



B'SPOILT

LUXURY BEAUTY SALON

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PROPRIETRESS

Mrs Suzanne Saunders

ESTABLISHED 2005



THALGO FACIAL & BODY TREATMENTS

Let the sea empower your beauty

The sea has always been a vital energy source and can regenerate you physically and mentally. THALGO has taken inspiration from this for more than 50 years combining efficacy and well-being. We infuse this marine energy through products and treatment protocols that revitalise the body and mind for luminous and radiant beauty.

Upgrade any Thalgo or B'Spoilt facial by adding:

BACK MASSAGE

15 minutes, £18.00

THE OXYGEN THERAPY

10 minutes, £15.00

FACIAL STEAM

10 minutes, £10.00

Discovery Facial

The perfect express facial if you're on the go, tailored to your skin type. Featuring Thalgo's signature Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, skin-specific mask and moisturiser, you will feel refreshed and relaxed with beautifully glowing skin.

30 minutes, £40.00

3 Algae Marine Facial Treatment

Experience true marine beauty with this signature "Thalasso" algae facial. Following the Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, a warm mask of remineralising and revitalising natural seaweed is applied. The Heart of the Ocean massage recreates the rhythmic motions of the sea to relax and relieve tension and the treatment is completed with a skin specific moisturiser and energising eye gel to leave your complexion soft, radiant and clear.

60 minutes, £55.00



HEART OF THE OCEAN RITUALS

These skin personalised Thalgo signature facials begin with the Discovery of the Sea welcome massage, skin specific cleanse and exfoliation. The Heart of the Ocean massage recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. A skin-specific mask and moisturiser correct any skin concerns, leaving the complexion restored to its natural beauty.

SOURCE MARINE HYDRA-STRENGTHENING FACIAL

– Normal / Dehydrated Skin

Rehydrate and visibly strengthen thirsty skin with this treatment concentrated in remineralising active ingredients.

60 minutes, £59.00

COLD CREAM MARINE REPLENISHING FACIAL

– Dry / Very Dry Skin

Super replenishing treatment enriched in Cold Cream Marine, Marine Pro-Ceramides and Patented Micronised Marine Algae, to instantly replenish and visibly smooth undernourished skins.

60 minutes, £59.00

PURETE MARINE FACIAL

– Oily / Combination Skin

Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating algae.

60 minutes, £59.00

CICA MARINE SOOTHING REPAIRING FACIAL

– Sensitive / Very Sensitive skin

The professional SOS facial with marine prebiotics to repair, soothe and reinforce sensitive, damaged or weakened skin.

60 minutes, £59.00



ANTI AGEING

Thalgo is an anti-ageing specialist and offer facials for different ages and anti-ageing concerns, all renowned for their incredible results.

Hyalu-Procollagène Wrinkle Correcting Treatment – Age 35+

**** Bursting with Hyaluronic acid ****

The first four-step wrinkle by wrinkle treatment combines three hyaluronic acids, marine pro-collagen and 3 unique roller booster tools. After immersion in a marine bubble of relaxing cleansing and energising acupressure, the concentrated active ingredients of the wrinkle correcting serum is applied using gentle Dermastim+ stretching movements. The marine mask is then applied and wrinkles are worked on in succession using the unique roller booster tools to amplify the smoothing, filling and plumping effect. Skin feels plumped and even established wrinkles see visible results.

60 minutes, £69.00

Silicium Lift Facial – Age 45+

This lifting facial inspired by Face Fitness, fills in wrinkles, firms and refreshes the skin. Relax and let yourself be immersed in an aquatic cocoon during the Discovery of the Sea welcome ritual, brush cleanse and exfoliation, followed by an expert lifting anti-ageing massage using Face Fitness rollers. A marine silicium-rich super-lifting double mask is then applied to visibly lift and contour the face and neck and fill deeper wrinkles after just one treatment.

70 minutes £73.00

Exception Marine Redensifying Facial – Age 50+

(Coming soon... March 2025)

This unique marine “manual facelift” treatment targets and tightens individual facial muscles and visibly lifts the entire face and restores the skin’s density. Following brush cleanse and exfoliation, the exclusive EnergiLift Massage and patented marine replenishment complex corrects loss of firmness and volume on the face, neck, décolleté and hands through deep, rhythmic movements. A face mask and massage of the neck, décolleté and arms leave you feeling deeply relaxed, with visibly smoother and brighter skin.

