



*Gillian's*



# TREATMENT LIST

232 0496 or 232 0497

**Hours of Operation**

Monday to Friday  
8:45am to 9:00pm

Saturday and Sunday  
8:45am to 5:00pm

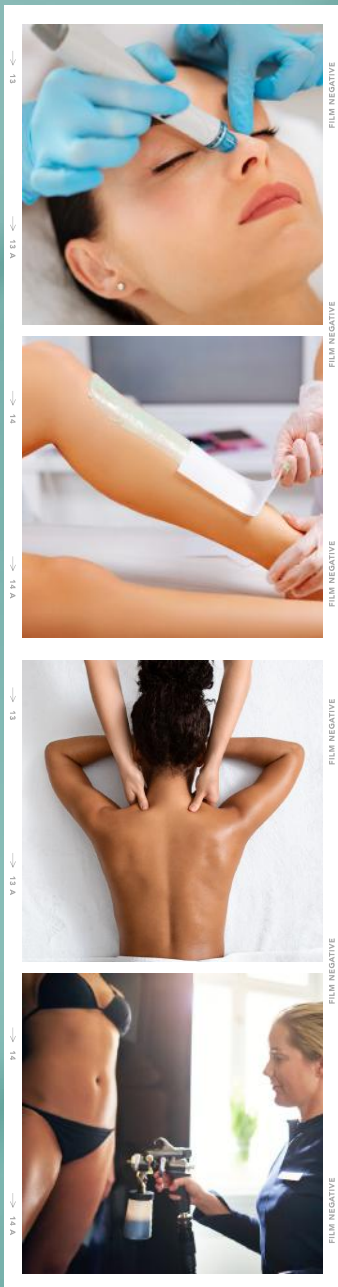
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 [gilliansskinclinic](https://www.facebook.com/gilliansskinclinic)





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IT IS IN YOUR BEST INTEREST TO ADVISE YOUR THERAPIST OF ANY MEDICAL CONDITIONS AND/OR ALLERGIES PRIOR TO RECEIVING A GILLIAN'S TREATMENT. IF YOU HAVE NOT FILLED OUT A WAIVER FORM, PLEASE NOTIFY THE RECEPTIONIST OR YOUR THERAPIST. IF ANY DETAILS HAVE CHANGED ON THE FORM PLEASE LET US KNOW.



# NEW!

## NEW SERVICES

### Himalayan Salt Massages

30 Minute \$115

60 Minute \$165

90 Minute \$200

The Natural Way to Unwind

Provides gentle heat therapy to melt tension and relieve sore muscles

Detoxify and refresh your body with genuine Himalayan salt massage

Hand-carved from natural crystal rock - rich in over 80 trace minerals for detox and glow

Reduces inflammation  
Relieves pain and swelling  
Detoxifies the skin and body

### Lymphatic Massage

60 minute \$165

90 minute \$205

LET IT FLOW...

Draining your lymphatic system is perhaps the most universally accessible way to promote a strong immune system, reduce water retention and promote healthy lymph and blood circulation.

RECOMMENDED FOR:

- if your struggling with indigestion, constipation and bloating
- speeding up the tissue healing process post-liposuction and surgery
- aiding in the reduction of weight-based cellulite
- speeding up the weight loss process



# Facials

Your therapist will pick the optimum facial treatment to achieve the maximum results, customized purely for you. From 30 to 90 minute facials. Offering complimentary eyebrow, lip and chin waxing.

Gillian's facials are packed with non-stop care and the use of 3 different skincare lines. Facials are suitable for gentlemen, young adults and teenagers. Therapists are highly experienced and knowledgeable with a passion to make the difference.



## *Gillian's Signature Facial* **DELUXE FACIAL**

**SUITABLE FOR ALL SKIN TYPES.**

Our classic signature facial includes complementary waxing of eyebrows, lip and chin. Essential oils and warm compresses are used through out. This treatment includes deep cleansing, steaming, extraction, face and shoulder massage, mask, hydrating moisturizer to the hands and feet. Your therapist will customize the Deluxe Facial personally to your skin needs.

**60 minutes \$150**

## **DELUXE FACIAL WITH BACK MASSAGE**

**SUITABLE FOR ALL SKIN TYPES.**

The Deluxe facial with an extra 15 minute shoulder and back massage.

**75 minutes \$175**





# 60 MINUTE FACIALS ALL \$160\*

\*EXCEPT NON-BOTOX FACIAL - SEE BELOW

## 4-IN -1 COLLAGEN FACIAL

*Hydrating / Anti-wrinkle / Tightening  
/ Brightening*

Intensive facial complete with 98% pure natural collagen. This innovative treatment delivers minerals, purified water, sea algae and many more active ingredients into the skin.

## WATERMELON PORE FACIAL

*All skin types/Large*

*Pores/Refreshing/Cooling/Sensitivity*

Minimize large pore reduction, cleanse and cooling. Watermelon extract rich in vitamin C and amino acids. Hydrates and tightens.

## CHARCOAL FACIAL

*Oily / PH Balancing / large  
Pores / Combination*

There are so many amazing enriched properties with charcoal Bamboo, as it absorbs impurities and excess oils and draws dirt and dead skin out of the skin.

## WET JASMINE AND COLLAGEN FACIAL

*Dry / Very Dry / Fatigue*

Dehydrated, fatigued, sensitive, redness. Returns the PH balance and better production of collagen tissue.

## NON-BOTOX FACIAL

*All skin types / wrinkles /  
Lifting / Smoothing*

Non-invasive resurfacing gentle peel. This includes facial waxing, steaming, cream mask, extraction massage, hand mitts and booties. Retail home kits are available Monu Skin Care from UK

**\$176**

## WHY WORRY? WE HAVE YOU COVERED!

### SOY MILK HYPERPIGMENTATION FACIAL

*Pigmentation/  
Restoration*

Soy milk has so many benefits. Including antioxidants blended with Kojic acid from Japan, vitamins A, C, and Citrus. "This has everything you need to fight pigmentation"

### EUCALYPTUS COLLAGEN FACIAL

*Blackheads/ acne  
Prone/Oily/Inflammation/Irritated*

Fights acne and antibacterial, blackhead build up. Soothing and calming at the same time. Balancing oil production leaving an amazing complexion.

