

Temple  
beauty clinic

**GERMAINE<sup>DE</sup> CAPUCCINI**  
ADVANCED PROFESSIONAL COSMETICS



## Welcome

### TEMPLE BEAUTY CLINIC

We offer a stunning complement of therapeutic and rejuvenating face and body care treatments, using only the best products with the finest ingredients, from top European skin care house, Germaine de Capuccini. Clients may choose from a variety of treatments which include traditional massage alongside ritualistic massage therapies from around the world.

If you are looking for pure indulgence and total relaxation, we at Temple Beauty Clinic can provide you with a haven where you will find the most incredible unique sensations, where the mind, body and spirit converge to feel an unforgettable and deeply pleasurable experience.

Our team of experienced and highly qualified therapists will be happy to put together a treatment package designed specifically for your needs, and will be happy to offer you advice on your skin's requirements.

### GERMAINE DE CAPUCCINI SKINCARE

The premium products and treatments offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world and are offered only by the most highly trained beauty therapists in the industry.

Germaine de Capuccini has developed some of the world's most talked about formulations and ground breaking advances in skincare. The successful combination of natural active ingredients with cutting edge technology has enabled the company to produce some of the most influential skin care products and professional spa therapies the beauty industry has ever seen. The incredible results from these treatments are perfectly complimented by the most pampering experiences.

We at Temple Beauty Clinic are delighted to provide you with simply the very best available!

## Facial Therapies

A 15 minute consultation is included with all facials.

### EXPRESS TASTER FACIAL

(30mins - £25)

### CLASSIC SPA PRESCRIPTIVE

Our skilled team of therapists will provide you with the most prescriptive treatment designed especially for your skin's needs. Regardless of your skin type, age or concerns, this facial will be perfect for you, and combines luxury with very real, visual results. (60mins - £45)

### SO DELICATE

The perfect solution for the most delicate and sensitive of skin combining the very best of nature with the latest skin care technology. Skin is deeply cleansed and restored to a natural fresh glow, leaving it calm and revitalised. (60mins - £45)

### ROYAL JELLY ANTI –STRESS ELIXIR

Perfect for dull, tired skin, using the renowned 'Royal Jelly' ingredient which has an excellent anti-stress and oxygenating action on the skin, together with 'Poria Coscos Extract' a fungus with extraordinary anti- inflammatory and anti-oxidant benefits. Improves tone, smoothes the skin leaving it clear and full of vitality. (60mins - £50)

### DIAMOND NOIR

A spectacular anti-ageing therapy based on the skincare benefits offered by stones, crystals and minerals. Rich in zinc and iron this treatment regenerates and restores the skin's youthfulness, increasing it's luminosity and combating the signs of ageing. (75mins - £55)

### PUREXPERT

Treating skin from a young age. Hormonal changes can often cause spots, acne and excess oil. Whilst more common in younger skin, older skin may still be susceptible to these issues. Your therapist will treat your skin according to its exact needs. The treatment includes a deeply renewing exfoliation treatment which can be followed by extraction when required. With the Purexpert treatment:

**Oily Skin** is deeply cleansed, balanced and hydrated.

**Skin with acne** is left purified.

**Normal and combination skin** becomes smoother and more radiant. (60mins - £50)



## Advanced Facial Therapies

### TIMEXPERT C+

The solution for skin which looks dull and tired. C+ is loaded with pure Vitamin C and offers exceptional anti-ageing care that intensely repairs and revitalises the skin using the power of Vitamin C. Regenerating the skin, stimulating collagen synthesis and optimizing hydration, this therapy provides immediate results. (75mins - £55)

### TIMEXPERT LIFT

A superb treatment to lift and firm the face and neck. 'Kombucha', better known as the fungus of long life, is the origin of this treatment's main ingredient. It has the ability to help add volume to skin losing its tone. The lifting effect is seen immediately and this treatment is highly recommended for any person who is concerned with the ageing effects on their skin over time. (75mins - £70)

### TIMEXPERT RIDES

Specifically for lines and wrinkles. Containing 'Micro-Dermoxine Complex' an exclusive combination of peptides with a specific anti-wrinkle effect that neutralises facial micro-tensions and provides collagen micro-fragments that fill in the wrinkles. Whilst this treatment is highly relaxing to receive, the visible results are also seen immediately. (75mins - £70)

