



mara beauty
MIND AND BODY

Treatment List

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Massage

Back, neck and shoulder: *Working on key tension areas, an ideal regular treatment for clients who hold tension around back and shoulder area.*

Back, neck and shoulder 40 mins **£ 33**

Full body massage: *A massage tailored to your specific needs, for a relaxation treatment, or to work on key areas of concern.*

Full body massage 60 mins **£50**

Face and body combo: *Let your therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.*

Any 55 minute treatment **£50**

Any 80 minute treatment **£73**

Any 110 minute treatment **£90**

Lomi Lomi Massage: *Lomi lomi or Hawaiiin massage, works gently yet deeply into the muscles with continuous flowing strokes, allowing the client to relax and give in to the nurturing touch. This helps the body let go of its old patterns and behaviours, which can cause as many stresses and strains as muscle tension.*

Lomi Lomi, 55 mins **£53**

Hot Stone Massage: *This treatment concentrates on giving you a deep, therapeutic massage. The warmth of the stones transfers through your muscles, allowing a deeper treatment which will leave you feeling renewed, relaxed and calm.*

Back Neck and Shoulders (40 mins) **£38**

Full Body (70mins) **£60**

Indian Head Massage: *This wonderful relaxing holistic therapy, treats the mind, body and spirit. This will leave you feeling relaxed, stress free and relieved of any physical or emotional tension.*

Indian Head Massage **£33**



Eyes

Lash tint	£15
Brow tint	£11
Brow wax and tint	£20
Lash tint and brow tint	£20

Patch test required

Lash lift treatment	£48 inc tint
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Keeping your lashes perfect for up to 3 months. No mascara needed. For a natural lift or curl to you own lashes. This is the perfect treatment.



CND Vinylux High Gloss Manicure and Pedicure Treatments

For Hands: *Mara manicure will leave your hands feeling nourished pampered and younger.*

Mara Classic Manicure: *includes shape, cuticle work and soak and polish.*

Upgrade: *to spa manicure to include exfoliation treatment, hand arm massage and heated mitts for deeper penetration of oils and creams, helping circulation and sooth stiff joints. Hands will look and feel nourished and smooth.*

File and Polish	£18
Classic Manicure	£26
Classic Pedicure	£30
Spa Manicure	£36
Spa Pedicure	£40

Add on £2.50 for a French Manicure, specialised base coats or fillers.

For Feet: *A Mara pedicure will leave your feet feeling rejuvenated nourished and relaxed.*

Mara Classic Pedicure: *includes shaping, cuticle work and hard skin removal followed by a foot soak and polish.*

Upgrade: *to a spa pedicure to include exfoliation treatment, pressure point foot massage and heated booties for a deeper penetration of oils and creams, helping circulation and smooth stiff joints. Leaving your feet hydrated and smooth.*



Shellac Treatments

This revolutionary product wears flawlessly for up to 14 days of high gloss and shine. Leaving you ready to go immediately with no smudging chipping or peeling.

Shellac Spa Pedicure	£43
Shellac Spa Manicure	£40
Shellac Pedicure	£35
Shellac Manicure	£31
Soak off File and Strengthen	£22
Nail Treatment	£18
Gel Soak off	£6 with mani / £10 without

Add on £2.50 for a French Manicure or glitter overlay.

Upgrade: *to a deluxe pedicure or manicure. Heavens warm wax treatment. Organic wax is massaged into your skin leaving your muscles eased and your skin super soft. While the aroma of grapefruit, jasmine and white tea leave you feeling uplifted. £8*



Waxing

Developed for today's modern active client, wax:one is THE latest premium wax solution, Rosin free. Wax:one provides a simple, powerfully effective system that quickly gives super smooth results while minimising the risk of ingrown hairs. The premium quality – fantastic adhesion, melts quickly. Fresh scent of grapefruit and kiwi. With a low melting and working temperature it makes waxing perfect for sensitive skin and delicate areas of the body.

Full leg, bikini and underarm	£48
Full leg	£30
Half leg	£22
Half leg, bikini and underarm	£41
Bikini hot wax	£16
Extended bikini	£20
Underarm hot wax	£15
Forearm	£17
Eyebrow hot wax	£13
Eyebrow wax and re-shape	£16
Chin	£11
Top lip hot wax	£11
Lip, chin and brow wax	£28



The Mara Detoxing Salt Glow Treatment

This luxury detox for the body and skin will leave the skin nourished and glowing. With organic algae, kelp and Mediterranean sea salt this doesn't just leave the skin smooth and silky soft, it will also help your body release toxins, tone and firm the skin.