85 minutes, £79.00

THALGO MICRO-DERMABRASION TREATMENT

Micro-Dermabrasion is a deep exfoliation for the face, where aluminium oxide crystals are projected onto the skin treating fine lines; wrinkles; scarring; acne; pigmentation or general uneven skin tone. The proven benefits include softer, smoother, more flawless skin, brighter complexion, coupled with deep cleansing of the pores. It encourages the development and formation of collagen and elastin, tightening and firming skin for a more rejuvenated, radiant, youthful look.

Our Thalgo Micro-Dermabrasion treatment stands out and differs from others by offering a light therapy treatment using red and blue LED lights which have anti-ageing properties.

45 minutes, £58.00

SIGNATURE MARINE TREATMENTS

Thalgo Body Treatments

As specialists in thalassotherapy and spa expertise, Thalgo harnesses all the riches of the sea: oligo-elements, proteins, amino-acids, minerals, and vitamins, for high-performance Slimming, Firming, Detox and Relaxation treatments.

3 Algae Body Wrap Treatment

The original marine algae wrap, harnessing all the incredible benefits of seaweed; it activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. After a relaxing welcome massage and body exfoliation, Thalgo's patented seaweed wrap is applied, infusing its minerals, vitamins and micro-nutrients. Excellent for detox and general wellbeing.

60 minutes, £56.00

3 Algae Back Treatment

Discover the incredible remineralising benefits of seaweed for problem skin prone to flare ups. A welcome massage and exfoliation relax and soften the skin on the back before Thalgo's patented natural marine algae wrap is applied to deeply cleanse, detoxify and smooth. Once removed, a refreshing seawater concentrate and a sebum-regulating concentrate or nourishing cream is applied. Options for both oily and dry skins.

30 minutes, £45.00

COLD CREAM MARINE

Cold Cream Marine Body Ritual

The ultimate lipid-rich nourishing body treatment, designed to restore comfort to dry and very dry skin, this ritual begins with a deeply moisturising body wrap to soothe the skin and restore a feeling of comfort. During the wrap, a scalp massage eases tension, before a massage of the entire body, including the hands and feet, deeply relaxes.

60 minutes, £59.00

Cold Cream Marine Face & Body Ritual

A combination of the Cold Cream Marine Body Ritual and Heart of The Ocean Cold Cream Marine Comforting facial... the ultimate nourishing, cocooning and relaxation ritual leaving your face and body super smooth and hydrated.

1 hour 40 minutes, £105.00

SCRUBS

Essentiels Marin – Revitalising Marine scrub

Energising ocean blue scrub with sea salts and aquatic notes.

Iles Pacifique – Island Body scrub

A bi-phase scrub with pure white sand from Bora Bora, sea salt, coconut shells and plant oils to nourish and exfoliate skin.

30 minutes, £39.00

B'SPOILT SIGNATURE TREATMENTS

B'Spoilt Facial

An hour treatment comprising of a wonderful deep tissue back massage, ending with deeply nourishing facial. Suitable for all skin types.

60 minutes, £58.00

Back, Face and Scalp Treatment

This complete experience targets 3 key areas – the back (physical stress), the face (skin stress) and the scalp (mental stress). Perfect for everyone. The treatment begins with a dry body brush; exfoliation and back massage with the inclusion of muscle relief oil, followed by a personalised facial and scalp massage.

70 minutes £75.00

Stress Buster

Includes full dry body brush, body exfoliation, ending with a warmed, deep nourishing body oil.

60 minutes, £62.00

OXYGEN / MICRO-CURRENT

Lift & Firm Ultra Facial - Including Oxygen

The unique true digital waveform, tones facial muscles and improves skin texture. Perfect for clients looking to lift, firm and achieve long term anti-ageing results This results in increasing the clients' own collagen levels by up to 73%. Completed with oxygen and a combination of BeautyLab serums to plump, stimulate collagen production, energise and nourish.

Single treatment

75 minutes, £65.00

Course of 10 (recommended - 2 to 3 a week)

£600.00

Essential Lift & Firm

The unique true digital waveform, tones facial muscles and improves skin texture. Perfect for clients looking to lift, firm and achieve long term anti-ageing results.

Single treatment

60 minutes, £55.00

Course of 10 (recommended - 2 to 3 a week)

£510.00

Lift & Firm Eye Area

Dark circles around the eyes are mainly due to strain, weak muscles, tiredness or poor circulation. Puffiness around the eye is due to a build up of fluid; the main cause of this is weak muscles and or slow circulation in this area. This program has been designed to strengthen the muscles and increase the circulation, which will most definitely improve or even solve the problem.

