

Welcome to Coollight Health & Beauty owned and managed by myself Helen Strawbridge.

At Coollight my aim is to provide all my clients with the ultimate experience in beauty treatment and care.

With over 20 years experience as a beauty professional, working constantly within the industry, I have a wealth of professional qualifications and experience. I am qualified to NVQ Level 4 in Laser/IPL and am registered with the Healthcare Inspectorate Of Wales. This is your guarantee that everything is being done to an extremely high standard as I am regularly monitored and inspected.

Through constant training I am able to provide simple or advanced treatments using state of the art, high tech equipment.

As a Coollight client you can be assured of the utmost confidentiality and consistent quality of treatments as you will only ever be treated by myself. Please feel free to ask for any advice concerning Coollight treatments as a warm and friendly welcome will be extended at all times.

I look forward to providing you with the excellent personal service that you deserve.

## WAXING

Using only the finest Tea Tree oil wax, which has antiseptic and healing properties. This is beneficial for even the most sensitive skin. It will help to reduce inflammation/redness with the skin settling down much faster.

Full leg wax	£19.00
¾ leg wax	£17.00
½ leg wax	£14.00
½ leg & b/line wax	£20.00
B/line from	£10.00
Brazilian	£18.00
Hollywood	£27.00
Underarm wax	£9.50
Forearm arm	£10.50
Full arm wax	£13.50
Full back wax	£22.00
u/lip wax	£7.00
brow wax from	£7.50
lip & chin wax	£12.00
lip, chin & brows	£18.00

Best results will be achieved with a minimum of 2 weeks hair growth

## PERMANENT HAIR REMOVAL

### **ELECTROLYSIS**

Using only Sterex disposable needles which are kinder to sensitive skin and allows a more comfortable hair removal,.

10 mins	£12.00
15 mins	£15.00
20 mins	£18.00
30 mins	£21.00
45 mins	£32.00
1 hour	£40.00

### **ADVANCED ELECTROLYSIS**

For the removal of broken capillaries, thread veins and red veins.

15 mins	£17.00
30mins	£32.00

### **EAR PIERCING**

Earlobes Only	15mins	£10.50
Single ear	10mins	£6.50

## IPL/LASER

### **INTENSE PULSED LIGHT CAN BE USED FOR THE FOLLOWING PERMANENT HAIR REDUCTION**

This treatment is ideal for those who have strong thick black hair and pale skin. This treatment uses light energy and can quickly and easily treat both large and small areas for both men and women.

If you are tired of shaving and plucking please ask for a confidential consultation for this amazing treatment which will take away the stress and worry of unwanted facial and body hair.

All IPL treatment prices are dependent on the size of the area to be treated and will require an assessment during the consultation process. A patch test may be required and will be charged at £30.00 which will be deducted from the initial session cost.

### **IPL INTENSE PULSED LIGHT FOR SKIN REJUVENATION**

This treatment will increase collagen levels in the skin making it firmer, plumper with an increased youth radiance. It gives a totally natural look and feel to the skin as it works with the skins own ability to regenerate itself. There is no downtime and it can be easily slotted into a busy day or lunch hour. Highly recommended.

### **IPL FACIAL REDNESS, BROKEN CAPILLARIES & ROSECEA**

This treatment will quickly and easily tone down high facial redness, reducing broken veins and capillaries. It will enable clients to feel less embarrassed and self conscious by being able to wear less makeup to cover

### **IPL PIGMENTATION, SUN DAMAGE & ACNE SCARRING**

Whether you suffer from any of the above IPL can be safely and effectively used to reduce the annoying appearance of pigmentation and scarring.

## **REVERSE THE SIGNS OF AGEING**

### **MICRODERMABRASION**

This treatment is suitable for all ages and all skin types. Highly effective in balancing oily skin to a more normal type by helping to reduce and refine pore size and reduce likelihood of spots, blackheads and breakouts. Recommended for smokers with dull liveless skin and for those interested in fighting against the signs of ageing. Also beneficial for pigmentation and acne scarring when combined with IPL. This treatment is highly recommended and will leave your skin feeling fresh, revitalised and very clean soft and smooth.

