



# ELIZABETH FOX

TREATMENT CATALOGUE



# MY STORY

As owner of Jennifer Holmes Hair & Beauty, my journey in the industry began in 2007. Establishing my business and building a loyal clientele in Masham and the surrounding areas since 2011.

As a highly qualified professional, I hold a large range of credentials, including:

- Beauty Therapy (Levels 2, 3 & 4)
  - Hairdressing (Levels 2 & 3)
  - Laser Skin Specialist (Level 4)
- CPD Accredited Non-Surgical Aesthetics Practitioner

My entrepreneurial journey began in 2012 with the opening of my first treatment room, The Beauty Room. As my reputation and business flourished, I expanded in 2015, opening Jennifer Holmes Hair & Beauty. Always striving for excellence, I further elevated the salon in 2019 with the introduction of clinical laser treatments.

With an unwavering passion for my craft and now, with 17 years+ industry experience, am dedicated to continuously refining my skills and expanding the salon's offerings. My commitment to innovation ensures that Jennifer Holmes Hair & Beauty remains at the forefront of modern, high-quality treatments and services.

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# NAILS

Gel Polish £29.00

Removal & Reapply Gel Polish £30.00

Gel Polish Removal £7.50

Builder Gel £55.00

Removal & Reapply Builder Gel £55.00

Express Acrylic Nail Extensions £48.00

Express Acrylic Nail Extensions Removal £15.00

Pedicure inc Gel Polish £42.00

Pedicure inc Removal & Reapply Gel Polish £44.00

*Please note: We can not remove any nail products previously applied elsewhere*

*We no longer offer nail polish as a finishing product(Gel Polish or Builder Gel only)*





# BROWS, LASHES & WAXING

Eyebrow Wax £11.00

Eyebrow Tint £12.00

Eyebrow Wax & Tint £21.00

Eyelash Tint £17.00

Eyebrow & Eyelash Tint £26.00

HD Brows £30.00

Brow Lamination £38.00

Eyelash Extensions from £60.00

Eyelash Extension Infill from £30.00

Lash Lift £50.00

Upper Lip Wax £11.00

Chin Wax £11.00

Upper Lip & Chin Wax £18.00

Underarm Wax £14.00

Forearm Wax £19.00

Half Leg Wax £23.00

Full Leg Wax £29.00

Bikini Wax (Standard) £18.00

Full Leg & Bikini Wax (Standard) £38.00

Brazilian Wax £28.00

Hollywood Wax £38.00

# HOLISTIC TREATMENTS

Full Body Massage 60 minutes £65.00

Back, Neck and Shoulder Massage 30 minutes £45.00

Swedish massage uses long strokes, kneading, friction and stimulating movements with the hands, palms, thumbs and fingertips. Movements are generally applied in the direction of the heart. The main purpose is to increase the oxygen flow to the blood and release toxins from the muscles. By increasing blood flow the muscles are warmed and relaxed. Recovery time from muscular strain is shortened by flushing out lactic acid, uric acid and other metabolic wastes from tissues in the body. It is ideal after sporting activities or simply as a means of relaxation. Swedish massage is both relaxing and invigorating, effecting the nerves, muscles, glands and circulation, while promoting health and well being.

Indian Head Massage 45 minutes £48.00

The massage techniques used reduce muscle tension and encourage the removal of toxins, whilst work on pressure points helps to relieve nervous tension and stress. By helping to rebalance the body, provide effective relaxation and create a feeling of well being. Indian head massage is seen as a great natural treatment for a variety of emotional and physical ailments. Indian head is an effective alternative treatment for depression and for emotional healing as it releases endorphins that make you feel more relaxed and rejuvenated, this can also help with insomnia and sleep related problems.