### TIMEXPERT ULTIMATE EYE THERAPY

Working with Micro-Dermoxine Complex, an exclusive combination of peptides with a specific anti-wrinkle effect, this intensive treatment neutralises skin micro-tensions and fills in expression lines. Timexpert Eye therapy has been formulated following research into Botox and Collagen Replacement therapy, but with a truly non-invasive skin care approach that shows astonishing results. Timexpert Ultimate Eye (30mins - £30)  
Add to any facial (15mins - £15)

## Add-On Facial Therapies

### GLYCOCURE

Add this treatment to any facial. A highly active Glyco Facial Peel is applied, before an advanced neutralising mask with three complementary effects. By commencing a facial treatment with GlycoCure, the skin is deeply renewed. The surface of the skin is immediately improved, wrinkles and irregularities are faded, open pores are minimized and congestion reduced. (15mins - £15)

### GLYCO ROLL & LIFT

When your skin looks dull and lacking vitality, help is at hand with this intensive quick fix. Commencing with a powerful glycolic facial peeling to renew at the deepest level, before you enjoy a massage utilising a high-tech technique with a special wand type appliance rich in Germanium to re-balance the positive and negative ions in the skin restoring the skin's freshness and vitality and leaving you feeling more energised! Whilst just 30 minutes – this treatment has the 'wow' factor!  
Glyco Roll & Lift (30mins - £30)  
Glyco Roll & Lift added to any facial (15mins - £15)



## Massage Therapies

### MEDITERRANEAN LIGHT

The Mediterranean Light Candle is burned, emitting a wonderful fragrance of soothing lavender and Mandarin. The warm wax from the candle is then poured over the body with a prolonged body massage to ease tension and relax the mind. (75mins - £58)

### TURKISH DELIGHT

Originating from Turkey, this is a completely indulgent treatment based on saffron with specialised massage rituals incorporate the use of silks and gentle body stretches. These provide a total release of stress and tension The whole body experience is truly sumptuous and highly recommended. (60mins - £60)

### AROMA ESSENCE MASSAGE

Indulge in a beautiful aromatherapy massage. Your therapist will use a customised blend of aromatherapy oils, specifically to meet your needs.  
Full Body (60mins - £50)  
Full body (inc. face & scalp 90mins - £70)  
Back (30mins - £30)

### DEEP TISSUE MASSAGE

Deep tissue massage focuses on the deeper layers of the muscle using a slower, firmer pressure to relieve tension and aching muscles, alleviating stress.  
Full Body (60mins - £55)  
Full Body + Face & Scalp (90mins - £75)  
Back (30mins - £35)

### EXOTIC CEYLON

A fabulous relaxing treatment carried out using Cinnamon in combination with massaging using warm shells. (60mins - £52)

### INDIAN HEAD MASSAGE

Established in India and used for thousands of years on a regular basis, Indian Head massage is an Ayurvedic method of relaxation and healing. It relives stress and tension in the shoulders, neck, arms, face and head helping to combat the symptoms of insomnia and headaches. (45mins - £30)





## Exfoliation Therapies

### CRYSTAL HARMONY

An exquisite body treatment which harnesses the energy and power of precious stones and mineral elixirs through the most relaxing exfoliating massage. This luxurious therapy has the added benefits of balancing and re-energising the body and mind through the 7 chakra points within the body. Skin is left extraordinarily smooth and soft. Enjoy a deep body exfoliation and an exquisite massage all in one! (60mins - £50)

### EXOTIC ORIENT

A full body exfoliation based on an incredible blend of the finest and most expensive spices in the world, together with oriental resins, bamboo particles, poppy seeds and nutmeg. Providing intense hydration and nourishment. (30mins - £28)

### PURE C

Packed full of Vitamin C, with extraordinary beneficial effects on the skin, this body exfoliation gently polishes the skin, revitalising the tone whilst hydrating leaving it smooth and clear. (30mins - £28)

## Body Wraps

### SYBARITE SILK WRAP

Envelope your skin with precious 'silk'. Like a second skin, this exquisite body mask deeply hydrates and firms your skin and provides it with a satin appearance and silky touch. Also includes a beautiful scalp massage. (60mins - £50)

### TIMEXPERT C+ BODY ENVELOPMENT

Loaded with Vitamin C, this treatment provides an extraordinary regenerating effect on the body, stimulating collagen production, improving firmness and suppleness. Your treatment commences with a body polish rich in Vitamin C, lemon and papaya concentrate and continues with a relaxing massage as the vitamin wrap is gently applied to the body. (60mins - £60)

