

**LASH LIFT & TINT £40**

- A setting serum that creates a curled effect from the root of your natural lashes, adding volume and length. Lash tint is included to further darken the appearance of the lashes.

**EYEBROW LAMINATION £40**

- A setting serum that creates a fuller looking brow. It straightens the hairs to the desired position along with a tint for a slightly more dramatic look.

**EYELASH TINTING £13**

- An application of dye to lengthen, darken and thicken the appearance of the lashes for a natural finish.

**EYEBROW TINTING £13**

- An application of dye to darken, thicken and fill in the appearance of the brows for a natural finish.

**Please note:**

- Lash lifts, laminations and tinting requires a patch test 24 hours before the treatment. You can book this free of charge with the therapist in person or on our website. Please be aware that we cannot carry out either treatment if you are suffering from conjunctivitis, Styes, Blepharitis, Viral infections or if the patch test is not completed.

**EXPRESS MANICURE £15**

Basic manicure (Clear Polish optional)

**EXPRESS PEDICURE £20**

Basic pedicure (Clear Polish optional)

**LUXURY MANICURE £22**

Express manicure plus a hand scrub, mask and hand massage.

**LUXURY PEDICURE £28**

Express Pedicure plus a foot mask and foot massage.

**PARAFFIN WAX £15**

Add a paraffin wax hand or foot treatment to any manicure or pedicure. This treatment treats conditions like arthritis and fibromyalgia. It acts as a heat therapy that increases blood flow, relaxes muscles and reducing the stiffness in the joints. It also leaves skin feeling unbelievably soft.

**WAXING**

Full Leg	<b>£35</b>	Under Arm	<b>£15</b>	Neck	<b>£5</b>
Half Leg	<b>£24</b>	Back	<b>£28</b>	Sideburns	<b>£4</b>
Full Arm	<b>£27</b>	Chest	<b>£28</b>	Ears	<b>£2</b>
Half Arm	<b>£20</b>	Nose	<b>£4</b>		

**THREADING**

Eyebrow Wax/Thread	<b>£10</b>	Full Face Wax/Thread	<b>£25</b>
Lip Wax/Thread	<b>£7</b>	Trimming (Back, Chest, Arms	
Chin Wax/Thread	<b>£7</b>	etc. with clippers)	from <b>£10</b>

**ADDITIONAL**

Eyebrow Lamination & Lash Lift & Tint	<b>£70</b>
Eyebrow, Lip, Chin Wax/Thread & Eyebrow Tint	<b>£30</b>
Eyebrow, Lip & Chin Wax/Thread	<b>£20</b>
Eyebrow & Lash Tint	<b>£22</b>
Eyebrow & Chin OR Lip Wax/Thread	<b>£15</b>
Eyebrow & Nose Wax	<b>£12</b>

**LUXURY HOT TOWEL SHAVE £30**

This full hot towel shave includes a mini facial where the skin will be cleansed and exfoliated before the shave its self. You are also entitled to a scalp massage while the hot towels are resting on your face. Please note this is not a beard shape; it results in being clean shaven.

**Please note:**

- If you suffer from any of the following conditions please be aware that waxing **cannot** be carried out - contagious skin conditions, severe sensitive skin, irritated skin, scabbing, unidentified lumps or sunburn. If you have thin or fragile skin, waxing cannot be carried out. This includes use of steroid medication, accue medication (for acne) antibiotics or salicylic acid. Waxing may cause the skin to become red and sensitive for around 24-48 hours. Therefore we recommend **limiting sun exposure** as much as possible after having a wax and considering this before you book an appointment. You must also wait a minimum of **7 days** before waxing after a light chemical peel, micro dermabrasion or any form of extreme exfoliation.

**SPECIAL OCCASIONS**

Our packages are suitable for any special occasion, as a gift or to indulge as a well-deserved treat!

**BRONZE PACKAGE****1 hour £55**

Express manicure  
Eyebrow Wax/Thread & Nose Wax  
Freshen Up Facial

**SILVER PACKAGE****1.5 hours £87**

Express Manicure  
Eyebrow Wax/Thread  
Freshen Up Facial  
Scalp Massage

**GOLD PACKAGE****2 hours £115**

Luxury Manicure with paraffin wax.  
Eyebrow Wax/Thread & Nose wax  
Freshen Up Facial with a Scalp Massage  
Any 30 minute Massage

**TOP HAT & TAILS £155**

Gold package plus a luxury hot towel shave at the Groom Room. You will also be entitled to a hair cut, wash and blow dry by one of the talented barbers at the multi award winning Andy's Barber Shop.

[You can book the Gold Package and the visit to Andy's Barbers on separate days if you wish. You can also have a deluxe beard trim if you do not wish to have a luxury full hot towel shave.]

**PRICE LIST**

C4 Pioneer Square, Bicester, OX26 6FA

Tel: 01869 243504

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

*Body Grooming*

FOR • MEN

## SPORTS MASSAGE

- A deep tissue massage which can help to reduce localised or referred aches and pains, muscle tightness, muscle imbalances, poor posture, migraines and headaches.

**£33 for 30 minutes. £55 for 1 hour**

## STATIC DRY CUPPING

- A service in which cups are placed on the affected areas statically and creates a suction of the layers of skin and muscle to increase blood circulation, reduce muscle tension, appearance of cellulite and scars, encourages tissues to release toxins through the lymphatic system and aids relaxation.

