



*Beauty*

*And Additional Services*

***Our treatments reach out to the four life elements of Earth,  
Water, Fire and Air, recognising that each of us needs  
aspects of each of these elements at different times in our  
lives.***

## **EARTH**

*Like a desert meets the specialised needs of its inhabitants with little or no water, our earth treatments get straight to the point of meeting your basic day to day health and beauty needs for every part of your body.*

## **Face**

### **Fast Fix Facial**

For those of you who are always on the go but don't want to let things go. Your skin will be cleansed and toned and exfoliated. You will then have a nourishing mask applied and your experience will be completed with a moisturiser. Products will be matched to your skin-type (dry, oily, combination, normal, sensitive).

**£25 (30 minutes)**

### **Make-up Masterclass**

Maximise your features with a masterclass in make-up application from everyday looks to special occasions.

**£35 (1 hour 15 minutes)**

### **Eyebrow Shape up**

Your eyebrows convey meaning about what you think and feel. Gain an instant confidence boost with finding the right shape for your face and features. Waxing and plucking techniques used.

**£9 (15 minutes)**

### **Glint with a Tint**

Get back the glint in your eyes with the greater sense of definition that a tint for your lashes and/or brows offers. Brown, Black and Blue/Black colours available.

### **Eyelashes**

**£15 (20 minutes)**

### **Eyebrows**

**£10 (20 minutes)**

### **Be uplifted**

Feel and look uplifted with our quick eyelash perming solution.

**£25 (45 minutes)**

### **Express Lashes**

A speedier answer for glamorous eyes. Strips of lashes offer your eyes a more open look.

**£25 (40 minutes)**

### **Excellent Extensions**

A full set of eyelash extensions to achieve a fabulous look.

**£50 (2 hours)**

## **Hands and Feet**

### **Mini Manicure or Pick me up Pedicure**

The words manicure and pedicure are derived from the Latin words *manus* meaning hand, *pedi* meaning feet and *cura* meaning care. Think you have no time for this? In a brief fifteen minutes you can maximise your nails and toenails with just some cuticle work and a polish.

**£10 (15 minutes)**

## **Body**

### **Mini Mobiliser Massage**

Indian Head Massage is used to help you feel energised, relaxed and more able to concentrate through relieving your stress, tension, fatigue, insomnia, headaches, migraine or sinusitis. Techniques are based on the Ayurvedic system of healing (incorporates massage, yoga and meditation) which has been practiced in India for over a thousand years. The aim is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. The technique improves joint mobility and flexibility in the neck and shoulders in addition to improving blood circulation and lymphatic flow.

**£25 (20 minutes)**

### **Tension Terminator**

Swedish Massage techniques are used to reduce tension, to relieve stress and improve circulation to the whole body. It can be slow and gentle or vigorous depending upon your needs. Designed to soothe muscles and help you to eventually relax.

**£45 (1 hour)**

## **Hair Today Gone Tomorrow and the next day and the next....**

Using the leading brand of Lycon low temperature hot wax that shrink wraps to remove hair as short as 1mm making the hair removal painless for most people. The wax is available in delicious flavours such as *SoYummy Chocolate* and *Hazlenut* with the addition of aromatherapy ingredients.

### **Half Leg**

**£15 (25 minutes)**

### **Three quarter Leg**

**£20 (40 minutes)**

### **Full leg**

**£25 (55 minutes)**

### **Underarm**

**£10 (10 minutes)**

### **Bikini line**

**£10 (15 minutes)**

### **Half arm**

**£15 (20 minutes)**

### **Full arm**

**£20 (25 minutes)**

### **Lip**

**£10 (10 minutes)**

### **Chin**

**£10 (10 minutes)**

### **Intimate female**

**£30 (40 minutes)**

### **Chest**

**£25 (25 minutes)**

### **Back**

**£25 (25 minutes)**

## **Take Away Tan**

Using the Celebrity Favoured Sienna<sub>x</sub> Spray Tan Solution (available in different percentages: (8%, 10%, 12% and 16%) you can instantly become as brown as you want. Fully develops in 8 hours. Includes instant exfoliation if you have forgotten to prepare!