Single treatment

25 minutes, £35.00

Course of 6 (recommended - 2 a week)

£195.00

UPGRADE ANY B'SPOILT FACIAL BY ADDING THE EYE TREATMENT

Oxygen Therapy Facial

The skin is treated with oxygen and a combination of BeautyLab Serums to plump, stimulate collagen production, energise and nourish. The pulsed oxygen program, can be used to treat areas of concern such as wrinkles, fine and deep lines and scars. The effects of oxygen therapy continue to work after the treatment; with optimum results achieved 2-3 days post treatment.

Single treatment

45 minutes, £45.00

Course of 6 (recommended - 1 a week)

£250.00

MASSAGE & RELAXATION TREATMENTS

Relaxing and therapeutic healing for mind, body and soul, helping to ease tension, relieve stress and promote a feeling of wellbeing, by dispersing toxins, aiding the release of physical fatigue. We have a wide selection of massage oils to choose from: Muscle relief; Sound Asleep; Relaxing; Invigorating; Refresh; D-Tox; Wake-up.

ALL OUR
OILS ARE
VEGAN



Dry Body Brushing

Dry skin brushing benefits may include stimulating the lymphatic system, exfoliating the skin, removing toxins, increasing circulation and energy, and reducing cellulite. Dry brushing is an Ayurvedic medicine that has been around for centuries. **This treatment can be added to any body massage.**

Full Body Brush 20 mins, £19.00

Back Brush 10 mins, £15.00

Full Body “Aromatherapy” Massage includes face & scalp 70 mins, £57.00

Back, Neck & Shoulder “Aromatherapy” Massage 30 mins, £38.00

Hot Lava Shells Full Body Massage 60 mins, £60.00

Hot Lava Shells Back, Neck & Shoulders Massage 30 mins, £38.00

This revolutionary treatment from the tropics, known as “Lava Shell Massage”, is a deeply comforting and relaxing body massage that uses heat in order to help soothe aches and pains. The treatment is performed using Tiger Clam shells from the South Pacific, delivering heat to your tired and aching muscles.

Hot Stones Full Body Massage 60 mins, £60.00

Hot Stones Back, Neck & Shoulders Massage 30 mins, £38.00

Used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific body parts. The stones are made of basalt, a type of volcanic rock that retains heat.

Deep Tissue, Full Body Massage 60 mins, £51.50

Back, Neck & Shoulder Massage 30 mins, £31.50

Pregnancy Massage 60 mins, £57.00

Mum to Be, Pre-blended Massage Oil

Scalp Massage

15 minutes, £20.00

(To be incorporated in any of the above massage treatments)

Indian Head Massage*

45 minutes, £50.00

*Would clients please wear a round neck t-shirt for this treatment.

Hopi Ear Candling

Hopi ear candles can bring relief from discomfort associated with ear wax build up, sinus congestion, vertigo, colds and flu, hay fever and snoring plus many more conditions.

30 minutes, £35.00

SIENNA X SPRAY TANNING

Sienna X spray tanning gives a gorgeous, natural-looking tan without the inherent dangers of skin damage that can result from overexposure to UVA/B rays, letting you look stunningly tanned all year round. It uses natural ingredients; has a fantastic fragrance and lasts 5 – 7 days depending on your daily skincare regime and lifestyle. Your therapist will carry out a full consultation prior to your first spray tan and will answer any questions that you may have.

Sienna X – Available in several shades that require 8 hours to develop.

“Tonight’s the Night” – which develops in 2-4 hours.

High Intensity Tan – which can be showered off 1 hour after application and continues to develop over the next 4 hours – perfect for last-minute occasions or for those that hate waiting!

Prices

Half body £17.00; Full body £25.00



Sienna X retail products are enriched with Aloe Vera and other natural top quality ingredients to actively moisturise and nourish your skin and help to extend your tan. Selected range of Sienna X retails products are available in salon, which help maintain and prolong your tan.

48 TUBE SUNBED

For use only by persons 18+ years. Courses are available upon request.

Pay for a course of 5 and get 1 free.

3 minutes, £2.25; 6 minutes, £4.50; 9 minutes, £6.25

EYES

KALENTIN – LASH & BROW TINTING

Kalentin products are the result of years of research progress. They never stop improving their formulas to achieve exceptional results. The Italian laboratory and team of chemists are dedicated to the creation of effective and safe products, combining great results with integrity.



