



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



Facial Treatments

Our facials begin with a detailed consultation and in-depth skin analysis to identify skin conditions. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask.

To maintain the ultimate in healthy radiant skin we recommend a facial once every four weeks.

Skin Solutions

Optimal Skin Profacial (60 mins)

£70

Rebalance, hydrate and revitalise with this targeted facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

Radiance Facial (60 mins)

£70

This facial treatment aids in refreshing tired skin, giving a brighter and naturally radiant appearance. and brighten the skin to deliver instant results.

Hydrating Facial (60 mins)

£70

An intensive facial for dehydrated skin leaving it nourished and supple, leaves skin smooth and feeling rejuve-nated.

Sensitive Skin Facial (60 mins)

£80

A facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

Problematic Skins Facial (60 mins)

£80

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

Anti Aging Facial (60 mins)

£80

A regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck to aid against the signs of ageing.

Add On

25 minute treatments to complement your treatment with a:

Eye Treatment (25 mins)

£25

Shoulder, Neck & Scalp Massage (25 mins)

£25



Body Massage Treatments

Deep Tissue Sports Massage (60 mins) £70 (90 mins) £90

Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

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

this experience delivers results by targeting three key areas – the back, the face and the scalp, Includes:

Back exfoliation and hot stone back massage – bespoke facial – scalp massage.

Aromatherapy Massage (60 mins) £70

essential aromatherapy oils choose by you for your unique needs.

Add On

Foot Treatment (25 mins) £30

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. In-cludes a refreshing exfoliation and a deeply therapeutic foot and lower leg 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 dis-orders 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 con-nective 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 move-ments 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, its 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 involun-tary mobility of the sacrum between the ilia and the sacrum with the cranium, as well 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 underly-ing 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.



Acupuncture

Acupuncture and Traditional Chinese Medicine (60 mins) £75

(TCM) are centuries old effective natural and holistic treatments. Acupuncture heals your body based on the theory of smooth 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 (60 mins) £120

Cosmetic Acupuncture 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.



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

Manicures & Pedicures

Revival Manicure (40 mins) £25

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) £40

Hard Skin Removal £10

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

Express gel Manicure (35 mins) £20

Express gel Pedicure (35 mins) £20

Removal only £5

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

Purchase 5 of the same and receive 6th complimentary

Purchase 10 of the same and receive 3 therapies complimentary

