



SHEEDA'S BEAUTY CLINIC



BEAUTOLOGY LTD
SHEEDASBEAUTY.CO.UK

CLINIC SAFETY PROTOCOLS

Sheeda's Beauty Clinic promises to bring you a safe and relaxing environment. We thank you for your support and look forward to welcoming you back.

Our Clinic

- ✓ We have undertaken a thorough risk assessment of the clinic.
- ✓ We have rearranged our reception and treatment areas with screens in place to protect clients and staff.
- ✓ We will continue to operate stringent hygiene measures.
In between clients we will guarantee that all treatment rooms, reception area & bathroom are thoroughly sanitised & bedding changed. As always, all used equipment will be disposed of (sustainable alternatives kept where possible) or sterilised using industry standard BARBICIDE® where appropriate.
- ✓ As an addition to our safety precautions all staff and clients will have their temperature checked before entering the clinic.
- ✓ We will ensure adequate ventilation throughout the clinic.
- ✓ Unfortunately we will no longer be able to accept 'drop in' clients. Should you need to make an appointment, purchase products or gift vouchers, please contact the clinic via phone or email to make arrangements.
- ✓ Our cancellation policy will still be in place. We ask that you give us 24 hours notice for cancellations.

Our Team

- ✓ The Sheeda's Beauty Clinic team are all BARBICIDE® certified and have completed the BARBICIDE® COVID-19 Certification Course. We have also all been trained to adapt to the new protocols in the Clinic whilst performing your treatment in a safe, hygienic & professional manner.
- ✓ We have had protector screens installed in the appropriate places for when we perform your treatment.
- ✓ Receptionists & therapists will be following social distancing protocols from each other at all times.
- ✓ Staff will be wearing gloves, masks, face visors & aprons at all times. Gloves & aprons will be changed for each new client and strict handwashing rules will remain in place.

Our Treatments

- ✓ We have performed a thorough risk assessment for all treatments provided.
- ✓ PPE will be worn by therapists during your treatment. This will be disposed of or thoroughly sanitised after each client.
- ✓ Your therapist will stay with you throughout your treatment.
- ✓ Treatments will be performed behind a safety screen where necessary.
- ✓ We will be happy to discuss individual treatments with you directly.

Client Arrival & Reception

- ✓ We will greet you warmly but unfortunately without a handshake or a hug, for the time being.
- ✓ We will stagger client appointments as much as possible to minimise contact with other clients.
- ✓ We will be limiting the number of people that are in the clinic at any one time. Therefore, we ask that you attend your appointment alone and do not bring children, friends or partners with you to the clinic.
- ✓ On arrival for your appointment we ask that you remain in your car. We ask if clients can keep their phones on them at this stage. Please remain in your car until reception notify you by phone and ask you to enter the clinic. If you do not have a mobile phone we will come out to notify you. This will be socially distanced. At this point you will be able to enter into your specified treatment room.
- ✓ Our waiting area will be out of use for the time being. The bathroom may be used. When paying for products or bathroom use only one (1) client is allowed in reception with 1 receptionist or therapist.
- ✓ Room Entrances will be marked out with signs. Room 1 (Room closest to car park) – Please enter at the normal entrance. Room 2 (Room closest to garden) – Please enter by coming to the back of the cabin and through the cabin's back door. Please mind your step when asked to come to Room 2.
- ✓ We will no longer be able to offer refreshments. However, we do recommend that clients bring their own water/refreshments.
- ✓ We will continue to ask that all clients sanitise their hands on entering the treatment room. Disposable towels and anti-bacterial hand wash and hand sanitiser will be provided. Please inform us of any allergies or sensitivities before your appointment.
- ✓ At the end of your treatment payment will be taken in the treatment room by your therapist. You can then return to your car and our receptionist will call you when you are back in your car or when convenient to make your next appointment.
- ✓ We ask that payments are taken using contactless means (Cards/BACS transfer) where possible. However, if you need to pay by cash please put the exact amount of cash into an envelope before handing to your therapist or receptionist.

Our Clients

- ✓ All clients must wear a face covering when attending any appointment.
- ✓ Please arrive at the time agreed to maximise social distancing.
- ✓ Please sanitise your hands before and after each treatment
- ✓ As prior to the lock down, we will continue to ask that any client who displays any symptoms of Covid - 19 or who has been in contact with anyone with those symptoms to rearrange your appointment at the earliest convenience. This will help to protect the team, clients and loved ones.

Our main priority is the health and welfare of our staff and clients. With this in mind, we have made the appropriate health and safety plans with changes to clinic protocol in order to protect both you and us. Please note we reserve the right to amend/adjust these protocols based on government policy and new research to protect our staff and clients.

Thank you for your understanding & continued support.



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Reopening Treatment Menu.

Sheeda's Beauty Clinic promises to bring you a safe and relaxing environment. The treatments in this menu will be performed in the safest way possible to protect clients and therapists as per government guidelines.

Our Treatments

- ✓ 1st August 2020 onward we will be able to perform our full treatment list. Before 1st August we will be limiting our treatment list as per government guidelines.
- ✓ PPE will be worn by therapists during your treatment. This will be disposed of or thoroughly sanitised after each client. Please inform us of any allergies you may have before any appointments.
- ✓ To add to our safety precautions clients temperature will be taken before entering the clinic.
- ✓ Treatments will be performed behind a safety screen where necessary.
- ✓ We will be happy to discuss individual treatments with you directly.
- ✓ We would ask if you could please read through our health and safety protocols before your appointment. You will also be asked to fill in a short consultation form, meaning experience with us will be as safe and relaxing as possible.