Eyebrow Tint / Eyebrow Wax	£20.00
Eyelash Tint	£17.00
Eyebrow Tint	£12.00
Eyelash & Eyebrow Tint	£26.00
Eyebrow Shape/Wax	£11.00

THE LONDON BROW COMPANY

Vegan & Cruelty Free

The ultimate, exclusive, waterproof formulation system, for lash lifting and brow lamination, no requirement to keep lashes dry for 24/48 hours anymore.

Lashlift including tint	45 minutes, £39.50
Brow Lamination including tint and tidy	45 minutes, £39.50

*** A patch test is required 24 hours prior to treatments ***

LASH EXTENSIONS

Classic Full Set	90 minutes, £52.00
Classic Infills	45 minutes, £32.00
Volume Full Set	90 minutes, £57.00
Volume Infills	45 minutes, £35.00
Mega Volume Full Set	90 minutes, £62.00
Mega Volume Infills	45 minutes, £40.00
Express Lashes	30 minutes £28.00

How can I prepare for lash extensions?

You must have a glue test 24 hours before your lash treatment. Make sure your eyelashes and eyelids are free from any make up residue and oils prior to the treatment. If you wear contact lenses, please remove them and wear your glasses following the application, and for the first 24 hours. Do not get your new lashes wet for 24 hours.

WAXING

A minimum of ¼ inch growth is required for a successful treatment. Following which, a soothing after wax lotion is applied to the skin, to calm all treated areas.

Full Leg wax & Bikini Line	£34.50
Full Leg wax	£28.00
Three Quarter Leg wax	£22.00
Half Leg wax	£17.50
Bikini Line wax	£14.00
Under Arm wax	£12.00
Forearm wax	£16.00
Lip and Chin wax	£14.00
Lip wax	£10.00
Chin wax	£10.00
Full Face wax	£19.00
Back or Chest wax	£25.00

Intimate Waxing

Advanced bikini waxing using a hot wax for a cleaner, smoother finish

Hollywood wax (all off)	£34.50
Brazilian wax (strip left)	£29.50

Advice

- *Hair needs to be at least 3-4 weeks growth (approx 10-12mm)*
- *Waxing is recommended every 4-5 weeks – Regrowth varies as everyone is different*
- *The more you wax the slower & sparser the regrowth*
- *For Hollywood & Brazilian waxing you will need to remove your pants*
- *Please arrive freshly showered, wipes are available*
- *Any redness in the waxed area is normal, it may be seen for several hours, it varies from person to person. It will return to normal within 24 hours if aftercare is followed*

Aftercare

- *Do not have a hot bath or shower for 24-48 hours*
- *Don't touch the area that has been waxed*
- *Avoid perfumed products (shower gel, deodorant, moisturiser, etc) for 24-48 hours*
- *Do not swim, sauna, steam room or jacuzzi for 24-48 hours*
- *Avoid UV light, sunbathing, sunbeds and fake tanning for 24-48 hours*
- *Don't have a massage or body treatment for 24-48 hours*
- *Once or twice a week exfoliate or body brush gently*
- *Make-up should be avoided for 24 hours, mineral make-up can be used*
- *Avoid wearing tight clothing for 24 hours*
- *Any rashes or signs of infection after 48 hours see your GP*

THREADING

Threading is an ancient Indian skill which simply uses 100% cotton thread to remove unwanted hair.

Eyebrows	£14.00
Lip or Chin	£12.00
Full Face	£23.50
Full Face including eyebrows	£28.00

ELECTROLYSIS

An effective method to permanently remove hair using sterilised disposable probes. Courses are available on request. Pay for 5 treatments and get 1 free.

5 minutes, £14.50
10 minutes, £16.50
15 minutes, £21.50

THREAD VEIN REMOVAL

An effective way of removing small red veins from the face using sterilised disposable probes.

Test Patch with consultation	£22.00
10 minute Treatment	£36.50
Milia Removal with Facial	From £8.00

EAR PIERCING

Ear Piercing with solution and wide selection of studs	£30.00
Single Ear	£19.50



STANDOUT MANICURES

Using expertly blended products with a multitude of active ingredients including; antioxidant and brightening Blueberry, Rosemary and Vitamin C plus nourishing Shea Butter, Argan Oil and Aloe Vera, with a calming signature fragrance of Bergamot, Earl Grey and Cucumber for added sensorial bliss.

