

# PAMPER TREAT



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A scenic coastal landscape featuring a white text box in the center. The background shows a vibrant turquoise ocean with white foam from breaking waves. To the left, dark, jagged rock formations jutting into the sea are partially covered in green moss or algae. To the right, a steep, grassy cliffside meets the water's edge. The sky above is a clear, bright blue with wispy white clouds. The text is centered within the white box in a bold, dark brown, sans-serif font.

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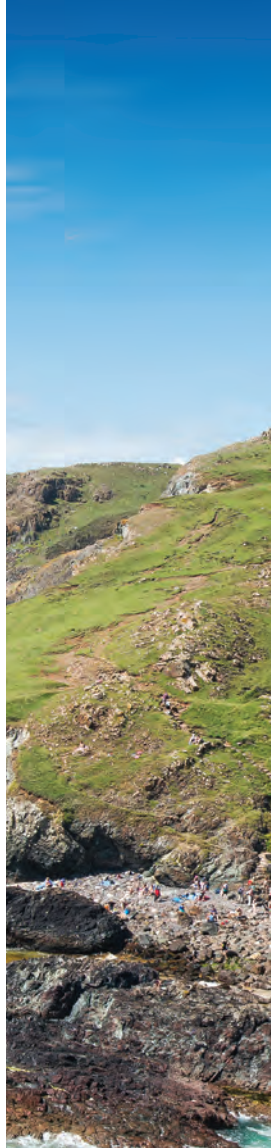
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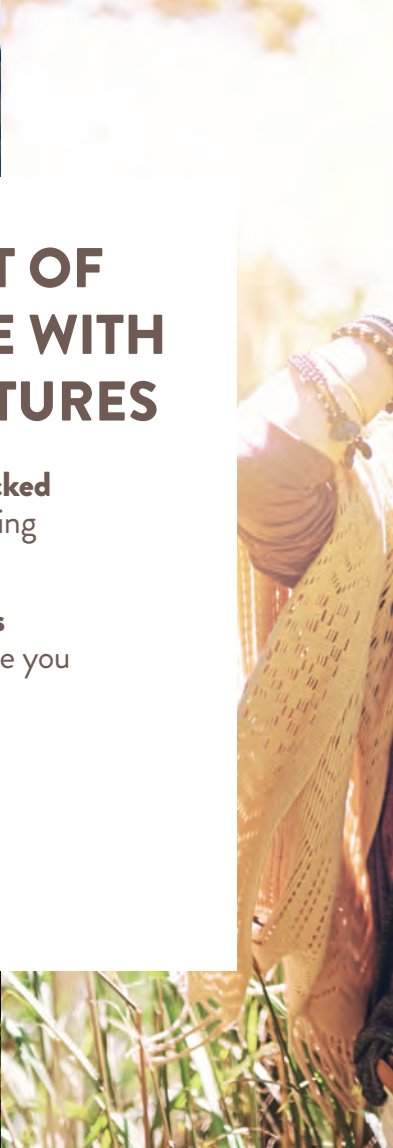
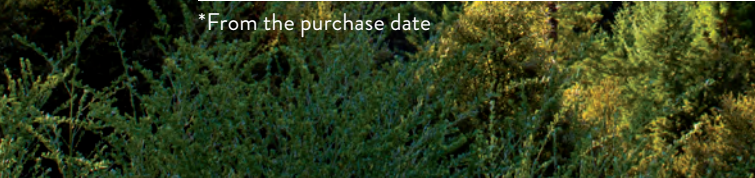


