



COCO  
BEAUTIQUE

Luxury Treatment Menu



## COCO BEAUTIQUE

*Coco Beautique is dedicated to providing a superior service of bespoke treatments and therapies of beauty and well being, delivered by our client centered expert staff, using best quality personal care products to international standards. We manage our clients beauty and care regimes in a way that encourage and support a lifelong relationship.*

*Operating within a code of ethics and fostering a culture of respect and dignity towards our clients, staff members and our neighbours. We are conscious of our place in, and impact on, the environment and strive through our policies and procedures to be 'clean' and 'green'.*

*The Coco Team x*



## ESPA Treatments

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, and will include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate healthy radiant skin we recommend a facial once a month.

## Skin Solutions

### Optimal Skin Profacial (60 mins) £80

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques.

Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion. This facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

### Skin Radiance Facial (60 mins) £80

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

### Re-Hydrator Facial (60 mins) £80

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

### De-Sensitiser Facial (60 mins) £80

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

### Skin Purifying Facial (60 mins) £80

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

## Intensive & Age Defying

### Age-Defyer Facial (60 mins) £80

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

## ESPA Express

25 minute ESPA treatments to complement your treatment with a:

### Lift & Firm Eye Treatment (25 mins) £30

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

### Shoulder, Neck & Scalp Massage (25 mins) £30

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

## ESPA Body Treatments

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

### Back, Face & Scalp Treatment (90 mins) £110

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and hot stone back massage – personalised facial – scalp massage

### Aromatherapy Massage (60 mins) £80

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

### Hot Stone Massage (60 mins) £80

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

## ESPA Express

(25 mins) £90

add ESPA express treatment to complement your treatment with one of the following:

### Shoulder, Neck & Scalp Massage (25 mins) £30

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

### Salt & Oil Scrub (25 mins) £30

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

### Invigorating Foot Treatment (25 mins) £30

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

## ESPA For Men

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

### Mens Shoulder, Neck & Face Massage (60 mins) £80

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

*Includes: Double cleanse – exfoliation – steam and extraction – face massage – mask – scalp massage.*

### Back, Face & Scalp Treatment (90 mins) £110

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

*Includes: Back exfoliation – back massage – facial – scalp massage.*

### Aromatherapy Massage (60 mins) £80

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

*Choose from the following:*

Detoxifier , De-Stresser, Muscle Relaxer, Jet-Lag Reviver,  
Immune Booster, Energiser, Body Toner

*Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/ shoulder massage.*

### Hot Stone Massage (60 mins) £90

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

*Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/ shoulder massage.*

## Osteopathy

Osteopathy is a unique system of massage, stretching and manipulation designed to improve body alignment, joint mobility and impaired conditions of soft tissues (such as muscles, tendons, ligaments and fascia)- and disorders due to trapped nerves. Osteopathy is also a way of detecting, treating and preventing health problems, based on the principle that the wellbeing of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together.

Cranial Osteopathy is the application of light/therapeutic pressure on your head and sacrum. This gentle and effective technique helps assist the respiration (or Primary Respiratory Mechanism) of any lost micro movements of the bones, membranes and structures related to the cranium. It aims to beneficially affect the nerve receptors that lie within the joints of the skull (i.e. cranial sutures) and the circulation of cerebrospinal fluid. Ultimately, it's objective is to guide your whole body towards a healthier midline, better function and self-healing. This practice is also known as Cranio-Sacral Therapy as it assists your body in improving the involuntary mobility of the sacrum between the ilia and the sacrum with the cranium, as well as promoting the overall synchronicity of your body. It is very relaxing and helps all the structures in your body feel connected!

### First Initial consultation (60 mins) £90

Please note that your first treatment with the Osteopath will include:

- 20 to 30 minutes taking a detailed medical history, including past and present symptoms and injuries,
- 10 to 15 minutes of thorough postural, joint and muscle assessment and specific tests to rule out any underlying medical conditions.
- 15 to 20 minutes of treatment. The osteopath will also give advice and exercises to help you recover. It is often better to not over-treat; Therefore 20 minutes is more than enough to tackle the issue(s) and to benefit from treatment as much as possible and let your body heal.

### Follow up consultation (40 mins) £60

Includes: 10-15 minutes of examination and between 25 – 30 minutes of treatment.

## Physiotherapy

Physiotherapy aims to help someone overcome pain and improve function using mainly 'active approaches' (where patients are actively engaging) such as rehabilitation, movement re-education, exercise therapy but also some 'hands on' techniques

First Initial Consultation (45 mins) £85

Follow Up Therapies (30 mins) £60

## Acupuncture

Acupuncture & Traditional Chinese Medicine (60 mins) £75

(TCM centuries old effective natural and holistic treatments)

Acupuncture heals your body based on the theory of smooth a flow of blood and energy (Qi) to be disease free, produce dopamine and endorphin hormones, reduce inflammation and pain.

