

Gracie B

TREATMENT  
MENU

# FACIAL SKIN TREATMENTS

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## ProSkin 60

£66 (1 hr)

The ultimate treatment, different every time. Customised with advanced product, techniques and technology in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

## ProSkin 30 **OUR SKIN THERAPISTS' FAVOURITE**

£40 (30 mins)

Our customised treatment, on your time! Targeting your key skin concern for maximum impact in minimum time, this treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

## The Frozen Facial

£87 (60 mins)

The most effective and advanced skin rejuvenation treatment yet, tackling lines, wrinkles, and pigmentation. Enjoy a full cleanse followed by microdermabrasion to resurface and smooth the skin. Followed with micro-channelling and topical dissolvable oxygen to stimulate the skins natural heal repair response. This is the most advanced method of replacing lost moisture in the skin. Fabulous for dull, dehydrated, ageing, pigmented, scarred skin. We adapt the chosen infusion and mask depending on your concerns. We will tailor make the treatment at all points to give you the best results possible.

## H2O Glow

£70 (60 mins)

Crystal Clear's most intense hydration treatment yet, giving red carpet ready results. The H2O Glow facial delivers freezing cold oxygen throughout the epidermis to nourish and invigorate skin cells, while the COMCIT TDO roller allows Hyaluronic Acid to reach deeper dermal layers via micro-channels; plumping and re-balancing the skin from the inside out. The result is brighter, fresher, hydrated skin that glows with a youthful radiance. This is a one-off treatment to create a beautiful glow.

## Oxygen Therapy

£57 (45 mins)

Delivering topical dissolvable oxygen to the skin to re-energize and stimulate the skin. This works with the mitochondria within the centre of our cells, to allow deeper stimulation. We are feeding the skin layer by layer to give you a smoother, hydrated, brighter complexion. Also fabulous for breakouts to kill the bacteria at the source.



## **Microdermabrasion**

*£50 (45 mins)*

This is a deep and controlled exfoliation method. We work across the skin, using natural mineral stones to remove the dead skin cells and smooth the skin. We are working within the epidermal layer. This allows better product absorption and stimulates the cell turnover. This treatment is good for all skin types. Leaving the skin visibly bright and clear after the first treatment.

## **Collagen Induction Therapy**

*£75 (30 mins without mask) / £95 (45-60 mins with mask)*

A rejuvenating skin treatment that boosts natural collagen production, helping to reduce fine lines, wrinkles, and acne scarring. It enhances product absorption by up to 200 times and promotes a thicker, plumper, more youthful complexion. Ideal for improving skin texture, reducing stretch marks, minimising pores, and treating UV damage and hypopigmentation.

## **Dermaplaning**

*£45 (45 mins)*

Dermaplaning is an effective skin exfoliation procedure. It uses a sterile surgical scalpel to shave the surface of the skin to remove excess dead skin and 'peach fuzz' hair.

## **LED Treatment**

*£20 (20 mins)*

# **CACI FACE LIFT**

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## **CACI Signature Non-Surgical Facial Toning**

*£60 (1 hr)*

This treatment is a non-invasive facial, using microcurrent impulses. This will lift and tone your facial muscles and the neck area, whilst improving skin elasticity and reduces the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow.

## **CACI Ultra Non-Surgical Facial Toning**

*£80 (1 hr 30 mins)*

This facial combines the CACI Signature Non-Surgical Facial Toning with The CACI Ultra Radiance treatment. This treatment uses microcurrent impulses, which will lift and tone your facial muscles and neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. Ultrasonic peeling is used to revitalise and deeply cleanse your skin, leaving a brighter, smoother complexion. CACI's unique Wrinkle Comb will then target fine lines and wrinkles alongside LED light therapy to help heal the skin and trigger tissue repair. To complete this facial ultrasound is used to penetrate a rich moisturising gel into your skin, which will deliver a surge of intense hydration to rejuvenate your skin.

### **CACI Eye Revive**

*£38 (30 mins)*

Lift and firm muscles around your eye area, particularly where you may tend to lose definition as you age and develop 'hooded eye lids'. This treatment uses serum filled microcurrent rollers together with the soothing and calming Eye Revive Mask to reduce puffiness and dark circles, and soften the appearance of fine lines and wrinkles around your eyes.

### **CACI Jowl Lift**

*£28 (20 mins)*

Target muscle laxity around the jawline using CACI microcurrent. This treatment will lift and firm your muscles and redefine facial contours to give a firmer, more toned appearance. Ideal for women wanting to improve the appearance of sagging jowls and for men who desire a more chiselled jawline.