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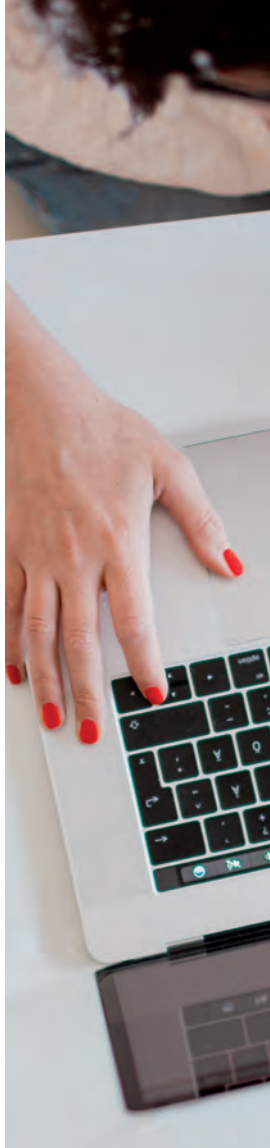
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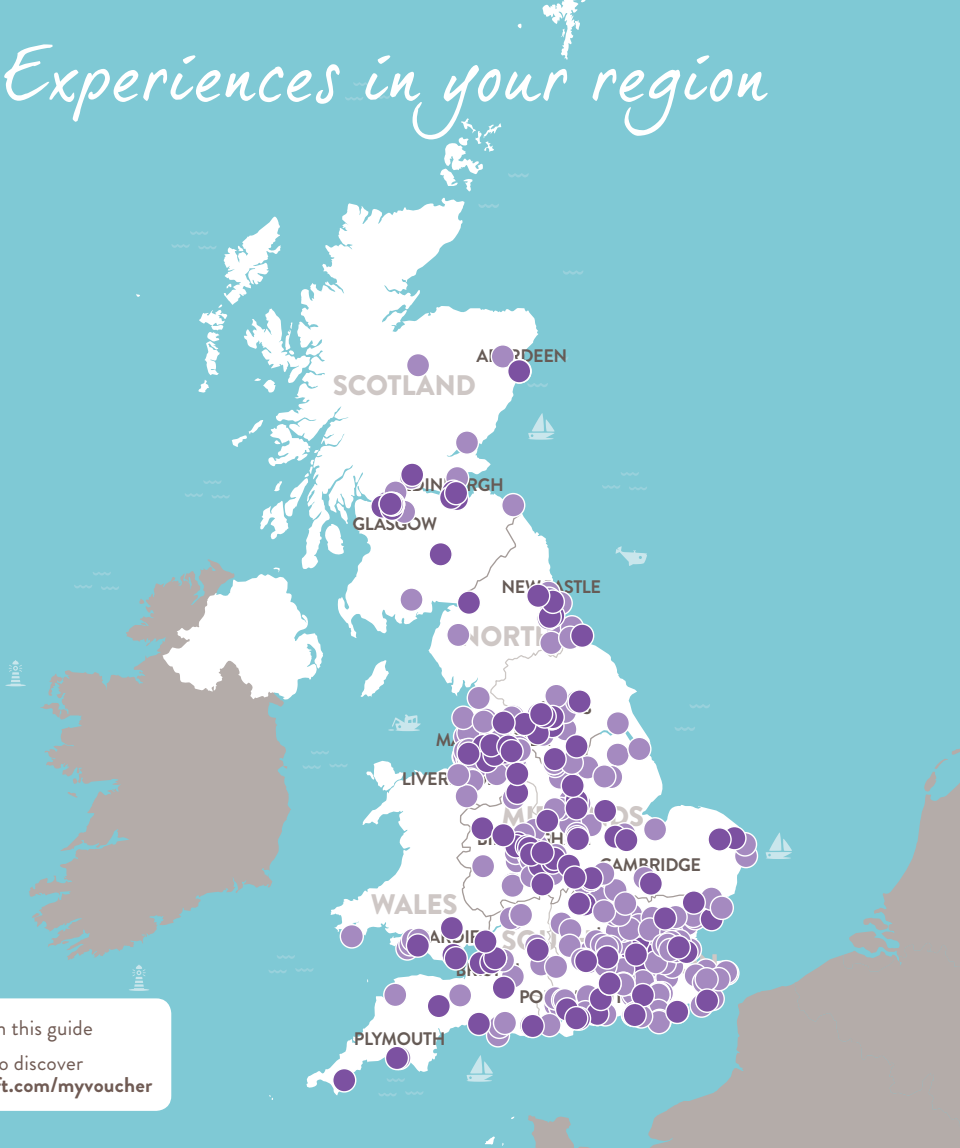
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# *Experiences in your region*



