



b.ten

pricelist



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Wales' largest and first
truly indulgent holistic
spa and hair salon



hair removal

The latest advance in pioneering variable pulsed light technology for quick, effective treatment using short, safe controlled pulses of filtered light for unsurpassed long-lasting hair removal solutions and improvement in many skin imperfections in minutes. The Energist VPL™ treatment has been clinically proven to remove hair from all parts of the face and body and with variable settings can effectively treat finer facial hair to thicker body hair for both men and women. Your therapist will help determine your hair type and perform a test patch at your initial consultation before your treatments can begin.

FEMALE BODY	PER TREATMENT	6 TREATMENTS
Underarms	£45	£225
Bikini - classic	£70	£350
Bikini - extended	£100	£500
Half arms	£65	£325
Full arms	£80	£400
Nipples	£40	£200
Stomach	£50	£250
Lower legs	£115	£575
Upper legs	£115	£575
Full legs	£200	£990
Buttocks	£55	£275
Hands/Feet/Toes	£45	£225
Back	£130	£650

MALE BODY	PER TREATMENT	6 TREATMENTS
Chest/Stomach	£170	£850
Back	£160	£800
Full beard	£130	£680
Upper lip	£25	£125
Chin	£40	£200
Sides of face	£40	£200
Neck	£40	£200
Centre brow	£30	£150
Full face	£85	£425



skin solutions

This quick, effective and safe treatment improves a wide variety of skin imperfections including wrinkles and fine lines, sun damaged skin and acne scarring.

Ageing spots/Hyperpigmentation/Sun damage

This is caused by an excess amount of melanin, the pigment which determines our hair and skin colour. Light energy breaks the particles of melanin into smaller particles that are removed by the body's natural waste processes, leaving the skin clear and smooth.

Red veins/Spider naevi/Cherry spots

These are skin conditions where small veins become visible on the skin's surface and can be effectively treated with Ultra VPL™.

Skin revitalisation - wrinkles

Collagen is the substance in our bodies that keeps our skin looking youthful and smooth, light from Ultra VPL™ stimulates cells in the body called fibroblasts to produce more collagen, resulting in a smoother texture and reduced fine lines and wrinkles.

Acne

Over-long periods acne can result in scarring, Ultra VPL™ improves active acne and acne scarring by destroying the bacteria that cause the infection, significantly improving skin texture and tone.

	PER TREATMENT	3 TREATMENTS
Age Spots, hyperpigmentation	from £50	from £120
Facial & leg red veins, spider naevi	from £60	from £150
Skin revitalisation wrinkles and fine lines	from £90	from £225
Acne scarring	from £60	from £150

caci



treatments **the future of beauty**

The world-renowned CACI non-surgical face lift system is a completely safe, painless treatment that transmits electrical pulses to stimulate muscle tone and enhance skin tissue. It is a highly effective treatment for face, body conditioning, lines and wrinkles and stubborn cellulite conditions.

Caci Quantum

The most advanced face and body treatment system that delivers a simultaneous face lifting and body sculpting experience to target several treatment areas. It works to restore and redefine facial muscles, reducing lines and wrinkles while tightening and toning sagging body muscles. Enjoy the dual benefits of the non-surgical face lift whilst receiving the most advanced body treatment system available

Caci Chroma Oxy

For a dramatic anti-ageing effect the system can painlessly target and tackle your individual skin requirements using a combination of different technologies. Your treatment options may include Microdermabrasion, Oxygen Therapy, Photo Therapy, Chroma Therapy and Vibrational tissue massage. The perfect remedy for common skin conditions such as acne, lines and wrinkles, stretch marks and scar tissue.