**£25 (30 minutes)**

## **Time to Tan**

Want to take time to build up your tan and maintain it? Choose between our high (4 and 6 column) and low pressure stand up units. Our low pressure unit emits both UVA and UVB (burning rays) at a low energy level and will offer more of a red tone tan that you will need to maintain more frequently than a high pressure tan. However, low pressure offers the benefit of being less costly in the short term. High Pressure beds use a complex filtering system to emit only UVA during a tanning session and will take fewer sessions to build up a golden tan and maintain it. Therefore high pressure is the less expensive option in the long term. We also offer a specialist high powered leg tanner to give those hard to tan areas that extra boost.

**Low pressure prices range from £4.50 for 3 minutes to £10 for 12 minutes**

**High pressure 4 column prices range from £7 for 3 minutes to £18 for 12 minutes**

**High Pressure 6 column prices range from £16 for 8 minutes to £20 for 12 minutes**

**Leg Tanner prices range from £3.50 for 3 minutes to £8 for 12 minutes**

## **Desert Discounts**

***Quench your thirst for treatments with combining for greater value:***

Course of 3 Fast Fix Facials to keep you going each month

**£100 (To be used within 12 months)**

Eyebrow and Eyelash Tint or Eyebrow Tint

**£22.50 (20 minutes)**

Eyebrow Shape, Eyelash Tint and Eyebrow Tint

**£30 (30 minutes)**

Mini Manicure and Pick me up Pedicure

**£15 (20 minutes)**

Mini Manicure or Pick me up Pedicure with Indian Head Massage

**£25 (40 minutes)**

Mini Manicure and Pick me up Pedicure with Indian Head Massage  
**£30 (40 minutes)**

Mini Manicure and Pick me up Pedicure with Make-up Lesson  
**£45 (1 hour 20 minutes)**

Tension Terminator and Mobiliser Massage  
**£55 (1 hour 15 minutes)**

Half Leg, Bikini Line or Underarm Wax  
**£20 (45 minutes)**

Three quarter leg, Bikini Line or Underarm Wax  
**£25 (1 hour)**

Full Leg, Bikini Line or Underarm Wax  
**£30 (1 hour 10 minutes)**

Lip and Chin Wax  
**£13 (20 minutes)**

Course of six Sienna<sub>x</sub> Spray Tans  
**£120 (To be used within 12 months)**

### Tanning Courses

Time	Low Pressure	Leg Tanner	High Pressure 4 Column	High Pressure 6 Column
<b>1 Hour</b>	£45	£32	£80	£90
<b>2 Hours</b>	£80	£57	£145	£165
<b>3 Hours</b>	£110	£78	£195	£225

## WATER

*Like the free flow of a waterfall is often formed when a river is young, our water treatments, take nature's sense of power, force, and underlying calmness to relax and cleanse your mind, body and soul. The treatments transport you to a feeling of glowing freshness and enhance that sense of youth and vitality that is already within you. The path you take to your destination is tailor made with some invigorating twists and turns before the awakening rush of the falls or it can offer a sense of floating and gentle drifting to allow a depth of relaxation that links your inner wishes with your outer appearance.*

## **Face**

### **Flowing Facial**

Turn back time as your skin is cleansed, toned and exfoliated. You will then receive a relaxing face and neck and shoulder massage before a nourishing mask is applied. Your experience will continue to flow with a relaxing arm and hand and head massage.

**£45 (1 hour)**

## **Hands and Feet**

### **Moisturising Manicure**

Hands are often the best indicator of age. Reduce fine lines, with exfoliation, hand mask, cuticle work, shaping, polish and hand massage.

**£20 (30 minutes)**

### **Floating Feet**

Our luxury pedicure will allow your troubles to wash away. This treatment includes exfoliation, hard skin removal, foot mask, cuticle work, shape, polish and foot massage

**£20 (30 minutes)**

### **Revitalising and Relaxing with Reflexology**

Reflexology involves the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques. It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body and mind helping to alleviate a variety of body and mind conditions.

