WAXING

We have a choice of either hot wax or strip wax. Hygiene is assured and we do not recycle wax. A \$15 surcharge applies to hot wax on the lens and arms

not wax on the legs and anns.	
½ leg	\$38
½ leg & bikini or underarm	\$50
½ leg & Brazilian (4-6 weeks)	\$75
½ leg, bikini & underarm	\$70
Full leg	\$53
Full leg & bikini or underarm	\$70
Full leg & Brazilian	\$90
Full leg, bikini & underarm	\$80
½ arm (to elbow)	\$32
Bikini or underarm	\$26
Bikini & underarm	\$45
Extended bikini	from \$40
Lip	\$15
Lip & chin	\$20

SPECIALISED BIKINI WAXING

Brazilian

Hot wax	First wax	from \$70
	Repeat (4-6 weekly)	from \$55
Strip wax	First wax	from \$60
	Repeat (6-8weekly)	From \$50
	Repeat (4-6 weekly)	from \$45

MENS WAXING

WILITO WAXIITO	
Back (incl. shoulders)	\$48
Chest	\$48
Back & chest	\$80
Full arm (incl. shoulders)	\$45
Full leg	\$60
Full leg with back or chest	\$99
Full leg, back & chest	\$125
Brazilian	\$75

MASSAGE

Try our body massage to reduce tension and ind	uce relaxation.
½ hour	\$52
1 hour (full body)	\$82

HOT STONE MASSAGE

You will be lulled into a state of deep relaxation as warm stones are glided over your body and placed on key energy points.

Stimulates your circulation and immune system and melts away tension from your muscles. (Not offered during summer)

60 min \$100

90 min \$120

BODY TREATMENTS

Body glow	60min	\$85
A full body exfoliation followed by the ap	plication of body	
moisturiser to leave the skin alive and re	vived.	

TANNING - 'Eden' Mobile Spray Tanning

Full body	\$50
Half body	\$30

SPECIAL OCCASION MAKEUP

Jane Iredale – The Skin Care Make-up	
Special Occasion	\$50
Make up update (free with product purchase)	\$30

EYE ENHANCEMENTS

Frame your face and make the most of your eyes, giving your lashes and brows a healthy, defined look. We also offer a bleaching service to lighten facial heir.

bleaching service to lighten facial hair.	
Lash tint	\$25
Brow tint	\$20
Brow shape	\$20
Brow shape with tweezers	\$25
Brow tint & tidy	\$30
Lash tint & brow tidy	\$40
Lash & brow tint	\$35
Lash & brow tint & brow tidy	\$45
Facial bleaching	from \$10
Eyelash perm	\$43
Eyelash perm & tint	\$62
Eyelash perm, lash & brow tint & tidy	\$80

Cancellation policy

We recognise time is valuable and offer appointments to suit your needs. The time we set aside for your appointment is also valuable and we ask that you give 24 hours notice of cancellation or a fee may be charged.

Treatment times are for your guidance only.



We provide a range of skincare and beauty services that will relax, rejuvenate and re-energise.

OPENING HOURS – By appointment only

	V 11
Monday(Once a month)	11am – 3pm
Tuesday	9am – 7pm
Wednesday	9am – 2pm
Thursday	9am – 8pm
Friday	11am – 5pm
Saturday	9am – 2pm

40 Titirangi Road, New Lynn

nourish.titirangi@xtra.co.nz www.nourishtherapy.co.nz Phone 827-2229 Text 021 827 825

Gift Vouchers

Gift certificates are available for all our services and are valid for 6 months from date of purchase.

EFT POS, MasterCard and Visa accepted.

Prices as at June 2012



Manufactured in South Africa by leading plastic surgeon Dr Des Fernandez, Environ leads the way providing skin care based on Vitamins A, C, E, Beta Carotene and potent Anti-oxidants. Environ treatments and products provide a definite regime to nourish, protect and maintain healthy, youthful and beautiful skin. Improve collagen and elastin levels, pigmentation and hydration.... "A beautiful skin for a lifetime"

Add a brow shape to any facial for only \$10

INTRODUCTORY FACIALS

The following facials provide a gentle introduction of active vitamins, perfect for first time or regular Environ users.