*Treatment programs are available on all of our CACI treatments to maximise the results you will receive.*

**Buy 10 get 2 with compliments of Gracie B.**

## **BODY TREATMENTS**

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### **Stress Relief Back and Neck Massage**

*£35 (30 mins) / £45 (45 mins)*

Gracie B's number one massage, this treatment relieves stress, muscle tension, knots and breaks down lactic acid. Taylor made to your consultation requirements, this massage gives results.

### **Swedish Full Body Massage**

*£62 (1 hr) / £74 (1 hr 15 mins)*

A classic timeless massage that should be on every treatment menu. We focus on releasing unwanted tension, stretching tired muscles and aim to leave you feeling soft and supple.

### **Relax, Sleep, Chill Massage**

*£35 (30 mins) / £62 (1 hr)*

Using our pre-blended essential oils that will aid your mind and body into relaxation, this massage allows you to drift away into another world. Includes effleurage galore, pressure points and lymphatic drainage techniques.

### **Indian Head Massage**

*£35 (30 mins)*

This relaxing massage technique has been practiced throughout India for many centuries. It focusses on the energy centres from the head, neck, scalp and face by using key acupuncture points. Relieves tension and stress. Choose between one of our organic oils to enhance your experience.

### **Scrub and Hydrate**

*£35 (30 mins) / £62 (1 hr)*

This treatment exfoliates your dead skin cells away, gets your circulation accelerated and leaves your skin invigorated and silky soft. Hydration is added with a soothing lavender massage.

### **Sports Massage with Tim**

*£42 (45 mins) / £55 (1 hr)*

You don't have to be sporty! If your body aches, your muscles feel tight and movement is restricted, this treatment will be of huge benefit to you. This more dynamic, firm approach to massage therapy revives overused muscles and reduces pain/discomfort. When soft tissues appear to be damaged, specialist manipulation techniques are used along with a relatively robust massage to target the specific problem. A regular full sports massage is a great way to keep your body functioning and healthy.

### **Hot Stone Massage**

*£45 (30 mins) / £72 (1 hr)*

Melt away tension and stress with our luxurious Hot Stone Massage. Smooth, heated basalt stones are placed strategically along the body and used in flowing massage strokes to deeply relax muscles, improve circulation, and calm the mind. The soothing warmth penetrates deep into tight areas, easing chronic tension and creating a profound sense of balance and wellbeing. Perfect for those seeking both physical relief and emotional rejuvenation.

### **Hopi Ear Candle**

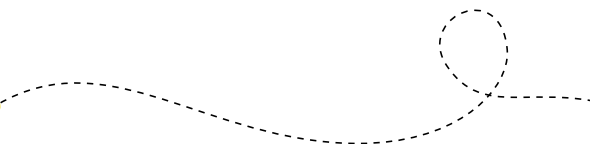
*£40 (40 mins)*

Originating from the Native American Indians of the Hopi Tribe, the candles are an effective and alternative way to cleanse, purify and heal the ears, nose and throat. Our unique way to perform the Hopi ear candle treatment starts with our aroma test to select your scent depending how you feel on the day. Your ears will then experience the relaxation of the candles followed by a relaxing drainage massage.

### **Reflexology**

*£70 (1 hr 15 mins)*

Indulge in the art of refined relaxation with this therapeutic foot treatment rooted in ancient healing traditions. Expert pressure is applied to precise reflex points, stimulating energy flow and restoring harmony throughout the body. Perfectly balancing wellness and indulgence, this luxurious experience melts away tension and leaves you feeling renewed from sole to soul.



## MOTHER-TO-BE

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### **Mother-To-Be: Back and Neck Massage**

*£35 (40 mins)*

A truly relaxing back, neck and shoulder massage whilst lying on your side hugging a wonderful pregnancy pillow for support everywhere you need it.

### **Mother-To-Be: Face and Body Ritual**

*£70 (1 hr 15 mins)*

This amazing mother-to-be treatment focuses on relaxing and nurturing all those areas of tension during pregnancy allowing you to totally unwind. Treatment includes: Back and Shoulder Massage, Leg and Foot Tension Release Massage, Dermalogica Express Prescription Facial, Scalp Massage. This treatment is suitable for your second and third trimester.