Hopi Ear Candling 45 minutes £40.00

Hopi ear candling is a natural non invasive process used to cleanse the ears, restore muffled hearing and also relieve ear pressure and tension. It can relieve excessive wax build up, help hearing problems, clear sinuses, headaches, migraines, tinnitus, swimmers ear, cold, flu, rhinitis, lymph gland swelling and in flight ear pressure. The process involves the use of a long hollow cone shaped candle made from unbleached pure cotton, coated in beeswax. As the candle slowly burns down it creates a swirling, rising warm current of air. This draws excess wax from the ear by gentle vacuum and helps clear the lymphatic system by drawing out liquid, toxins and remnants of past infections.

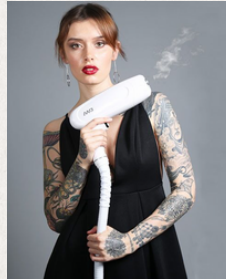
# AW3 LASER



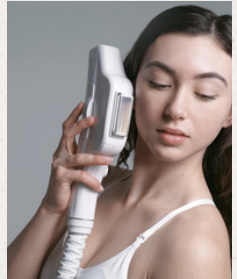
Crystal Freeze  
Technology



Diode



ND Yag



IPL



# LASER HAIR REMOVAL

Area	Single Treatment	Course of 8
Underarm	£65.00	£479.00
Standard Bikini	£63.00	£465.00
Brazilian Bikini	£94.00	£705.00
Hollywood Bikini	£105.00	£799.00
Half Leg	£105.00	£799.00
Full Leg	£154.00	1200.00
Lip & Chin	£54.00	£385.00

Area	Single Treatment	Course of 8
Half Leg & Standard Bikini	£139.00	£1065.00
Half Leg & Brazillian Bikini	£160.00	£1239.00
Half Leg & Hollywood Bikini	£172.00	£1332.00
Full Leg & Standard Bikini	£189.00	£1466.00
Full Leg & Brazillian Bikini	£210.00	£1639.00
Full Leg & Hollywood Bikini	£222.00	£1732.00
Half Leg, Standard Bikini & Underarm	£194.00	£1505.00
Half Leg, Brazillian Bikini & Underarm	£219.00	£1705.00
Half Leg, Hollywood Bikini & Underarm	£222.00	£1732.00

<b>Area</b>	<b>Single Treatment</b>	<b>Course of 8</b>
Full Leg, Standard Bikini & Underarm	£239.00	£1865.00
Full Leg, Brazilian Bikini & Underarm	£260.00	£2039.00
Full Leg, Hollywood Bikini & Underarm	£272.00	£2132.00
Full Body inc Lip, Chin, Underarm, Full Leg & Hollywood Bikini	£430	£3393.00

A full consultation is essential 2 weeks prior to commencing a course of treatment. During this your suitability for treatment will be assessed and a patch test will be carried out.

A minimum of 8 treatments approx 28 days apart are initially required. On completion of these, additional single sessions and top up sessions may be required.



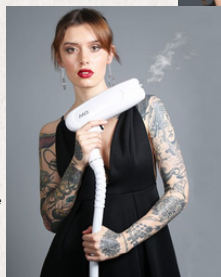
# LASER TATTOO REMOVAL

Useing ND YAG Laser to safely and effectively remove tattoos and permanent make-up.

Results can be seen from the very first treatment and in most cases tattoos can be completely removed. In principle the laser can remove all kinds of tattoos. Since all tattoos are not the same in terms of colour, depth of ink deposition as well as their chemical composition some may respond differently.

A full consultation is essential 2 weeks prior to commencing your course of treatment. During this your suitability for the treatment will be assessed and a FREE patch test will be given. We CAN NOT carry out any treatment without a patch test.

We recommend at least 8 treatments in 6 week intervals. Depending on the ink used and the depth of your tattoo more treatments may be required.