Can be combined with other facials for optimal results.

Treatments would be weekly as part of a course of 6 or 10 sessions.

Single session      £36.00

Course of 6   £186.00

Course of 10      £260.00

### **REJUVALIGHT**

This light based facial is highly relaxing and pleasant to experience. It uses red light to stimulate the production of collagen, elastin and fibroblasts. It will have a rejuvenating effect and is ideal for tired, ageing or spotty skins due to its stimulating and healing properties. It can be combined with Microdermabrasion for increased benefits

Single session      £36.00

Course of 6      £186.00

Course of 10      £260.00

## **MICRODERMABRASION AND REJUVALIGHT COMBINED**

Combine these two treatments to achieve amazing results with a great discount. Microdermabrasion will deep cleanse unblock pores and smooth out fine lines/wrinkles/acne scarring. The rejuvalight will plump helping to achieve an increased healthy glow and radiance.

Single session                      1hour                      £57.00

Course of 6                      pay for 5 and 6th is free

Course of 10                      pay for 9 and 10th is free

## **NON SURGICAL FACELIFT**

A specialised, relaxing non invasive treatment using microcurrent to firm and re-educate the facial muscles to a tighter, firmer, lifted position. Friends and family will comment on how well and rested you look as if u have just come back from a long relaxing holiday. A lifted difference can be seen just after one session. A weekly course is recommended with monthly top up sessions. Highly recommended for that special event when you need to look your best!!

Single session                      £40.00

Course of 6                      pay for 5 and 6th free

Course of 10                      pay for 9 and 10th free

Please ask about Coollights body toning treatments for legs, stomach, bust, hands and backs of arms using microcurrent technology.

## **MESOTHERAPY**

This is being called the no needle botox!! Strengthen facial muscles without looking frozen!! This will smooth out fine lines and wrinkles and give skin that celebrity red carpet dewy glow. Active ingredients are introduced safely and pleasantly to the lower injectable layers of the skin. This can be combined with the above the non surgical/microdermabrasion or enjoyed on its own for a super hydrating facial!!

Combined with other facials	one area	£10.00
	Two areas	£15.00
	Full face and neck	£20.00

## **MICRONEEDLING**

### **COLLAGEN INDUCTION THERAPY**

This innovative treatment uses tiny microinjuries to the dermis which send the body into injury repair mode and so tricks the body to produce more collagen. This cutting edge treatment is taking the beauty industry by storm as it is extremely effective in treating lines and wrinkles, acne scarring, stretch marks, scars, pigmentation, sun damage. It will firm and tighten giving the skin its lost youthful radiance. A natural alternative to botox and fillers for completely natural and longer lasting results.

Prices start from £90.00 for small scars

Facial rejuvenation from £190.00

## **RADIO FREQUENCY TREATMENTS**

The new celebrity facial

Radio frequency can be used on both the face and body. It will firm and tighten facial contours and skin. Especially beneficial for sagging jawlines and necks. Radio frequency works in the lower layers of the skin....the dermis and encourages the fibroblasts to produce new collagen. Extremely relaxing with clients experiencing a warmth in the skin during the treatment. A collagen mask is included at the end of the facial and this is beneficial when combined with microdermabrasion.

Single session    £57.00

Course of 5        pay for 5 and 6th free

Course of 10      pay for 9 and 10th free

When combined with microdermabrasion add an extra £10.00

Single session    £67.00

Course of 5        pay for 5 and 6th free

Course of 10      pay for 9 and 10th free

Please ask about the body firming and cellulite treatments using Radio Frequency

## RELAXATION AND WELLBEING

Aromatherapy Back massage	30 mins	£25.00
Full body massage	60 mins	£38.00
Aromatherapy facial	45 mins	£30.00
Indian head massage	40 mins	£25.00
Hopi ear candle	45 mins	£25.00
Reike	30 mins	£25.00
Reike	60 mins	£38.00
Reflexology	60 mins	£37.00

## **BIO ENERGISER**

The fast pace of modern day living can introduce toxins into your body, which causes an electrical imbalance within your cells. The bio energiser spa is a system which combines the use of water and a bioenergetic field to encourage and stimulate the micro circulation of the body. Relax with your feet immersed in a spa bowl of warm salted water while a gentle flow of energy passes through the salt to provide a calming and enjoyable experience. A colour change in the water will occur indicating excessive toxins are being released. These toxins can have adverse effects on the body such as lethargy, constant colds, flu, blemished and congested skin, headaches and migraines. A course of treatments are recommended.