Why not combine with our Timexpert C+ Facial! (75mins - £75)

### SPA RE-MINERALISING TREATMENT

A completely revitalizing treatment which commences with our Aromatic Exfoliation to prepare the body for total envelopment with our rich, warm, creamy Spa Marine Mud which is applied with a holistic massage to provide deep relaxation. Full Body (90mins - £70)  
Back (45mins - £35)

### SPA HEAVY LEGS

Walk with a 'spring in your step' after this treatment which improves circulation and reduces fluid retention in tired, heavy legs. Simply relax and enjoy the sensations as your therapist applies warm and then cool products during a massage with an aromatic blend for total lightness. A marine wrap is then applied to provide energy to tired legs. (45mins - £38)

## Temple Escape Packages

### SURRENDER

An innovative approach that allows our therapists to determine the individual optimal treatment for you. Surrender begins with a consultation to discuss your lifestyle and needs, we will then choose the correct balancing blend and ideal treatment to heal and address individual needs.

Your Surrender experience commences with a body massage to the back, neck, shoulders and legs using customised blend of aromatherapy oils to match the body type, warm towels are then applied from head to toe before you enjoy a Spa Facial Treatment specifically for your needs. (90mins - £85)

### BALANCE

Enjoy your escape with us where you will be able to unwind, and allow your mind, body and spirit to regain its energy.

Your package commences with our VIP Foot Ritual, and continues with our Oxygen Therapy Facial Treatment bringing life and vitality back to your skin; complete your escape with our Aromatic Back Massage – simply and utterly indulgent... (105mins - £95)

### ULTIMATE ESCAPE

The most exquisite of packages, which commences with our sensorial Crystal Harmony treatment, smoothing and softening the skin through massage before you enjoy our 30 minute Glycolic Roll and Lift and completing your package with a manicure – an all over top to toe experience. (120mins - £110)

## Pregnancy Treatments

### PREGNANCY MASSAGE

(Includes express facial) Ideal for the 2nd trimester and later, this massage will help to soothe aching muscles, relieve water retention and keep the skin soft and supple. Combined with a Timexpert C+ facial for the ultimate relax. (75mins - £60)

### EXPECTANTLY DELICIOUS

Similar to the pregnancy massage but a relaxing and soothing wrap designed to chill out even the most stressed mum-to-be. (75mins - £65)

### SPA HEAVY LEGS

This treatment improves circulation and reduces fluid retention in tired, heavy legs. Simply relax and enjoy the sensations as your therapist applies warm and then cool products during a massage with an aromatic blend for total lightness. A marine wrap is then applied to provide energy to tired legs. (45mins - £38)



## Efficy Advanced Electrotherapy Treatments

Providing the very latest generation in medical-aesthetic solutions, the Efficy machine delivers a comprehensive range of non-invasive and incredibly results driven face and body treatments, combining three cutting edge technologies: Digital Mono-Polar Radio Frequency, Digital Transdermal Induction and Advanced Push-Pull Vacuum Suction.

Personalised treatment programs are designed to suit your needs following a thorough consultation. Efficy treatments are performed using Germaine De Capuccini's clinically advanced Synergyage professional product range.

To achieve the ultimate results, a course of "Efficy Advanced" treatments of between 3-10 is recommended. Then Efficy "Continued Care" treatments are provided as maintenance option following your course. All treatments include a personalised 15 minute consultation.

### BODY TREATMENTS

#### LIPO REDUCING

Want to reduce stubborn fatty tissue and cellulite? Then this is the treatment for you. Using Radio Frequency and concentrated ingredients to stimulate and breakdown fat whilst stimulating collagen production. Advanced Vacuum therapy is then used to help eliminate fibrotic tissue that appears in cellulite. (60mins - £60)

#### FIRMING

A tightening and toning treatment aimed at improving the suppleness of the skin using Radio Frequency. Ideal for problem areas that lack firmness such as the arms, abdomen, buttocks or thighs. Production of new collagen and the shortening of collagen fibres gives an immediate effect with long term results. (60mins - £60)

#### SILHOUETTE REMODELLING

The ideal treatment for reducing the volume of an area using Radio Frequency, targets specific areas for shaping. Improving blood flow and oxygenation at a cellular level it eliminates toxins and waste product. (60mins - £60)