### ROSACEA FACIAL

*Reddening / Sensitive*

Reddening skin types, eczema, rosacea formulated to assist in soothing and calming. This facial can be a 60 or 90-minute treatment

### ENZYME WHITENING COLLAGEN FACIAL

*Revitalizes, nourishes, lightens and  
restores complexion*

Environmentally stressed, sun spots freckles, dull, dry dead skin, hyperpigmentation, damaged skin



# 90 MINUTE FACIALS ALL \$185

## DIAMOND ANTI FATIGUE STRESS FACIAL

*Wrinkles / Anti-Aging / Dull*

Platinum powder, B5, Shea butter and sea algae is the perfect facial for that lift and a silky finish

## BLUEBERRY SUPERCHARGED FACIAL

*Thin / Dry / Very Dry / Crepey*

Packed with antioxidant, peptides, vitamins, Plumping and strengthening for a visible difference

## CAVIAR COLLAGEN FACIAL

**All Skin Types / Mature/ loss Of Moisture**

Vitamins from salmon roe extract and marine DND, Q10 address free radical damage. Jojoba oil and vitamin E to leave the face supple and smooth

## 4-IN -1 COLLAGEN FACIAL

*Hydrating / Anti-wrinkle / Tightening / Brightening*

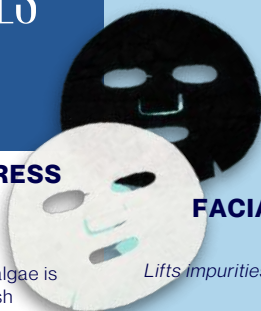
Intensive facial complete with 98% pure natural collagen. This innovative treatment delivers minerals, purified water, sea algae and many more active ingredients into the skin.

## 24 CARAT GOLD COLLAGEN FACIAL

*Fights Pigmentation / Aging*

Gold compound has been used for thousands of years, but only by the wealthy. A gold compound and silk extract whitens and reduces melanin, while hydrating and increasing firmness. Elements of these metals boosters and peptides increase absorption of other products. Everyone's skin will look rich after this treatment

## SUPERIOR FACIALS WITH SUPERIOR MASKS!



## CHARCOAL COLLAGEN FACIAL (CHARRED BAMBOO)

*Lifts Impurities / Removes Toxins / Exfoliates Dead Skin Cells / Acne Prone / Lightens*

Bamboo charcoal is very active and porous in its ability to absorb excess oil and debris.

## FIRM & LIFT DERMAL FACIAL

**All skin types / Sagging / wrinkle**

100% natural formulated ingredients hydrates the dry and mature skin. Activated with essential vitamins and Anti oxidants for a firmer looking complexion

## HYALURONIC FACIAL

*Plumper*

Instantly a great plumper to smooth out fine lines with deep hydrating properties. We all need a little Hyaluronic in our skin's life

## AROMATHERAPY FACIAL

**Headaches / Tension / Stress**

Time to relax those senses with pure essential blended oils



*Complimentary beverages, cookies and heated neck wraps.*



# NANO CHANNELING FACIAL

30 minute \$135

60 minute \$195 90 minute \$245

## NANOCHANNELING FACIAL

**Hydrating / Anti-wrinkle /  
Tightening / Brightening**

This treatment creates nano channels in the skin allowing for 100% more absorption of skin products. It is non-invasive and painless and allows for active ingredients to penetrate the skin. It does this while stimulating collagen and elastin to repair damage from sun, dehydration as well as hyper-pigmentation, poor skin texture and uneven skin tone, wrinkles scarring and acne conditions. This is truly a revolutionary treatment. Based on your skin's needs a blend of serums will be added for the most powerful results.

**What To Expect:** The day after the skin will feel slightly sun or wind burned and there may be some light pink lines that typically fade within 24 hrs and may easily be covered with tinted sunscreen .

**Benefits**

- Micro-channeling dramatically boost the absorption and effectiveness of active ingredients
- Assist in awakening the skin collagen producing cell
- It can be used on all areas of the face, neck and décolleté and around the delicate skin around the eyes and can also be used on the lips
- Can be used on all skin types

NEW

## IONTOSONIC

### FACIAL

**Hydrating / Anti-wrinkle /  
Tightening / Extraction /  
Brightening**

\$195

60min

\$235

90min

The Iontosonic facial is an extremely versatile, multi-functional skin care system, for the face and upper chest and neck. It is the ultimate skin resurfacing tool and can be used on all skin types. It is as effective as microdermabrasion with out the associated use of crystals. Additionally it's not abrasive. It infuses vitamin C deep into the skin to give a brighter complexion for any imperfections. It removes waste materials that accumulate on the skin while promoting metabolism by increasing blood circulation. There are 4 amazing steps in this facial that benefit the skin. Deep cleansing, scaling, brightening, tightening.

## CUPPING FACIAL

**All skin types and concerns**

60 minute \$165 90 minute \$ 190

Non-invasive or coloration. Silicon cups gently glide over the face to give a relaxing massage effect to the skin and provide a better absorption of the products. The skin will feel firm with a healthy plump complexion.

## EXPRESS FACIAL

**All skin types and concerns**

45 minute \$120

Quick In and Out

## GENTLEMAN'S FACIAL

**All skin types and concerns**

60 minute \$145 90 minute \$ 175

## TEENAGER FACIAL

**All skin types and concerns**

45 minute \$115 60 minute \$155

**Let us introduce Skin  
Care to you**



# MICRONEEDLING FACIAL

**Microneedling** Facial 60min \$195

90min \$235

Microneedling is a non-surgical skin treatment that uses a small device with microneedles to create tiny punctures in the skin. This causes the skin to produce collagen and elastin, which can improve the appearance of fine lines, wrinkles, acne scars, and other skin concerns.



