

Hand Treatments

Shape & Gel Polish	£18.00
Shape & French Gel Polish	£20.00
Gel Polish Removal	£5.00
Luxury Gel Manicure	£25.00

An indulgent treat for tired, dry hands. Includes aromatherapy soak, Mulberry & Pomegranate exfoliating scrub, nails filed, shaped and cuticles tidied then luxury hand and arm massage stimulating reflex points. Finished with your choice of gel polish.

Nail Extensions

Full set with black colour gel polish	£30.00
MOT with black colour gel polish	£25.00
Overlays	£22.00
Add French Polish	£2.00
Nail Art	from £1.00
Single Nail Replacement	£3.00
Removal full set	£10.00

Hair Removal & Tinting

Threading

Eyebrows	£8.00
Upper Lip	£6.00
Chin	£6.00
Sides of Face	£8.00
Full Face	£25.00

Waxing

Eyebrows	£6.00
Upper Lip	£5.00
Chin	£5.00
Side of Face	£5.00
Lip & Chin	£8.00
Underarm	£8.00
Half Leg	£15.00
Full Leg	£22.00
Full Leg with Bikini Tidy Up	£27.00

Definition Eye Package

Includes Brow Wax, Tint & Lash Tint

£15.00

Natural Lash Lift & Tint

£35.00

A great alternative to semi permanent lashes but still getting the lashes you have always wanted adding lift, volume and length which lasts up to 6 weeks.

Tinting

Eyebrows	£6.00
Eyelashes	£8.00

Patch test for tinting and lash lift needed 24 hours before first treatment.

Intimate Waxing

Bermuda Triangle	£15.00
Tidy up both sides and top	
Brazilian Babe	£20.00
Land with ease on the strip	
Hollywood Starlet	£25.00
Bare essential	

Stockists of Himalayan Rock Salt Products, Incense, Crystals, Tumblestones, Crystal Jewellery, White Sage, Essential Oils & Wellbeing Products.

Cancellation and Booking policy

Cancellations often deprive other customers of treatments. Appointments not cancelled within 24 hours will incur a 50% charge. Treatments over 2 hours require 48 hours notice. Late cancellation of appointments for gift vouchers will be reduced in value by 50% and no shows for gift vouchers will be deemed void. Some treatments will require a 50% deposit on booking. Prices are subject to change without notice.

Packages

Chakra Balance £49.00

Full body Swedish massage including reflex points on feet and Marma points on head and face stimulated for relaxation, crystal chakra balance plus 15 mins of the Deesee mask on healing setting finished with a cleanse, tone & moisturise.

Packages

Soul Revival - £95.00

Glass of Prosecco on arrival
Full body Swedish massage with Lovegrove holistic facial and reflexology. Then chill with fresh baked breads, ice cream and refreshments in our relaxation area.

Holistic Heaven - £45.00

Choose Indian Head Massage, Half body Swedish Massage or Aromatherapy Facial. Then add on Reflexology, Access Bars Reiki or Facial. Upgrade to Full Body Massage £10.00.

Body Beautiful - £65.00

Full body Swedish massage with our signature blend of oils and Dermaplaning 24k gold facial.

Mum to Be - £50.00

Back, neck, shoulder and arm massage with mini Indian head massage. Add on Aromatherapy facial or reflexology. Upgrade massage to full body £10.00.

Less Stress, More Sleep - £65.00

Hot stone half body massage with mini Indian head massage, reflexology and mini Holistic facial. Upgrade to full body £5.00.