Bioenergiser d-tox spa system	45 mins	£25.00
Course of 6	pay for 5 and 6th free	

## **NAILS/HAND AND FOOT CARE**

### **PEDICURE**

Nails are cut and filed, relaxing soak in a foot spa, exfoliation of dry skin, cuticle work, hard skin removal, foot massage and a polish of your choice. Please bring flip flops as nails may smudge with boots/shoes!!

Coollight Pedicure	60 mins	£26.00
Shellac toenails	40 mins	£25.00
Shellac French toes	50mins	£30.00
Shellac and pedicure	90 mins	£46.00
Hard skin/callus removal	45 mins	£25.00

### **HAND AND NAIL TREATMENTS**

Coollight Manicure	45 mins	£22.00
Deluxe manicure	60 mins	£27.00
File and French polish	30 mins	£12.50
Acrylic nail extensions	90 mins	£38.00
French extensions	90 mins	£42.00
Acrylic overlay	60 mins	£26.00
French acrylic overlay	60 mins	£30.00

Shellac nails	45 mins	£25.00
Shellac French	60 mins	£30.00
Removal (before new set)	60 mins	£ 5.00
Removal and mini treatment	40 mins	£15.00

Please inquire about our hand rejuvenation treatments, using microcurrent, IPL and radio frequency!!!

## **TANNING**

Using instant tanning products from the St. Tropez range. Treatments include an exfoliation to prepare the skin and moisturising dry areas. The lotion used will have longer lasting results than a spray tan and look and feel unbelievably natural.

Full legs or half body	30 mins	£20.00
Full body	90 mins	£32.00

Please remember to wear loose dark clothing when having a St. Tropez tan so as not to cause lines and marks.

# **NEW TREATMENT NEW TREATMENT NEW TREATMENT**

## **FAT FREEZING/CRYO-LIPOLYSIS**

Fat freezing or cryo-lipolysis is an amazing treatment. It will freeze fat and destroy fat cells in order for your body to break them down and pass out of your system over the forthcoming months. Its designed for those stubborn areas that diet and exercise wont shift.

Areas which can successfully be treated are love handles, muffin tops, stomachs and moobs.....male boobs!! This treatment will not make an obese person slim, it is not a weight reduction but a way of reducing those stubborn areas of subcutaneous fat that just won't shift no matter what you do. It will contour and reduce your body shape so that your clothes will fit better and look better.

It is an extremely safe and effective treatment. Its principle lies in controlled cooling to near sub-zero temperatures for non invasive localised reduction of fat deposits in order to reshape body contours.

This procedure is now widely recognised as a nonsurgical alternative to liposuction. This means no surgery, no downtime, no pain. The treatment takes about an hour and you can carry on with your normal day to day activities straight after a session.

You will see a noticeable difference and a reduction of fat in the targeted area after just one session. What's even better is no special cream, no pills and no supplements are needed. As long as you maintain your normal current lifestyle your long term results will remain stable.

## OPENING TIMES

Monday	closed
Tuesday	9.30-5.30
Wednesday	9.30-5.30
Thursday	9.30-5.30
Friday	9.30-5.30
Saturday	9.30-2.00

### **Please note**

- A minimum of 24 hours notice must be given for cancellations or the full amount may be chargeable should the appointment not be rebooked.
- Certain treatments will require a booking fee.
- Please arrive in plenty of time for your appointment
- If u are feeling unwell please notify the clinic as some treatments may be unsuitable.
- Please inform the clinic of any new medication as it may affect treatments

**GIFT VOUCHERS ARE AVAILABLE FROM RECEPTION**