One of the most powerful, non-invasive resurfacing treatments available today!  
Exclusive Oxygen Ceutical Skin Products

## HydraBeauty Facial

The number one facial everyone is changing to. A vortex of special solutions and oxygen is power washed from a handheld piece on to the skin. A vacuum suction pulls out all the waste imperfections and the dead skin while simultaneously delivering powerful serums and those famous booster shots. HydraBeauty facial uses a multi-system of 12 different handheld pieces with different amazing effects and results.

**INSTANT  
VISIBLE  
RESULTS**

**Refresh** HydraBeauty 30min \$195

The 30-minute HydraBeauty is a quick and effective way to improve the appearance of your skin. During the treatment, a fine stream of water is used to exfoliate the skin, removing dead skin cells and revealing the fresh, new skin cells underneath. The treatment also helps to hydrate the skin and improve its overall appearance.



**Essential+Booster** HydraBeauty 60min \$235

The 60-minute HydraBeauty is a more comprehensive treatment that includes all of the benefits of the 30-minute treatment, plus additional steps to help improve the appearance of fine lines and wrinkles, age spots, and hyperpigmentation. The treatment also includes a deep cleansing and extraction, which helps to remove any clogged pores or blackheads.



**Premier+Booster** HydraBeauty 90min \$300

The 90-minute HydraBeauty is the most comprehensive treatment available. It includes all of the benefits of the 60-minute treatment, plus additional steps to help improve the appearance of sun damage, acne scarring, and rosacea. The treatment also includes a customized serum application, which helps to deliver targeted treatments to the deeper layers of the skin.





# DERMAPLANING

30 MINUTE \$95

60 MINUTE \$195

90 MINUTE \$235

Dermaplaning is an exfoliation treatment that involves gently exfoliating the face with a medical-grade scalpel to remove the very top layer of skin. This removes both dead skin cells and the fine vellus hairs that are known as peach fuzz, leaving the surface of the face ultra smooth.

By stimulating the development of new skin cells, this type of exfoliation helps new skin rise to the surface. It provides clients and patients a more youthful and smoother complexion.



## STEM CELL AND LED LIGHT INFUSION FACIAL

**Hydrating / Anti-wrinkle / Tightening /  
Extraction / Brightening**

**60 minute \$195 90 minute \$235**

This restorative facial gets complexions in touch with their inner porcelain. How? Watch skin thinning, crisscrossing fine lines and crepe-like texture become a thing of the past. Exfoliation, treatment mask and serum all feature a potent mélange of bioactive peptides and allied ingredients that penetrate to where they're needed to encourage the formation of new collagen, the skin's support structure that is the foundation of youthful elasticity. At the same time, liposome-encapsulated fruit stem cells plus lactic acid deliver a deep infusion of nourishing hydration.

LED light therapy works by stimulating the production of collagen and elastin, which are the proteins that give skin its strength and elasticity. It also helps to reduce inflammation and improve the skin's ability to absorb nutrients

Best done in a series or as a monthly anti-aging maintenance program as cumulative collagen synthesis builds over time.



# MICRODERMABRASION FACIAL

**Microdermabrasion** Facial 60min \$195 90min \$235

Microdermabrasion is a cosmetic procedure that uses a handheld device to remove the top layer of dead skin cells from the face. This can help to improve the appearance of the skin by making it look smoother, brighter, and more radiant.

Microdermabrasion works by using a stream of fine particles, such as aluminum oxide or sodium bicarbonate, to gently sand away the top layer of dead skin cells. This exposes the fresh, new skin underneath, which can help to improve the appearance of fine lines, wrinkles, age spots, and sun damage. Microdermabrasion can also help to improve the texture of the skin and make it look more radiant.

Microdermabrasion can be done as a stand-alone treatment or in conjunction with other skincare treatments, such as chemical peels or laser treatments. It is a popular treatment for people of all ages and skin types.

Under 18-years/ Acne/ blackheads/ Uneven Skin Tone

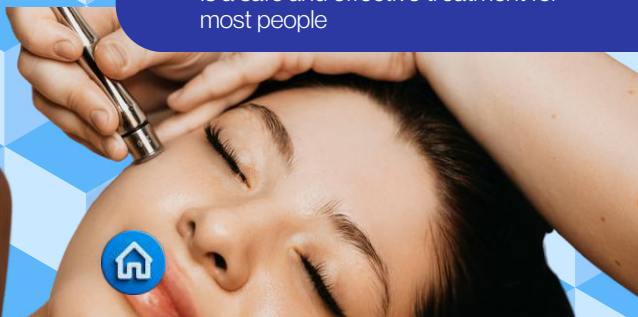
60 minute \$150

60

90

## Benefits

- Improves the appearance of fine lines and wrinkles
- Reduces the appearance of age spots
- Helps to clear up acne
- Reduces the appearance of hyperpigmentation
- Improves the skin's overall texture and tone
- Increases the skin's ability to absorb nutrients
- Is a safe and effective treatment for most people



# Add-On

Need that little extra booster?  
Please enquire at time of booking  
or consult with your therapist



## Gillian's Add on Services



**EYE COLLAGEN MASK \$35**

**NECK LIFT MASK \$35**

**HIGH FREQUENCY \$30**

Oxygenating the skin to improve the texture of the skin and absorption of products, while disinfecting the skin of acne prone lesions leaving a silky smooth finish. Results are amazing.

**EYEBROW TINTING \$32**

**EYELASH TINTING \$35**

**EYEBROW/LASHES \$60**

**BACK MASSAGE 15 MINUTE \$40**

**LED LIGHT THERAPY \$25**



**Red - Anti Aging**

**Green - Pigmentation**

**Blue - Acne**

**Yellow - Revitalize**



# PEEL SO EASY NO DOWN-TIME

## 33% GLYCOLIC PEEL (MOST POPULAR)

*For all skin types*

**60 minute \$160**

Gly Peel 33% provides improvement with the first treatment because it causes rapid exfoliation of epidermal cells, thereby loosening impactions, clarifying the complexion, and reducing scars, fine lines, and hyperpigmentation.