INNER BEAUTY



Holistic and Beauty Treatments
Relax, Release, Rejuvenate

Opening Hours

Tuesday to Friday 10:00am to 5:00pm

Wednesday 10:00am to 8:00pm

Saturday 9:30am to 3:00pm

GIFT VOUCHERS AVAILABLE

Tel: 028 9303 8050

36C Woodburn Road | Carrickfergus | BT38 8PX
www.innerbeautycarrick.co.uk | innerbeautycarrick@gmail.com

Body & Holistic Treatments

Double Therapy Room Available
Relaxation Room Available on Request

Swedish Massage

Full Body £35.00 | Half Body £30.00

Back, Neck & Shoulder £25.00

Using a combination of medium and firm pressure with long gliding strokes in the direction of blood returning to the heart to bring you beyond relaxation, increasing the level of oxygen in your blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Aromatherapy Massage

Full Body £40.00 | Half Body £35.00

Using light pressure combined with our signature blend of oils for ultimate relaxation. The days stresses will melt away bringing the mind and body back into balance.

Hot Stone Massage

Full Body £40.00 | Half Body £35.00

A massage with heated Irish basalt stones coated with our signature blend of oils, with the heat penetrating deep, relaxing tense muscles, melting away tension, easing stiffness and increasing circulation and metabolism. Sheer Bliss!

Hot Bamboo Massage

Full Body £40.00 | Half Body £35.00

A unique way to relax tight muscles and release stress and tension. We combine elements of Shiatsu and Thai massage to promote circulation, sensory nerve perception and lymphatic drainage. It's a great benefit to anyone suffering from postural imbalances. The warm bamboo is used to knead and stretch muscle and fascia in all directions, dissolving tension and knots.

Cupping £30.00, Add on £8.00

The cups create a negative pressure that manually moves blocked energy, tension and toxins from the body in a way acupuncture, massage and other therapies can't. Cupping can speed recovery of injuries by weeks. It draws toxins from the subcutaneous layers to the surface of the skin leaving marks varying in colour indicative of the amount of tension removed. This can be done on its own or as an add on to any massage.

Pregnancy Massage (from 14 weeks)

Full Body £40.00 | Half Body £35.00

An essential need for every "Mum To Be" to help your body adjust to dramatic changes and prepare for childbirth. Massage regulates hormones which leads to fewer complications during birth, it will relax the whole body, reduce stress, reduce anxiety, promote sleep and ease discomfort while reducing nerve, joint and back pain. It will also significantly reduce any swelling in the later stages of pregnancy.

Indian Head Massage

£30.00

Intense head, neck, shoulder and facial massage using a combination of pressure point manipulation and deep kneading and sweeping strokes with our signature blend of oils to combat stress, loosen and melt knots and give ease to long term ailments such as headaches, insomnia & shoulder pain. The facial massage includes Marma point stimulation and techniques that will loosen every tense jaw and brow leaving you feeling relaxed and energised.

Natural Face Lift Massage

£28.00

Using gentle and non-invasive Ayurveda massage, lymphatic drainage, acupressure and energy balancing techniques which tones and lifts muscles, increases skin elasticity, releases toxins and restrictions in connective tissue, reduces wrinkles and can help improve under eye bags and skin complexion. Finished with a cleanse, tone and moisturise. Wonderful for relaxation and releasing stress.

Hopi Ear Candles with Massage

£30.00

The rising warm air gently massages the ear drum and helps to regulate ear pressure, drawing out impurities, improving symptoms of tinnitus, sinusitis, glue ear, hay fever, rhinitis, excessive ear wax, general hearing loss, colds, allergies and tension headaches. The soothing face and head massage using our signature blend of oils will stimulate Marma points relieving pressure, tension and stress.

Reiki Healing

£30.00

A gentle but powerful energy healing which helps restore balance & harmony to the mind and body. This treatment balances the energy flow of the body's seven main chakras to improve wellbeing. Reiki boosts the body's natural healing responses and can be used alongside other conventional or complimentary treatments for stress reduction and relaxation which brings physical and emotional ease.

Access Bars

£32.00

Access bars is an energy balancing and healing therapy, working with the 32 bars of energy that run in and around the head. With a gentle touch, locked energy begins to clear away lifting a weight you didn't realise you were carrying. It's like a computer de-frag, giving you a lighter, more relaxed feeling enabling you to function easier. It's an incredible relaxing and nurturing treatment that breaks patterns and brings physical and emotional ease.