#### BUST FIRMING

Increasing oxygenation and nutrition whilst boosting collagen production, this treatment uses Radio Frequency to repair deteriorated skin tissue caused by ageing, pregnancy and sun damage. (45mins - £45)

#### POST NATAL RECOVERY

Accelerating repair and regeneration of the skins tissues this treatment is ideal from 6 weeks after natural birth or 6 months after a caesarean, improving the tone and suppleness of the skin, reducing volume and facilitating the drainage of liquids. (45mins - £45)





## Efficy Advanced Electrotherapy Treatments

### FACE TREATMENTS

#### FACIAL WRINKLE LIFTING

Using Radio Frequency and Digital Transdermal Induction this treatment is amazing for repairing damaged tissue and increasing the production of new collagen for the improvement of deep wrinkles and fine lines. Combining concentrated collagen extracts and tetrapeptides, wrinkles are decreased and firmness is improved giving the skin a more youthful appearance. (60mins - £60)

#### ACNE TREATMENT

Ideal for clients who suffer with problematic skin such as Acne, Rosacea and high sensitivity. This treatment uses active ingredients with anti-septic properties and Digital Transdermal Induction to eliminate imperfections, detoxifying and reducing oil secretion whilst healing the skin. (60mins - £60)

#### REMODELLING FACIAL

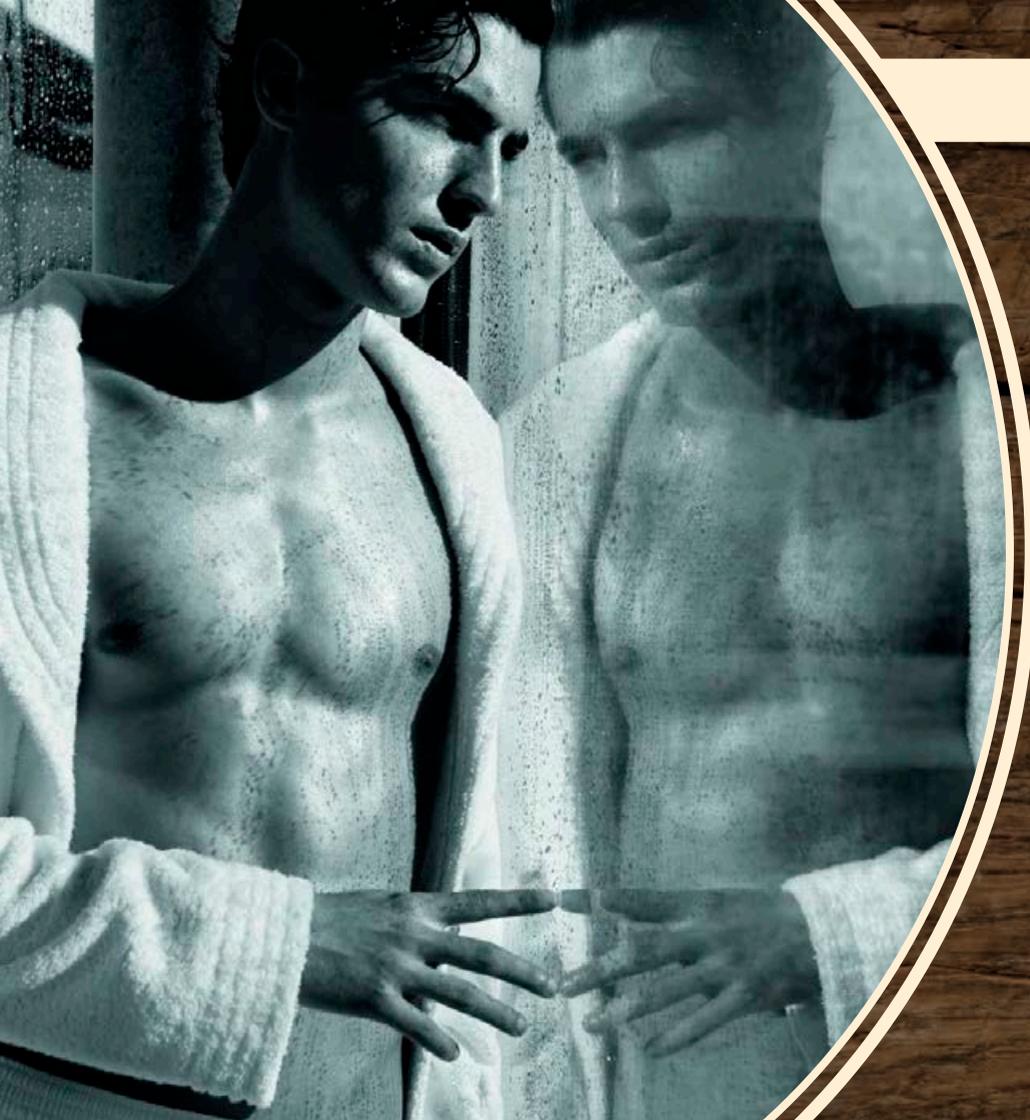
This treatment uses Radio Frequency to oxygenate, nourish the skin tissue and eliminate excess fluid and toxins, helping to improve drainage and accentuate the facial contour, perfect for a heavy jawline and neck. (60mins - £60)

