

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!

Toni & Yasmin.

NOUVEAU® LASHES

NEAL'S YARD REMEDIES COVENT GARDEN

THE gel BOTTLE

CND™ SHELLAC™

Facebook – **The Therapy Rooms**

Instagram – **@thetherapyroomsbingley**

www.thetherapyroomsbingley.co.uk

The Therapy Rooms
98 Main Street, Bingley
West Yorkshire, BD16 2JH

'Cancellations within 48 hours will be subject to a 50% cancellation fee'

Eye Treatments

Patch test required

Eyelash tint	£12
Eyebrow tint	£10
Eyelash & eyebrow tint	£20
Eyebrow tint & wax	£17.50

The Eye Treatment Package £25
Includes eyelash tint, eyebrow tint and eyebrow wax.

Eyelash Extensions (full set) £57
deposit taken on patch test

Infills	- 1 week (1/2 hour)	£20
	- 2 weeks (45 mins)	£29
	- 3 weeks (1 hour)	£35

Nouveau LVL lash lift & tint* £48

Tip - Please remove any eye makeup prior to treatment

Hair Removal Treatments

Full leg wax	£32
1/2 leg wax	£23
3/4 leg wax	£27
Underarm wax	£12
Full arm wax	£20
1/2 arm wax	£14
Lip wax	£8
Chin wax	£10
Lip & chin wax	£15
Eyebrow wax	£10.50
Bikini line wax	£15
Full leg, underarm & bikini wax	£53
1/2 leg, underarm & bikini wax	£45
Back wax	£25
Chest wax	£15
Full body wax	£75

- *Includes Eyebrow, lip, chin, underarm, bikini and full Leg wax*

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Hand Treatments

Express Manicure £19
File, cuticle tidy and polish

The Therapeutic Manicure £27
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 £37
please specify when booking

CND Shellac Manicure £30
Includes cuticle tidy, nail file and shape and a guaranteed 10+ days of high performance wear with stunning crystal shine.

- With Builder Base £32
please specify when booking

Shellac Removal £16
Includes cuticle tidy, nail file and shape. Removal of Shellac done by us is free of charge when having reapplication.

The Gel Bottle BIAB Manicure £43
AKA 'Builder in a bottle'. Enhances the natural nails ability to grow and increases strength. Includes colour finish of your choice. *See added extras for glitter/nail art.

BIAB Removal £25
Includes cuticle tidy, nail file and shape. Removal of BIAB done by us is free of charge when having reapplication.

CND Shellac Manicure & Pedicure Duo £58
Why not indulge in our fingers & toes special offer package?

Nail repair with BIAB £3
Per nail

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Foot Treatments

Express Pedicure £19
File, cuticle tidy and polish

The Therapeutic Pedicure £32.50
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 £42.50
please specify when booking

The Deluxe Pedicure £43
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 £53
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.

CND Shellac Pedicure £30
Includes cuticle tidy, nail file and shape and a guaranteed 10+ days of high performance wear with stunning crystal shine.

Added extras
please specify on booking

Glitter

Full set	£3
Per nail	50p
French Polish	£3.50
Nail Art	from £3.50
Removal of Shellac/Gel done elsewhere	£3.50

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Facial Treatments

Express Facial - *25 mins* £30
A treatment tailored to your skin type, to provide instant radiance and revive your complexion.

Hydrating Facial - *45 mins* £45
A customised facial to rehydrate & regenerate your skin's natural balance and capacity to self-hydrate, using a blend of rose and orange blossom. Suitable for dry or dehydrated skin.

Medicated Facial - *45 mins* £47
A clinical deep pore cleansing facial including extraction and steam treatment to then rebalance the PH of the skin, using a palmarosa blend to mattify. Suitable for oily or acne-prone skin.

Comforting Facial - *45 mins* £45
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 calendula and jojoba is used throughout this treatment to soothe and soften delicate skin types.

Anti-ageing Facial - *55 mins* £55
Experience ultimate rejuvenation with our anti-ageing facial. Professionally crafted to combat signs of ageing and restore youthful vitality to your skin.
Frankincense and Baobab, containing Vitamin E and peptides combat fine lines and wrinkles to slow the ageing process. This includes a collagen infused facial massage with cooling, contouring, cryo globes, to lift and reduce puffiness.

Add On's
- Steam £5
- Extraction £3

NEAL'S YARD COVENT GARDEN REMEDIES

*Approved Neal's Yard consultants and stockists.

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Body Treatments

Swedish Massage
- Back, neck and shoulder - *25 mins* £35
- Full body - *55 mins* £53

Aromatherapy Massage
- Back, neck and shoulder - *30 mins* £40
- Full body - *60 mins* £58.50
- Indian Head Massage - *25 mins* £34

Hot Stone Massage
- Back, neck and shoulder - *30 mins* £43
- Full Body - *60 mins* £60

Tranquil Delight (*New*) - *60 mins*
- Back of Body & Personalised Facial Treatment. £60
  Melt away tension on the back of body, including legs to leave you with a deep sense of tranquility. Following your relaxing massage, your therapist will select the perfect products for your skin in this presecriptive facial. Your relaxation is deepend with a soothing scalp massage as your mask gets to work.

Additional Treatments

Here at The Therapy Rooms, we host a range of specialist treatments, including **Reflexology**, **Manual Lymphatic Drainage** and **Scar Work**. We also offer **Sports Massage**, **Deep Tissue** and **Myofascial Release treatments**. These services are provided by our trusted external professionals, Elizabeth Crosland and SP Massage.

For further information or to arrange an appointment for the above, please either contact them directly or give us a call and we will be happy to connect you with the most suitable practitioner for your needs.

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Opening Hours
By Appointment Only

Monday	10am - 5pm
Tuesday	10am - 7pm
Wednesday	10am - 6pm
Thursday	10am - 7pm
Friday	10am - 6pm
Saturday	10am - 3pm

Gift Vouchers

Are available to purchase
for any amount or a specific treatment

Terms & Conditions

By booking an appointment with us you are agreeing to our Terms & Conditions. Should you wish to cancel your appointment or change part of your service, we require at least 48 hours notice, failure to provide this will result in a 50% cancellation fee. While we appreciate illness/emergencies happen, these policies will still be enforced without exception. This is to protect our business from unsustainable losses. Therefore please bear this in mind before booking your appointment. In some circumstances we will require an upfront non-refundable booking fee.

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