

HOLISTIC THERAPIES

MANUAL LYMPHATIC DRAINAGE

A highly specialised massage pioneered by Dr. Vodder. A gentle and flowing treatment designed to stimulate the lymphatic system and improve swelling and congestion. Boosts immunity, soothes painful conditions and inflammation. Beauty benefits include anti-ageing and reducing eye puffiness and cellulite.

Full body, face and scalp, 2 hours	£90	Specific sites 1 hour	£60
Specific sites half hour	£40	Face and neck 40 minutes	£45

THAI FOOT MASSAGE

A stimulating foot massage using pressure point massage with a traditional wooden stick.

1 hour	£45
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HOT STONE MASSAGE

Warm basalt stones provide a deeply relaxing, nurturing and comforting treatment.

Full body, 1 hour 15 minutes	£60
Back 30 minutes	£40

REFLEXOLOGY

Based on the belief system that every part of the body has its corresponding reflex point on the feet. Pressure is applied to detect and clear any imbalances in the energy flow. Better health and functioning is restored.

Per session, 50 minutes	£45	Course of 6	£225
Reflexology with hot stones, 1 hour 15 minutes	£60		

INDIAN HEAD MASSAGE

An invigorating treatment for the upper back, neck, scalp and face. Can be performed over clothing or oils can be used to condition the hair and scalp.

25 minutes	£35
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HOPI EAR CANDLES

Hollow bees wax candles are placed in the ear. They burn down producing a massaging suction effect deep within the ear cavity. Benefits include helping to ease ear congestion, sinus and allergy issues.

Per session, 40 minutes	£40
Combined with MLD massage to face and neck, 1 hour	£55

FACIALS

CACI NON-SURGICAL SOLUTIONS



CACI's signature non-surgical facial toning is an advanced non-invasive facial, with many years of medical research behind it. Gentle microcurrent impulses will help to lift and tone the muscles of the face and neck to bring about a more youthful and sculpted appearance.

CACI Face and neck toning - 1 hour	£55	Course of 10 given 2-3 times per week	£495
CACI Ultimate facial - 2 hours	£90		

Incorporating a full CACI face and neck toning this facial also incorporates orbital dermabrasion, the 'wrinkle comb' with LED light technology and the hydratone mask infused with intense moisturising and plumping ingredients.

FACIALS

MICRODERMABRASION

Crystal-free orbital dermabrasion using LED phototherapy. The dead outer layers of the skin are gently sloughed away reducing signs of ageing, sun damage and post acne scarring. A lymphatic massage with the hydro mask clears toxins and the skin immediately appears fresher, more even toned and radiant.

Face and neck	1 hour 15 minutes	£60
Face, neck and décolleté	1 hour 30 minutes	£70
Back conditioning	1 hour 15 minutes	£75

RADIO FREQUENCY

A real 'red carpet' treatment! Instantly lifts and plumps the skin. For best results a course of 6 or 12 treatments given twice weekly.

Face and neck	£60	Course of 6	£300	Course of 12	£540
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JULIETTE ARMAND



Specialised facial treatment protocols using the finest of cosmeceuticals. A variety of different protocols treat all skin types and issues including ageing, pigmentation, sun damage, dehydration, sensitivity, oily and blemished and anti-pollution.

Face and neck	£65	Face, neck and décolleté	£75
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GUINOT FACIALS – Introduce your skin to the benefits of professional skincare from The Guinot Institute Paris. With its pharmaceutical heritage Guinot is continually adapting and developing their products and treatments to ensure outstanding results.

MACHINE-BASED TREATMENTS

Hydradermie Youth

Guinot's signature facial treatment. Exclusive patented treatment method using dynamic ionization technology combined with active ingredients to treat all skin types with exceptional results. 1 hour 15 minutes

£75

Hydradermie Lift Deluxe

The Ultimate lifting and anti-ageing treatment - 2 hours
A combination of the Hydradermie Youth and the Hydradermie Lift.

£90

MANUAL TREATMENTS

Détoxygène

A relaxing facial that reoxygenates the skin and aids in removing toxins and pollution.

1 hour £60

Hydra Peeling

Skin renewal treatment - 1 hour
A gentle peeling treatment suited to all skin types, even the most sensitive. Restores a more even toned radiant complexion. For best results one per week for three weeks (course of 3).