Static Cupping - Legs OR Arms	<b>£33</b>
Static Cupping – Whole Back	<b>£38</b>
Static Cupping – Whole Back & Legs OR Arms	<b>£55</b>
Cupping & Massage – Legs OR Arms	<b>£45</b>
Cupping & Massage – Whole Back	<b>£60</b>
Cupping & Massage – Whole Back & Legs OR Arms	<b>£75</b>

### Please note:

- If you suffer from any of the following conditions please be aware that the massage can only take place once it has been approved by your GP in writing ( before your session) if you suffer from the following- Cardiovascular conditions (Phlebitis, Hypertension, Heart conditions), Oedema, Skin Conditioms (Severe Psoriasis or Eczema).
- High blood pressure, Osteoporosis, Cancer, Heart Problems (Angina/Pacemakers), Epilepsy, Diabetes.
- If you suffer form any of the following please be aware that the massage cannot take place under any circumstance- Contagious diseases,Vomiting,Diarrhoea, Fever, Severe pain, Kidney disease, DVT (Deep vein thrombosis).

## DEEP HEAT STRESS BUSTER

- A deep tissue massage to reduce specific areas of muscle tension. Alongside this, a self-warming body oil is used to promote blood circulation and reduce fluid retention.Aromatherapy oils are optional for an added relaxation affect.

**£38 for 30 minutes. £55 for 1 hour**

## HOT CANDLE MASSAGE

- Choose one of our Mediterranean massage candles; Lavender, Olive or Citrus which will be burned while you have a relaxing Swedish massage.The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural anti-oxidants will hydrate and nourish the skin.

**£38 for 30 minutes £55 for 1 hour**

## HOT STONE MASSAGE

- A massage using smooth, flat, heated stones that are placed onto your body.This helps with relaxation, stress and anxiety, ease tense muscles and damaged soft tissue throughout your body.This also includes a Swedish massage.This is a great treatment to promote sleep and for clients that need some real ‘you’ time.

**£38 for 30 minutes £55 for 1 hour**

## AROMA MASSAGE

- A therapeutic Swedish massage that can help anyone suffering from stress, insomnia, anxiety or depression.We use a blend of essential oils, all containing natural ingredients that will help uplift or relax your mood.

**£38 for 30 minutes £55 for 1 hour**

## JELLY MASSAGE

- A relaxing Swedish massage with the choice of cinnamon, green tea, black tea or sapphire massage jelly.This treatment promotes blood flow, de-stresses the mind and body and re-hydrates the skin. Great for clients suffering from very dry skin.

**£38 for 30 minutes**

## SCALP MASSAGE

- A relaxing head massage to reduce tension in the head, neck and shoulders. Beneficial for individuals suffering from headaches, migraines or stress.

**£38 for 30 minutes**

## PURIFYING BACK THERAPY

- A deep cleansing, de-stressing back treatment. Good for clients suffering from ingrown hairs, blemishes or dry skin.
- This treatment consists of a back exfoliation with a choice of fresh bamboo or chocolate scented exfoliant to get rid of any dry skin.A red clay mask is then applied to purify the skin and tighten pores.To conclude the treatment, a hydrating moisturiser is applied to re-hydrate the skin. Blemish tools are used if needed.

**£38 for 30 minutes**

## FRESHEN UP FACIAL

- A relaxing and hydrating facial that leaves your skin feeling revitalised and refreshed.This facial covers all skin types and includes either a neck and shoulder massage or a scalp massage while the face mask is on.

**£33 for 30 minutes**

## AOX CLINICAL PEEL FACIAL

- A deep exfoliation treatment that renews the skin with a highly anti-oxidising effect. Improves skin texture, reduces lines, wrinkles and scarring.

**£44 for 40 minutes**

## PUREXPERT RE-BALANCING FACIAL

- A facial to reduce oiliness and breakouts, provides the skin with a clean, healthy and matt appearance.This is perfect for young teenage skin or anyone suffering with blemishes or acne.

**£60 for 1 hour**

## TIMEXPERT C+ FACIAL

- A relaxing, hydrating and age correction facial treatment that increases firmness and generates new collagen whilst reducing dark spots and evening pigmentation. Incorporating a patented formulation which increases the benefits of Pure Vitamin C by 6 times.To complement the hands on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for increased glow. Perfect for all skin types.

**£60 for 1 hour**

## FOR MEN C+ ENERGY

- A facial specifically for men to help eliminate toxins and strengthen skin against pollution and stress. It also rejuvenates the skin which is often irritated by shaving.
- For best results; when the client is freshly shaven or has no facial hair.

**£60 for 1 hour**

## MINI FACIAL

- An on-the-go treatment to freshen the face. Includes an exfoliation, face mask and moisturiser.We have a range of products for suit all skin types. Perfect for a tester of our 30 minute **Freshen Up Facial**.

**£18 for 20 minutes**

## BLACKHEAD BUSTER FACIAL

- An on-the-go treatment to deep clean the skin and minimise the appearance of blackheads. Includes an exfoliation, charcoal mask and moisturiser. Blemish tools are used if needed.

**£15 for 15 minutes**

### Please note:

- If you suffer from any of the following conditions please be aware that you will NOT be able to have any type of facial treatment - Viral infections (Fevers,Colds, Cold sores or VVarts) Bacterial infections (Impetigo, boils, Conjunctivitis or sties), fungal infections, undiagnosed lumps or swelling, sensitivity or allergy to products, skin conditions (severe eczema, psoriasis or acne), facial cancer, head lice, unstable blood pressure, recent head or neck injury, contagious diseases or recent haemorrhage.



We provide all services for women here along with intimate waxing **For females only.**  
You can call, go to our website at **www.gentsgroomroom.co.uk** or come into the shop to book your appointment.

## INTIMATE WAXING

Bikini Line & Full Leg **£48**  
Bikini Line & Half Leg **£38**  
Bikini Line **£17**  
G-String **£20**  
Brazilian **£24**  
Hollywood **£28**