## TANNING STUDIO

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### **Full Body Spray**

*£30 (20 mins)*

## HAND AND FEET TREATMENTS

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### **The Gracie B Manicure**

*£34 (1 hr)*

Your hands are bathed in a milky, nourishing soak, gently exfoliated and dried in warm towels. We will discuss how you would like your nail shape and cuticle work which will then commence. Followed by a relaxing hand and arm massage. Nail plate is buffed, cleaned and painted. Upgrade to gel for an additional £10.

### **The Gracie B Express Manicure**

*£23 (30 mins)*

Spritz clean, file, shape and buff of the nails followed by a four step paint. Upgrade to gel for an additional £10.

### **The Gracie B Pedicure**

*£36 (1 hr)*

Your feet are submerged into a foot bath of revitalising aromas and fresh mint or citrus fruits, this is followed by a deep exfoliation with cuticle work, nail clip and shape completed. Hard skin cells will be removed. A foot and leg massage will relax you before your nail plate is buffed, cleaned and painted. Upgrade to gel for an additional £10.

## **The Gracie B Express Pedicure**

*£23 (30 mins)*

Spritz clean, file, shape and buff of the nails followed by a four step paint. Upgrade to gel for an additional £10.

## **Soak Off**

*£10 (15 mins)*

Soak off gel nails, buff and cuticle oil.

## **Builder In A Bottle™ Treatment (BIAB)**

We will create a strong overlay on your nail which will be a strengthening barrier for your natural nails. When builder is applied it includes primer and base all in one. No chipping or lifting, which helps grow your natural nails. This can be infilled or soaked off and can be left in one of our stunning nude shades or finished with a choice of gel colours. This treatment is a full set on natural nails.

**Full set of BIAB on Naked Nails** *£34 (1 hr)*

**BIAB - Soak Off Plus Full Set of BIAB** *£44 (1 hr 30min)*

**BIAB Infills** *£36 (1 hr 15 min)*

**Hard Gel Nail Extensions** *£50 (2 hrs)*

**Hard Gel Infills** *£40 (1 hr 30 min)*

**Add Gel** *£10*

**Nail Art** *from £10*

Bespoke hand-drawn design

## **WAXING**

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<b>Full Leg</b> .....	<i>£32 (1 hr)</i>
<b>Half Leg</b> .....	<i>£18 (30 mins)</i>
<b>Full Arm</b> .....	<i>£24 (1 hr)</i>
<b>Forearm</b> .....	<i>£18 (30 mins)</i>
<b>Hollywood</b> .....	<i>£34 (45 mins)</i>
<b>Brazilian</b> .....	<i>£30 (35 mins)</i>
<b>Bikini</b> .....	<i>£17 (30 mins)</i>
<b>Underarm</b> .....	<i>£12 (20 mins)</i>
<b>Eyebrow Tidy and Shape</b> .....	<i>£14 (20 mins)</i>
<b>Lip and Chin</b> .....	<i>£14 (15 mins)</i>
<b>Lip or Chin</b> .....	<i>£10 (10 mins)</i>
<b>Men's Chest</b> .....	<i>£32 (45 mins)</i>
<b>Men's Back</b> .....	<i>£32 (45 mins)</i>

Add Men's Arms to Men's Chest/Back wax treatments for an additional £10.

## THREADING

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<b>Full Face Thread</b> .....	<i>£30 (30 mins)</i>
<b>Eyebrow Thread</b> .....	<i>£14 (15 mins)</i>
<b>Lip and Chin Thread</b> .....	<i>£14 (20 mins)</i>
<b>Lip or Chin Thread</b> .....	<i>£10 (15 mins)</i>
<b>Eyebrow Thread and Tint</b> .....	<i>£21 (30 mins)</i>

## LASHES AND BROWS

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### **The Gracie B Definition Wax, Shape and Tint**

*£21 (30 mins)*

### **Eyebrow Tint**

*£12 (30 mins)*

### **Eyelash Tint**

*£16 (15 mins)*

### **Henna Brows**

*£40 (30 mins)*

### **LVL Lashes - Length | Volume | Lift**

*£48 (1 hr)*

Your natural lashes revealed in all their glory. Exclusive to Nouveau Lashes, the LVL effect is about freedom. It's about knowing your eyes will be the centre of attention without you having to do a thing. Make the most of what nature gave you.

### **Brow Lamination**

*£37 (45 mins)*

Eyebrow lamination creates a fuller, sleeker uniform looking brow. This treatment is perfect to solve the 'messy' brow look as we realign the shape. Maintenance is low with the treatment lasting up to 6 weeks - brows require a conditioning but aside from that you are all set! An on-trend look.

