



SLEEPING
BEAUTY
AT MELROSE SPA

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.”

FACIALS

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

ELEMIS TASTER FACIAL

40.00

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

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

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

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

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

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

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

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.

BIOTEC SKIN RESURFACER 70.00

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.

BIOTEC ANTI-PIGMENT BRIGHTENER 70.00

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.

BIOTEC RADIANCE RENEW 70.00

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.

BIOTEC BLEMISH CONTROL 70.00

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.

BIOTEC SENSITIVE SKIN SOOTHER 70.00

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.

BIOTEC LINE ERASER 75.00

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.

BIOTEC FIRM-a-LIFT 75.00

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

Courses are available. Ask a member of our team for more details.

MASSAGE

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)	40.00
BACK, NECK & SHOULDER (45 min)	50.00
FULL BODY (60 min)	60.00
FULL BODY (75 min)	70.00

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)	42.00
BACK, NECK & SHOULDER (45 min)	52.00
FULL BODY (60 min)	62.00
FULL BODY (75 min)	72.00

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)	55.00
FULL BODY (80 min)	75.00

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)	42.00
BACK, NECK & SHOULDER (45 min)	52.00
FULL BODY (60 min)	62.00
FULL BODY (75 min)	72.00

ADD ON

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

MASSAGE

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)	45.00
BACK, NECK & SHOULDER (45 min)	55.00
FULL BODY (60 min)	70.00
FULL BODY WITH FACE (75 min)	80.00
TUMMY (15 min)	20.00

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)	45.00
BACK, NECK & SHOULDER (45 min)	55.00
FULL BODY (60 min)	70.00
FULL BODY WITH FACE (75 min)	80.00

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
FULL BODY (80 min)	80.00
FACE & BODY INDULGENCE (90 min)	90.00

INDIAN HEAD MASSAGE

45.00

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. (45 min).

REFLEXOLOGY

REFLEXOLOGY 45.00
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
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
The most amazing pedicure, combining a Lavender Salt Scrub exfoliation, Hot Stone Lower Leg & Foot Massage, Reflexology and Pedicure. 90 minutes of bliss!

EXOTIC LIME & GINGER SALT GLOW 50.00
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
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).

CONDITIONING ORIENTAL BODY WRAP 50.00
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
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).

BODY
50.00

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.

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)	40.00
FULL BODY (60 min)	60.00

MINI MUM-TO-BE FACIAL (30 min)	40.00
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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.

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

PREGNANCY MANICURE	40.00
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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
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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
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Includes our Pregnancy Back, Neck & Shoulder Massage, Mini Mum-to-Be Facial, Pregnancy Pedicure & Pregnancy Manicure (135 min).

ESSENTIALS

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 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.

	STRIP	HOT
1) EYEBROW TIDY	10.50	11.50
2) EYEBROW RESHAPE	13.00	14.00
3) LIP	9.00	9.50
4) CHIN	9.50	10.00
5) LIP & CHIN	13.00	14.00
6) FACIAL	17.50	19.00
7) UNDERARM	14.00	15.50
8) FOREARM	18.50	
9) 1/2 LEG	20.00	
10) FULL LEG	30.00	
11) BIKINI LINE	15.00	17.00
12) G-STRING BIKINI	20.00	25.00

WAX PACKAGES

1/2 LEG/BIKINI/UARM	45.00	50.50
FULL LEG/BIKINI/UARM	55.00	62.00
1/2 LEG/G-STRING/UARM	50.00	55.00
FULL LEG/G-STRING/UARM	60.00	65.00

EYES

EYEBROW TIDY	10.50
EYEBROW RESHAPE	13.00
EYEBROW TINT*	12.00
EYELASH TINT*	14.00
EYELASH/EYEBROW TINT*	18.00
EYE PACKAGE*	27.50

Eyebrow Shape, Eyelash & Eyebrow Tint and Puffy Eye Pack with a complimentary hand & lower arm massage.

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



NAIL SPA

LUXE MANICURE (50 min) 40.00
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 intensely hydrating souffle 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.

SIGNATURE MANICURE (35 min) 30.00
Our Signature Manicure includes a salt scrub to gently exfoliate, nail file and shape and champagne fizz cuticle soak and tidy. This is followed by a relaxing hand massage prior to polish application.

