



SLEEPING
BEAUTY
SALON LIMITED

AWARD WINNING SALONS

TEL: 0844 445 7771
WWW.SLEEPINGBEAUTYSALON.COM



OUR MISSION

“To bring together a highly motivated and trained team of individuals who will go beyond the call of duty to provide our clients with an atmosphere of relaxation and a first class service, not only the first time, but every time.”



THESE TREATMENTS MAY NOT BE AVAILABLE AT ALL LOCATIONS. CONTACT US FOR DETAILS.

ABOUT US

Sleeping Beauty Salon is a small chain of salons across Scotland, founded in 1999. We believe it's the little things that make the difference; from our hand-made Aromatherapy Candles to our Signature range of treatments, we provide an experience that is just a little bit different.

We have a diverse range of treatments to beautify, relax and indulge and our amazing team are always available to advise on the best treatments and products to meet your needs.

We are honoured to have received several awards over the years and we strive to provide a service that is second to none.

For regular clients we have a loyalty scheme that is free to join and treats you to 3 points per £1 spent.

We advise new clients read our 'Useful Info' page at the end of this treatment menu before your first visit.

"There is nothing sleepy about this salon with well-trained staff and a fantastic mix of treatments."
Professional Beauty Awards

"Best Salon for a bright modern interior."
Scottish Woman Magazine

Platinum Membership

Members receive the discounted prices shown to the right of standard prices in this brochure, along with a host of other benefits such as exclusive invites to events, discounts on products purchased and much more. Since our Platinum Membership scheme started our members together have saved over £60,000!

New members purchase a 6 month or 12 month membership (prices below). After this has concluded members will be given the option to continue on a pay monthly basis.

These prices include £50 each month being credited to your account to spend on treatments/products along with your membership discounts. For more details ask a member of our team.

1 YEAR MEMBERSHIP	£550.00
6 MONTH MEMBERSHIP	£285.00



ELEMIS FACIALS

“Where the science of nature meets the science of skin”

	LIST	MEMBER
ELEMIS TASTER FACIAL	37.00	29.60
The perfect way to experience the Elemis range. This treatment will give a quick pick-me-up for dull, lifeless skin. (30 min).		
DYNAMIC RESURFACING PRECISION PEEL	65.00	52.00
Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. (60 min).		
WHITE BRIGHTENING PIGMENT PERFECTOR	65.00	52.00
Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion. (60 min).		
SENSITIVE SKIN SOOTHER	65.00	52.00
Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm. (60 min).		
ANTI-BLEMISH MATTIFY AND CALM	65.00	52.00
A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin. (60 min).		
SUPERFOOD PRO-RADIANCE	65.00	52.00
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health. (60 min).		
PRO-COLLAGEN AGE DEFY	70.00	56.00
Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. (60 min).		
PRO-DEFINITION LIFT AND CONTOUR	70.00	56.00
Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect. (60 min).		

BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

LIST MEMBER

BIOTEC SKIN RESURFACER 70.00 56.00
This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. (60 min).

BIOTEC ANTI-PIGMENT BRIGHTENER 70.00 56.00
This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion. (60 min).

BIOTEC RADIANCE RENEW 70.00 56.00
This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin. (60 min).

BIOTEC BLEMISH CONTROL 70.00 56.00
A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion. (60 min).

BIOTEC SENSITIVE SKIN SOOTHER 70.00 56.00
This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin. (60 min).

BIOTEC LINE ERASER 75.00 60.00
Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines. (60 min).

BIOTEC FIRM-a-LIFT 75.00 60.00
Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted. (60 min).



The most advanced non-surgical treatment system. The CACI Ultra system incorporates 4 different technologies within one state-of-the-art treatment device, Microcurrent, Ultrasonic Peel, Hydratone and LED Light Therapy Photo Stimulation. Note that a course of 10-15 is required for best results. One treatment will have a visible result that will last up to 72 hours.

LIST MEMBER

CACI NON-SURGICAL FACELIFT

The electrical energy from this non-surgical facelift stimulates and re-educates the muscles to either relax or contract. Consequently, muscle tone is improved, facial contours are re-defined and lines and wrinkles are softened and smoothed. (55 min).

1 TREATMENT	60.00	48.00
COURSE of 10	510.00	408.00

CACI SUPER NON-SURGICAL FACELIFT

A longer session that allows our therapists to concentrate on your specific areas of concern. This ultimate anti-ageing facial, lifts, firms and tones to redefine facial contours, plumps out deep lines and wrinkles and intensively hydrates the skin. (70 min).

1 TREATMENT	70.00	56.00
COURSE of 10	595.00	476.00

CACI EYE REVIVE

Concentrating on the eye area this treatment lifts and tones the eyes which reduces drooping or hooded eyelids. Intense hydration and repair of the skin leaves the eyes bright, lifted and smooth. (30 min).

1 TREATMENT	35.00	28.00
COURSE OF 10	297.50	238.00

CACI JOWL LIFT

The CACI Jowl Lift facial has been developed to target loose muscles around the jaw line and improve the appearance of sagging jowls by using the Quad Probes which have been specifically developed to target the muscles around the jaw line. (20 min).

1 TREATMENT	30.00	24.00
COURSE of 10	255.00	204.00

WRINKLE COMB

The Wrinkle Comb combines LED photo stimulation with high frequency electrical stimulation to effectively plump out and soften deep lines, wrinkles, blemishes and stretch marks. The Wrinkle Comb provides the first non-invasive needle-free alternative to collagen injections/dermal fillers. (15 min).

1 TREATMENT	25.00	20.00
COURSE of 4	75.00	60.00



CACI HYDRATONE

Intensive skin hydration and face firming treatment. Using a mask infused with powerful hydrating properties (Collagen, Hyaluronic Acid, Vitamin E and C). De-hydrated and sun damaged skin is immediately quenched, whilst deep lines and wrinkles are plumped out. The face will be left with a remarkably softer, radiant and more youthful appearance. (30 min).