**£28 (1 hour)**

## **Body**

### **Maxi Mobiliser Massage**

The Maxi treatment option allows a longer time frame for your Indian Head Massage and includes a facial massage to allow you to drift into a state of energy or relaxation - the choice is yours!

**£45 (1 hour)**

### **Smooth Sailing**

Transform our back, arm and leg basic waxing treatments into more than a functional treatment with a pre-wax exfoliation and a post-wax massage allowing you to catch the breeze and feel lighter and brighter when you leave the salon.

**Extra fee of £20 to basic treatment cost**

**Additional 30 minutes to stated time**

## **Re-awaken your senses**

Allow our pre-blended aromatherapy massage to reach all areas of your body and mind through the inhalation of essential oils. Aromas flow to the limbic system within your brain through your nostrils and skin and this in turn influences emotions, your nervous system and hormones. Your heart rate, stress levels, blood pressure, breathing, memory, digestion and your immune system are all impacted. The treatment helps with stress, insomnia, headache, digestive disorders, premenstrual syndrome and pain. Each essential oil has different healing properties. For example, some calm while others energize. Your therapist may encourage the following effects with a variety of different oils: Calming (chamomile, lavender, geranium), uplifting (ylang ylang, sage, rose, neroli), energising and cleansing (rosemary), decongesting (eucalyptus, pine, tea tree).

**£60 (1 hour 15 minutes)**

## **Dive Deep**

Dive into our deep tissue massage that focuses on the muscles located below the surface of the top muscles. This type of treatment is often recommended for individuals who experience consistent pain, are involved in heavy physical activity (such as athletes), and those who have sustained physical injury. It is not uncommon for receivers of deep tissue massage to have their pain replaced with a new muscle ache for a day or two but then to find a sense of relief and tranquility takes over. The treatment focuses on specific problem areas rather than working at such a deep level over the whole body area.

**£60 (1 hour 15 minutes)**

## **It's a Wrap!**

Take advantage of the scientifically proven (University of Westminster) inch loss treatment that offers measureable and sustained change. The Universal Contour Wrap® offers instant guaranteed results of a loss of up to 6 inches on your first treatment or your next wrap is free! These results are achieved in just 2 hours. There is an average inch loss of between 10-14 inches from just one treatment and the guarantee of 6 inches lasts for 30 days so you continue to benefit after you have left the salon. The mineral rich clay and body wrapping techniques cleanse and detoxify whilst you lay back and relax for an hour. Many people drop a dress size with just 3 treatments. Perfect for that special occasion or to kick-start a healthier lifestyle.

**£75 (2 hours)**

## **Wave goodbye to Weight**

Allow our Reviber Plus Vibration Plate Training to improve your core stability, muscle tone and muscle strength. As part of an overall healthy lifestyle just 10 minutes on the vibration plate can offer a great workout for major and minor muscle groups and just 3 times a week of training can contribute to overall weight loss. National Press reports (Independent on Sunday, Sunday Mirror and Wedding Planner) note impressive results. Sessions are available in structured programmes to suit your needs:

**Bronze** – Full induction then unsupervised use up to a level of 10 for 10 minutes on the vibration plate. Quarterly reviews of progress are undertaken, initiated by the customer

**Silver** – Full induction and development of individual training programme to meet your needs. Unsupervised use of up to a level of 10 for 10 minutes on the vibration plate. Measuring and weighing is undertaken every 6 weeks. Quarterly reviews of progress are made.

**Gold** – Full Induction and development of individual training programme to meet your needs. Supervised use (to motivate) up to a level of 15 and 15 minutes on the vibration plate. Measuring and weighing is undertaken every 6 weeks. Quarterly reviews of progress are made.

