



A Place To Unwind, Rest Your Body, Soul, And Mind



About us

We are a friendly, relaxed salon offering all aspects of beauty and holistic treatments for both male and female clients. We pride ourselves on offering a warm welcome, excellent customer care and the best treatment standards possible.

We are based in the heart of Bishopbriggs but tucked away in the Springfield Works building which is a two minute walk from the main street and Bishopbriggs train station. Free Parking is available. Please be advised we are upstairs and unfortunately there is no disabled access to the salon.

Opening Times

MONDAY:	Closed
TUESDAY:	10am-7pm
WEDNESDAY:	10am-7pm
THURSDAY:	10am-8pm
FRIDAY:	10am-6pm
SATURDAY:	10am-5pm
SUNDAY:	Closed

Appointments available outwith on request

Bookings can be made on our website
www.thehealthandbeautysalonbishopbriggs.com

Gift Vouchers

Treat someone to some relaxation! Vouchers can be bought as specific treatment(s) or amount. Vouchers can be purchased in salon, via phone or our social media/website.

WAXING

Eyebrow	£8	Male Back	£20
Lip	£8	Male Chest	£18
Chin	£8		
Underarm	£12		
Half Leg	£15		
Full Leg	£22		
Basic Bikini	£15		

Intimate Waxing - Peron Rigot Hot Wax

Strip free, long lasting results. The wax removes hair by shrinkwrapping; the wax sticks to the hair and not the skin, which reduces pain and redness.

Hollywood – Complete removal of all hair £28

Brazilian – Small strip left on front £28



CND SHELLAC / GEL BOTTLE

14 DAY WEAR MIRROR FINISH NO NAIL DAMAGE

Manicure	£25
Toes	£20
Both done together	£40

Footlogix Medi Pedi	£25
Add toes gel polish	£15

Gel Removal (15 mins) £5
We do not remove nails from any other salon



EYE TREATMENTS (Patch tests required)

Brow Tint	£8
Lash Tint	£14

Eye Package – Brow wax, tint and lash tint ONLY £20

LVL LASHES

LVL enhances your natural lashes giving you length, volume and lift, no extensions, no mascara!
Immediate results – lasts 5 weeks.

1 hour £50
includes free eyebrow tidy
and tint if required



The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

TOUCH: ANTI-AGEING

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles for nourished, younger looking skin.

ELEMIS Pro-Definition Lift and Contour

This facial creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel

Targets the signs of ageing and uneven skin tone. A new start for smoother, younger-looking skin.

ELEMIS White Brightening Pigment Perfector

Restores even skin tone.

TOUCH: SKIN SOLUTIONS

ELEMIS Superfood Pro-Radiance (Vegan Friendly)

Designed to detoxify, leave skin plumper, radiant and energised.

ELEMIS Sensitive Skin Soother

A soothing massage technique helps reduce the appearance of redness and protect against daily stresses.

ELEMIS Anti-Blemish Mattify and Calm

Helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.



**25 MINS
TASTER
£35**



A tailored electrical facial combining bioactives with technology to create a facial that you cannot compete with. Using ELEMIS powerful products to your requirements, for younger looking, firmer, resurfaced skin that looks more radiant.

BIOTEC: ANTI-AGEING

ELEMIS BIOTEC Line Eraser

A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC Firm-a-Lift

Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Anti-Pigment Brightener

Tackles the appearance of uneven skin tone, discolouration and age spots.

ELEMIS BIOTEC Skin Resurfacer

Targets skin tone, blemishes and fine lines to transform skin texture.

BIOTEC: SKIN SOLUTIONS

ELEMIS BIOTEC Radiance Renew

Stimulates the removal of impurities and dead skin cells, restoring moisture for instantly clearer and visibly brighter skin.

ELEMIS BIOTEC Blemish Control

Detoxifies and repairs damaged tissue while cleaning the complexion.

ELEMIS BIOTEC Sensitive Skin Soother

An anti-redness treatment which soothes sensitive skin.

**25 MINS
TASTER
£40**



MEN'S ELEMIS TREATMENT MENU

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, skin texture and radiance to male skin.

MEN: TOUCH - £60

ELEMIS High Performance Skin Energiser

For ageing, dehydrated skin and tired eyes that decongests and deeply relaxes.

MEN: BIOTEC - £60

ELEMIS BIOTEC Super-Charger for Men

The facial to de-stress, de-age and de-fatigue the male complexion. Ultrasonic peeling, steam and galvanic deliver a deep clean for male skin.

HYDRAFACIAL 1 Hour £65

- Skin scrubber sonic to remove dead skin.
- Water based dermabrasion, vacuum suction deep cleansing; removing dirt, grease and blackheads from the skin.
- Ultra sonic vibration and RF for stimulation of collagen and elastin for tightening and refining of the skin.
- Cold hammer whitening, cools skin, shrinking pores and reducing sensitivity.
- Hydrogen oxygen hydration spray to finish.

MICRODERMABRASION £40 (Course prices available)

Microdermabrasion is a non-invasive procedure that uses tiny crystals or other exfoliating surfaces to help remove the superficial layer of dead skin cells.

Also using our
fab Elemis
products by all of
our trained
skin specialists



SkinBase™
Microdermabrasion Systems



BODY: MASSAGE

SWEDISH MASSAGE: 30 mins £35 60 mins £45

The most common massage therapy. Soft, long, kneading strokes. As well as light, rhythmic, tapping strokes relieving muscle tension. This is tailored to your desired pressure, relaxing or energising - with a plain massage oil.

AROMATHERAPY: 30 mins £35 60 mins £45

Aromatherapy massage is similar to Swedish massage except with the use of oil or lotion that contains essential oils. A lighter pressure is used and more softer longer moves applying the oils which are slowly absorbed through the skin leaving a feeling of relaxation and general well being.