1 TREATMENT	40.00	32.00
COURSE of 10	340.00	272.00

CACI ULTIMATE

The ultimate anti-ageing treatment! Includes Skin Peeling, Wrinkle Comb, CACI Non-surgical Facelift & Hydratone. (90 min).

1 TREATMENT	90.00	72.00
COURSE of 10	765.00	612.00

CACI SKIN PEELING

A crystal-free and chemical-free skin resurfacing procedure, to achieve a clearer smoother complexion. It works by gently removing the superficial layer of skin. This deep exfoliation is used with red and blue light therapy to brighten and rejuvenate tired, lacklustre, ageing skin. (45 min).

1 TREATMENT	55.00	44.00
COURSE of 6	275.00	220.00

CACI ACNE TREATMENT

An intensive skin hydration treatment to calm inflamed acne which includes the CACI gel mask infused with powerful hydrating properties such as Vitamin E, Hyaluronic Acid and Collagen. LED phototherapy is used to improve blood flow and stimulate lymphatic drainage. (30 min).

1 TREATMENT	35.00	28.00
COURSE of 6	175.00	140.00

CACI ELECTRO-CELLULITE MASSAGER

The Electro Cellulite Massager (ECM) combines the therapeutic benefits of massage with the effectiveness of micro-current therapy. The treatment utilizes conductive rollers, electrically charged with micro-current. These rollers are designed to pivot to the body contours, targeting specific problem areas and helping to break down fatty deposits, tone and reduce inches. (35 min).

1 TREATMENT	40.00	32.00
COURSE of 10	340.00	272.00

MICRODERMABRASION

Ever wondered how those famous faces stay looking so young? Microdermabrasion literally takes years off you by gently exfoliating the outer layers of the skin. Microdermabrasion treats a vast array of skin concerns, on both the face and body, using a safe and controlled method of skin resurfacing. The treatment provides immediate visible results for ageing skin, lines & wrinkles, open pores, scars, stretch marks and much, much more. You'll see the difference after just one treatment, for more problematic skin concerns, however, a course of 6-10 may be recommended. With regular treatments, the skin increases its collagen and elastin formation, to give you a naturally firmer and more rejuvenated look.

LIST MEMBER

MINI FLASH MICRODERMABRASION

Great for those wanting to try Microdermabrasion or as a quick-fix to clean out pores. Includes cleansing, toning, microdermabrasion and moisturisation. (25 min).

1 TREATMENT	42.00	33.60
COURSE of 6	210.00	168.00

BEAUTY FLASH MICRODERMABRASION

Maximise the results of your Microdermabrasion with a powerful hydrating mask to plump out and calm skin and leave you with a softer, radiant and more youthful appearance. (40 min).

1 TREATMENT	55.00	44.00
COURSE of 6	275.00	220.00

DELUXE MICRODERMABRASION

Includes Beauty Flash and a relaxing Face, Neck, Upper Back & Shoulder Massage with a Collagen Firming Eye Treatment. (75 min).

1 TREATMENT	80.00	64.00
COURSE of 6	400.00	320.00



COMCIT

COMCIT (Cryo Oxygen Microchannelling Collagen Induction Therapy) is the very latest in a rich history of award winning and industry revered skincare machines from Crystal Clear. It offers their simultaneous delivery of Cryo Oxygen whilst the unique Microchannelling Roller creates hundreds of microscopic channels in the skin's epidermal/dermal junction, allowing the topical infusion of powerful skin rejuvenation ingredients to be driven into the skin.

COMCIT works from the inside out, resulting in instantly smooth, fresh, firmer, plumper and more youthful skin, reduced lines and wrinkles, tauter and more rejuvenated skin and promotion of new collagen growth. Results are immediate and your skin will feel firmer from the very first treatment. For a total rejuvenated skin we recommend a course of 6 treatments taken 2 weeks apart.

	LIST	MEMBER
COMCIT including OXYGEN (50 min)	90.00	72.00
COURSE of 6	450.00	360.00
COMCIT including MICRODERM (65 min)	105.00	84.00
COURSE of 6	525.00	420.00

MASSAGE

LIST MEMBER

RELAXING MASSAGE

A soothing and deeply relaxing massage using aromatherapy oils. Available with your choice of either relaxing, revitalising or a detoxifying blend and in either light, medium or firm pressure to your own request.

BACK, NECK & SHOULDER (30 min)	36.00	28.80
BACK, NECK & SHOULDER (45 min)	46.00	36.80
FULL BODY (60 min)	56.00	44.80
FULL BODY (75 min)	66.00	52.80

DEEP TISSUE MASSAGE

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Using our sports massage blend with detoxifying Juniperberry, circulation stimulating Rosemary and warming Black Pepper. Helps relax, recharge and re-energise, whilst tension melts away.

BACK, NECK & SHOULDER (30 min)	38.00	30.40
BACK, NECK & SHOULDER (45 min)	48.00	38.40
FULL BODY (60 min)	58.00	46.40
FULL BODY (75 min)	68.00	54.40

SIGNATURE ROSE & JASMINE MASSAGE

This blissful treatment incorporates our own Rose & Jasmine Massage Candles. It starts with a Welcome Foot Ritual before light body brushing after which the warm oils and natural butters from the massage candle are drizzled over the skin for your massage treatment, to melt away tension and delicately nourish the skin.

BACK, NECK & SHOULDER (50 min)	50.00	40.00
FULL BODY (80 min)	75.00	60.00

HOT STONES MASSAGE

Our hot stones massage starts with a gentle body brushing followed by a soothing massage that quenches the skin, combined with smooth basalt stones that gently ease deep muscular tension and accumulated stresses from the body whilst soothing the mind and soul.

BACK, NECK & SHOULDER (30 min)	38.00	30.40
BACK, NECK & SHOULDER (45 min)	48.00	38.40
FULL BODY (60 min)	58.00	46.40
FULL BODY (75 min)	68.00	54.40

ADD ON

PARAFFIN WAX BACK PACK (20 min)	15.00	12.00
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Our muscle relaxing Paraffin Wax back treatment is perfect before any massage to warm and detoxify tense muscles.