	PER TREATMENT	10 TREATMENTS
CACI non surgical face lift (55mins)	£35	£300
CACI Quantum body (30 mins)	£35	£300
CACI Quantum face & body	£75	£700

	PER TREATMENT	3 TREATMENTS
Chroma Clear Microdermabrasion (45 mins)	£35	£90
Chroma Oxy (Oxygen - 45 mins)	£35	£90
Chroma Combined (1hr 30mins)	£60	£150



slim, shape, tone

Lipo-Light body sculpting

Lipo-Light is the latest body sculpting treatment available. Using the power of Light Therapy, Lipo-Light is the natural and healthy way to inch loss. The half hour treatment is non-invasive, relaxing and totally pain free. With regular use you can expect to lose in the region of 2 to 6 cm.

LPG Lipomassage

This is a non-surgical solution for stubborn fat, cellulite and loose sagging skin. The programme evaluates, examines, indicates and precisely targets fat, tailoring a clinically proven personalised treatment plan. Lipomassage is also highly effective on men for love handles, stomach paunch and chest flab. Endermologie® is suitable for all ages and is the only FDA approved anti-cellulite system.

Power Plate

Vibration trainer to tone specific muscle groups and increase flexibility. Whilst decreasing cellulite.

	PER TREATMENT	10 TREATMENTS
LPG Consultation with bodysuit & trial treatment (60 mins)	£55	n/a
LPG Single treatment (40mins)	£45	£400
Lipo_Light Single treatment (30mins)	£40	£350
Power Plate	£4	£40

medical

X-PRESSION

botox™ anti wrinkle injections

Simple non-surgical, anti wrinkle treatment bringing results that can last from 3-6 months.

	PER TREATMENT
One area	£150
Two areas	£200
Three areas	£250

chemical peels

	PRICE
AHA single treatment	£60
TCA 4 course treatment	£380
Post treatment cream	£25

dermal fillers



The UK's leading instant aesthetic treatment for facial lines, lips, cheeks and for losing a tired look with immediate effects that can last up to a year.

	PER TREATMENT
Nasolabial (<i>nose to mouth lines</i>)	£250
Perioral lines (<i>smokers lines</i>)	from £200
Marionettes (<i>mouth to chin lines</i>)	£230
Lip enhancements (<i>top & bottom</i>)	from £200
Crow (<i>both sides of eyes</i>)	£200
Restylane Touch (<i>superficial lines</i>)	£150
Resalyne Vital (<i>course of 4 treatments for hands, face, neck and décolletage</i>)	£125 per syringe

agera

agera[®]
Rx

chemical peels

An anti-ageing skin care that has been scientifically proven to penetrate and stimulate the skin for rapid results. Also been clinically proven to effectively reduce the appearance of pigmentation and acne.

	PER TREATMENT	3 TREATMENTS
Agera chemical peel	£65	£180



epionce

repairs, strengthens, protects

Epionce products are a comprehensive and innovative wellness line designed to optimise the appearance and health of the skin by working at the core of its own protective and reparative systems. Botanical ingredients and a 5 phase skin care system suits every skin type from sensitive to problematic, to mature with proven results. Uniquely active within the skin's dermis, a prescriptive programme for follow-up home care is advised.

Pore purifying

A deep cleansing facial for oily and problematic skin to help soften pore debris for extraction, with regular treatments the skin will be incredibly clean.

Rosacea/sensitive skin

Designed to calm and soothe sensitive, reactive skin or post-procedure skin. Helps calm inflammation and restore a healthy skin barrier.

Deluxe signature renewal facial

Provides a wonderful European-style facial with an emphasis on deep cleaning, relaxation and massage which can be customised for skin types.

Express facial

Express cleansing facial that is customised to each client's needs on a tight schedule... suitable for lunchtime treats.



	PER TREATMENT
Epionce express facial	£20
Epionce pore purifying treatment (55mins)	£50
Epionce rosacea/sensitive skin treatment (55mins)	£50
Epionce deluxe signature renewal facial (75mins)	£60

massage

swedish **massage**

Known as a classic massage in Sweden. The skin's natural functions will be stimulated, improving the condition of the skin and the warmth created will help relax the body physically and mentally.

aromatherapy **massage**

Relieves tension, will drain lymph fluid and improve circulation, also rejuvenates the body and generally promotes balance and good health.