**Prices for 7 minutes range from £3.50 to £4.90**

**Prices for 10 minutes range from £5.00 to £7.00**

**Price for 15 minutes £10.50**

**(To be used within 12 months)**

## **Falling Fees**

***Take advantage of the current combination treatments and watch your costs plummet:***

Universal Contour Wrap® Course of 3

**£200 (To be used every 7-10 days to maximise results)**

Universal Contour Wrap® Course of 3, plus 3 sessions of hypnotherapy to target motivation, and overall weight loss and healthy eating. Every course offers a take home hypnotherapy CD for use beyond the end of your course.

**£350 (Wrap course to be used every 7-10 days to maximise results)**

Reviber Plus Vibration Plate Training Courses:  
**(To be used within 12 months)**

**Prices for 1 hour range from £25 to £35**

**Prices for 2 hours from £50 to £70**

**Prices for 3 hours from £70 to £98**

An additional platinum package for the Reviber Plus Vibration Plate is available to include 6 hypnotherapy sessions to target motivation, and overall weight loss and healthy eating.

**Prices range from £300 (for 1 hour of vibration plate training) to £350 (for 3 hours of vibration plate training).**

Universal Contour Wrap® and Moisturising Manicure

**£85 (2 hours)**

Course of 6 Massages (Any Water type)

**£300 (To be used within 12 months)**

Book any Reviber Plus Vibration Plate Training Course and get 3 Universal Contour Wraps®

**£150 (To be used within 12 months)**

Book any Reviber Plus Vibration Plate Training Course and get 6 Water massages

**£250 (To be used within 12 months)**

Course of 3 Flowing Facials to rejuvenate you on a monthly basis

**£100 (to be used within 12 months)**

## AIR

*Like mountains are created by movements in the earth's plates to push them upwards, to their peak, our air treatments, take an active approach to optimise results. The terrain may be hot or cold dependent upon your starting point but will all meet at the peak of your own sense of rejuvenation and revitalisation. The new heights you reach will let others notice the more confident you from afar.*

## **Face**

### **Boosting Breeze**

Following our standard facial you will have a refreshing massage to your face, head, neck and shoulders. Like a cool breeze on a hot summer day, this provides that instant chill out you need.

**£40 (1 hour)**

### **Occasion Optimiser**

Allow us to prepare your make-up for that special occasion for that extra polished look. Bring along your favourite products or let us create your look from ours.

**£30 (1 hour)**

## **Hands and Feet**

### **Marvellous Manicure**

This longer treatment includes exfoliation, cuticle work, shaping, polish, moisturising, hand massage and hot mittens.

**£30 (45 minutes)**

### **Cuticle Challenge**

Intensify your Marvellous Manicure with a mask that tightens and firms the skin leaving your hands feeling refreshed and rejuvenated.

**£35 (45 minutes)**

### **Perfect Pedicure**

This longer treatment includes exfoliation, hard skin removal, cuticle work, shaping, polish, foot massage and hot booties.

**£30 (45 minutes)**

### **Fabulous Feet**

Intensify your Perfect Pedicure with a mask that tightens and firms the skin leaving your feet feeling refreshed and rejuvenated.

**£35 (45 minutes)**

### **Fabulous Fingertips and Tantalising Toes**

Minx your nails with the celebrity favoured, stylish, long lasting flexible film that shrink wraps to natural, gel or acrylic nails using heat. Last 1-2 weeks and is not immediately damaged by every day wear and tear.

**£25 for fingertips or toes (40 minutes)**

## **Body**

### **Tonights the Night**

Get that bronzed look within just a 2 hour development time using the celebrity favoured Sienna<sub>x</sub> spray tan. Exfoliation included in treatment.