MASSAGE

LIST MEMBER

HOT LAVA SHELL MASSAGE

This special treatment elevates hot stone massage to the highest level using tiger clam shells heated by a unique volcanic lava and seaweed mix. As the polished shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. Extend your treatment to focus on the tummy to help relieve the symptoms of IBS and bloating.

BACK, NECK & SHOULDER (30 min)	40.00	32.00
BACK, NECK & SHOULDER (45 min)	50.00	40.00
FULL BODY (60 min)	70.00	56.00
FULL BODY WITH FACE (75 min)	80.00	64.00
TUMMY (15 min)	20.00	16.00

THAI STYLE MASSAGE

Our signature Thai Style massage starts with a Thai foot soak while the fragrant herbs and spices permeate the air refreshing and uplifting the senses. A gentle body brushing follows before an exotic oil of Ylang Ylang, Nutmeg, Lime and Coconut is drizzled and massaged into the skin, warming, toning and strengthening. Using heated herbal compresses containing 17 traditional Thai herbs for a fantastic traditional yet modern massage.

BACK, NECK & SHOULDER (30 min)	40.00	32.00
BACK, NECK & SHOULDER (45 min)	50.00	40.00
FULL BODY (60 min)	70.00	56.00
FULL BODY WITH FACE (75 min)	80.00	64.00

JUSTBE AROMATHERAPY

Our Justbe Aromatherapy treatments have been created exclusively for Sleeping Beauty using the Scottish range of Justbe products. Designed to help you achieve a deep sense of relaxation and reconnect mind & body. The treatments start with a detoxifying foot scrub and body brushing.

BACK, NECK & SHOULDER (50 min)	55.00	44.00
FULL BODY (80 min)	80.00	64.00
FACE & BODY INDULGENCE (90 min)	90.00	72.00

INDIAN HEAD MASSAGE (45 min)	45.00	36.00
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A treatment based on old Ayurvedic techniques involving work on the upper back, neck, shoulders, face and scalp. A variety of massage movements are used to relieve accumulated tension and stimulate circulation as well as to reduce stress and fatigue and improve mental clarity.

REFLEXOLOGY

LIST MEMBER

REFLEXOLOGY

45.00 36.00

A gentle therapeutic foot treatment incorporating pressure points that mirror the body's key systems. This is an ancient healing art bringing soothing relief in modern times. (45 min).

LUXURY REFLEXOLOGY

55.00 44.00

A luxurious spa treatment with a calming hot stone foot soak to refresh tired feet before a foot and lower leg exfoliation. After your reflexology session, feet will be massaged with hot stones to leave you walking on air! (60 min).

LAVENDER & STONE REFLEXOLOGY PEDICURE

70.00 56.00

The most amazing pedicure, combining a Lavender Salt Scrub exfoliation, Hot Stone Lower Leg & Foot Massage, Reflexology and Pedicure (nail shaping, cuticle work, hard skin treatment and polish). 90 minutes of bliss!



PREGNANCY

These treatments have been specially selected as suitable and safe for during pregnancy. They can help restore moisture, ease the effects of water retention and increase circulation resulting in a more restful night's sleep. Other treatments may be adaptable so please ask us for further information.

LIST MEMBER

PREGNANCY MASSAGE



Recommended from 12 weeks - using specialised positioning on our unique pregnancy massage bump-bag you are safely supported, taking the strain off your lower back. A nurturing and relaxing blend of special oils are used to condition the skin so you can be ensured the ultimate in safety, comfort and relaxation.

BACK, NECK & SHOULDER (30 min)	38.00	30.40
FULL BODY (60 min)	58.00	46.40

MINI MUM-TO-BE FACIAL (30 min)	37.00	29.60
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Certain products with highly concentrated essential oils or acids are not recommended during pregnancy so this facial uses specially selected Elemis products that have been certified as safe during this special time. Includes double cleansing, exfoliation, treatment mask, face, neck & shoulder massage and moisturisation. (30 min).

PREGNANCY PEDICURE	45.00	36.00
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This indulgent pedicure includes a champagne fizz foot soak, toenail cutting, cuticle tidy, hard skin buff, refreshing & cooling foot mask, extended foot & lower leg massage and polish application. (60 min).

PREGNANCY MANICURE	40.00	32.00
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This luxurious manicure includes nail shaping, cuticle tidy, gentle exfoliating skin polish, deeply hydrating honey hand mask, hand & lower arm massage and polish application. (55 min).

GREAT EXPECTATIONS	105.00	84.00
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A special package for mums-to-be. Includes our Pregnancy Back, Neck & Shoulder Massage, Mini Mum-to-Be Facial and Pregnancy Pedicure. (100 min).

PREGNANCY PAMPER	140.00	112.00
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Includes our Pregnancy Back, Neck & Shoulder Massage, Mini Mum-to-Be Facial, Pregnancy Pedicure & Pregnancy Manicure (135 min).

LIST MEMBER


EXOTIC LIME & GINGER SALT GLOW 50.00 40.00
 Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. (40 min).

SLEEPING BEAUTY SIGNATURE SALT GLOW 50.00 40.00
 Using your choice of our 2 handmade Aromatherapy Salt Scrubs: Rose & Jasmine or Bergamot, Grapefruit & Lime, skin will be buffed smooth, followed by a liberal application of our body souffle to leave skin feeling moisturised, smooth and soft. (40 min).

GARDEN OF ENGLAND ROSE RESTORE 65.00 52.00
 Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leave skin exquisitely moisturised, intensely supple and delicately scented. (60 min).

HOT MINERAL BODY BOOST 65.00 52.00
 This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness. (60 min).

CONDITIONING ORIENTAL BODY WRAP 50.00 40.00
 An Oriental body mask to detoxify the mind, body and soul. This treatment stimulates the senses, aids detoxification and helps to treat cellulite. Whilst cocooned you will receive a blissful scalp massage before being massaged from top to toe with a stimulating cream of spearmint, lime and lemongrass. (50 min).

