



*The
Therapy
Rooms*

01274 551111

Thank you for choosing The Therapy Rooms

Please take your time and relax whilst browsing through our comprehensive treatment menu. There is something for everyone. Please call us on **01274 551111** or pop in for an informal chat if you require any further information.

Our friendly staff are always here on hand to help with any questions that you may need answering.

We pride ourselves on offering fabulous, luxurious treatments within a friendly, professional environment.

We hope you find exactly what you're looking for and look forward to meeting you soon!

Yasmin, Beth & Toni



K A E S O

NOUVEAU[®]

L A S H E S

CND[™]
SHELLAC[™]

Eye Treatments

Patch test required

Eyelash tint	£8
Eyebrow tint	£6
Eyelash & eyebrow tint	£12
Eyebrow tint & wax	£10

Eyelash extensions (full set)	£40
deposit taken on patch test	

Infills	- 1 week (1/2 hour)	£10
	- 2 weeks (45 mins)	£18
	- 3 weeks (1 hour)	£23

Nouveau LVL lash lift & tint*	£40
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Tip - Please remove any eye makeup prior to treatment

Hair Removal Treatments

Full leg wax	£25
1/2 leg wax	£15
3/4 leg wax	£18
Underarm wax	£8
Full arm wax	£15
1/2 arm wax	£10
Lip wax	£5
Chin wax	£6
Lip & chin wax	£10
Eyebrow wax	£7.50
Bikini line wax	from £10
Full leg, underarm & bikini wax	£35
1/2 leg, underarm & bikini wax	£30
Back wax	£15
Chest wax	£10
Full body wax - <i>includes</i>	£50
<i>Eyebrow, lip, chin, underarm, bikini</i>	
<i>and full leg wax</i>	

Hand Treatments

Express Manicure £12.50
File, cuticle tidy and polish

The Therapeutic Manicure £18
The Therapy Rooms' signature hand treatment, including a warming hand soak, cuticle tidy, nail file and shape, therapeutic hand massage and polish of your choice.

- With Shellac £26
please specify when booking

The Deluxe Manicure £25
Indulge and revitalise your hands with our most luxurious manicure, including a replenishing hand soak, invigorating exfoliation, cuticle tidy, nail file and shape. The Deluxe Manicure also includes a deeply nourishing hand mask, heated mittens, a sensorial hand and arm massage and a polish of your choice.

- With Shellac £33
please specify when booking

CND Shellac Manicure £21
Includes cuticle tidy, nail file and shape and a guaranteed 10+ days of high performance wear with stunning crystal shine.

Shellac removal - includes cuticle tidy, nail file and shape £10

Full set of acrylic nail enhancements

French tips	from £30
Clear tips	£38
Infills	£20
Add Shellac	£8

Foot Treatments

Express Pedicure £12.50
File, cuticle tidy and polish

The Therapeutic Pedicure £23
The Therapy Rooms' signature foot treatment, including a warming foot soak, cuticle tidy, nail file and shape, removal of hard skin, cooling foot scrub, therapeutic foot massage and polish of your choice.

- With Shellac £31
please specify when booking

The Deluxe Pedicure £32
Take the weight off your feet with our most luxurious pedicure. This pedicure includes a replenishing foot soak, cuticle tidy, nail file and shape, removal of hard skin and a refreshing foot scrub. This treatment also includes a decadent foot mask, heated booties, a heavenly foot & lower leg massage and a polish of your choice.

- With Shellac £40
please specify when booking

Tip - please remember to bring open toe footwear to your appointment as we would hate for your beautiful pedicure to be spoiled.

Added extras
please specify on booking

Glitter

Full set	£3
Per nail	50p
French Polish	£3
Nail Art	from £3
Removal of Shellac/Gel done elsewhere	£3

Facial Treatments

Express facial

£22

A treatment tailored to your skin type to maintain and balance the skin's natural radiant glow.

Hydrating facial

£35

A customised facial to rehydrate & regenerate your skin's natural balance and capacity to self-hydrate, using a blend of aloe and mulberry. Suitable for dry or dehydrated skin.

Medicated facial

£35

A clinical deep pore cleansing facial including extraction and steam treatment to then rebalance the PH of the skin, using willow bark and dead sea mud. Suitable for oily or acne-prone skin.

Comforting facial

£35

Sensitive skin can be caused by a variety of factors including environmental damage or natural disposition. This facial is gentle, hypoallergenic and comforting. A blend of cotton and chamomile extract is used throughout this treatment to soothe and soften delicate skin types.

Anti-ageing facial

£45

This targeted, professional, antioxidant-rich treatment promotes collagen production and maintains the skin's elasticity. Vitamin E and peptides combat fine lines and wrinkles to slow the ageing process. This includes a specific eye treatment to reduce puffiness and diminish dark circles using cooling, contouring ceramics.

Body Treatments

Swedish Massage

- Full body £40
- Back, neck and shoulder £25

Aromatherapy Massage

- Full body £45
- Back, neck and shoulder £30
- Indian Head Massage £25

Hot Stone Massage

- Full Body £47
- Back, neck and shoulder £35

Exfoliating Massage using a dissolving scrub

- Full Body £47
- Back, neck and shoulder £35

Spray tans

- Full body £15
- Half body £10
- Course of 6 £75

Spray tan tips

- **Do** remove all make-up prior to treatments
- **Do** remove any unwanted hair the evening before your spray tan
- **Do** exfoliate at least 24 hours prior to your treatment
- **Don't** apply any moisturiser, deodorant, perfume or make-up before your spray tan
- **Don't** wear tight clothing to your appointment or whilst the tan is developing
- **Don't** shower for at least 8 hours after your tan

Opening Hours By Appointment Only

Monday	10am - 6pm
Tuesday	10am - 7pm
Wednesday	10am - 6pm
Thursday	10am - 7pm
Friday	10am - 6pm
Saturday	9am - 3pm

Double Treatment Room

We have a double treatment room ideal for couples, friends, or mothers and daughters.



Facebook - **The Therapy Rooms**



Instagram - **@thetherapyroomsbingley**

www.thetherapyroomsbingley.co.uk

The Therapy Rooms
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