatments



Aromatherapy Massage (1 hour) £45

A full-body massage including face, using essential oils that provide an invaluable aid to relaxation, balance, stress relief and beauty care. Additionally, the treatment has been shown to be effective with muscular, lymphatic drainage, circulatory, respiratory, digestive and skin problems and depression.

Aroma-Sothys Treatment (1 hour 15 mins) £55

The ultimate in relaxation and innovation, through a special blend of essential oils and massage techniques. A full-body exfoliation and hydration precedes a massage with Sothys massage balls and hot aromatic towels. After the treatment skin is soft, supple and silky smooth – relaxation guaranteed.

Back and Shoulder Massage (Half hour) £25

A massage of the lower back, neck, head and shoulders that helps to reduce levels of stress and tension. Improves blood circulation and facilitates relaxation.

Balinese Massage (1 hour 30 mins) £57

This unique full-body massage works on clearing the energy lines with deep palm compression. The massage starts dry and then a warming oil is applied. This powerful massage will leave you uplifted and recharged and is an effective way of relieving stress; clearing energy lines and boosting circulation. The most important difference is that this will be a life-force change and not just a muscular treatment.

Hopi Ear Candles £35

Now widely used in Europe and Asia, Hopi ear candles can be used to treat a variety of conditions including: headaches, migraine, catarrh, sore throat, tonsillitis, sinusitis, tinnitus, flu, glue ear and the build-up of ear wax. This treatment gives a gentle warming sensation as you relax and let the therapist work with a combination of herbal extracts using the hollow Hopi candle in what is known as Thermo-Auricular-Therapy. The treatment is designed to draw debris out of the ear, stimulate blood and lymph circulation, boost the immune system and regulate pressure within the sinuses.

Hot Stone Massage (1 hour 30 mins) £60

This massage involves the application of water-heated basalt stones of varying sizes, to key parts of the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage. The effect of this will help to provide relief from muscular aches and pains, poor circulation, rheumatic and arthritic conditions, back pain, stress, insomnia and depression.

Indian Head Massage (50 mins to 1 hour) £40

Indian Head Massage balances the body, relieves pressure and soothes away tension, so we can breathe, stand and move more freely. We all have the tendency to build up excess energy and tension in our heads resulting in lines, blemishes, headaches, migraine and eyestrain. This treatment improves blood and lymphatic circulation, relieves tension and improves joint mobility. The complete treatment includes the face, scalp, neck, shoulders and upper back area.

Orient Essences Ceremony (1 hour 30 mins) £65

From South-East Asia. A full-body exfoliation with a delicious peeling balm, followed by a deeply relaxing full-body massage using aromatic bags with hot stones, infused with ginger and nutmeg warming spices and soaked in hot oil.

Orient Sensations (35 mins) £45

This deeply relaxing back massage from South-East Asia is carried out using aromatic bags with hot stones, infused with ginger and warming spices and soaked in hot oil.

Peace of the Senses (45 mins) £40

A soothing full-body massage with orange and marjoram essential oils. A truly de-stressing treatment.

Reflexology (1 hour) £38

Reflexology uses pressure point techniques applied to the feet that work on the energy channels that run through the body. It helps the body maintain a delicate balance between the body's nine systems: skeletal, vascular, neurological, respiratory, muscular, endocrine, reproductive, digestive and genitalia. All these systems work together in harmony to keep us in a good state of health. The aim of treating reflex points is to enhance the energy flow, which in turn allows or encourages the body to heal itself and the systems to work in unison.

Soft Delight Exfoliation (30 mins) £35

A soft exfoliation with loofah, followed by an application of hydra nourishing body lotion, a real delight for sensitive skins.

Sports (Deep Tissue) Massage (1 hour) £45

Full-body massage that helps to combat muscle fatigue by improving the circulation and hastening the removal of waste products and lactic acid. Massage can also help with postural problems by stretching muscles, relaxing tension and mobilising joints. Regular massage during training of any kind can locate and relieve areas of stress that carry a high risk of injury.

Swedish Massage (1 hour) £42

Full-body massage that helps to reduce levels of stress and tension and symptoms associated with anxiety and depression. It can provide relief from headaches, improve sleep patterns, stimulate and improve the body's systems by increasing blood and oxygen supply, and promote the removal of waste and toxins from the body by stimulating the lymphatic system.