UNIVERSAL CONTOUR WRAP  95.00 76.00
 The Universal Contour Wrap is one of the world's leading inch-loss treatments and clients on average will lose 10-14 inches from their first treatment. The wrap doesn't just deliver exceptional inch loss; the unique clay formula and special wrapping techniques also tighten and tone your body whilst exfoliating and cleansing the skin. Whilst wrapped for an hour you will also receive a complimentary relaxing Elemis Taster Facial adapted to your skin. (120 min).

COURSE of 3 235.00 188.00



THREADING

Threading is a traditional method for hair removal practised widely in Asia and the Middle East and now becoming popular in the West. The treatment involves twisting and rolling a thread of pure cotton around the hairs to remove individual hairs from the follicle. Threading is gentler on the skin than waxing so is good for sensitive skin and is also good for clients with allergies or clients on skin thinning medications such as Roaccutane.



	LIST	MEMBER
EYEBROWS (20 min)	15.00	12.00
LIP OR CHIN (15 min)	12.00	9.60
LIP & CHIN (20 min)	20.00	16.00
LIP & EYEBROW (20 min)	20.00	16.00
FULL FACE (40 min)	40.00	32.00

★ **EPIL PRO**
LERWICK SALON ONLY

Epil Pro is a permanent progressive hair removal system that is an effective and safe alternative to laser/IPL treatments on small areas. It is relatively pain-free and uses static energy and sound waves to destroy the papillary cells at the hair root and prevent regrowth. A free consultation is available in advance of your first treatment. Minimum treatment charge of £10.

5 MINUTE SESSION	10.00	8.00
PRICE PER ADDITIONAL MINUTE	1.50	1.20



TOP TIP

A consultation and patch test (£20) is required in advance of your first IPL treatment and this is redeemable against your first full treatment.

PERMANENT HAIR REDUCTION

A revolutionary, third-generation Intense Pulsed Light system that has been clinically proven to permanently reduce hair growth - quickly and efficiently eliminating hair from all parts of the body and face. Typically 6-12 treatments are required.

	LIST	MEMBERS	COURSE of 6	MEMBERS
FLASH/SPOT AREA	25.00	20.00	-	-
UPPER LIP	40.00	32.00	200.00	160.00
CHIN	60.00	48.00	300.00	240.00
FACE	120.00	96.00	600.00	480.00
BIKINI	90.00	72.00	450.00	360.00
G-STRING BIKINI	100.00	80.00	500.00	400.00
PLAYBOY	110.00	88.00	550.00	440.00
HOLLYWOOD	120.00	96.00	600.00	480.00
UNDERARMS	70.00	56.00	350.00	280.00
FULL LEG	295.00	236.00	1475.00	1180.00
LOWER LEG	195.00	156.00	975.00	780.00

PHOTO REJUVENATION/VEIN & ROSACEA

IPL will rejuvenate your skin by stimulating deep collagen production. Your skin will appear smoother, plumper and lifted with uneven skin tone and skin texture greatly improved. Open pores will also be minimised. The treatment of red veins, age spots or other pigmentation, rosacea and scar tissue are all included in a rejuvenation session. Most people will need at least 6 treatments taken 6-8 weeks apart for effective long-term results.

	LIST	MEMBERS	COURSE of 6	MEMBERS
FLASH/SPOT AREA	25.00	20.00	-	-
FULL FACE	175.00	140.00	875.00	700.00
FULL FACE & NECK	225.00	180.00	1125.00	900.00
FULL FACE, NECK & CHEST	270.00	216.00	1350.00	1080.00
CHEEKS	70.00	56.00	350.00	280.00
NOSE	40.00	32.00	200.00	160.00
UPPER LIP	40.00	32.00	200.00	160.00
CHIN	60.00	48.00	300.00	240.00
FOREHEAD	80.00	64.00	400.00	320.00
CENTRE OF BROWS	30.00	24.00	150.00	120.00
CHEST	125.00	100.00	625.00	500.00
CROW'S FEET	80.00	64.00	400.00	320.00
LEGS (SUPERFICIAL VEINS)	50.00	40.00	250.00	200.00

WAXING

Is it possible to have a beautiful waxing experience? We think so! Our aim is to make waxing treatments as natural and pleasant as possible. We offer free hygiene wipes for you to use before your wax and with no double dipping on bikini or underarms you can rest assured that we operate to the strictest hygiene standards.. Body brushing and a soothing post-wax massage, ensure pain is a distant memory.

We have a choice of strip and hot waxes, using only the finest resins, natural ingredients and aromatherapy oils to deliver superior performance, removing stubborn hair as short as 1mm (1/16"). Hot waxes can be re-applied on just-waxed areas immediately without discomfort or irritation - excellent on the most sensitive areas such as underarms, face and bikini.

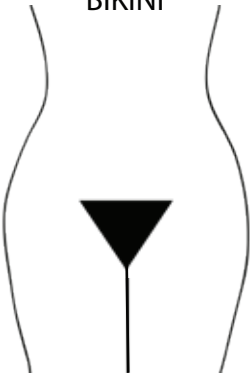
	STRIP WAX		HOT WAX	
	LIST	MEMBER	LIST	MEMBER
1) EYEBROW TIDY	10.50	8.40	11.50	9.20
2) EYEBROW RESHAPE	13.00	10.40	14.00	11.20
3) LIP	9.00	7.20	9.50	7.60
4) CHIN	9.50	7.60	10.00	8.00
5) LIP & CHIN	13.00	10.40	14.00	11.20
6) FACIAL	17.50	14.00	19.00	15.20
7) UNDERARM	14.00	11.20	15.50	12.40
8) FOREARM	18.50	14.80		
9) 1/2 LEG	20.00	16.00		
10) FULL LEG	30.00	24.00		
11) BIKINI LINE	15.00	12.00	17.00	13.60
12) G-STRING BIKINI	20.00	16.00	25.00	20.00
13) PLAYBOY BIKINI			38.00	30.40
14) HOLLYWOOD BIKINI			41.00	32.80