## BETA PEEL

*For all skin types*

**60 minute \$160**

Strong anti-acne facial doubles up on the exfoliation to rid skin of both acne and sun damage (age spots, wrinkles, uneven texture). Following advanced enzyme technology with active salicylic acid this facial takes surface exfoliation to a new level (that is, a whole lot deeper). Sticky, hardened pore-clogging oils, debris and bacteria are swept away as unwanted pigment and textural irregularities are literally smoothed off the skin. Emptied of impurities, pores become more responsive to the healing and smoothing mask and serums to follow. Ideal for those with adult acne who are also concerned with aging issues. Not suitable for those who are allergic to aspirin.

## SUPERIOR FACIALS WITH SUPERIOR PEELS!

### SKIN LIGHTENING PEEL

*For all skin types*

**60 minute \$160**

A lactic acid peel is generally the safest exfoliation procedure for sensitive skin and those with hyperpigmentation because it is less drying and irritating. It is widely known for its ability to increase the water-holding capacity of the top layer of skin.

### ZYME PEEL

*For all skin types*

**60 minute \$160**

Enzyme treatments may be performed with or without other exfoliation procedures. Zyme Peel Powder, when mixed with the Zyme Peel Activator, and steamed, softens sebum and dissolves keratin buildup. It eliminates dead cells, digests surface debris and reduces accumulated sebum deep in the pores, removing excess dry, flaky skin without irritating the epidermal tissue.



## TCA TREATMENT 60 MINUTES \$210

This advanced treatment improves skin texture and reduces the appearance of fine lines, wrinkles, and sun damage. TCA, a proven anti-aging peeling agent, paired up with our skin rejuvenating Vitamin A Micro Peel Pro works synergistically to deliver progressive skin improvement.

This peel is ideal for clients who are concerned with the signs of aging, hyperpigmentation, acne scars, and texture problems. The results last longer than lighter AHA resurfacing peels. A series of three treatments, four to six weeks apart, is ideal.

**VISIBLE FLAKING WILL OCCUR ON MOST SKINS**



# CHOOSING THE BEST PEEL FOR YOU

	All Skin Types	Acneic Skin	Sensitive Skin	NonSensitive Skin	Mature Skin	Aging Skin	Dry Skin	Oily Skin	Hyperpigmentation	Rosacea
Beta Peel 22%		X		X	X	X		X	X	
Gly Peel 33%		X		X	X	X		X	X	
Lactic Green Tea Peel 25%			X			X	X		X	
Stem Cell Peel			X	X	X	X	X	X		
Zyme Peel	X	X	X	X	X	X	X	X		X
Skin Refining TCA Peel				X	X	X			X	
Vitamin A Micro Peel Pro		X		X	X	X		X	X	
Non Botox Peel		X	X	X	X	X	X	X	X	
Double Peel		X		X	X	X		X		

## NON-BOTOX FACIAL

\$176

*All skin types / wrinkles /  
Lifting / Smoothing*

Non-invasive resurfacing gentle peel. This includes facial waxing, steaming, cream mask, extraction massage, hand mitts and booties. Retail home kits are available Monu Skin Care from UK



## Double Peel available with HydraBeauty Facial

The Double Peel is formulated with the optimal AHA/BHA ratio to best exfoliate the skin without causing irritation or redness.

Glycolic Acid and Lactic Acid (AHA) exfoliate the skin while Salicylic Acid (BHA) melts sebum and oils to regulate sebum secretion and prevent skin troubles. Panthenol works to soothe and moisturize the skin.

**Refresh** HydraBeauty **30min** \$195

**Essential+Booster** HydraBeauty **60min** \$235

**Premier+Booster** HydraBeauty **90min** \$300







# Back & Full Body Massages

## Body Massage

30 minute \$95      60 minute \$155  
45 minute \$115      90 minute \$195

## DUO ROOM AVAILABLE

### Couple Body Massage

*Duo Room / Swedish Medium Deep*

45 minute \$230 for two people  
60 minute \$310 for two people  
90 minute \$390 for two people

### Aromatherapy Body Massage

60 minute \$165  
90 minute \$205

A special blend of aromatherapy oils are used to detoxify and relax the body and mind while strengthening the immune system.



## RELAX & REVIVE



PLEASE NOTIFY THE RECEPTIONIST AT TIME  
OF BOOKING FOR YOUR PREFERENCE IN  
PRESSURE OF THE MESSAGE, THIS WAY WE  
CAN MATCH THE RIGHT THERAPIST TO THE  
RIGHT CLIENT  
**SWEDISH / MEDIUM / DEEP**

### Indian Head Massage

45 minute \$110

A means of de-stressing by using warm oil on the upper shoulders, face and scalp. Gillian's performs this treatment using the relaxing "lay down" method.

### Hot Stone Body Therapy Massage

60 minute \$165

90 minute \$200

Luxurious massage that combines deep heat therapy using smooth polished lava stones that are heated to your comfort zone to allow an overall wellness of body and mind...just melt away.

### Hot Poultice Body Therapy

#### Warm Massage

60 minute \$165

90 minute \$200

Hot cotton muslin bags filled with a blend of mixed aromatic herbs are massaged over the body to release and relax sore muscles.





## NEW SERVICES

### Himalayan Salt Massages

30 Minute \$115

60 Minute \$165

90 Minute \$200

The Natural Way to Unwind

Provides gentle heat therapy to melt tension and relieve sore muscles

Detoxify and refresh your body with genuine Himalayan salt massage

Hand-carved from natural crystal rock - rich in over 80 trace minerals for detox and glow

Reduces inflammation  
Relieves pain and swelling  
Detoxifies the skin and body



### Lymphatic Massage

60 minute \$165

90 minute \$205

LET IT FLOW...

Draining your lymphatic system is perhaps the most universally accessible way to promote a strong immune system, reduce water retention and promote healthy lymph and blood circulation.