## MAKE-UP

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### **The Gracie B Make-Up Tutorial**

*£47 (1 hr)*

Are you guilty of applying the same make-up shades and styles 365 days a year without contemplating a change? Our make-up tutorials show you how to match the perfect shade to your skin. How to contour to complement your face shape and how to embrace your natural beauty with your eyes and lips to achieve the look you feel comfortable to wear daily or for a special occasion.

## YOUR WEDDING DAY

### Bridal Make-Up

£70 (1 hr 30 mins)

The answer to perfection on your wedding day preparation is a make-up artist in full control of the look you want to achieve. Included is a trial before your big day to share your ideas and conclude how you would like to look. We are confident that trial gives you plenty of time to create what you are looking for, however, we can offer a second complimentary trial. On the big day itself we offer you a glass of fizz to start the morning and breakfast is available to pre-order.

**Wedding Hair: The Trail / The Creation** POA

### The Gracie B Make-Up For All Occasions

From £47 (1 hr)

Whatever the occasion is we have a full palette to find the right make-up to suit you. Sit back, relax and enjoy as your make-up artist works on a flawless finish. Strip lashes available.

## GRACIE B HAIR

### Styling

Restyle .....	£59
Wash, Cut and Blow Dry .....	£54
Dry Cut.....	£32
Wash and Blow Dry .....	£35
Wash and Blow Dry (Long/Thick/Extensions) .....	£40
Bouncy Blow Dry.....	£45
Hair Curling/Straightening/Plaiting .....	£22
Hair Pinned Up, Artistically Styled .....	£50
Fringe Restyle.....	£10
1 Hour Hair Tutorial.....	£50
Keratin Blow Dry.....	£150

### Technical

Half Head Balayage .....	£77
Full Head Balayage .....	£112
Full Head Tint.....	£56
Roots Regrowth Tint.....	£44
Toner .....	£20

Stand-Alone Toner.....	£25
Colour Correction.....	POA

## Highlights

Full Head Foils Short.....	£80
Full Head Foils Long.....	£90
Half Head Foils Short.....	£62
Half Head Foils Long.....	£72
T-Section (up to 15 foils).....	£48
Face Frame (Money Piece) .....	£32.50

## Gentlemen

Gent's Cut and Style .....	£22
Wash, Cut and Style.....	£27
Gent's Skin Fade .....	£24
One Length Clipper Cut .....	£14
Hair Cut With Classic Beard Trim.....	£26
Classic Beard Trim, Tidy and Shape.....	£8
Luxury Wet Shave (Including Facial Massage) .....	£42
Luxury Gent's Facial Massage.....	£13
Boys 12 Years and Under .....	£18
Gent's Top Perm, Cut and Finish .....	£57
Gent's Top Section Foils with Cut and Finish .....	£67
Gent's Top Keratin Blow Dry with Cut and Finish.....	£67
Colour .....	Consultation available

## Treatment

Stand-Alone OLAPLEX Treatment..... £25  
 This 30 minute OLAPLEX stand-alone treatment is the unparalleled service that repairs damaged hair and maintains strong, healthy hair.

OLAPLEX No. 1 Treatment With Colour Service..... £15  
 This is the first step of the in-salon OLAPLEX system which is used as an additive to lessen damage during chemical processing. It is also used as the first step in our stand-alone treatment that prevents damage by restoring and repairing the hair.

## Children (Under 12)

Girls Dry Cut.....	£17
Girls Wash, Cut, Blow Dry .....	£32

## EAR PIERCING

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### Ear Piercing (Lobes Only)

£28 (30 mins)

View our beautiful range of Caress earrings, birthstones and plain studs.

## GIFT VOUCHERS

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The perfect gift! Why not treat someone to a little piece of luxury with a treatment at Gracie B. Our gift vouchers are valid for a full year after purchase.



**Buy 5 get 1 free on all our treatments**  
with 12 months to use your package!

Gracie B  
32 Musters Road  
West Bridgford  
Nottingham  
NG2 7PL

Monday	9.00am - 6.00pm
Tuesday	9.00am - 6.00pm
Wednesday	9.00am - 8.00pm
Thursday	9.00am - 8.00pm
Friday	9.00am - 8.00pm
Saturday	8.30am - 4.00pm
Sunday	Closed

## CONTACT US TO BOOK

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[info@gracieb.co.uk](mailto:info@gracieb.co.uk)

*The salon at home*

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