WAX PACKAGES

1/2 LEG/BIKINI/UARM	45.00	36.00	50.50	40.40
FULL LEG/BIKINI/UARM	55.00	44.00	62.00	49.60
1/2 LEG/G-STRING/UARM	50.00	40.00	55.00	44.00
FULL LEG/G-STRING/UARM	60.00	48.00	65.00	52.00
1/2 LEG/PLAY/UARM			65.00	52.00
FULL LEG/PLAY/UARM			70.00	56.00
1/2 LEG/HOLLY/UARM			65.00	52.00
FULL LEG/HOLLY/UARM			70.00	56.00

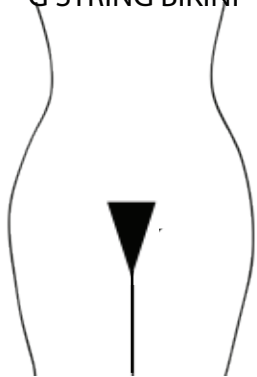
WAXING

BIKINI



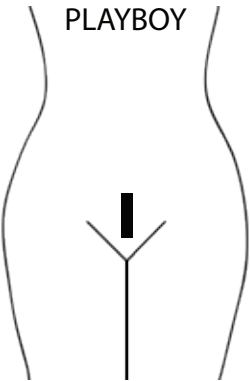
Basic bikini wax removes from the top and sides of bikini area following standard knicker line.

G STRING BIKINI



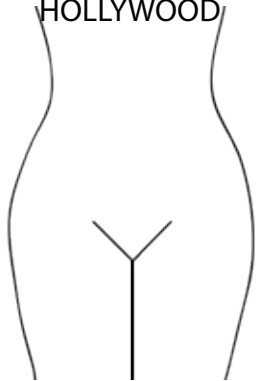
A high bikini wax that removes some hair underneath following the line of a g-string.

PLAYBOY



All hair is removed underneath and right round the back. Leave a strip at the top as thick or as thin as you like.

HOLLYWOOD



All hair is removed.

For further advice please contact a member of our team. We recommend Hot Wax for all bikini waxing, especially for sensitive skin or first time waxers.



TANNING

LIST MEMBER

ST TROPEZ ORIGINAL SPRAY TAN

This specially formulated UV-FREE treatment features a tan using a spray application in only 15 minutes. A trained St Tropez professional sprays a fine mist of bronzing solution over your body resulting in an even, streakless, natural-looking tan. The results can last from 7-10 days with correct aftercare.

FULL BODY SPRAY TAN (20 min)	25.00	20.00
1/2 BODY SPRAY TAN (15 min)	20.00	16.00
COURSE of 5 TANS	100.00	80.00

ST TROPEZ DARK SPRAY TAN	27.50	22.00
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Looking for a deep, bronzed tan? Try the new dark spray tan which contains a ground breaking patented ingredient, Vegetan Premium, designed to mimic the skin's natural melanin, ensuring a dark tan which still looks natural. Results last 7-10 days with correct aftercare.

ST TROPEZ EXPRESS SPRAY TAN	27.50	22.00
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A tan with intelligent shade technology, perfect for last minute special occasions. Choose how dark you want to go . Leave on for 1 hour for a light sunkissed glow, 2 hours for a medium golden glow and 3 hours for a deep dark bronze tan. Lasts 5-7 days with correct aftercare.

ST TROPEZ LUXE SPRAY TAN	27.50	22.00
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The most luxurious St.Tropez Spray Tan to date the Luxe Oil Spray Tan smells absolutely gorgeous, with a fresh lemongrass scent, designed to provide maximum hydration with moisturising benefits that last up to 7 days.

ADD-ON EXFOLIATION (15 min)	15.00	12.00
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Prepare your skin for your Spray Tan with a Full Body Exfoliation using St Tropez Body Polish. Recommended for dry skins.

NOTE

We recommend you exfoliate the day before your tan with St Tropez Body Polish to ensure an even application. Do not shave or wax in the 24 hours prior to tanning. Please wear dark/loose clothes and open-toed shoes when you come for your appointment to prevent staining. To ensure a flawless result skin should be free from self-tan, perfume, deodorant or aromatherapy oils. A patch test is recommended 24 hours before if you have sensitive skin.

EYES

	LIST	MEMBER
EYEBROW TIDY	10.50	8.40
EYEBROW RESHAPE	13.00	10.40
EYEBROW THREADING	15.00	12.00
EYEBROW REDESIGN*	25.00	20.00
Brows out of control? Try our redesign including brow reshape, trim, tint & colour.		
EYEBROW TINT*	12.00	9.60
(Please note we only tint brows darker)		
EYELASH TINT*	14.00	11.20
EYELASH/EYEBROW TINT*	18.00	14.40
EYE PACKAGE*	27.50	22.00
One of our most popular treatments! Includes an Eyebrow Shape, Eyelash & Eyebrow Tint and Puffy Eye Pack with a complimentary hand & lower arm massage.		
LASH LIFT PERM*	40.00	32.00
Add length, volume and lift to your natural lashes - without lash extensions. A completely natural, low maintenance treatment that lasts 6-12 weeks.		
LASH LIFT PERM WITH TINT*	52.00	41.60
PARTY LASHES	18.50	14.80
Cluster lashes available in 3 different lengths. Will last 3-5 days with correct aftercare.		

***A patch test is required at least 24 hours before these treatments. For best results please arrive without mascara for all eyelash treatments.**

NOVALASH®

BEFORE

AFTER

LIST MEMBER

NOVALASH EXTENSIONS

These state-of-the-art lash extensions are individually bonded to each natural lash with physician-formulated, medical-grade adhesives. Since eyelashes define the eye's natural allure and beauty at the lashline, NovaLash Eyelash Extensions act to beautifully enhance the length, fullness and colour of natural lashes. NovaLash Eyelash Extensions can be worn indefinitely with monthly touch-ups, correlating to the natural lash lifecycle. The application of NovaLash Eyelash Extensions results in long, lush, lasting lashes for each wearer. NovaLash Eyelash Extensions are waterproof and oil-proof. Avoid the use of eyemake up removers that contain solvent-like ingredients such as glycols and carbonates as they can reduce the wear time of your new lashes.