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## SOUTH

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## MIDLANDS

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## NORTH

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## WALES

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## SCOTLAND

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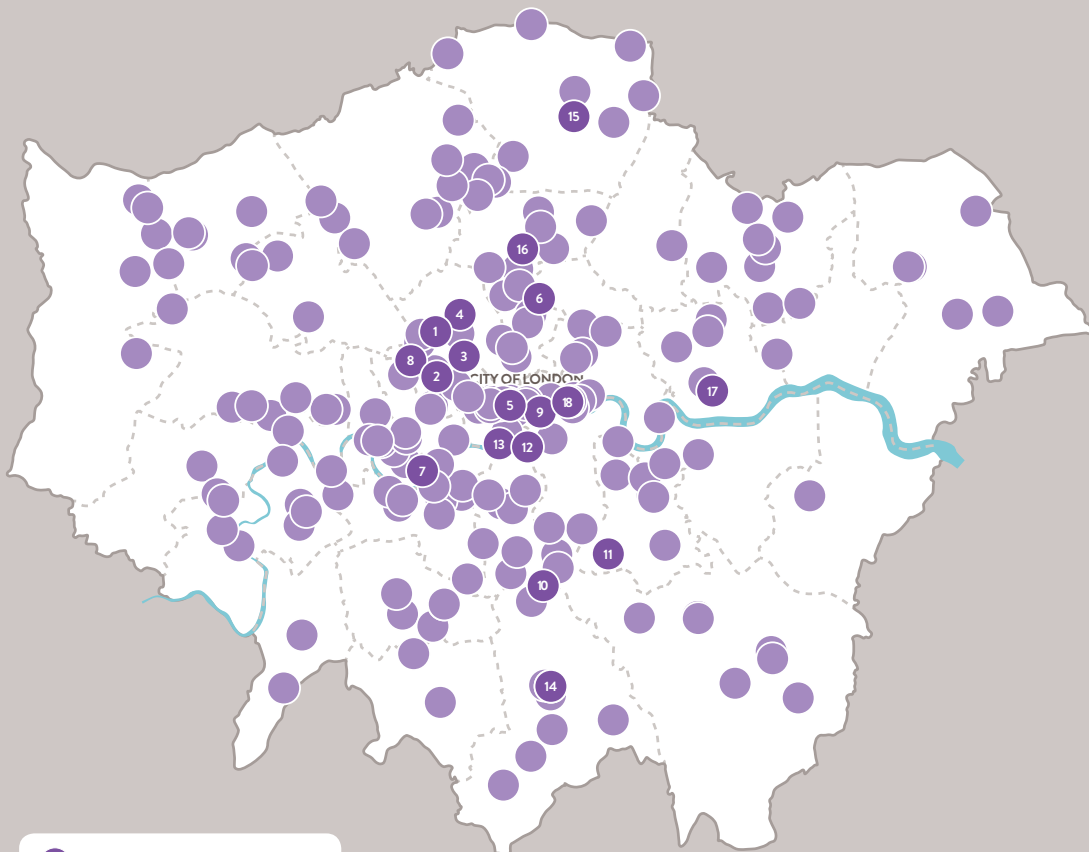