RECOMMENDED FOR:

- if your struggling with indigestion, constipation and bloating
- speeding up the tissue healing process post-liposuction and surgery
- aiding in the reduction of weight-based cellulite
- speeding up the weight loss process



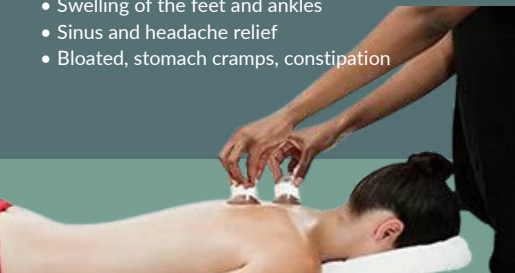


### Cupping Therapy

30 Minute \$95      60 Minute \$155  
45 Minute \$115      90 Minute \$195

The technique of body cupping massage is designed for how gentle or deep you prefer. Static cupping is used to target deeper muscles. Your therapist will place silicone cups on the affected areas and leave them in one place from 3 minutes to 10 minutes. Discoloration marks will last from a couple of hours to a week, or not at all. This is just blood flow and toxins that have been released to the surface of the skin. This is not bruising but a normal, healthy cupping technique.

- Therapeutic, relaxing
- Stress, knots, tight muscles
- Sports injuries, tight joints
- Muscle tension and knots
- Poor circulation or lymphedema
- Swelling of the feet and ankles
- Sinus and headache relief
- Bloating, stomach cramps, constipation



### Bamboo Fusion Warm Massage

60 minute \$165  
90 minute \$200

Gently warmed bamboo sticks of different lengths and diameters are used to give a deeper massage using long strokes and rolling over the contours of the body working deeper into the muscles breaking down tension. Increased blood flow improves joint mobility and alleviates pain issues. This effective nonsurgical body shaping treatment helps breakdown fat cells and improved cellulite removal. The soothing sticks produce a muscle melting sensation leaving you totally relaxed and re-energized.

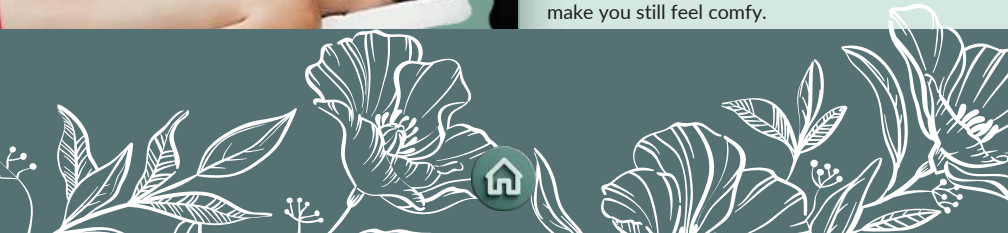
### Mother to be (Prenatal & Postnatal Massage)

30 minute \$95  
60 minute \$160

The first trimester of pregnancy must be completed. The stomach does not need to be massaged or touched, this is up to you.

This massage makes the mother to be comfortable, with the use of the cozy pregnancy cradle.

As week – to week as your body changes we adapt the massage cradle to the contour of your body, to make you still feel comfy.





### Body Exfoliation and Hydration

60 minutes \$140.00

A salt lavender scrub is applied all over the body to exfoliate dead skin cells and then removed with warm French mitts. Warm hydrating oil is massaged to nourish and hydrate the skin. Facial hydration and exfoliation is included.

Disposable undergarments will be supplied.

### Body Detoxifying Mud Treatment

120 minutes \$200

*Insulated wrap will be used*

Exfoliating loofah to the face and body. Then a warm rich detox mud is massaged on to your body, which is cocooned in an insulating wrap, while your hands and feet are massaged. The excess mud is removed again by warm compresses and any remaining is massaged into the body with a special blend of detox oil.

**“Let the mud keep on working”**

*Disposable under garments will be supplied.*

*No shower required.*

### Decongestive Back Treatment

***for those hard to reach areas***

60 minutes \$155.00

Adapted to back concerns such as, acne, dead skin build up, blackheads, excess oiliness or dryness.

### Cellulite Success Treatment

60 minutes \$160

This treatment enhances the skin tone and treats cellulite at the source, smoothing out the spongy orange peel look and offering maximum results with continued use. The treatment improves the appearance of stretch marks and normalizes and balances the skin's conditions. It is immediately hydrating and promotes youthful looking body beauty.

### Bellabaci Cellulite Be Gone w/Korean Minari Creme

Cellulite Be Gone Crème is a superpotent potion that targets cellulite, supporting a smoother look to the skin. It's formulated with Korean minari, buchu, morninga, and marula to provide holistic results for a bikini-ready body.

Available for purchase





# *Gillian's* **Wax, Creamy Pink & EXTRA GENTLE.**



Brazilian Hybrid Hot Wax is a finely tuned blend between legendary traditional hot wax and modern film wax formulas. Hybrid Hot Wax removes hairs as short as 3 mm and is perfect for the most sensitive skins.







## Preparation

### Tips for Pre-wax Prep

- The day of your appointment, your hair should be at least a ¼ inch long. This allows the wax to grip around the hair.
- First waxing its recommend not shaving for at least two-three weeks prior to your reservation.
- For Body wax don't use body oil the day of.
- Exfoliate the day before to help release ingrown hairs and dead skin.
- After your first wax, we suggest you wax every four to six weeks. (you can wax sooner but regrowth will be visible quicker)
- Try not to shave or nair between services for a cleaner and less painful wax service.