#### ULTRA CLARIFYING ANTI-PIGMENTATION

With the use of a glycolic peel and carboxy therapy followed by Digital Transdermal Induction and an intensive dark spot and redness correction mask, the skin will be left deeply hydrated, radiant and with a more even skin tone. (75mins - £75)

#### EYE CONTOUR

Increasing the production of new collagen, decreasing expression lines and wrinkles whilst draining and tightening the eye area, leaving it hydrated and looking fresh. (45mins - £45)



## Men's Treatments

### C-PLUS ENERGY FACIAL

Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving. Highly relaxing, extremely effective and it's only for him! (60mins - £55)

### TIME FOR MEN

A Face and Body treatment to re-energize! Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving. This facial therapy is combined with a 30 minute relaxing 'Chi-Zen' pressure point back massage, the perfect way to unwind! (90mins - £75)

### AROMATIC ANTI-STRESS MASSAGE

Indulge in a relaxing aromatherapy massage. Your therapist will use a customised blend of aromatherapy oils to meet your needs.

Full Body (60mins - £50)

Full Body + Face & Scalp (90mins - £70)

Back (30mins - £30)

### DEEP TISSUE

Deep tissue massage focuses on the deeper layers of the muscle using a slower, firmer pressure to relieve tension and aching muscles, alleviating stress.

Full Body (60mins - £55)

Full Body + Face & Scalp (90mins - £75)

Back (30mins - £35)

Executive manicure £17

Executive pedicure £22

Chest Wax £20

Back Wax £20

Chest & Back Wax £30

## Nails

### OPI MANICURES & PEDICURES

File & Polish Hands / Feet	£13
Manicure	£20
French Manicure	£22.50
Deluxe Manicure	£26
Pedicure	£30
French Pedicure	£32.50
Deluxe Pedicure	£35
Swarovski Crystal Pedicure	£55

### CND SHELLAC GEL POLISH

Shellac is the ultimate in long wear polish. It applies like any other polish but wears like a gel and lasts up to 2 weeks. Removes in minutes. Treatments include a complimentary mini manicure.

Hands	£20
Feet	£20
Soak Off	£10

(Free removal with re-application)

### NSI NAIL ENHANCEMENTS

(These include a cuticle tidy & shape only)

Choose from Gel or Acrylic.

Sculptured	£35
Tips	£35
Overlay	£22
French Overlay	£25
Infills	£18
Infill & Backfill	£22
Nail Repairs (per nail)	£3
Removal	£15
Hollywood Toes (gel only)	£25



## Waxing

### LYCON WAX

Lycon wax is a market leader in hair removal and is used by many international models and celebrities all around the world. It delivers only the most superior results using only the finest natural ingredients and you'll be pleased to know that due to their amazing specialized waxing procedure, the treatment is virtually pain free.

	WARM	HOT
½ Leg	£15	
½ Leg & Underarm / Bikini	£20	
½ Leg, Underarm & Bikini	£25	
Full Leg	£23	
Full leg & Underarm / Bikini	£28	
Full leg, Underarm & Bikini	£33	
Underarms	£8	£10
Underarm & Bikini	£14	£18
Bikini	£8	£12
G-String Wax (High Bikini)		£16.50
Brazilian		£25
Hollywood		£28
Forearms	£12	
Eyebrows / Lip	£6	£8
Chin	£6	£8.50
Lip & Chin	£10.50	£12



## Eye Treatments & Tanning

### LDN SKINS SPRAY TAN

LDN Skins is the most exclusive spray tan on the market, with 2 tones for a beautiful golden or alluringly dark colour.