Skincare Treatments

From 1st August 2020 we will be able to perform skin treatments for our clients.

We pride ourselves on using the latest and most innovative tools and products to give you the best results for your skin.

We advise all new clients to book in for a skin consultation before your skin treatment, so we can give you the best advice.

Skin Care Consultations £30.00
(Initial consultation fee will be deducted from your first treatment of first product purchase.)

Bespoke Skin Care Treatments

Prices range from £48.00 to £190.00 per treatment.

- Price for your individual bespoke treatment will be given on consultation.

- Information about our skincare treatments and ranges can be found on our website and just by asking your therapist!

We do recommend a full thorough consultation before we treat your skin.

Brows & Lashes

Available from 1 Aug 2020.

Eyebrow Tint	£6.00
Eyelash Tint	£16.00
Lash and Brow tint	£20.00
Eyebrow Shape	£10.00
Eyebrow Shape Plus	£20.00
HD Brows	£30.00
Ear Piercing	Please enquire for pricing

Hair Removal

Facial hair removal available from 1 Aug 2020.

Electrolysis
prices start from £12.00

Depilatory Waxing
prices start from £8.00

IPL Permanant Hair Reduction
prices start from £30.00

Hands & Feet

File & Varnish – Hands or Feet

Nails Shaped & polished £15.00
Add Gel Polish £25.00

Mini Manicure OR Mini Pedicure

Express cuticle tidy, nails shaped & polished £18.00
Add Gel Polish £28.00

Manicure

Nails shaped, cuticles tidied & nourished, hands massaged, nails polished. £26.00
Add Gel Polish £36.00

Male Manicure

Nails cut and filed to shape, cuticles tidied, hand massage. £18.00

Pedicure

Nails cut and shaped, feet soaked, cuticles tidied & nourished, exfoliation to soften skin, foot and leg massage, nails polished. £30.00
Add Gel Polish £40.00

'Footlogix Pediceutical' Pedicure

Maximise the results of your pedicure with Footlogix. The ultimate treatment for hard skin removal. £40.00
Add Gel Polish £50.00

Male Pedicure

Nails cut and shaped. Feet soaked, cuticles tidied, hard skin removal, exfoliation to soften skin, foot and leg massage. £30.00
Add Footlogix £40.00

IBX Repair Treatment:

File, IBX & Naitiques protein application. £15.00
Add to any hand treatment for £10.00

OPI Gel Removal

[Please note LATEX gloves will be worn by therapists.] Includes File & Protein Varnish on nails. £12.50
When gel is reapplied £5.00
Other brands gel removal £14.50

To book an appointment:

Phone: 01858 432168

Email: sheedasebeautyclinic@googlemail.com

Please note our Treatment Menu is subject to change depending on government guidelines and new research. We reserve the right to turn away clients who show symptoms of Covid - 19 to protect our staff and other clients.



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Body & Mind - Massage Therapy

Luxury Aromatherapy Massage Treatment

Mish / Sheeda: £70.00
Samantha: £65.00

Back, Neck & Shoulder Massage

Mish / Sheeda: £40.00
Samantha: £35.00

Body Massage

Mish / Sheeda: £55.00
Samantha: £50.00

Sports Back Massage

Mish / Sheeda: £45.00

Sports Body Massage

Mish / Sheeda: £60.00

Reflexology

Sheeda: £45.00

Pressure Point Foot & Leg Massage

Mish / Samantha: £35.00

Indian Head Massage

Mish / Sheeda : £40.00
Samantha: £35.00

Hopi Ear Candling

£35.00

(Add a scalp massage to any of the above treatments for £10.00)

Detox, Firm & Tone

LPG Lipomassage by Endermologie

The latest generation of CELLU M6 motorized rolls activates lipolysis (fat elimination – increased by 70%) by stimulating the fat cell via its B receptors, which are responsible for the removal of fat. Lipomassage specifically targets stubborn areas. Ideally, you should have a balanced diet and maintain regular physical exercise. Being active is recommended for good health, but also enhances session results. After a treatment, any fat that is released during your session is quickly burned off by your body's elevated metabolism. (Consultation required)

Per treatment: £75.00

Initial Course of 8 for best results: £525.00

Courses booked after the first course: £420.00

Environ Body Sculpt

This treatment harnesses the powerful technology of Sonophoresis (Sound Wave) and Iontophoresis (Electric Current) allowing active ingredients in Environ's Body Profile Gel to be penetrated 4000% deeper than massage alone. The probe can be used to target any problem area on the body. Stretch marks, loose skin, cellulite and skin tone are all improved with this revolutionary treatment. (Consultation required)

Per treatment: £75.00

Course of 6: £412.50

Comfort Zone Body Strategist 3 in 1

Three-phase intensive remodeling treatment: the first phase comprises a thermogenic action to stimulate microcirculation; this is followed by a vigorous lipolytic massage phase and then the final phase which is revitalizing and tonifying. A "shock" treatment with visible remodeling effects after just one treatment. This 3 in 1 treatment reactivates and improves microcirculation, stimulates lipolysis, reshapes and leaves legs feeling light and refreshed. Indicated for cellulite, and especially localized adiposity and sluggish microcirculation.

Per treatment: £85.00

Course of 6: £467.50

Packages can be made with all 3 treatments. Please ask your therapist on consultation.

(Homecare advice given on consultation)

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