According to Chinese theory, we're made up of the 5 Elements:

Wood, Earth, Metal, Fire and Water. They're our creative and controlling energies and ideally should all be in balance. The Elements out of balance are known as the causative factor and become apparent in many ways. The causative factor is a POSITIVE thing. When you come for treatment and you're out of balance, then these problems will become evident to the trained practitioner. Your 5 Element Acupuncturist will be able to diagnose problems within you by evaluating your colour, sound, odour or emotion. This enables them to put together a treatment plan that will treat your causative factor or what Element you represent. This ancient system enables the body/mind/spirit to heal itself, as far as nature will allow. This principle of traditional acupuncture is important, because it means the underlying cause of the disease is being dealt with rather than the symptom merely being swept under the carpet, only to reappear in the future. Not only dealing with your condition by restoring the overall balance of energy, 5 Element Acupuncture may help you to feel better in a general way, by promoting an improved quality of life.

Cosmetic Acupuncture 60minutes £120

is a totally natural and holistic anti-ageing treatment that aims to reduce fine lines and wrinkles. Cosmetic Acupuncture, in contrast, will require a course of treatment to show pronounced results. However, the whole face is treated and as body points are also used, a patient's health and wellbeing can be greatly improved by undertaking a series of treatments. Facial patients often report that they feel healthier, sleep

better, have brighter eyes and feel more balanced; those are the kind of side effects we like! The acupuncture points and the way that they are used in a Cosmetic Acupuncture session have all been chosen specifically with this overall achievement of wellbeing in mind. This treatment also works on lifting the face, particularly where the face begins to sag around the 'jowls' and the cheek area, rather than simply targeting wrinkles. Studies published in the International Journal of Clinical Acupuncture in 1996 showed that of 300 people who received Facial Acupuncture, 90% demonstrated marked results after only their first treatment. Over a course of treatments you can not only expect to be looking more radiant, but you will also start to feel more at balance and happy within yourself

Follow up consultation (40 mins) £60

Includes: 10-15 minutes of examination and between 25 – 30 minutes of treatment.

## Lash and Brow treatments:

Brow wax £10

Brow Tweeze £8

Brow sculpt £15

Brow tint £10

Lash tint £15

Eye trio (lash tint, brow tint and brow shape) £30

## Enhancements *(Consultation required)*

### Anti Wrinkle Injectables

Anti-wrinkle injections are used most commonly to reduce the appearance of lines formed from facial expression. They are safe, quick and effective.

Injectable filler is a soft tissue to help fill in facial wrinkles, restoring a smoother appearance. These procedures are administered by a GP.

1 area	£250
2 areas	£300
3 areas	£350
Excessive Sweating <i>(for both under arms)</i>	£350
Non Surgical Jaw Reduction	£250
Nefertiti Neck Lift	£300 <i>(from)</i>
Dermal Fillers <i>(can be split between various treatable areas)</i>	£250 <i>(from)</i>
Nose augmentation	£300 <i>(from)</i>
Tear trough	£300 <i>(from)</i>
8 point face lift	£350 <i>(from)</i>

### Semi Permanent Makeup

Is an advanced technique which will enhance your natural beauty and add shape and definition to your features. The procedure involves applying coloured pigments into the dermal layers of the skin, following the same basic principles as cosmetic tattooing. The look is achieved by working together to choose the desired colour and shape. You can have stunning smudge-free make-up that can last up to 18 months, or in some cases, longer. It is an effective alternative to cosmetic pencil applied to the eyebrows, eyelids and lips.

Eyeliners and eye lash	£200 <i>(from)</i>
Brows	£350 <i>(from)</i>
Lips	£300 <i>(from)</i>
Beauty spot	£100 <i>(from)</i>

## General Waxing

### Waxing

	hot	warm
Bikini	£15	£12
Californian	£20	£15
Brazilian	£30	£25
Hollywood	£35	£30
Half Leg		£20
Half Leg & Bikini		£30
Half Leg & Brazilian		£42
Full Leg		£30
Full Leg & Bikini		£38
Full Leg & Californian		£40
Full Leg, Bikini & Underarm		£45
Underarm	£12	£10
Full Arm		£18
Forearm		£15
Upper Lip	£12	£10
Chin	£7	£5
Side of Face	£12	£10
Tummy		£10
Chest		£20
Back		£20

## Manicure & Pedicure Lounge

Spa manicures and pedicures represent the ultimate indulgence in nail care. At Coco, we exclusively use heavenly and specially chosen scented body and bath oils and lavish scrubs to make your experience as luxurious as can be.

Using only the finest spa nail products, let our team beautify hands and feet whilst you lap up the sumptuous scents and surroundings.

## Manicures & Pedicures

Revival Manicure (40 mins) £30

This exceptional skin softening hand exfoliation combines sea salts with essential oils to leave your hands and arms nourished, smooth and supple.

Including cuticle work skin removal ,shaping , buffing and finishing with an OPI Polish

Invigorating Pedicure (60 mins) £50

Hard Skin Removal £10

*Add a gel finish to your pedicure or manicure for longer lasting result for £10*

Express gel Manicure (35 mins) £30

Express gel Pedicure (35 mins) £30

Removal only £10

## Sunless tanning

½ body £25

Full body £35

## Packages

We offer the following packages across all our treatments.

Purchase 5 of the same and receive 6th complimentary

Purchase 10 of the same and receive 3 therapies complimentary



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### Cancellation Policy

Within 2 hours 75% charge on the booked therapy

No show is 100% charge on the booked therapy

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