# GILLIAN'S BODY Waxing MENU

## FACE

- Eyebrow | starting at \$30
- Lips | starting at \$27
- Cheeks | starting at \$30
- Chin | starting at \$27
- Neck | starting at \$27
- Lip & Chin | starting at \$40
- Chin, Neck, Cheeks | starting at \$55
- Chin, Neck, Cheeks, Lip | starting at \$64

**Threading Prices as Above**

## BIKINI

- Basic Bikini | starting at \$48
- French Bikini | starting at \$74
- Brazilian Bikini | starting at \$84
- Bottom Cheeks | starting at \$32

## BACK

- Full | starting at \$73

## ARMS

- Half | starting at \$50
- Full | starting at \$60
- Under Arms | starting at \$40

## LEGS

- Half leg | starting at \$58
- Upper leg | starting at \$65
- Three Quarter Leg | starting at \$76
- Full Leg | starting at \$86
- Full Leg & Basic Bikini | starting at \$115
- Upper Leg & Basic Bikini | starting at \$105
- Upper Leg & French Bikini | starting at \$130
- Upper Leg & Brazilian Bikini | starting at \$149

## CHEST

- Full | starting at \$76
- Nipples | starting at \$30





# BODY WAXING

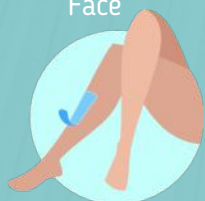
BRAZILIAN / EYEBROWS / FACE / FULL BODY



Face



Upper Body



Full Legs



Stomach



Basic Bikini



Brazilian Bikini



French Bikini



## Definitions of intimate Waxing

### Basic Bikini:

Bikini line wax is a basic tidying; we wax the sides (called your panty line) and across the top.

### French:

Hair removed slightly higher on both sides. Neither the labia or bum area have hair removed with a French Bikini.

### Brazilian:

A Brazilian wax goes from the front all the way to the back with an added butt strip. It's perfect for a completely nude look or you can leave a neat triangle, strip, square or No hair left behind on the front—totally your choice.

### Bottom Cheeks:

Hair removed from the cheeks that extend beyond the central behind area.



# Waxing

## GILLIAN'S AFTER CARE INSTRUCTIONS



Avoid Sunlight  
for 24-28 hours



Avoid  
Swimming



No Gym, sports  
or exercise



Avoid hot showers  
or baths



No Spray Tan



For Calming use  
Aloe Vera Gels



No abrasive rubbing  
or scrubbing



Wear loose  
clothing



Avoid exfoliating  
the wax area



Book your next  
appointment

# Waxing

## HOME CARE



Daily Body Brushing for  
preventing ingrown hairs



BEFORE



Incorporate exfoliation into  
your routine twice a week to  
prevent ingrown hair and  
reduce pigmentation. Opt  
for a Micro Exfoliant with  
AHA's, especially suitable for  
the bikini area, to promote  
clearer and smoother skin.



# Therapeutic Healing

## WELLNESS

### Ear Candling

\$120

It dates as far back as biblical times. An alternative aide for Ear Health. A hollow candle resembles a straw, one end of the candle is rested on the outer side of the ear opening. The other end of the candle is lit with a match causing a drawing of the wax and the balancing of pressure in the ear.



### Reflexology

45 minutes \$115

Reflexology is a safe and effective therapy, which uses pressure points to specific areas of the feet. Reflexology improves circulation and cleanses the body of toxins. Total relaxation and even sleep is quite normal! You will feel as though you are floating on air and every client will experience different unique effects, mentally and physically!



### Deluxe Reflexology

75 minutes \$150

Soak away your troubles in a copper Moroccan foot bath infused with your choice of aromatic herbs.

The Feet are exfoliated to prepare you for the reflexology. Let your thoughts go while a hand, neck and shoulder massage ritual is performed.



### Ion Foot Cleansing Treatment

30 minutes \$55

his treatment emits ions through electrolysis, drawing toxins, heavy metals, inflammation, and gout.

A copper array submerged in water with your feet will draw from different areas of the body. The array will have different effects on different clients.

Therapist will explain the results to you and share how you may adjust your lifestyle.







# MANICURES & NAIL CARE

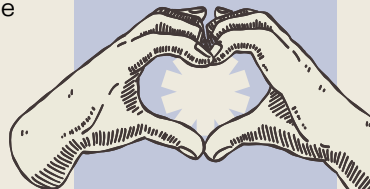


Manicure	\$73
– No Polish	\$70
– with French	\$80
Paraffin Thermal Wax Manicure	\$90
– No Polish	\$85
– with French	\$100
Express Manicure	\$55
Polish Change	\$40
Manicure with Gel Polish	\$80
Manicure with Gel French Polish	\$90
Gel Polish Removal	\$30
Gel Polish Only	\$50
French Gel Polish Only	\$60

## ADDITIONAL SERVICES

### **Paraffin Wax** add \$20

Relax and close your eyes for a warm, soothing paraffin treatment. This service will stimulate circulation and deeply moisturize your skin as little as 10 minutes. It's perfect for those looking for a luxurious addition to their manicure, pedicure, or other treatment.





# HARD GEL, BIAB, NAIL ART

We will advise which gel is best suited for your nails, all gels are the same price.

Nail Extensions	\$120
BIAB	\$95
Infills	\$85
Repair	\$10
Removal (with mini Manicure)	\$30
Nail Art From	\$10

## The future of nails starts here

Strengthen and grow your natural nails with BIBA. With regular services, you can achieve strong, healthy, and stunning nails.



*Gillian's*

# PEDICURE & NAIL CARE



## Pedicure Supreme \$135

The ultimate of Pedicures is our Pedicure Supreme, using green tea mint products for foot exfoliation and removal of dead skin, dry cuticles, softening of cracked heels and dead skin on the soles of the feet. A foot mask and heel recovery cream is applied. The treatment includes a hydrating foot and lower leg massage, mini hand, shoulder and scalp massage and polish.

\$95 Pedicure

\$90 – No Polish

\$100 – with French

\$105 Paraffin Wax Pedicure

\$115 – with French

\$45 Polish Change

\$155 Pedicure with 90min Reflexology

\$165 – with French

\$110 Pedicure with Gel Polish

\$115 – with French Gel Polish

\$50 Gel Polish Only

\$55 French Gel Polish Only

\$30 Gel Polish Removal

\$72 Express Pedicure



# Ear Piercing

Both Ears \$80    Single Ear \$55

We offer piercing to the lower drum and the upper cartilage and around the outer rim of the cartilage. The gold studs and diamond studs are of the highest quality and hypoallergenic, all sterilized and individually packaged.