The Mara Detoxing Salt Glow Treatment **£35**

Combine salt glow treatment with mini facial for a complete all over detox.



Mara Mini Rituals

Upgrade your treatments by adding on any of these mini rituals for £12 or £42 for all four

Tension release foot massage	£12
Pressure point head massage	£12
Soothing hand and arm massage	£12
Heaven bright eyes	£12



Pregnancy

Lighten Legs Foot Treatment: *Helps with water retention poor circulation and tired legs. Exfoliation and massage of lower leg and feet followed by foot mask. Add on shape and polish or a mini ritual for a more luxury treatment.*

Mara Lighten Legs Foot Treatment **£23**

Mara Glorious Glow Facial: *This is especially designed to help combat hormonal breakouts, uneven skin tone and pigmentation leaving you glowing inside and out.*

Mara Gorgeous Glow Pregnancy Facial **£43**

Glorious Glow Top to Toe: *Start to feel the tension slip away with a head massage moving onto lighten legs treatment. Whilst you lay back and enjoy the foot mask you can experience heaven bright eyes or a hand and arm massage. Leaving you feeling glorious top to toe.*

Mara Gorgeous Glow Top to Toe **£38**

Glorious Face and Feet Combo: *Combine the glorious glow facial with the lighten legs treatment for a total heavenly experience.*

Mara Face and Feet Combo **£55**



Skincare

Heaven skin care by Deborah Mitchell is a high end luxury range of anti ageing, all natural skincare containing organic ingredients, which have been developed for a radiant, flawless complexion and to help heal skin conditions from blemishes to eczema. Heavens award winning skincare has amassed a celebrity following for its range of products and treatments including Dannii Minogue, Emilia Fox, Michelle Pfeiffer and even members of the Royal Family.

Heavens signature product the Bee Venom Mask has gained a worldwide reputation as the natural alternative to Botulinum Toxin. Which is the most acutely toxin substance known. It positions itself as a revolutionary organic cream that works to control the facial muscles for immediate lifting, tightening and firming , whilst targeting frown lines and wrinkles.

To continue your facial at home all Heaven products are available to purchase at Mara beauty.

Gift vouchers and treatment vouchers are available in all prices.

Cancellation policy: In the event you cannot make your appointment we require at least 24 hours notice prior to your treatment. Charges may apply.



Facials

All facials include a full consultation and skin analysis before treatment.

Heaven Beepeel Facial: *Designed with organic coconut. Organic apple and cane sugar. This is a resurfacing facial which minimises the visibility of lines, scars, dark spots, dullness, pigmentation and large pores, leaving you with fresh new skin. This unique formula helps boost the production of collagen which increases elasticity and tone of the skin. Patch test required.*

Heaven Beepeel Facial (45 mins) **£64**

Heaven Angel Face Lift: *Heavens bespoke facial is a wonderfully hydrating face lift. This fantastic facial uses lymph drainage and acupressure movements to lift, firm and plump the skin. You will see visible results after one treatment. Patch test recommended.*

Heaven Specialised Angel Face Lift (50 mins) **£50**

Heaven Bee Sting Facial: *This facial combines a series of techniques to relax facial muscle tissue to firm and tighten the skin, allowing tingle inducing bee venom products into pressure points around the face, neck, scalp and jawline leaving your skin lifted toned and glowing. Instant results.*

Heaven Bee Sting Facial (1 hour) **£54**

Mara Luxury and Relax Facial: *This facial is ideal for people who suffer from stress and anxiety and sleep problems. The skin is deeply cleansed and nourished whilst eastern massage techniques are used to help relax and distress you into a state of relaxation.*

Mara Luxury Relax and De-Stress Facial (1 hour) **£48**

Mara Face and Eye Combo: *A facial that pays particular attention to the eyes whilst combining the benefits of a facial. A luxury eye mask is applied to the eye area followed by specialised eye massage and drainage leaving you looking fresh and bright eyed.*

Mara Face and Eye Combo (1 hour) **£48**

Heavenly Eyes (25 mins) **£25**

Mara Luxury Mini Facial Including Mask: *This introductory facial revives the skins giving the skin an instant pick me up leaving your skin feeling refreshed and nourished. This treatment includes a mask.*

Mara Luxury Mini Facial Including Mask (25 mins) **£32**

To arrange an appointment call Mara Beauty:
0131 285 1880 or email hello@marabeauty.co.uk

Appointments are flexible by request. Open 5 days a week
Tuesday to Saturday, late nights Tuesday to Thursday.

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