½ Body	£10
Full Body	£20
Full Body with Exfoliation	£30

### EYEBROW & LASH TINTING

A patch test must be carried out 24hrs before.

Eyebrow Tinting	£6.50
Eyebrow Tint & Shape	£10.50
Eyelash Tinting	£8.50
Eyelash & Eyebrow Tint	£15
Eyelash, Eyebrow Tint & Shape	£20

### HD BROWS

Loved by celebrities everywhere HD Brows, 7 steps to beautiful brows, transforms over plucked, sparse and misshapen eyebrows to create the ultimate high definition brow. Treatments can last up to approximately 2-3 weeks. (£30)

### HOLLYWOOD EYELASH EXTENSIONS

If you're looking to create more volume and length then eyelash extensions are just what you're looking for, an individual lash is applied to each of your existing lashes. They can last around eight to 12 weeks with an infill at least every 3 weeks if you look after them. The extensions will drop off as your eyelashes naturally shed, so maintenance top-ups are needed to keep them looking full and fresh.

Full Set	£60
Top-up	£30

### CLINICS

Please ask reception for clinic dates. A patch test **must** be carried out at least 24 hours before for the products used in all of these treatments.

**Only cash** can be accepted for these treatments and a £10 deposit will be taken. A £50 deposit in cash will be taken at the time of booking all Semi-permanent make-up treatments.





## Semi Permanent Make-up

### EYEBROWS

Scars in Brows	£195
Part Brow	£250
Powder or Enhanced Brow	£300
3D Hairstroke Brow	£325
3D Hairstroke & Powder Brow	£350

### EYES

Lash Enhancement (Bottom Only)	£200
Lash enhancement (Top Only)	£250
Lash Enhancement (Top & Bottom)	£300
Lash Enhancement & Baby Eyeliner	£350

### LIPS

Lip Contour Fine Liner (just outline)	£300
Lip Contour Heavier Line (just outline)	£325
Lip Contour & Blush	£350
Lip Reshape with Full Lip Contour & Blush	£400

### BEAUTY SPOT

Cheeks or Above Top Lip	£80
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### FULL FACE

When booking 3 treatments receive £50 discount (all 3 treatments must be carried out in 1 session)

All of these procedures are a **2 part** process, the retouch visit must be taken between **1- 3 months maximum** after the initial treatment and is free of charge. However any retouch visits that are cancelled with less than 1 week's notice will then be chargeable at the rate of £100.

## Additional Information

### PAYMENT POLICY

A 50% deposit will be required when booking any treatment(s) over £40. This will then be used towards the treatment at the time of departure.

If you do not attend or give the relevant 24hr period of cancellation for the appointment then the deposit will be taken from your account in full.

Any treatment courses must be paid in full before or at the time of the 1st treatment.

If paying with a gift voucher, your voucher number will be taken at the time of booking. If you do not show up for the appointment your vouchers will become invalid and can not be used again.

We take cash or all major debit/credit cards.

### REFUND POLICY

Temple Beauty Clinic does not **under any circumstances** give refunds on treatments or products.

### APPOINTMENT ARRIVAL

Please arrive at least 10 minutes prior to your treatment appointment, this will allow time to fill out the relevant medical and treatment consultation forms. Unfortunately arriving late will deprive you of your precious minutes of treatment time.

### CANCELLATION POLICY

We ask you to be considerate in cancelling any appointments as we have the following cancellation terms; all deposits will be **taken in full** on all treatments cancelled **within 24 hours** unless you re-book your appointment.

### CHILDREN IN THE SPA

For safety reasons we kindly request that you **do not** bring children with you for your treatment

### GIFT VOUCHERS

Stuck for ideas for Birthdays, Christmas, Valentine's Day or Mother's/ Father's Day? Give a luxurious present by giving a Gift voucher. Gift vouchers can be purchased for any amount, treatment or package and are an ideal gift for a friend or loved one. Vouchers may be redeemed against all treatments but **not** used in payment towards products and are **valid for 6 months**.



# Temple

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## OPENING HOURS

Monday	9-6
Tuesday	9-8.30
Wednesday	9-6
Thursday	9-8.30
Friday	9-6
Saturday	9-6
Sunday	Closed

## CONTACT US

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