NOVALASH CLASSIC* (110 min)	90.00	72.00
NOVALASH AMERICAN VOLUME* (125 min)	110.00	88.00
LASH MAINTENANCE* (60 min)	45.00	36.00

Recommended every 4 weeks.

***A Novalash patch test (£10) is required at least 24 hours before these appointments. This is redeemable against your treatment.**

MAKE-UP

Mii offers effortless application and unrivalled expertise to reveal your natural beauty. The collection also includes a mineral make-up line infused with precious gemstones. With Mii, make-up is easy to choose, easy to use and easy to understand; for the confidence to create a look that is uniquely, completely, unmistakably you.

	LIST	MEMBER
SPECIAL OCCASION MAKEOVER	32.00	25.60
Let us do all the work! Relax while we create a picture perfect natural make-up for your special occasion. (40 min).		
MAKE-UP WITH LASHES	40.00	32.00
Looking for a more dramatic or evening make-up? Book in for our 1 hour appointment which includes reusable strip lashes so our make-up artist can create your desired look. (60 min)		
MAKE UP LESSON	75.00	60.00
A valuable step-by-step lesson in application and make-up styles to show you how to re-create your new day-to-evening looks. Includes cleansing, priming and skin colour analysis to determine the perfect match for skin colour and type. Emphasis is placed on adaptation for your own lifestyle and routine at home, A colour chart will be provided to help you recreate the look at home. (90 min).		
WEDDINGS		
Take some stress out of organising your big day and let us make you look and feel fantastic! Our costs include a consultation and full make-up application at the salon on your wedding day. We are happy to travel up to 25 miles from the salon although we do charge extra to cover our time and travelling costs. We only charge one call-out fee per wedding party. Please contact us for an individual quotation.		
TRIAL & BRIDAL MAKE UP	80.00	
BRIDAL MAKE UP (NO TRIAL)	40.00	
BRIDESMAID TRIAL & MAKE UP	75.00	
BRIDESMAID MAKE UP (NO TRIAL)	40.00	

NAIL SPA

LIST MEMBER

LUXE MANICURE (50 min)	40.00	32.00
Our most luxurious manicure! Your technician will ask you to choose between our 2 aromatherapy blends, Zesty Bergamot, Grapefruit & Lime or Relaxing Rose & Jasmine. Includes a Salt Scrub hand exfoliation, champagne fizz cuticle soak, nail shaping, cuticle tidy and intense hydrating treatment with thermal mittens. Whilst the treatment works its magic you will be treated to a pressure point scalp massage before your hands and lower arms are massaged and finally nails are polished or buffed to a high shine.		
LUXE MANICURE WITH GEL POLISH	50.00	40.00
SIGNATURE MANICURE (35 min)	30.00	24.00
Our Signature Manicure includes a salt scrub to gently exfoliate, nail file and shape and cuticle soak and tidy. This is followed by a relaxing hand massage prior to polish application.		
SIGNATURE MANICURE WITH GEL POLISH	40.00	32.00
EXPRESS MANICURE (25 min)	22.00	17.60
Our Express Manicure is an efficient way to keep your nails looking good. Includes nail shaping, cuticle tidy & polish application.		
MINI MANICURE (15 min)	15.00	12.00
Great as a treat in-between manicures or before a special occasion. Nails are shaped, hands moisturised and nails buffed or polished.		
SIGNATURE HAND TREATMENT (20 min)	18.50	14.80
Our lovely pampering hydrating hand treatment has been upgraded! Includes a salt scrub exfoliation, hand & lower arm massage using our Rose & Jasmine Massage candle and thermal mittens. A lovely intensive treatment for dry hands & nails!		
COLOUR GLOSS GEL MANICURE (30 min)	32.00	25.60
The classic gel polish dry manicure using Artistic Colour Gloss gel polish. Includes nail shape, cuticle work, gel polish application, moisturising hand lotion and cuticle oil application. Dry instantly so no smudging!		

NAIL SPA

MANICURE & PEDICURE ADD ONS

	LIST	MEMBER
ARTISTIC COLOUR GLOSS (10 min)	10.00	8.00
An advanced soak-off gel polish available in over 40 colours. Nails look fabulous for up to three weeks.		
BUILDER GEL (10 min)	5.00	4.00
To extend the wear of your gel manicure and for weak nails a protective extra layer of gel can be applied.		
IBX (10 min)	10.00	8.00
GEL POLISH REMOVAL (15 min)	10.00	8.00
GEL POLISH REPAIR (10 min)	3.00	2.40
FRENCH POLISH (10 min)	4.00	3.20
PARAFFIN WAX WRAPS (10 min)	12.00	9.60

NAIL ART

Our nail art is priced on duration. Please ask when booking so we allocate sufficient time for your design work.

ROCKSTAR GLITTER (5 min)	4.00	3.20
BRONZE NAIL ART (5 min)	4.00	3.20
SILVER NAIL ART (10 min)	8.00	6.40
GOLD NAIL ART (20 min)	12.00	9.60

IBX REPAIR - NEW

Strengthen and repair your nails from within with the unique IBX nail treatment. Frequent nail varnish, gel polish and nail enhancement removal plus immersing hands in water are our nails worst enemies. IBX is a unique professional treatment which will deeply condition your nails and help prevent dryness, peeling and sensitivity. After just one application, your nails will feel stronger and look healthier. IBX acts like scaffolding within the nail and ensures any nail product that applied will last longer. A course of treatments is recommended for best results.