# LASER TATTOO REMOVAL

Size	Single Treatment	Course of 8
Very Minor 1cm - 3cm	£35.00	£199.00
Minor 4cm - 8cm	£55.00	£349.00
Intermediate 9cm - 15cm	£84.00	£599.00
Major 16cm - 20cm	£122.00	£899.00
Larger than 20cm x 20cm	from £147.00	£1099.00

# CARBON LASER FACIAL

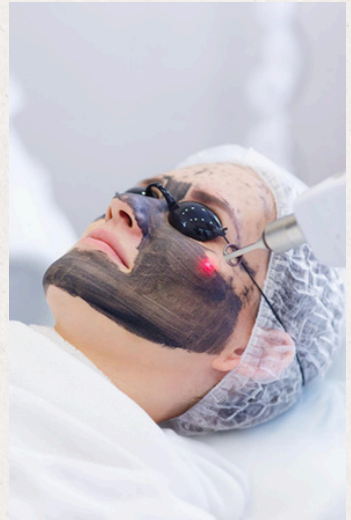
Single Facial £90.00  
Course of 6 £450.00

The AW3 Carbon Laser facial is a non surgical face lift that rejuvenates skin to help diminish the appearance of pigmentation, active acne, wrinkles, large pores and signs of ageing.

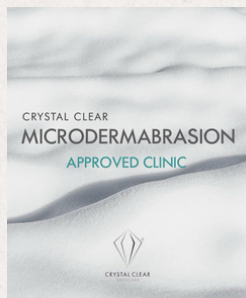
The treatment works by blasting the skin with short sharp bursts of laser energy which works by not only penetrating deep into the skin but also exfoliating by giving maximum short and long term results.

The Carbon Laser facial is perfect in the run up to a special occasion or big event.

We recommend a course of 6 treatments in 4 weeks intervals to gain maximum results, however you will see a difference from the very first facial.







# RESURFACE & HEEL MICRODERMABRASION

Single Treatment £55.00

Course of 3 £150

Course of 10 £425.00

Crystal Clear Resurface and Heal Widnes. Crystal Clear Resurface and Heal offers instantly rejuvenated glowing skin. It's the ultimate treatment for lines, wrinkles, acne scarring, stretch marks and pigmentation problems.

Crystal Clear Resurface and Heal combines Volcanic microdermabrasion skin resurfacing and phototherapy for powerfully effective microdermabrasion - without the downtime. No other treatment works so effectively.

## BOOK ONLINE



Please scan the QR code to book via Fresha.  
All bookings require a 50% non-refundable deposit.





# APPOINTMENT ETIQUETTE

## Deposit & Cancellation Policy

A 50% non-refundable deposit is required on all pre booked appointments.

Please allow at least 48 hours notice prior to your ANY cancellation OR AMENDMENT, late cancellations and non attendance will require full payment.

## Cash is King!

Cash is my preferred method of payment. As a small business I get charged for every card transaction. By paying cash, I retain 100% of it's value. Please support me by paying with cash and helping me save money.  
I also welcome in salon bank transfers, please ask for my details!

## Children

As a team we want our salon to appeal to as many people as possible and we love to meet your little ones, but children can be unpredictable and out of respect for others in the salon and the health and safety of your child, we ask that children attend the salon for a maximum of 30 minutes when under the age of 10 years. We ask that during this time they are under strict supervision as hot implements, sharp scissors and chemicals are continuously in use during our opening hours. Unfortunately we can not allow children in treatment rooms at any time.

## Gift Vouchers

Gift vouchers are available to purchase online or in salon for any specified treatment, service, course of treatment or money value. All gift vouchers are strictly valid for 6 months from the day of purchase.

## \*Patch/Skin Testing

A test is essential 48 hrs prior to any brow tinting and eyelash treatments and 2 week prior to any AW3 Laser treatment. This is to avoid any adverse reactions, without the required test unfortunately I can not proceed with treatment. Testing is repeated every six months and post pregnancy, some treatments may require a test prior to every treatment. A signature is required following every test carried out.



## CONTACT DETAILS

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