£150

Hydradermie Lift

The Instant Lifting Treatment - 1 hour
This facial stimulates the muscles and lifts the facial features
For best results 2 per week for a course of 6

£55

£275

Eye Lift Treatment

This targets signs of ageing and tiredness around the eyes with gentle eye muscle stimulation and active products. Indicated for puffiness, sagging eyelids, dark circles and fine lining.

45 minutes £50

Lift Summum

A firming, plumping and smoothing facial that helps to reduce signs of fatigue and ageing in the face, neck and décolleté.

1 hour £60

Age Summum

Ultimate anti-ageing manual treatment - Using pure vitamin C, hyaluronic acid and pro-collagen this targets the signs of ageing to restore youthful radiance.

1 hour £60

GRACE HEALTH AND BEAUTY

AT GRACE MEDI SPA

For Health, Beauty & Aesthetics
(established 35 years)

Juliette Armand
THE PERSONAL PROFESSIONAL SKINCARE

CACI
NON-SURGICAL SOLUTIONS

GUINOT
INSTITUTE-PARIS



Sterex

Dermapen 4

CryoPen

BAS
BRITISH ASSOCIATION
OF SCLEROTHERAPISTS

Approved
provider
clinic for
Spire
Portsmouth Hospital



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tel: 02392 599199 email:jenni.grace@btconnect.com

www.gracehealthandbeauty.co.uk



Gift tokens available for purchase.
Cancellation Policy
If you find it necessary to cancel your appointment we would be grateful if you could give a minimum of 48 hours' notice. We will endeavour to offer the appointment to another client but if this is not possible we may have to apply a cancellation fee. Thank you for your understanding. Prices with effect from 01/07/2021

BEAUTY TREATMENTS

WAXING

Half leg (lower)	£17	Eyebrows (tidy/reshape)	£10 - £15
Half leg (upper)	£17	Nostrils	£15
Full leg	£30		
Full leg and bikini	£35	ADVANCED WAXING	
Bikini	£15	Brazilian (2/3 finger width)	£25
Underarm	£10	Playboy (1 finger width)	£30
Upper lip or chin	£10	Hollywood (all hair removed)	£35
Upper lip and chin	£15		
Forearms	£15		

EYE TREATMENTS

A patch test is required 24 hours prior to tinting and lash perm or lift treatments.

Lash tint	£15	Lash perming	£45
Brow tint	£10	(gentle wave with tint)	
Lash & brow tint	£20	Lash lift	£45
Brow tidy/reshape	£10-£15	(straight lift with tint)	

EAR PIERCING

Using a totally hygienic disposable cassette system. Includes choice of 9ct gold or titanium studs and aftercare solution. Babies and young children not treated. Under 16's require parental written consent and attendance.

Both ears	£30	One ear	£25
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ELECTROLYSIS

Permanent removal of superfluous hair using diathermy or the blend. Sterile needles used. Suited to small sites only

Consultation with patch test and aftercare product	£25	Course of 6 (15 minutes) save £22.50	£112.50
Up to 15 minutes	£22.50	Up to 30 minutes	£35.00
		Course of 6 (30 minutes) save £35	£175.00

GUINOT SELF TANNING

The Summer Glow Treatment

This moisturising self-tanning treatment provides a long-lasting, evenly bronzed colour to the skin. A luxurious spa treatment involving a full body exfoliation and application of moisturisers to ensure perfect skin preparation and retention of the colour, which slowly develops within 4-6 hours.

Full body and face	1 hour 30 minutes	£75
Legs or back	40 minutes	£40
Face, back and décolleté	40 minutes	£40

SEMI PERMANENT MAKE UP

This is a cosmetic tattoo. Pigments are gently inserted into the skin to provide natural enhancement. The effects gradually fade over several years. The price includes two visits;

Consultation and patch test	Free	Lip liner	£300
Eyelineer	£350	Lip blush	£300
Eyelash enhancement	£250	Lip liner and blush	£450
Colour boost after initial course for existing clients	£160	Lip contour	£400

AESTHETIC

RED VEIN /SKIN TAG / MILIA and BLEMISH REMOVAL

Using diathermy cautery unsightly red veins, blood spots and spider naevi can be quickly and easily removed from the face as well as other areas. Skin tags and milia can also be treated. Subject to GP clearance other blemishes may also be able to be treated

Consultation and patch test	£40	Per 1/4 hour session	£50
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MICRO SCLEROTHERAPY - LEG THREAD VEIN REMOVAL

Unsightly thread veins are injected with a sclerosing solution. Compression stockings are applied. Vessels fade away over several weeks

Consultation followed by endorsement of medical notes by Mr. Simon Payne	£50
1st treatment including compression stockings	£175
Further sessions	£150

IPL TREATMENTS - A free consultation and patchtest is required prior to all IPL treatments.