**£35 (30 minutes)**

## **Soaring Savers**

***Let your savings reach new heights by combining the following treatment options:***

Occasion Optimiser and Eyelash Tint or Perm

**£40 (1 hour)**

Occasion Optimiser, and Eyelash Tint and Perm

**£50 (1 hour 30 minutes)**

Marvellous Manicure and Perfect Pedicure

**£50 (1 hour 30 minutes)**

Cuticle Challenge and Fabulous Feet

**£55 (1 hour 30 minutes)**

Fabulous Fingertips and Tantalising Toes

**£40 (1 hour 20 minutes)**

Any Air manicure with Fabulous Fingertips

**£50 (1 hour 20 minutes)**

Any Air pedicure with Tantalising Toes

**£50 (1 hour 20 minutes)**

Any Air manicure and pedicure with Fabulous Fingertips and Fabulous Toes

**£100 (1 hour and 40 minutes)**

Tonights the Night Sienna<sub>x</sub> Spray Tans Course of 4

**£120 (To be taken within 12 months)**

Boosting Breeze Facials course of 3 to get you through the summer months

**£100 (To be taken within 12 months)**

## **FIRE**

*Like volcanoes can lie dormant for many years before the strength within them rises to the surface and makes itself known, our fire treatments utilise heat and principles of inner strength to awaken the fire within you and offer an inner sense of tranquil warmth and peace whatever external environment you may find yourself in.*

## **Face**

### **Winter Warmer**

Our hot stone facial follows the standard cleanse, exfoliate and tone to tighten and smooth your skin. A paraffin wax mask is then applied before hot balsalt (rich in iron and retains heat) stones are used to massage your face, neck and décolletage. The treatment melts away tension and fatigue, not your skin. Warm, smooth stones are used to gently massage the face and neck, as circulation is stimulated and toxins are eliminated, but other benefits include firming, toning and excess fluid removal. This treatment offers the ultimate relaxation.

**£45 (1 hour)**

## **Hands and Feet**

### **Magma Manicure**

A supreme manicure with hand treatment. The process includes exfoliation, hard skin removal, cuticle work, shaping, polish, warm paraffin wax treatment and hand massage. Paraffin wax treatments speed healing and soothe aching joints and muscles.

**£45 (1 hour)**

### **Molten Manicure**

A supreme manicure with hand treatment. The process includes exfoliation, hard skin removal, cuticle work, shaping, polish, warm paraffin wax treatment and hot stone hand massage.

**£55 (1 hour 15 minutes)**

### **Fuel to the Flame**

A Supreme Pedicure with foot treatment. The process includes exfoliation, hard skin removal, cuticle work, shaping, polish, paraffin wax treatment, and foot massage.

**£45 (1 hour)**

### **Hot Coals**

A supreme pedicure with foot treatment. The process includes exfoliation, hard skin removal, cuticle work, shaping, polish, warm paraffin wax treatment and hot stone foot massage.

**£55 (1 hour 15 minutes)**

## **Body**

### **Relaxation Eruption**

Our hot stone full body massage uses the healing properties of the stones and their warmth to maximise your relaxation and de stress your muscles.

**£65 (1 hour 15 minutes)**

## **Price Meltdown**

***Don't let your desires be left unmet, combine treatments so you and your bank balance do not burn out.***

Winter Warmer Facials course of 3 to get you through the colder months.

**£100 (To be used within 12 months)**

Winter Warmer and any Fire Manicure or Pedicure

**£85 (2 hours 15 minutes)**

Winter Warmer and any Fire Pedicure and Manicure

**£135 (3 hours 15 minutes)**

Winter Warmer and Relaxation Eruption

**£95 (2 hours and 15 minutes)**

Relaxation Eruption and any Fire Pedicure or Manicure

**£105 (2 hours and 15 minutes)**

Relaxation Eruption and any Fire Pedicure and Manicure

**£135 (3 hours 15 minutes)**

## **ADDITIONAL SERVICES**

## **Bespoke Spa Specials**

Tailor make your own day with a combination of treatments based on time. All treatment combinations over four hours receive a complimentary glass of bucks fizz and a light sandwich lunch or supper depending upon the time of day.

**2 hours of treatments £100**

**3 hours of treatments £130**

**4 hours of treatments £180**

**5 hours of treatments £200**

## **Bridal Services**

We offer a wide range of treatments to either relax you or prepare you for your big day.

### **Bridal Make-Up**

This package includes your make-up trial at the salon or at your home where we decide with you, the right colours for your skin tone and to match your dress. Followed by make-up on the wedding day plus make-up for 2 bridesmaids, application on the day (no trial).

