

## Holistic Therapies

### Hopi Ear Candles

Originally from Siberian prairies, Asia and the North & South American Indians, this popular treatment uses hand made candles. The benefits include helping ear ache, sinuses, nasal breathing, sense of smell. Ideal for clients who experience ear pain on plane journeys . . . . . £20.00

### Add Ons

We offer special discount treatments only as part of other treatment

- Facial Bronzer . . . . . £7.00  
Why not finish your facial with the excellent auto bronzant St Tropez to your face and neck and shoulders.
- Scalp Massage . . . . . £7.00  
Using the pressure points in the head aiding relaxation.
- 10 Minutes Back Massage . . . . . £10.00  
Excellent add on treatment for complete relaxation.
- Hand or Foot Massage . . . . . £7.00  
Perfect to help sore or tired hands and feet.

## Nail Treatments

Jessica (beauty at your fingertips)

### Hands

- Manicure with Polish . . . . . £19.00
- French Manicure . . . . . £20.00
- Luxury Manicure . . . . . £25.00  
Includes hand / arm massage and heated mitts
- Manicure and Buff . . . . . £15.00
- File and Polish . . . . . £10.00
- French File and Polish . . . . . £11.00

### Feet

- Pedicure with Polish . . . . . £19.00
- French Pedicure . . . . . £20.00
- Luxury Pedicure . . . . . £25.00  
Includes leg/foot massage and heated booties
- Pedicure and Buff . . . . . £15.00
- File and Polish . . . . . £10.00
- French File and Polish . . . . . £11.00

## Men Only

Massage, Waxing, Manicure, Pedicure etc are also on offer for men.

**Male Facial . . . . . £30.00**  
This facial is specifically designed for male clients. Includes cleanse, deep cleanse, tone and scrub. A warm compress is applied to enhance the face, neck, shoulders and upper arm massage using blended oils. A customised mask is then applied and finished with the skin being moisturised.

**Super Male Facial . . . . . £37.00**  
The ultimate in relaxation. To begin the treatment a back, neck and shoulder massage is given using blended aromatherapy oils. The male facial is then applied and during the customised mask a scalp massage is given to conclude the session.

**Deep Cleansing Back . . . . . £25.00**  
A deep cleanse and exfoliation to remove any dead skin and excess oil. Stress relieving oils are then blended and a back massage given.

## And Now For The Kids...

These treatments are ideal for giving something special as a present that will always be remembered. Due to medical advice we are unable to give body treatments to children aged under 16 years.

### Little Princess 6- 12 years

**Little Princess Mini Manicure or Pedicure . . . . . £6.00**  
Includes massage, file and polish. Add Little Princess Sparkle Face. £10 for both.

**Little Princess Facial . . . . . £10.00**  
Includes cleanse, tone & moisturiser.

**Sparkle Princess Face . . . . . £12.00**  
As above but includes a first lesson in the art of make up for young ladies.

**Little Princess Beauty Party\* . . . . . £15.00 pp**  
A combination of the above treatments for special occasions. Parties include; mini make-over, nails painted (plus gems or nail art), face & body glitter, hairstyle and glitter spray, little princess photography, juice & snacks and a goodie bag to take home. Minimum 4, maximum 12.

### Bespoke Teens 12-17 years

**Pre-party Ritual . . . . . £25.00**  
Perfect before birthday parties or school proms. Includes a clean skin facial, mini manicure and pedicure and eyebrow shape.

**Beauty Lesson . . . . . £10.00**  
Our therapists will spend time teaching you the basic principles of home beauty maintenance. This is a great opportunity to learn

how to maintain your skin and body to increase your confidence and wellbeing. Includes a Q&A session for your questions and a goody bag to take home.

**Clean Skin Facial . . . . . £15.00**

Our prescriptive facial is designed specifically for teenage skin and helps balance oil secretions and re-hydrates the skin. The result is a bright even complexion, and increased confidence levels. See our specialised brochure for full details.

**Beauty Zone Teen Parties . . . . . £20.00 pp**  
Includes a combination of the above treatments. Includes refreshments and snacks, a goodie bag to take home. Minimum 4, maximum 12.

## Special Treatments

These specialised treatments are carried out by fully qualified professional staff. For further information please contact us.