MINI MANICURE (15 min) 15.00
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
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 intensely hydrating souffle treatment with thermal mittens. A lovely intensive treatment for dry hands & nails!

COLOUR GLOSS GEL MANICURE (30 min) 32.00
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!

MANICURE & PEDICURE ADD ONS

ARTISTIC COLOUR GLOSS (10 min) 10.00
An advanced soak-off gel polish available in over 40 colours. Nails look fabulous for up to three weeks.

IBX (10 min) 10.00

GEL POLISH REMOVAL (15 min) 10.00

FRENCH POLISH (10 min) 4.00

NAIL SPA

LUXE PEDICURE (60 min) 45.00

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 intensely hydrating souffle treatment with thermal booties. Whilst the treatment works its magic you will be treated to our signature hand & lower arm massage before your feet are massaged and finally nails are polished or buffed to a high shine.

POWER PEDICURE (40 min) 35.00

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.

MINI PEDICURE (15 min) 15.00

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

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

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

A treat for tired feet. Includes a detoxifying foot soak, skin polishing salt scrub and extended foot & lower leg massage.

MALE GROOMING

HIGH PERFORMANCE ENERGISER FACIAL 65.00
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.

BIOTEC SUPER-CHARGER FOR MEN 70.00
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.

DEEP TISSUE BACK MASSAGE 42.00
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).

LAVA SHELL BACK MASSAGE 55.00
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. (45 min).

TOTAL TIME OUT FOR MEN 90.00
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
Includes Nail Shaping & Buffing, Cuticle Soak & Tidy and Hand Exfoliation & Massage.

MAINTENANCE PEDICURE (35 min) 30.00
Includes Foot Soak & Scrub, Nail Shaping, Hard Skin Buff & Foot and Lower Leg Massage.

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

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

SPA PACKAGES



SPA PASS 20.00
Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries).

SPA PARTY 40.00
For groups of 4 or more. Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries), 25 minute treatment (choose from Massage, Facial or Manicure)

SIMPLY SPA 49.00
Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries), Spa Welcome (Foot Treatment), Choice of either Relaxing Back Massage (30 min) or Elemis Taster Facial (30 min).

AFTERNOON TEA SPA 60.00
Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries), Spa Welcome (Foot Treatment), Choice of either Relaxing Back Massage (30 min) or Elemis Taster Facial (30 min) plus a delicious Afternoon Tea.

SPA RELAX 75.00
Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries), Spa Welcome (Foot Treatment), Relaxing Back, Neck & Shoulder Massage (30 min) and Elemis Taster Facial (30 min).

SPA INDULGE 130.00
Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries), Spa Welcome (Foot Treatment), Hot Stones Back, Neck & Shoulder Massage (45 min), Elemis Taster Facial (30 min) , Signature Manicure and a delicious Afternoon Tea.

SPA LUXE 250.00
Includes full use of the Spa facilities with Spa Pack (robe, slippers, toiletries), Spa Welcome (Foot Treatment), Hot Stones Full Body Massage (75 min), Elemis Exotic Lime & Ginger Salt Glow , Elemis Facial (60 min), Deluxe Pedicure, Deluxe Manicure and Afternoon Tea.

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.

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.

Platinum Membership

Members receive 20% discount on the prices in this brochure, along with a host of other benefits. Since our membership started our members together have saved over £60,000! New members purchase a 6 month or 12 month membership. Ask a member of our team for more details.

LOCATIONS

14 MARGARET STREET, INVERNESS, IV1 1LS

Tel: 01463 217 985

inverness@sleepingbeautysalon.com

PALACE HOTEL SPA, INVERNESS, IV3 5NG

Tel: 01463 217 986

palace@sleepingbeautysalon.com

175 COMMERCIAL STREET, LERWICK, ZE1 0HX

Tel: 01595 720 256

lerwick@sleepingbeautysalon.com

6 WILLIAM STREET, EDINBURGH, EH3 7NH

Tel: 0131 202 7559

edinburgh@sleepingbeautysalon.com

MELROSE SPA, ROYAL MILE, EDINBURGH, EH1 1TH

Tel: 0131 202 6583

melrose@sleepingbeautysalon.com

HEAD OFFICE

Tel: 01463 230163 or 0844 445 7771 (5)

info@sleepingbeautysalon.com