Revive 30min \$60

Using Environs customised skin products to suit your needs; we gently cleanse and exfoliate the skin, followed by a hydrating mask treatment while enjoying a relaxing scalp massage.

Rejuvenating Debut (Inc brow tweeze) 60min \$90 Your treatment begins with a gentle cleanse and exfoliation. Enjoy a relaxing facial massage and specialised serum followed by a hydrating mask, while enjoying a soothing scalp massage.

SPECIALISED FACIALS

Environs intensive skincare treatments, to maximise the results of your homecare regime.

Vitamin Infusion 60min \$122 Starting with a gentle cleanse and exfoliation, vitamins and potent anti-oxidants are then infused by electrical currents to facilitate greater penetration, finishing with a specialised mask.

Absolute Intensive 90min \$165
This is the ultimate facial treatment, providing exceptional results and total relaxation. Starting with a gentle cleanse and exfoliation, then using advanced technology vitamins are infused by electrical currents to facilitate greater penetration, followed by a relaxing facial massage and finishing with a specialised mask.

TCA Peels \$100

These are light epidermal peels for re-surfacing, rejuvenation and preparing the skin to perform its normal function.

Peels are most effective if performed in a course, every 7 – 10 days. Six sessions are recommended for optimum results.

Peel treatments are suitable for a client who has used the range for 3 weeks, and is only performed during the winter months.

Course of six \$500

Masque Crystal 45min \$115 A vitamin C specialised treatment, which promotes exfoliation and stimulates collagen production.

INDULGENCE PACKAGES

Choose from one of our specially designed packages below or mix and match treatments to suit your particular requirements.

Pick me up 75min \$105 Over worked, under loved and short on time? Relax with a back massage followed by our 45min facial.

It's all about you 120min \$175 Make time for yourself and unwind with a relaxing back massage followed by relaxing one hour facial and finish with your choice of either a classic manicure or pedicure.

For the blokes 90min \$165
This one is for the boys. Relax and unwind with a back exfoliation and massage followed by a one hour cleansing facial.



Fix-Me-Quick 30min \$45

Personalised express facial to thoroughly cleanse, balance and gently exfoliate your skin. Followed by lymphatic drainage and a relaxing scalp massage.

For best results book a course of 4 & get your 5th free!*

*Valid over 5mnths

Energising Eye Lift 30min \$45 Specialised eye treatment to soothe fine lines and revitalise.

Nutrient Delux 60min \$86

The perfect facial when you have a little more time. Enjoy the personalised Fix-Me-Quick facial with additional mask and personalised nutrient boost.

FFFT

Please bring suitable open toed footwear to your appointment.

Classic pedicure 30min \$42 For beautiful looking toes, the quick fix pedicure includes nail shape, cuticle treatment, nail buff and finish with your choice of polish.

Gel Polish Express 40mins \$55
Gel polish dries instantly and has a perfect shine that lasts two
weeks. You should have it removed professionally (we
recommend after two weeks)

Pampered Feet 60min \$65 Includes footbath, nail trim and shape, cuticle care, exfoliation, massage and application of polish.

Luxury pedicure 75min \$85

Our luxury pedicure is like a facial for the feet. This treatment includes nail shape, cuticle treatment, nail buff, treatment mask, massage and your choice of nail polish.

Callus Peel 30min \$50 Professional heel treatment to smooth away calluses without blades. Treatments of 3 may be recommended.

HANDS

Classic manicure 30min \$39 For those people short time but still want beautiful nails. The quick fix manicure includes nail shape, cuticle treatment, nail buff and finish with polish of your choice.

Gel Polish Express 40mins \$49
Gel polish dries instantly and has a perfect shine that lasts two
weeks. You should have it removed professionally (we
recommend after two weeks)

Pampered hands 60min \$65

Nail trim and shape, cuticle care, gentle exfoliation, massage and completing the treatment with nail polish or buffing

Luxury manicure 75min \$85

An indulgent experience for the hands, the luxury manicure includes nail shape, cuticle treatment, nail buff, paraffin mask, massage and your choice of nail polish