IBX TREATMENT (15 min)	15.00	12.00
COURSE of 4 IBX TREATMENTS	50.00	40.00
IBX & SIGNATURE MANICURE	40.00	32.00
IBX & COLOUR GLOSS MANICURE	42.00	33.60

NAIL SPA

LIST MEMBER

LUXE PEDICURE (60 min)	45.00	36.00
Our most luxurious pedicure! Whilst your feet are soaking in our Champagne Fizz Bath your technician will ask you to choose between our 2 aromatherapy blends, Zesty Bergamot, Grapefruit & Lime or Relaxing Rose & Jasmine. The treatment then continues with a salt scrub foot & lower leg exfoliation, nail shaping, cuticle tidy, hard skin buff and intense hydrating treatment with thermal booties. Whilst the treatment works its magic you will be treated to our signature hand massage before an extended foot massage and finally nails are polished or buffed to a high shine.		
LUXE PEDICURE WITH GEL POLISH	55.00	44.00
POWER PEDICURE (40 min)	35.00	28.00
Our brand new Power Pedicure bridges the gap between Medi and Pedi. Perfect for those with dry skin or nails using Footlogix, groundbreaking Dermal Infusion Technology, along with its scientific formulation, enables active ingredients to penetrate faster and deeper into troubled skin of the feet. Our Power Pedicure includes foot soak, exfoliation, hard skin treatment, nail shaping, cuticle work, buffing, massage and polish application.		
POWER PEDICURE WITH GEL POLISH	45.00	36.00
MINI PEDICURE (15 min)	15.00	12.00
For those wanting a simple colour change. Toenails will be cut and shaped, feet moisturised and nails painted.		
COLOUR GLOSS EXPRESS PEDICURE (30 min)	32.00	25.60
Perfect for those in a rush as dries instantly. Using Artistic Colour Gloss Gel Polish which lasts up to 3 weeks. Includes nail shape, cuticle work, gel polish application, moisturising foot lotion and cuticle oil.		
CALLUS PEEL (25 min)	25.00	20.00
A targeted foot treatment for visible results on hard skin and cracked heels. Includes callus peel, hard skin buff and moisturisation.		
FOOT SOAK, SCRUB & RUB (20 min)	18.00	14.40
A treat for tired feet. Includes a detoxifying foot soak, skin polishing salt scrub and extended foot & lower leg massage.		



TOP TIP: So that your polish remains scuff and chip free, please remember to allow 20-30 minutes extra time for your polish to dry and bring open-toed shoes/flip flops to wear after your pedicure.



NAIL SPA

LIST MEMBER

ROCK HARD GEL ENHANCEMENTS

New from Artistic Colour Gloss, the integrated technology creates nails that are strong, flexible, and withstand the toughest clients. Nail enhancements that allow natural nails to grow healthily under the protective layer. Our gel enhancements are natural-looking, strong, durable and completely safe. Available in french or a wide range of colours.

NAIL EXTENSIONS (75 min)	55.00	44.00
NATURAL NAIL OVERLAY (50 min)	40.00	32.00
INFILLS and up to 2 repairs (70 min)	42.00	33.60
ROCK HARD GEL REMOVAL (30 min)	25.00	20.00

Unfortunately we cannot offer acrylic removal due to the damage that can occur to the nails.

GEL REMOVAL & MINI MANICURE (45 min)	35.00	28.00
NAIL REPAIR (15 min)	8.00	6.40

TOP TIP:

Gel enhancements are not indestructible and their longevity will depend on a number of factors including chemical usage, medication and homecare and therefore, although we are confident that our enhancements are durable, we cannot offer any refunds. We will repair any breakages in the first 72hrs after application free of charge. Any damage or breakages after this will be charged for.

MALE GROOMING

LIST MEMBER

HIGH PERFORMANCE ENERGISER FACIAL 65.00 52.00
The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax. (60 min).

BIOTEC SUPER-CHARGER FOR MEN 70.00 56.00
The facial to de-stress, de-age and de-fatigue the male complexion whilst activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. (60 min).

DEEP TISSUE BACK MASSAGE 38.00 30.40
An invigorating and deep pressure treatment that works on releasing muscle tension and knots. Using our sports massage blend with detoxifying Juniperberry, circulation stimulating Rosemary and warming Black Pepper. (30 min).

TOTAL TIME OUT FOR MEN 90.00 72.00
The ultimate skin and body therapy for men. The High Performance Energiser Facial combined with the dynamic and immediate tension-relief of a Back, Neck & Shoulder Deep Tissue Massage. Achieve the ultimate goal of Total Time Out! (90 min).

MAINTENANCE MANICURE (25 min) 25.00 20.00
Includes nail shaping & buffing, cuticle soak & tidy and hand exfoliation & massage.

MAINTENANCE PEDICURE (35 min) 30.00 24.00
Includes foot soak & scrub, nail shaping, hard skin buff & foot and lower leg massage.

CALLUS PEEL (25 min) 25.00 20.00
A targeted foot treatment for visible results on hard skin and cracked heels. Includes callus peel, hard skin buff and moisturisation.

WAXING

EYEBROW TIDY	10.50	8.40
BACK	25.00	20.00
CHEST	25.00	20.00
BACK & CHEST	45.00	36.00

We have specially selected the most popular male treatments but other treatments from our menu may be available. Please ask for details.



PAMPER PARTIES

For groups of 4 or more we offer pamper parties. These are a fabulous idea for a wide range of occasions including Birthdays, Hen Parties, Baby Showers, or a Girls Night In!

	4-8 guests	9-12 guests
1 TREATMENT PER GUEST	£35.00 per person	£32.50 per person
2 TREATMENTS PER GUEST	£60 per person	£55 per person

TREATMENT CHOICES

COLOUR GLOSS EXPRESS GEL MANICURE (30 min)

COLOUR GLOSS EXPRESS GEL PEDICURE (30 min)

BACK, NECK & SHOULDER MASSAGE (30 min)

ELEMIS TASTER FACIAL (30 min)

TASTER REFLEXOLOGY (30 min)

TASTER INDIAN HEAD MASSAGE (30 min)

EYE PACKAGE (30 min) - Patch test required.