**(Covers travel to venue of up to 5 miles from Sevenoaks. The cost will increase for venues at a further distance).**

**£250**

### **Bridal Treatment Ideas**

Below are a few treatments and ideas for brides and monthly payment plans can be organised to fund the lead up to your big day.

- Thinking of what to do for your hen party? We can offer you a wonderful pampering session for you and your friends and family at your home or in the salon. Packages are tailor made.
- Courses of facials for a radiant complexion.
- Universal Contour Wrap® course to aid inch loss and detoxification. There is a 6 inch loss guaranteed on your first treatment or your next one is free!

- Waxing.
- Sienna<sub>x</sub> spray tan for gorgeous bronzed limbs.
- Eyelash tinting, perming.
- Express Lash eyelash extensions

### **Pre-Holiday Pampering Ideas for the Beach or the Slopes**

- Firm and tone with the Universal Contour Wrap<sup>®</sup>, vibration training and/or massage
- Waxing
- Spray tan/sunbeds
- Eyelash tint/perm
- Manicure and pedicure
- Get Minxed
- Express lash eyelash extensions

## **SPECIALIST ADDITIONAL SERVICES**

### **Psychological Therapies for Personal Improvement and Well being**

Therapies are conducted by Dr Tracy King (Chartered Clinical Psychologist, Registered Practitioner with the Health Professions Council and Managing Director of Tan & Float).

#### **Therapeutic Assessment**

An assessment session to find the right treatment for you.

**£40 (1 hour)**

#### **Therapeutic Treatments**

##### **Eye Movement Desensitisation Reprocessing Therapy**

Use of bilateral movements or other forms of rhythmic left-right stimulation to reprocess painful memories, triggers and negative thoughts feelings and behaviours. Average treatment programmes range between 4 to 12 sessions.

**£80 (1 hour)**

## **Hypnotherapy**

Using a natural state of altered awareness to make the changes you want to make. Example treatment targets: Quit smoking, lose weight, improve confidence, and improve sports improvement. Average treatment programmes are of 4-6 sessions.

**£80 (1 hour)**

## **Energy therapies**

A therapeutic approach that works with the individual's energy points to rebalance problems of mind and body. Utilises techniques of body tapping and acupuncture. Excellent treatment to aid pain and post-operative recovery. Average treatment programme is around 6 sessions.

**£80 (1 hour)**

## **Standard Talking Therapies**

Use of a variety of standard talking therapies to target your difficulties. Treatment duration is variable depending upon individual presentation and chosen approach.

**£70 (50 minutes)**

## **GENERAL INFORMATION**

### **Booking**

Bookings can be made in person, via the telephone. We advise booking in advance to avoid disappointment. Please advise us of any health issues or medical issues (e.g. pregnancy, allergies, recent surgery) upon booking so we can see if your treatment option is suitable. You may be requested to come in prior to your treatment to undertake a patch test for certain treatments.

### **Gift Vouchers**

Gift vouchers are available for specific treatments or monetary amounts. These are valid for 12 months from the date of purchase and can be purchased at the salon, via telephone or our website. Vouchers are non-refundable.

### **Initial Consultations**

If you are new to Synchronicity or are having a new treatment please allow an extra ten to fifteen minutes of time to enable your therapist to conduct an initial assessment to ensure your safety, well-being and expectations are met.

## **Children**

Those under the age of 18 years old are not allowed access to our areas that utilise ultraviolet light for sunbeds and are not permitted to use sunbeds. Children may have basic beauty treatments with parental consent and a parent/guardian present. Children are unable to accompany parents into treatment rooms for the parental treatment and our staff are unable to be responsible for the supervision of children. We appreciate that childcare is often a problem and are happy to accommodate a friend or family member in our reception area who is supervising your child/children for our shorter treatment options (no more than 1 hour).

## **Cancellation Policy**

Please give at least 24 hours notice where possible when cancelling a treatment to enable others to take advantage of your slot. Your first missed appointment with us will not be charged. Your second will be charged at 50% of the treatment cost and your third at 100% of the treatment cost.