

## NAILS

Express Manicure	£12.00
Cuticle work, file & polish	
“The Buff” Manicure	£10.00
Cuticle work, file & natural High-Shine Buff	
Scentsations Manicure	£20.00
Hand soak, cuticle work, file, luxurious hand & arm massage with choice of CND Scentsations Lotions, finished with colour polish	
Luxury Spa Manicure	£27.00
Experience the ultimate in relaxation for your hard working hands & nails. Using CND’s Spa Range of luxurious hand scrubs and masques with heated mittens, to leave you with smooth, soft & invigorated hands.	
SHELLAC Polish	£22.00
“On like polish, wears like gel, off in minutes”	
SHELLAC “ROCKSTAR”	£23.00
Dazzle with ultra-sparkly glitter nails	
SHELLAC Art	from £23.00
Bespoke shellac nail art	
Express Pedicure	£13.00
Cuticle work, file & polish	
Pamper Me Pedicure	£22.00
Foot soak, file & cuticle work, dry skin removal and relaxing leg & foot massage. Finished with a colour polish of your choice.	
Luxury Spa Pedicure	£29.00
As above, but including a sensuous foot scrub and warming masque with heated booties. Finished with an intensive foot cream, all using CND’s Spa Range products - the ultimate in foot care.	
SHELLAC Toes	£23.00
SHELLAC “ROCKSTAR” Toes	£24.00
MINX Toes	£21.00
A wide range of colours, designs and effects to choose from.	
<b>Add French Polish to any of the above for £2.00</b>	

## BEAUTY

### WAXING

Using a combination of hot & strip hypoallergenic waxes, suitable for even the most sensitive skin, from the world renowned Perron Rigot waxing system.

Half Leg	£16.00
Full Leg	£22.00
Bikini	£9.50
Full Leg & Bikini	£29.00
Underarms	£9.50
Upper Lip	£6.00
Chin	£6.00
Upper Lip & Chin	£10.00
Brows	£7.50

HNB Holiday Preparation Package £32.00

(Half leg, bikini & underarm)

### EYE TREATMENTS

**A Skin Test is required 24hours prior to your first treatment**

Eyelash Tint	£9.00
Eyebrow Tint	£7.00
Eyebrow Shape	£7.50
Eyebrow Tint & Tidy	£13.00
Eye Define Special	£20.00
(Eyebrow Tint & Shape, Eyelash Tint)	
LVL Lashes	£45.00
Lift Volume Lengthen	

### SPRAY TAN

SIENNA X

Full Body	£20.00
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## BODY TREATMENTS

### Remedial & Swedish Massage

A deep and invigorating massage targeting muscular aches, pains and tension. Beneficial for stress relief.

Back, Neck & Shoulder	£27.00
Back, Neck, Shoulder & Scalp	£33.00
Full Body	£42.00

### Hot Stone Massage

An ancient therapy using hot basalt stones combined with massage techniques. The hot stones deeply penetrate the muscle tissue, relieving tension and promoting well-being and relaxation.

Back, Neck & shoulder	£33.00
Full Body	£47.00

### Indian Head Massage

£22.00

Enjoy a thoroughly relaxing massage, through clothing, without the need for oils. Particularly beneficial for sufferers of headaches, eyestrain, neck & shoulder tension.

### HOPI EAR CANDLING

£20.00

### MOOR BODY WRAPS

£65.00

MOOR Spa is based on 20,000 year old European lowland moors. The moors are a natural and living substance and the water and moor are harvested and presented in a distinctive blend of thousands of herbs, plants and flowers, as well as trace vitamins and mineral.

Prepare to discover something luxurious yet natural, beautifying yet soothing. Transform your skin and your senses in a way that you’ve never experienced before.

Begin with an invigorating body scrub to remove dead and tired looking skin cells.

Relax and unwind with your choice of Detoxifying Algae & Seaweed Wrap or Moisturising White Chocolate Wrap whilst receiving a complimentary mini facial.

Finish with an all over MOOR Body Lotion to leave skin looking and feeling alive and fresh.

## DERMALOGICA FACIALS

When Dermalogica meets skin, skin health is redefined. Our promise to you is that your skin will never have felt as clean, or as healthy, as after one of our professional services.

### Face mapping® skin analysis

10 minutes FREE

Our Face Mapping® skin analysis takes all the guesswork out of getting results. Your Dermalogica Skin Therapist will diagnose your skins concerns and prescribe a no-nonsense home care and treatment regimen to deliver your optimum skin health in your unique 14 zones. A professional consultation that reveals your skin's past, present....and healthiest future.

### Skin bar

15 minutes FREE

Test-drive your prescribed regimen under the guidance of a professional Skin Therapist. At Skin Bar, you can learn about your skin with Face Mapping®, and then learn how to use the products, hands-on.

### MicroZone®

20 minutes £20.00

Want a professional skin treatment but short on time?

Get on-the-spot skin solutions with MicroZone® treatments.

We'll address your top skin concern, hands-on, with our exclusive Dermalogica MicroZone treatments – the quick fix for troubled skin. After a consultation and Face Mapping skin analysis we will determine your skins most pertinent skin needs and focus on key stages of treatment to get you maximum results in a minimum of time.

### The Dermalogica Skin Treatment

1 hour £45.00

The Dermalogica Skin Treatment is 100% customised to your Skin needs based on consultation and a thorough, zone-by-zone Face Mapping® skin analysis, making it one treatment....that's different every time! Totally designed to meet your needs, each treatment includes professional double cleansing, exfoliation, extractions (as needed), masque, toner and skin protection. To complete your treatment experience you can customise your skin treatment with your choice of Touch Therapy.

## 'The Consultant Led Clinic'

### Consultant Surgeon Mr Stewart Good FRCS

Most of us have considered giving nature a bit of a helping hand when it comes to the body beautiful. Whether we're embarrassed about a couple of wrinkles, skin tags or moles. These services are now available at HNB with Consultant Surgeon Mr Stewart Good FRCS from Cedar House Clinic, Shrewsbury. Mr Good will be available at HNB approximately every 6 weeks. Free Consultations.

Services available include:

Anti Wrinkle Injectables & Dermal Fillers

Removal of the following:

- |             |               |
|-------------|---------------|
| * Skin Tags | *Thread Veins |
| * Moles     | *Blood Spots  |
| * Milia     | *Age Spots    |

## OPENING HOURS

Monday	-	CLOSED
Tuesday	-	9.30 – 5.00
Wednesday	-	9.30 – 5.00
Thursday	-	9.30 – LATE
Friday	-	9.30 – LATE
Saturday	-	9.30 – 6.00

**(In addition to the above, from March to September, HNB will be OPEN Sundays 9.30am – 3.00pm including Bank Holiday Mondays)**

All Major Credit Cards Accepted  
GIFT Vouchers  
Special Offers  
Free Parking



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Situated within the

BEST WESTERN Waterloo Hotel

Betws-y-Coed

01690 710244

OPEN TO RESIDENTS & NON-RESIDENTS