PER TREATMENT

Swedish full body massage	£35
Aromatherapy full body massage	£35
Back massage	£20

waxing

PER TREATMENT

Eye brow shape	£6
Upper lip	£5
Chin	£5
Under arm	£7
Half arm	£9
Full arm	£13
Stomach	£6
Back/Chest	from £13
Bikini	£7
Brazilian	£20

PER TREATMENT

Hollywood	£20
Half leg	£13
Full leg	£20
SPECIALS	
Half leg/Bikini/Under arm	£18
Half leg & Brazilian	£22
Full leg & Bikini/Under arm	£24
Full leg, Bikini & Under arm	£28
Full leg & Brazilian	£32

tanning



su-do spray tan

Sunless spray tanning by Su-Do is safe and fast, creating the lasting effect of a natural tan without exposure to potentially damaging UVA and UVB rays. An elegant booth environment will ensure a flawless fast application and can last up to 10 days, making it a highly desirable treatment for a complete, or top-up, healthy colour.

PER TREATMENT

Su-do professional spray tan

£15



nails



jessica nails natural nail care

Jessica manicures

An analysis of your nail type, cuticle work, a hand massage, application of cuticle cream, filing and the application of your chosen nail colour.

	PER TREATMENT
Jessica manicure (40mins)	£20
Deluxe with thermal mittens (55mins)	£25
Jessica mini manicure (25mins)	£10

Jessica pedicures

A luxurious foot soak and exfoliation of dry skin followed by a lower leg and foot massage, cuticle work, filing and the application of your chosen nail colour.

	PER TREATMENT
Jessica Zenspa pedicure (55mins)	£25
Deluxe with thermal booties (1hr 10mins)	£30
Jessica mini pedicure (25mins)	£15

bio sculpture gel perfect nails

Discover the difference of an advanced nail treatment that is a pleasure to use and wear. Long wearing and chip-proof Bio Sculpture Gel makes nails beautiful, flexible and strong, naturally.

	PER TREATMENT
Nails	£30
Soak off with mini manicure	£15
Infills	£25
Repairs	£3 per nail

makeup & eye care

jane iredale mineral cosmetics

A highly sophisticated blend of minerals and pigments allows the skin to breathe and function normally while still protecting it from air-borne pollutants. Its skin benefits are recognised and recommended by plastic surgeons and dermatologists throughout the world and is particularly recommended after IPL and Microdermabrasion treatments.

bridal makeup a special touch

For that special occasion, b.ten offers a range of options to suit your personal needs.

	PER TREATMENT
Bridal make-up including call out charge	£55
Bridesmaid make-up including call out charge	£35
Consultation and rehearsal	£25
Additional bridesmaids and guests consultation and rehearsals	£20
Make-up lesson (1 hour)	£30
Eyelash tint	£8
Eyebrow tint	£6
Eyelash, eyebrow tint & eyebrow shape	£16
Eyelash extensions	from £10

haircuts & colouring

	Director	Master Stylist	Stylist
Ladies cut & finish	£34.50	£32.50	£29.50
Gents cut & finish	£21.50	£19.50	£17.50
Ladies blowdry	£22.00	£20.00	£18.00
Boys & girls 11-15yrs	20% Discount	20% Discount	20% Discount
Boys & Girls 10yrs & under	50% Discount	50% Discount	50% Discount
Colour Consultation	Free	T section weaved foils	£35
Full head tint	£31	Scattered weaved foils	£42
Long hair tint	£33	Half head weaved foils	£38.50
Re-growth tint	£25	Full head weaved foils	£47.50
Semi permanent short hair	£22	Long hair weaved highlights	£57.50
Semi permanent long hair	£25		



Open: Tues/Wed/Fri 9.30-5.30pm, Thurs 9.30-8pm, Sat 9.30-5pm

2nd Floor, 1-7 College Street, Swansea (opposite Dragon Hotel)

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Errors and omissions accepted. Prices correct at time of printing.