Reflexology

£32.00

Reflexology works the reflex points on the soles, tops and sides of the feet with specialised techniques to release tension, remove energy blocks, eliminate toxins, boost energy levels, stimulate nerve function, improve circulation and promote healing by stimulating the body's natural abilities to improve the wellbeing of the whole body. It's a relaxing and nurturing treatment that brings physical and emotional ease. Includes heated foot cleanse.

Maternity Reflexology

£35.00

Fertility Reflexology

£35.00

Cancer Care Reflexology

£35.00

Facials

De-Stress Facial

£20.00

Instantly hydrates, softens and brightens the skin, this facial will leave skin looking fresh, clear and truly radiant. Includes cleanse, tone, exfoliate, mask and moisturise with neck and facial massage.

Prescriptive Steam Cleansing Facial

£32.00

The steam opens up pores giving an ultimate deep cleanse that will eliminate blackheads and congestion. Includes skin analysis, double cleanse, tone, exfoliate, mask and moisturise with face, neck, shoulder, arm & hand massage.

Lovegrove Signature Aromatherapy Facial

£32.00

A luxurious Award Winning holistic approach to natural skincare. A customised blend of natural and sustainable ingredients with essential oils formulated to suit all skin types. Includes skin analysis, double cleanse, tone, exfoliate, mask and moisturise with face, neck, shoulder, arm and head massage using unique Aryvedic techniques and Marma point stimulation to relieve tension and combat stress.

Award winning Deesee Anti Ageing Facial

£32.00 | Add Glycopeel £8.00

Our Award Winning LED Deesee mask is used with specially formulated exfoliating cleanser, lifting mask, rejuvenation serum and moisturiser infused with collagen to significantly decrease skin deterioration, reduce the appearance of fine lines, improve blemishes and even skin tone to give a radiant nourished and youthful complexion. Your skin will be smoothed and polished to perfection feeling hydrated, tighter and firmer.

Dermaplaning 24k Gold Facial

£35.00 | Express £25.00 | Add Glycopeel £8.00

Get a flawless complexion with the ultimate exfoliation! A small surgical scalpel is used to remove the fine peachy villus hairs and the top layer of dull dead skin from the face helping unclog pores, reducing the appearance of fine lines and evening skin tone. Suitable for all skin types, even those with sun damaged, very dry or acne scarred skin. Dermaplaning is finished with a luxurious 24k gold collagen facial to leave your skin silky smooth and glowing.

Microneedling

£45.00 | Course of 4 - £175.00

Microneedling, also known as collagen induction therapy is a procedure that uses small needles to prick the skin. "Micro-wounds" are created which trigger your body to generate new collagen and skin tissue for a smoother, firmer, more toned complexion. On a short-term basis, it plumps the skin and makes it look more radiant from inflammation and superficial swelling. True results are not visible for 4/6 weeks after treatment and tests have shown skin treated with four sessions spaced one month apart produced up to a 400% increase in collagen and elastin. Microneedling can be used to treat scars, wrinkles and large pores.

Kids Treatments

Kids Holistic Treatments (up to 16 years)

Helps to calm emotions and improve symptoms of stress, anxiety, poor sleep patterns, poor concentration and anger, Helpful with conditions such as ADHD, ADD and Autism.

Access Bars	£22.00
Reiki	£22.00
Reflexology	£22.00

Princess Glamour

(up to 16 years)

Facial	£15.00
Back Massage	£15.00
Back Massage With Flash Facial	£25.00
Back Massage With Steam Cleansing Facial	£30.00

Foot Treatments

Shape & Gel Polish	£16.00
Shape & French Gel Polish	£18.00
Gel Polish Removal	£5.00
Funky Feet Gel Pedicure	£30.00

Spa foot soak, file and shape, cuticle and hard skin removal with our amazing Footlogix file, gel polish application, with moisturising foot and leg massage using Aryvedic and reflex point techniques.