EYEBROW REDESIGN (25 min) - Patch test required.

SPECIAL OCCASION MAKEOVER (30 min)

Alternative treatments may be available on special request. Please contact us for further details. Prices for our Palace Hotel Spa & Melrose Spa include use of the spa and vary so please contact us for more details.

We can arrange a Pop Up Cocktail Bar and/or Cocktail Making on request for your guests to enjoy at their pamper party. Please contact us for more details.



PERFUME STUDIO



LIST MEMBER

THE PERFUME STUDIO EXPERIENCE

The Perfume Studio is a unique concept, something truly new and different for you to enjoy. We specialise in helping you create a fragrance that captures the essence of you and gives you a perfume to wear and cherish.

At the experience, a trained perfume consultant guides you through an enjoying, relaxing and educational fragrance journey to help you combine any number of our 18 exquisite blends and arrive at a fragrance you love.

The Perfume Studio Experience lasts for approximately 1 hour and consists of a consultation with a trained perfumer wherein you will be presented with our 18 blends and become familiar with each through sampling and testing. Our perfumer will then help you choose your favourite and create the fragrance for you there and then. After taking time to name your unique fragrance, you will be asked to choose from one of The Perfume Studio's stunning 20ml purse-spray atomisers in which you can take your fragrance home. Shortly after your consultation, we will register your fragrance formula and dispatch to you a Fragrance Registration Certificate to verify your fragrance for you to order more, as often as you'd like!

INDIVIDUAL CONSULTATION & PURSE SPRAY	60.00	48.00
DOUBLE CONSULTATION & PURSE SPRAY	95.00	76.00
PERFUME PARTY for 4 & PURSE SPRAY	160.00	128.00



AWARD WINNING BEAUTY

Beauty Salon Limited
Award Winning Salons

PACKAGES

BIRTHDAY BELLE 30.00
Suitable for 6-15 year olds. We do, however, still require a parent or guardian to accompany anyone under 16 to the salon. Choose any 3 of our Little Miss Treatments, Little Miss Mani, Little Miss Pedi, Little Miss Facial, Little Miss Makeover. (45 min).

PICK & MIX 50.00
Choose 3 of our mini treatments to enjoy a customized hour of relaxation. Choose from Mini Manicure, Mini Pedicure, Mini Facial, Mini Massage, Eyebrow Shape or Party Lashes. (60 min).

RELAXING RETREAT 60.00
Our most popular gift package. Includes a Relaxing Back, Neck & Shoulder Massage, Mini Manicure & Mini Pedicure. (60 min).

TRANQUILLITY RITUAL 60.00
Includes a Relaxing Back, Neck & Shoulder Massage followed by a 30 minute Elemis Taster Facial prescribed to your skin. (60 min).

HOLISTIC ESCAPE 95.00
A lovely relaxing pamper package with taster treatments of 3 of our most popular holistic therapies. Includes a 30 minute session of Hot Stones Massage, Reflexology and Elemis Taster Facial. (90 min).

SHEER BLISS 205.00
Our most indulgent treatment package starts with a prescribed 60 minute Elemis Facial followed by a Hot Stones Full Body Massage. Next your feet & hands will be treated to our nourishing Luxe Pedicure & Luxe Manicure before a Makeover to leave you feeling on top of the world. The ultimate in luxury! (330 min).

PACKAGES FOR 2

IT TAKES TWO 125.00
Escape with a friend. This package includes a Relaxing Back, Neck & Shoulder Massage and a 30 minute Elemis Taster Facial. (60 min). Prices are for 2.

TIME TOGETHER 180.00
It's twice the fun when you enjoy a package with a friend. Includes a Relaxing Back, Neck & Shoulder Massage, Spa Pedicure and Makeover. Great for a birthday treat! (105 min). Prices are for 2.

Spa Packages are also available at our Edinburgh & Inverness locations. Visit www.sleepingbeautysalon.com for details.

USEFUL INFO

AWARDS

"Winner of Herald Scottish Beauty Salon of the Year" 2016 & 2017

Winner of "Scratch Star UK Nail Salon of the Year 2016"

Finalist in "Professional Beauty Awards Regional Salon of the Year 2016"

Winner of the Scottish Hair & Beauty Awards 'Beauty Salon of the Year' for the North West 2012

Winner of Lux 'Small Beauty Salon Chain of the Year -Scotland' 2015

Winner of Lux 'Best Unique Salon Environment - Scotland' 2015

One of the UK's Most Inspiring Salons 2013 by Professional Beauty Magazine

Information

Sleeping Beauty Salon Limited is registered in Scotland (SC330976) and registered for VAT and all our treatments and products include VAT at the current rate. Our prices are subject to change without prior notice.

Consultations

We offer free consultations. If you would like advice regarding the suitability of our treatments or product recommendations please contact us to book with one of our therapists.

Your Visit

We kindly request clients switch off mobiles and keep noise to a minimum whilst in the salon. The salon is not a suitable environment for children. Please arrive 10 minutes prior to the booked treatment time in order to register and complete a client record card. If your health has changed since your last visit to the salon it is important that you make this known to your therapist before your treatment so we can update your client record card.

Latecomers & Cancellation Policy

We regret that it may be necessary to treat appointments as cancelled for clients arriving more than 15 minutes late but we will, whenever possible, adapt the treatment to the time available although the full cost will be incurred. Please give at least 24 hours' notice to cancel or change an appointment or you will be charged for the time reserved.

Deposits

For treatments 60 minutes or longer a 50% deposit or credit/debit card details will be required when booking. Non-attendance or late cancellation will result in this deposit being retained or a 50% charge being made on the card. For smaller appointments (less than an hour) failure to provide 24 hours notice in cancelling an appointment will result in a £5 charge on your next booking.

LOCATIONS

14 MARGARET STREET, INVERNESS, IV1 1LS

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inverness@sleepingbeautysalon.com

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