- Semi Permanent Make Up by Moya Wren
- Botox, Dermal Fillers, Agera Face Peel by Stephen Donnachie
- Colonic Hydrotherapy by Collette Nicol
- Hypnotherapy by Sharon McCormack
- Tooth Whitening by Teri Lundy
- Spiritual Readings by Alix

## Extra Information

**Gift Vouchers** Gift Vouchers are available and are redeemable against treatments. They make the perfect gift for every occasion

**Consultations** Are free of charge

**Confidentiality** All treatments are carried out in private rooms and are treated in the strictest confidence.

**Cancellations** Where possible clients are asked to please give notice of cancellations as early as possible. We hold a cancellation list and would be able to contact clients waiting for appointments.

**Loyalty Bonus Cards** We want to reward you as a valued customer.

**Our Policy** We aim to give you, the client, the best possible care and attention in confidential surroundings giving the highest standard of treatment at affordable prices with professional trained therapists.

*If you are happy with our services - please tell your friends. If you are not happy with anything please tell me.* Linda Dempster - Proprietor

[www.comfortzoneglasgow.co.uk](http://www.comfortzoneglasgow.co.uk)

# COMFORT CZ ZONE

Holistic Therapies & Beauty Treatments



105 Stonyhurst Street, Glasgow G22 5BS  
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*Gift Vouchers Available*

Proprietor: Linda Dempster

[www.comfortzoneglasgow.co.uk](http://www.comfortzoneglasgow.co.uk)

## Waxing

Using the Inverness roller system, the hair is removed from the root using wax and linen strips thus leaving the skin smooth, silky and with no irritation or shadows -Why bother shaving ever again? Honey Wax is a soft honey wax that is applied when warm and taken off with linen strips

### Using the Inverness Honey Wax System

1/2 Leg (above knee) . . . . .	£10.00
Full Leg . . . . .	£16.00
Full Leg and Bikini . . . . .	£20.00
Bikini Pant Line. . . . .	£6.00
Thong Line . . . . .	£8.00
Hollywood . . . . .	£10.00
Brazilian. . . . .	£11.00
Sphinx. . . . .	£15.00
Underarm. . . . .	£6.00
Half Arm . . . . .	£7.00
Full Arm . . . . .	£10.00
Lip or Chin . . . . .	£4.00
Lip and Chin . . . . .	£6.50
Eyebrows . . . . .	£5.00

### The difference in style:

Pant Line: removal of hair up to brief line

Thong Line: removal of hair along the thong line

Hollywood: removal of hair leaving a small square

Brazilian: removal of hair leaving a fine strip

Sphinx: removal of all hair

### Male Clients

Back or Chest . . . . .	from £10.00
Back and Chest . . . . .	from £15.00

## Facial Range by Dermalogica

“The best choice for your skin, naturally”

This skin range has only the best quality natural ingredients combined with aromatherapy oils that have been formulated to enhance your skin type and give optimum results.

Prescriptive Facial . . . . .	£35.00
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This treatment includes a cleanse then a deep cleanse using steam when appropriate, followed by a gentle peel or scrub. Next a warm aroma compress is applied Followed by a Pace, neck

and shoulder massage, which aids relaxation and detoxification. A customised revitalisation mask is then applied and to Finish a vitamin rich moisturiser leaving the skin hydrated and protected.

Luxury Aroma-Facial . . . . .	£45.00
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The ultimate in relaxing luxury. This treatment includes cleanse, tone, peel or scrub. A warm compress is applied to enhance the massage which is given to the face, neck, shoulders and upper arms using blended aromatherapy oils. While the mask is working on your skina hand or foot massage is given. Finally a moisturiser is applied to suit your skin type, leaving you completely relaxed and ready to face the world again! Steam is used throughout the treatment at appropriate times.

Collagen Facial. . . . .	£45.00
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This facial is designed to reduce the signs of ageing using freeze dried sheets of collagen. Suitable for all skin types, especially for dry, sensitive and ageing skin. Helps to reverse the aging process by boosting the levels of collagen, reducing fine lines.

Express Facial . . . . .	£25.00
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An ideal “pick me up” leaving the skin feeling refreshed and revitalised. Can also be used as treatment between facials or to enhance other treatments.