## ELECTROLYSIS FOR HAIR REMOVAL

Electrolysis for hair removal has seen a real resurgence as it is the only non-discriminatory method of hair removal that can permanently remove hair as well as treating every colour of hair and skin.

**A CONSULTATION IS REQUIRED  
FROM \$55**

## ELECTROLYSIS BLEMISH REMOVAL

- Skin tags
- Spider veins / Broken capillaries Warts
- Age spots / Brown spots Freckles
- Liver spots
- Moles (only after a letter from your doctor)

**A CONSULTATION IS REQUIRED  
\$100 TO \$150**



# LASH BAR

## Full Set Eyelashes \$210

2 weeks touch up \$85 / 3 week touch up \$100

4 weeks will require a new set \$210

Removal of lashes \$50

Selection: Black or Brown. Different length and thickness options available.

\*No additional cost

Temporary Eyelashes - "Clusters" Will last about a week Express \$90



## LASH FILLER

INLeit



## LASH LIFT

**\$115**

Lash Lift treatment lifts lashes from the root and tints them, to give the appearance of longer, thicker lashes.

Great for all occasions. Lash lift application can last up to 6 to 8 weeks. You will love them!

## EYEBROW LAMINATION

**\$125**

Brow lamination is a two-step eyebrow perming treatment that involves correcting the brow shape by setting the hairs in place using a chemical solution. In the first step, a cream is applied that breaks down bonds in the eyebrow hairs so they can be manipulated into a new position. In the second step, another cream is applied to rebuild these bonds and set the brows in their new uniform position.

If you have unruly, flat or downward growing hairs, eyebrow lamination can change the direction of growth to create a more uniform look with a higher arch and a more desirable brow shape. Brow lamination lasts 4 to 6 weeks generally, with proper care allowing the brow treatment to last as long as 8 weeks.

**Eyelash Tinting \$40**

**Eyebrow Tinting \$35**





# SOFTAP EYEBROW

**Treat yourself to flawless expression--  
without the pencil.**

Have you permanently lost hair in your eyebrows due to tweezing or shaving? Are you applying brow pencil everyday in order to compensate for this? Do you have problems drawing them on straight? Wouldn't you just love to get up every morning with perfectly shaped brows?

Well, now your wish can come true with SofTap® permanent cosmetics. If you are active and have a busy lifestyle, you will love the many advantages that permanent makeup has to offer. Not only will you have more time to do other things, you will feel wonderful knowing that you always look fabulous.

No matter what shape your brows are in now, permanent eyebrows can help you achieve anything from a subtle enhancement of color to a complete reconstruction of your existing eyebrow.

Includes consultation, home care product  
Touch up between 21 days to 6 weeks

\*All touch ups take approximately an hour

## *Permanent Cosmetics*

Touch up after 6 months

Touch up after 2 years

Touch up after 3 years

\$185

\$300

\$400

2 HOURS  
**\$ 500**







## EYELINER

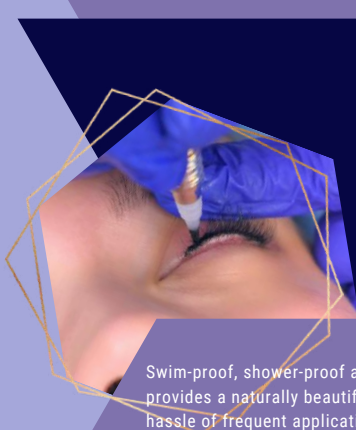
**2 HOURS**

**\$375**

An expertly applied Eyeliner Tattoo is the perfect solution to thicker, darker lashes and more defined eyes, giving you a professional make up result that stays put and doesn't need to be removed every night or carefully 'matched up' every morning.

Our permanent eyeliner treatments can be applied to the top, bottom or both eyelids\*, so you can customise your look to suit your style. Choose from a subtle Lash Enhancer for an understated everyday look or make a statement with a thicker Liquid-Look-Liner or a smokey Whipshaded Eyeliner.

Includes consultation  
Home care product  
Touch up between 21 days to 6 weeks



## BOTTOM EYELINER

**2 HOURS**

**\$275**

Swim-proof, shower-proof and gym-proof, semi-permanent eyeliner provides a naturally beautiful look day after day without the time and hassle of frequent applications.

Our permanent eyeliner treatments can be applied to the top, bottom or both eyelids\*, so you can customise your look to suit your style. Choose from a subtle Lash Enhancer for an understated everyday look or make a statement with a thicker Liquid-Look-Liner or a smokey Whipshaded Eyeliner.

Includes consultation  
Home care product  
Touch up between 21 days to 6 weeks  
Eyeliner Touch up

**\$180**



# TEETH WHITENING

15 minute \$130

30 minute \$210



The Whiter Image Gel is an advanced 8% stabilized Hydrogen Peroxide paste that stays on the teeth evenly and starts working immediately. It also contains an accelerating agent to speed up the whitening process and essentially eliminates teeth sensitivity. When you combine the advanced whitening paste with L.E.D whitening blue light, you will soon experience whiter teeth in as little as 15 minutes. There have been numerous studies over the years showing that Hydrogen Peroxide teeth whitening systems are safe and effective. Each session is 15 minutes with new whitening trays.

More trays the whiter the teeth. Maximum 4

# SPRAY TANNING

Full Face and Body \$115

Face and Neck \$65

Legs \$70

Great for all colors, shapes, sizes stretch marks and scar tissue. Perfect for that wedding day, special party or occasion. Venetian is developed with VIO-7TM, a unique blend of anti-orange bronzer pigments, designed to counter an unwanted orange undertone for a natural-looking tan. It is the best-selling, proprietary sunless formula, as instant cosmetic bronzers with extended or rapid tans.