IPL - PAIN FREE HAIR REMOVAL

A gentle, non-invasive solution to treating unwanted hair. This system treats all hair colours except white. IPL normally leads to significant hair reduction within 6 sessions, normally given monthly.

Upper lip or chin	£45	Half leg lower (includes feet/toes)	£120
Course of 6	£225	Course of 6	£600
Jawline and neck	£60	Thighs	£130
Course of 6	£300	Course of 6	£650
Bikini - Hollywood	£60 - £80	Full leg (includes feet/toes)	£175
Course of 6	£300 - £400	Course of 6	£875
Underarm	£60	Male beard	£95
Course of 6	£300	Course of 6	£475
Lower or full arms (includes hands/fingers)	£80 - £95	Male back and shoulders	£120
Course of 6	£400 - £475	Course of 6	£600
		Male chest	£95
		Course of 6	£475

IPL - PHOTOVASCULAR TREATMENT

Reduces red veins and rosacea from the face and décolleté.

Per session	£55 - £75
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IPL - PIGMENTATION TREATMENT

Reduces and can remove unsightly sun damage.

Face, neck and décolleté per session	£55 - £75
Back of hands per session	£50

IPL - ACNE TREATMENT

Reduces blemishes and accompanying redness. Aids in healing and can minimise scarring.

Per session	£40
Course of 6 given twice weekly	£200

IPL - SKIN REJUVENATION TREATMENT

A gentle resurfacing of the skin that effectively targets signs of ageing, especially photoageing. Reduces sun induced pigmentation, red veins and uneven skin texture. Helps to firm the skin and can boost collagen production, making the skin appear more youthful. Treatment includes hyaluronic acid mask and light therapy.

Face and neck per session	£130	Face, neck and décolleté per session	£165
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AESTHETIC

DERMAPEN™ Dermapen®

An automated microneedling device with patented technologies ensuring the highest standards of safety and treatment effectiveness. Dermapen™ has a disposable tip cartridge with a cluster of medical grade microneedles. The speed and depth of penetration can be adjusted to suit all areas. The device glides relatively painlessly over the skin causing multiple invisible microchannels to stimulate the skin's natural ability to heal and regenerate. This is a gold standard in terms of stimulating collagen production and delivers real results for fine lines, loss of skin tone, sun damage, pigmentation, open pores, acne scars, rosacea and hair regeneration.

Face, neck, décolleté and back of hands (with hyaluronic acid mask, light therapy and aftercare product)	£165
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MESOTHERAPY

Tiny superficial injections are applied to the face (neck and décolleté can also be treated) using a bespoke cocktail of cosmetic ingredients. Specific problem areas can be targeted such as lining, pigmentation and acne scarring. By delivering hydrating infusions an overall plumping and radiant glow can be achieved transforming dull, sluggish and tired looking skin.

Face per session	£125	Face and neck per session	£135
		Face, neck and décolleté per session	£150

AMESON MESOPEELING



A professional chemical peeling system based on organic acids. A range of AHA's, BHA's and AZA's peels can meet the needs of every client and skin type, even the most sensitive. Everyone can benefit from one of the more gentle peels to promote general radiance and better skin function. Many specific skin issues can be addressed such as pigmentation, sun damage, rosacea, oily and blemished, dry and dehydrated, dull and lack lustre.

Face per session	£50	Face course of 6	£250
Face and neck per session	£55	Face and neck course of 6	£275
Face, neck and décolleté per session	£65	Face, neck and décolleté course of 6	£325

CRYOPEN CryPen™

An advanced cryotherapy pen delivering an ultra-cold jet of high pressure N₂O directly onto skin lesions with pinpoint accuracy. Offers extremely quick, effective and safe treatment of skin tags, warts, sun/age spots, solar keratosis. Certain blemishes may require GP clearance.

Per session	£50
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HOLISTIC THERAPIES

SWEDISH MASSAGE

A firm and purposeful treatment designed to eliminate stress, tension and discomfort in the soft tissues.

Full body 1 hour	£50
Back, neck and shoulders 30 minutes	£35

AROMATHERAPY

A prescriptive blend of pure essential oils with a harmonising and relaxing massage to best deliver their healing energies.

Full body 1 hour	£55
Back, neck and shoulders 30 minutes	£40
Full body, face and scalp 1 hour 30 minutes	£70