

Luxury Packages

Silver

Save £3!

Manicure
Pedicure
Indian Head Massage £75

Gold

Save £5!

Luxury Pedicure & Manicure
Aromatherapy Back Massage
Guinot Mini Facial £125

Platinum

Save £10!

Mini Manicure & Pedicure
Aromatherapy full body Massage
Guinot Aromatic Facial
Eyelash tint
Eyebrow shape £129

Bridal*

Save £6!

French Manicure
Luxury Pedicure
Spray Tan
Eyelash Tint
Eyebrow Shape £105

*Ask about our Champagne Hen Nights

Holiday Packages

Holiday Essentials

Save £2!

Full Leg, Bikini and Underarm Wax £35

Holiday Plus

Save £5!

St. Tropez Spray Tan
Eyelash Tint & Eyebrow Shape £45



Pamper Me

Beauty & Holistic Therapy

5 Embassy House, Queens Avenue, Bristol, BS8 1SB

Open

Monday till 7pm
Tuesday till 7pm
Wednesday till 8pm
Thursday till 8pm
Friday till 7pm
Saturday 10am - 4.30pm

call 0117 934 9533 to book

Please give 24 hours notice of cancellations to avoid incurring a charge

10% discount on all courses of 6 or more paid in advance



Discounts for Students & Nurses
Except on packages



Pamper Me

Beauty & Holistic Therapy



Services Menu

CRYSTAL CLEAR FACIAL TREATMENTS

MICRODERMABRASION

Crystal Clear Microdermabrasion with Mask <i>Skin resurfacing treatment</i>	£55
Crystal Clear Deluxe Facial	£69
Crystal Clear Body Correction Treatment <i>Excellent for scars or cellulite</i>	£48
Crystal Clear Back Treatment	£58

CRYSTAL CLEAR PRESCRIPTION FACIALS

Express Facial <i>Hands on facial using Crystal Clear products</i>	£35
Cellular Repair Treatments <i>Combats signs of aging and menopausal skins</i>	£50
Pro-active acne treatment	£35
Luxury Booster <i>Excellent for tired & dull looking skin</i>	£65

GUINOT

GUINOT FACIALS

Hydradermie <i>Deep cleansing, rehydrating using plant based ingredients</i>	£45
Hydradermie Newlight <i>Excellent for hyper-pigmented skins</i>	£48
Hydradermie Plus <i>Ultimate 3-in-1 treatment</i> <i>Also concentrates on delicate eye, neck and mouth area</i>	£63
Hydradermie Lift <i>Non surgical lifting facial</i>	£65
Neck Hydradermie	£45
Hydradermie Lift YEUX <i>Lifting & rejuvenating for eye area</i>	£37.50
Liftosome Anti-ageing Treatment <i>High concentration Vitamin C Firming Radiance Facial</i>	£50
Beauté Neuve <i>Renewing fruit and peeling facial</i>	£45
Aromatic Facial <i>Relaxing aromatherapy & plant extract customised facial</i>	£40

GUINOT BODY TREATMENTS

Guinot Kiwi Body Polish Treatment	£28
Aromatic Body Bien Etre <i>Body Exfoliation & Top to Toe Massage</i>	£55
Aromatic Body Minceur <i>Contouring, slimming anti-cellulite treatment</i>	£50
Hydradermie for the Back	£50
Hydradermie Bust Treatment	£46
Pregnancy Treatment <i>Top to Toe Pampering, including Facial</i>	£75

from *Pamper Me*

BEAUTY TREATMENTS

WAXING

Full Leg	£24	Upper Arm	£8
Half Leg	£14.50	Underarm	£8
Upper Leg	£16	Eyebrow	£7
3/4 Leg	£18	Lip	£6.75
Full Leg & Bikini	£29	Chin	£6.75
Bikini	£10	Lip & Chin	£10
High Bikini	£15	Back from	£20
Brazilian	£22	Chest from	£15
Hollywood	£27	Shoulders from	£12
Full Arm	£15	Stomach from	£7
Forearm	£10	Face from	£15

EYE TREATMENTS

(Patch test required 24 hrs before)	
Lash Tint	£14
Brow Tint	£8
Perming	£28
Lash & Brow Tint	£20
Eyelash Perm & Tint	£38

Gift Certificates Also Available

ST. TROPEZ TANNING

Full Body inc face	£40
Upper Body	£25
Legs	£22

ST. TROPEZ PRESTIGE

Single spray	£29
Face & Upper Body	£12
Legs only	£12

MASSAGE & HOLISTIC TREATMENTS

Swedish Massage, Full Body - 1 hour £38

Back, Neck & Shoulder Massage - 30 mins £27

AROMATHERAPY MASSAGE:

Full Body including Scalp - 1 1/4 hour £42

Back, Neck & Shoulders - 30 mins £29

Hopi Ear Candles with facial massage £29

Indian Head Massage £25

Reflexology - 1 hour £35

BEAUTIFUL NAILS

CREATIVE MANICURES

Spa Manicure	£23
Solar Manicure	£23.50
French Manicure	£26
Deluxe Manicure using heated mittens	£29
Mini Manicure - <i>File & shape, cuticle tidy, massage & paint - 30 mins</i>	£16
File & Polish	£10
Nail Art from	£5
Gel/Acrylic Soak Off	£15

PEDICURES Add £3 for French Paint

Spa Pedicure - Citrus fresh & invigorating	£30
Deluxe Pedicure with heated booties	£35
Creative Raw Earth Pedicure	£31
Manicure & Pedicure - <i>Using intensive cucumber heel therapy</i>	£52
Mini Pedicure - <i>File & shape, cuticle tidy, massage & paint - 30 mins</i>	£20