Indulge Mii

A hand reviving exfoliation, serum, mask and heated mitts with moisturising massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

45 minutes, £36.00

Treat Mii

Achieve extra protection extra fast. Hands are cleansed and conditioned, and cuticles moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

30 minutes, £30.50

STANDOUT PEDICURES

Using a restorative blend of moisturising Aloe Vera, calming Thyme, antioxidant Rosemary and soothing Icelandic Moss, with a clean fragrance of Lemon and Green Tea to help lift the sole.

Indulge Mii

Feet are cleansed, exfoliated with hard skin removed and cuticles made neat and tidy. Feet and ankles are massaged with conditioning creams. Followed by a nourishing foot mask and heated booties. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

1 Hour, £42.00

Treat Mii

Get pedi-ready in an instant. Feet are cleansed, conditioned and exfoliated. Nails and cuticles are trimmed and tidied, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish.

30 minutes, £31.50

Callus Peel

Callus Peel is a luxury, spa foot treatment that removes hard, callused skin, leaving your feet feeling soft and revitalised. This is a 5 stage treatment, comprising of patch; wrapping; scraping, filing and moisturising.

This treatment can be add to any one of the pedicures

Whole foot, 25 minutes, £30.00

Heel, 20 minutes, £22.50

STATEMENT GEL POLISH

Statement Gel on hands (nail tidy & cuticle work) 30 minutes, £28.00

Statement Gel on feet (nail tidy & cuticle work) 30 minutes, £28.00

Statement Gel Removal & Reapply – Hands or Feet 45 minutes, £35.00

Treat Mii Pedicure with gels on feet 45 minutes, £45.00

Treat Mii Pedicure, Gel Removal & Reapply on feet £48.00

Gel polish removal with a nail tidy 15 minutes, £12.00

Shape and Varnish on hands or feet £15.00

MAKE UP BY Mii

Mii make up is suitable for everyday, special occasions and also all skin types.

Day Make Up 30 minutes, £32.00

Evening Make Up 45 minutes, £39.00

We are stockists of all Mii Makeup.





DR RADFORD

Visit: www.facebook.com/Dr.RadfordAesthetics/

Dr Adam Radford, is our external, visiting local Doctor, whose expertise lies in high-quality, anti-wrinkle treatments & dermal fillers.

Adam works as an A&E Doctor out of The Grange Hospital Llanfrechfa, with qualifications in both dentistry and medicine, and over 12 years of clinical experience. Dr Adam's main focus is always patient safety and comfort.

Please message us for booking information, further details and, of course, pricing.

MY APPOINTMENTS AND NOTES

Please could clients arrive for their appointments 5 to 10 minutes early to allow your therapist enough time to carry out your consultations prior to your treatment. Thank you!

Pamper Days Available on Request

Client Reward Scheme Available

Please ask for further details

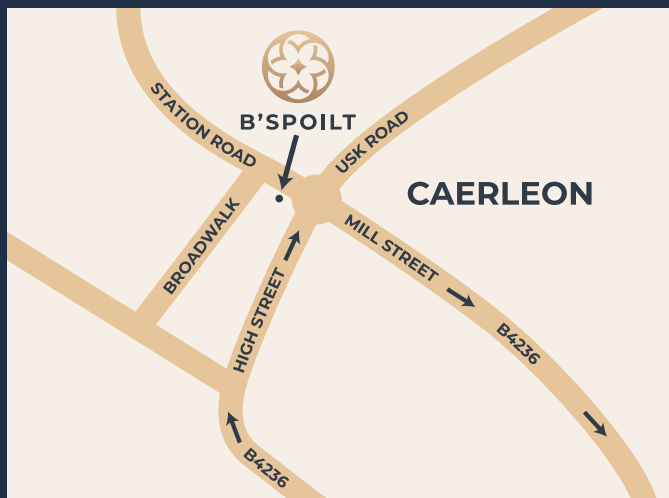
Gift Vouchers Available for that Special Gift

Valid for 3 months from purchase date

Advice and Consultations are offered free of charge

Open 6 days a week

Monday	8.00am – 4.00pm	Thursday	9.30am – 7.00pm
Tuesday	9.30am – 6.00pm	Friday	9.30am – 6.00pm
Wednesday	9.30am – 7.00pm	Saturday	9.00am – 4.00pm



PLEASE NOTE:

Cancellations require 24 hours notice.

Failure to honour appointment WILL be charged.

All prices are inclusive of VAT