SPORTS MASSAGE: 60 mins £45 90 mins £65

With our trained sports therapist. Sports massage is a form of massage involving manipulation of soft tissue. It is designed to assist in correcting problems and imbalances in soft tissue through physical activity and trauma. We recommend 60 minutes for any first appointment for a full muscle history.

ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

ELEMIS FREESTYLE DEEP TISSUE MASSAGE: 30 mins £35 60 mins £45

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE: 60 mins £60

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS GARDEN OF ENGLAND RESTORATIVE MASSAGE: 60 mins £50

Take a walk in an English garden with this lavishly hydrating body massage. The unique oils leave skin exquisitely moisturised, intensely supple and delicately scented.

ELEMIS BEST FOOT FORWARD: 30 mins £35

Take a load off with this foot-focused hot towel tension releaser massage. Feet are left nourished, soft and smooth.

ELEMIS PEACEFUL PREGNANCY MASSAGE: 30 mins £35 60 mins £50

Performed on our treatment beds with a pregnancy pillow mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

LAVA SHELLS: 60 mins £60

Massage with a WOW Factor

As the marine covered sea shells glide over the body, you will drift into a blanket of warmth, falling into a state of relaxation. Lava shells are similar to hot stones but keep a more constant heat. The shells are worked over the body to ease muscle tension, knots and stress points leaving a sense of balance to the body and mind.

The lava shells relax massage is an idyllic treatment combining the warmth of the lava shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

INDIAN HEAD MASSAGE: 45 mins £40

Indian head massage is a relaxing holistic treatment that uses acupressure massage to release stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. It aims to rebalance your body's energies.

REFLEXOLOGY: 30 mins £35

Reflexology is the application of pressure to areas on the feet (or the hands)....The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding area of the body.

HOPi EAR CANDLING: £25

A Hopi ear candle is actually a cotton tube, filled with beeswax, therapeutic oils and honey, that is gently inserted into the ear to draw out impurities and relieve pressure.

THAI HERBAL COMPRESS MASSAGE: 30 mins leg detox £35 30 mins back detox £35

Herbal heated compresses combines with Eastern massage techniques.



EASTERN CUPPING THERAPY

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, stiff muscles, inflammation, blood flow and as a type of deep-tissue massage. It is also used to treat ailments like, stress, migraines, fatigue and exhaustion. It can also be used in rheumatism, weight loss and cellulite reduction treatments.

Muscles that have been injured, undergone trauma or exertion, accumulate lactic acid and other toxins - cupping can be used to drain these toxins so the muscles can heal. More commonly, cupping therapy is great for relaxation, well being and to help clear natural energy pathways inside the body.

Clients should be aware that cupping therapy can potentially bruise or mark the skin. The marks can last anywhere between a day and a week. The marks are nothing to worry about and should not be painful.

45 mins £40

(Slot includes in depth consultation - 30 mins treatment time)

TEENAGE TREATMENTS



TEEN FACIAL: 25 mins £30

A gentle but deep cleansing facial designed to specifically address breakouts that are frequently associated with adolescent skin, whilst also providing the importance of a good home skin care routine.

TEEN HYDRAFACIAL: 25 mins £35

A condensed combination of the full hydrafacial for blackhead removal, skin clearing and calming.



IPL FACIAL

Are you looking for a non-invasive treatment for rejuvenated, younger looking skin?

Are you concerned with skin conditions such as:

- Fine Lines and Wrinkles
- Acne
- Large Pores
- Sun Damage
- Rosacea
- Pigmentation
- Scarring
- Red Veins
- Or do you generally just want smoother plumper fresh skin?

Then this treatment is for you!

IPL delivers intense light to the deeper layers of the skin targeting specific skin problems which you would address in your consultation.

What to expect

The treatment slots are 60 minutes, however, the treatment is mainly in 20/30 minutes depending on the chosen function i.e. anti aging facial, acne facial.

The treatment itself is a slight heat with a feeling of an elastic band snapping against your skin, doesn't sound pleasant but any discomfort is short lived and only left with a slight warmth and reddening of the skin. The skin may be sensitive for a few days.

Our staff are all fully trained IPL and laser specialists and will reassure you through your consultation and patch test as well as through your treatment so please feel comfortable knowing you are in the hands of fully trained experts.

IPL FACIAL - 60 mins £85

IPL PATCH TEST APPOINTMENT - 30 mins £10

Patch test and consultation addressing skin concerns.

If the treatment is not suitable we will refund the £10.



POLICIES

We are a small salon so we do not have a receptionist, during busy periods the door may be locked or we may be unable to answer the phone. If required, please leave a voicemail to enable us to return your call.

Cancellation Policy - 24 hour cancellation policy

Please call the salon direct, we do not accept cancellations via email as our staff will not see these. Any cancellations within 24 hours will incur a 100% charge or a forfeit if payment is with a gift voucher.

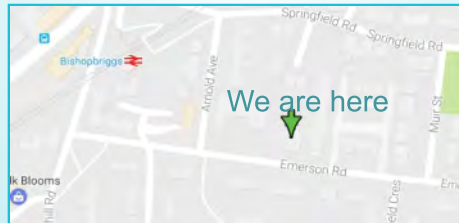
Late

We fully understand that things sometimes happen. If we do not have enough time to complete a treatment due to lateness, then cancellation policies apply for wasted appointment. This is to the discretion of the therapist.

Gift Vouchers

You MUST bring your voucher - We cannot accommodate without the voucher
If vouchers are lost, we do not have electronic records and admin fees will apply.

We hope that your visit with us is an enjoyable experience and welcome any feedback.



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