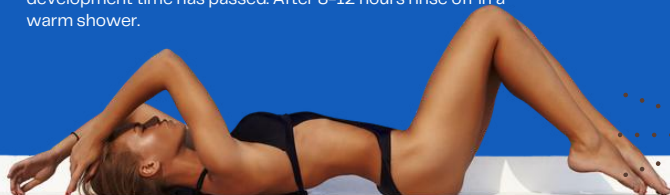


# BEFORE & AFTER YOU TAN

**Before:** For exfoliation of extremely dead, dry skin cells we recommend exfoliating products (24–48) hours before a spray session. Hair removal the day before.

**NOTE:** Avoid using bar soaps, high pH shower products or in-shower moisturizers or any products containing petrolatum, petroleum jelly, mineral oils, or parabens. These products can neutralize the DHA bronzing reaction.

**After:** Avoid water contact and perspiration until development time has passed. After 8–12 hours rinse off in a warm shower.



**Enquire at the front desk.**

Other retail is available for tanning. Get a better longer lasting tan





## Luxury Top to Toe

"Can't decide what to have?"

Have the best of both Face and Body together. A total Face and Body circuit catered to just what you need - all in one session! Let your therapist take control! A luxury treatment for stress induced conditions. A facial will be designed for your skin type and a body massage either therapeutic or deep tissue.

**120 Minutes**

**\$305.00**



## Day of Beauty

A complimentary lunch served in a Bento box. Beverages served during the course of your visit. Heated neck wraps. Created to pamper the face and body - Classic massage relaxing or deep tissue, the deluxe facial including facial waxing. Manicure and Pedicure. Your own private room. Please ask our receptionist for our lunch menu and any requests that you may have.

**4 1/2 Hours**

**\$475.00**



## Pure Heaven Day of Beauty

A complimentary lunch served in a Bento box. Beverages served during the course of your visit including wine. Heated neck wraps. Your own private room. An entire day of the best of pampering. 90 minute body massage. 90 minute advanced facial including facial wax. Paraffin manicure and Paraffin pedicure. Please ask our receptionist for our menu and any requests you may have.

**6 Hours**

**\$575.00**

**\* ADD-ON - Please Enquire At the Front Desk**

\*Pamper packages must be used in their entirety. A credit card is required at the time of booking and 72 hours notice must be given should you decide to cancel or 50% will be charged to your card provided





# Skincare lines At Gillian's

## Control Corrective

### ADVANCED SKINCARE

Award-winning professional skincare products. Our purpose is about delivery, maintaining the health and beauty of the skin. Offering comprehensive collection-based skincare suited to cystic acne, dark spots, rosacea, sensitive, mature, wrinkled sagging or dull dehydrated skin.

## Monu Professional

### NATURAL SKINCARE

Monu Professional Skincare has spent over 40 years perfecting and enhancing the art of creating a unique very special range of skin care and treatments.

Monu skin line is the preferred partner for beauty enhancing formulations among thousands of professional beauty therapists and spas. It enables us at

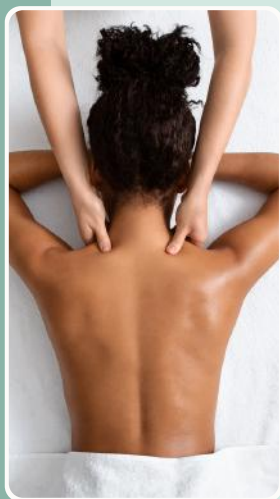
Gillian's to offer the clients a range of products created only from natural resources.

## OxygenCeuticals

### Breathe Life Into Your Skin

OxygenCeuticals Provides sea salt solutions that incorporate pure Oxygen into the skin following dermatological procedures. The oxygen – based skin care products are translucent and silky to touch. Carrying rich concentrations of minerals and powerful formulations of nature. The light texture and absorption of the skin products, targets maximum deep penetration, allowing the infusion of different creams to be layered on top of each other, giving a whole new feel and experience.

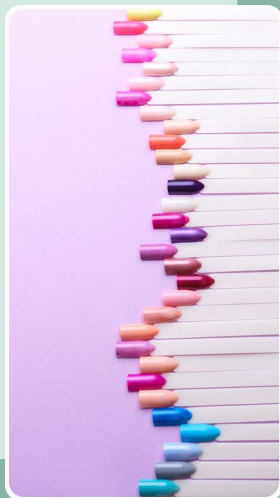




# SAY HELLO TO GLOW

*Gillian's*

BREATH LIFE  
INTO SKIN







## IMPORTANT

Gillian's Skin Clinic, and all of its employees, are not liable or responsible for any personal injury, or accidents to any clients that may occur on these premises. This includes any treatments, electrical equipment, product usage or negligence from any party involved while attending these premises.

Gillian's is not liable for injury to persons or belongings of any form, or vehicles in the car park or surrounding area. Please be observant of walking to and from your car. Flat shoes are recommended to bring with you to prevent any injury of falling. If assistance is required for any reason please do not hesitate to ask and we can walk you to and from your car for safety or security, especially at night if you in any way feel a little nervous in the dark.

Ask about our handicapped parking. We are here to make your experience at Gillian's the best we can so please inform us of any assistance you may need.

ALSO It is in your best interest to advise your therapist of any medical conditions and/or allergies prior to receiving a Gillian's treatment.

Please make sure that you have read and completed our waiver forms





## Hours of Operation

Monday to Friday 8:45am to 9:00pm  
Saturday and Sunday 8:45am to 5:00pm



Please arrive early to fill out any forms and to relax with a complimentary beverage and a heated neck collar, before your treatment.

## Complementary beverages available



## Gift vouchers available

Valid for one year from date of purchase



## Duo rooms available

For selected treatment upon request



## Parking available behind the building.

Handicap parking available right outside. Ground level treatment rooms for clients with disabilities. Advance notice must be given for these treatment room.

## Cancellation policy

24 hours cancellation is required for all appointments made. 50% of services will be charged if appropriate notice is not given.