Revitalising Eyes. . . . .	£20.00
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This treatment includes a gentle cleanse and exfoliation. Using pressure points around the eyes to increase the circulation, helping to diminish dark circles. An eye mask is then applied to eliminate puffiness. To finish a firming booster is applied to help reduce fine lines.

## Make Up

Night out or Special Occasion . . . . .	£18.00
Bridal . . . . .	£25.00
Bridesmaid . . . . .	£20.00
Mother of the Bride/Groom . . . . .	£20.00
Trial . . . . .	£15.00

Consultation . . . . .	.Free
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A home visit can be arranged on the wedding day. Please ask for details as a travelling cost may apply.

## Eye Care

Eyelash Tint . . . . .	£7.00
Eyebrow Tint. . . . .	£5.00
Eyelash and Eyebrow Tint . . . . .	£10.00
Individual Eyelash Extensions . . . . .	From £8.00

## Body Treatments

These body treatment range has been put together to give you the ultimate result.

Body Glitz . . . . .	£27.00
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Full body treatment which includes a body brush and exfoliation. Then a generous amount of detoxifying oils are massaged into the skin. A mask is applied, you are then left to relax. To finish a cream moisturiser is applied. An ideal pre-holiday treatment leaving the skin at its best for an even suntan. Leaves you feeling relaxed and revitalised, which also makes for an ideal treatment any time of the year.

Deep Cleansing Back . . . . .	£25.00
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A deep cleansing back treatment. A cleanse is applied to remove excess oil and debris. Exfoliation to remove dead skin leaving the skin glowing. Stress relieving aromatherapy oils and a customised mask will leave your skin feeling dean and fresh.

Best Foot Forward. . . . .	£20.00
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When your feet ache it shows on your face.Ease those aches andpains with this soothing treatment .A gentle massage using plant extracts which have been selected to help reduce puffiness and cool feet. Nail varnish is applied to give the feet that finishing touch.

## Holistic Therapies

### Aromatherapy

A blend of natural pure essential oils, specifically designed for the individual. Relieves the negative effects of everyday worries, stress and strains. Helps to soothe the mind and body leaving you able to face the world again.

Full Body . . . . .	£30.00
Back and Shoulders. . . . .	£20.00
Face and Scalp . . . . .	£15.00
Upper Body . . . . .	£25.00
Top to Toe . . . . .	£45.00

### Reflexology

This involves the manipulation of specific reflex areas on the feet which correspond to various parts of the body. Helps to dearyour meridian lines, eliminates toxins therefore maintaining the bodies equilibrium,while improving yourwell being and giving energy. Ideally used as a course

1/2 hour session . . . . .	£15.00
1 hour session . . . . .	£30.00

### Swedish Massage

Stimulates blood circulation, helping to remove toxins aiding detoxification. Relieves tension and soothes muscular aches and pains. An invigorating massage.

Full Body . . . . .	£35.00
Back and Shoulders. . . . .	£20.00
Scalp Massage - See Web Page . . . . .	£15.00
Remedial Back Massage . . . . .	£25.00

### Remedial Back Massage

A specially designed back massage which manipulates the muscles and bones of the back. Includes stretching of the neck and arms. An ideal treatment for muscular tension and specifically suited to those with particular back problems.

Remedial Back Massage . . . . .	£25.00
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### Therapeutic Massage

A stimulating deep tissue and invigorating massage. Helps to reduce tenjion and stress, while improving circulation and ly.phatic drainage. Leaving you feeling refreshed.

Full Body . . . . .	£30.00
Back and Shoulders. . . . .	£19.00

### Mother to be

A Treatment especially designed for mothers to be using only the safest of aroma therapy oils. Also helps back pain and relax the mum-to-be.

Mother to be . . . . .	£30.00
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See our specialised brochure for further info and a list of full treatments.

### Reiki

Reiki means the universal life energy. This treatment is an intriguing healing technique. It draws on the energy surrounding you giving the body the ability to heal itself. This treatment treats the body, mind and spirit as a whole. Previous clients who have used this treatment highly recommend it. . . . .

	£30.00
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### Hot Stone Massage

Founded over 2,00 years ago in Arizona. Much, much more than a massage! Using stones imported From Arizona this treatment puts you into a state of deep relaxation for the body and soul.

30 Minutes Treatment . . . . .	£30.00
45 Minutes Treatment . . . . .	£45.00
45 Minutes on your choice of body massage . . . . .	£37.00