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**LONDON**



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## EXPERIENCES IN LONDON

### LONDON

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1. Hair Cut and Beard Trim at Remix Hair and Beauty, Brent
2. Gents' Wash Cut and Style at Ludmilla Salon, Camden
3. OPI Pamper Treatment at Passion Hair, Camden
4. Pamper Treat for One at No Vello Finchley Road, Camden
5. Cut a Long Story Short Ted's Grooming Experience, Covent Garden
6. Paraffin Wax Manicure with Glass of Prosecco at Glamour Hair and Beauty Salon, Hackney
7. Pamper Treat for One at Anir Day Spa, Hammersmith & Fulham
8. Pamper Treat for One at Glow West, Hammersmith & Fulham
9. MAC Makeover Photoshoot, Lambeth
10. Pamper Treat for One at Crown Beauty, Lambeth
11. Back, Neck & Shoulder Massage at Style Essence, Lewisham
12. Hand and Nail Treatment at Belle Cour Beauty, Victoria
13. Shellac Everlasting Manicure or Pedicure at La Petite Spa, Westminster
14. Luxurious Wash, Cut and Blow-Dry at Cianna Hair and Beauty, Croydon
15. 25 Minute Champneys Back Massage, Enfield
16. Shellac Manicure at Rejuven8 Beauty Clinic, Haringey
17. Dazzling Beauty Treat at Coconut Beauty Room, Newham
18. Cut a Long Story Short Ted's Grooming Experience, St Pauls
- @. Mini Facial at Jackie and Co Hair and Beauty, Brent
- @. Pamper Treat for One at Espacio VIP, Brent
- @. Manicure with French Polish and Glass of Champagne at Wanderlust Nail Lounge, Camden
- @. Massage and Facial at Siam Body & Soul, Camden
- @. Massage at the London Centre of Indian Champissage for One, Camden
- @. Pamper Treat at Le Beautique Spa, Camden
- @. Pamper Treat at Salon Zone Boutique for One, Camden
- @. Pamper Treat at Total X-Cape Beauty Treatments Room for One, Camden
- @. Pamper Treats for One at Claudia's Hair and Beauty, Camden
- @. Pamper Treats for One at The Luxury Beauty Spa, Camden
- @. Relaxing Session at Harmony Health and Beauty, Camden
- @. Wash Cut and Blow-Dry with Conditioning Treatment at Headlines at Marylena's, Camden
- @. Cut a Long Story Short Ted's Grooming Experience, Charing Cross
- @. Facial at My Detox Diet, Greenwich
- @. Ladies Cut and Finish at Charles M'Biro, Greenwich
- @. Pamper Treatment for One at Eyves Beauty Lounge, Greenwich
- @. Pamper Treats at Ahsiek's Hair and Beauty, Greenwich
- @. Pamper Treats for One at Esthetique Hair and Beauty, Greenwich
- @. Pamper Treats for One at Naina's Beauty Box, Hackney
- @. Shellac Pedicure at IMAGE Hair and Beauty, Hackney
- @. Hair Treat at Young Honeys, Hammersmith & Fulham
- @. Luxurious Pedicure with Polish for One at Lightheaded Salon, Hammersmith & Fulham
- @. Manicure or Pedicure at Perfect Eyelashes, Hammersmith & Fulham
- @. Massage Treat at Era Hair and Beauty, Hammersmith & Fulham
- @. Mini Facial at Jackie and Co Hair and Beauty, Hammersmith & Fulham
- @. Pamper Treat at Lily's Hair and Beauty, Hammersmith & Fulham

## EXPERIENCES IN LONDON

@. Pamper Treat at London Ladies Hair and Beauty Clinic, Hammersmith & Fulham  
@. Pamper Treat for One at Hush Aesthetic Clinic, Hammersmith & Fulham  
@. Pamper Treats for One at Civette Hair and Beauty, Hammersmith & Fulham  
@. Taster Facial at Vauty London, Hammersmith & Fulham  
@. Acupressure at Natural Health Centre, Kensington & Chelsea  
@. Luxury Manicure or Pedicure at Csilla's Nail Bar, Kensington & Chelsea  
@. Pamper Treat for One at V8skin.uk, Kensington & Chelsea  
@. Choice of Treatment at Wellbeing95, Lambeth  
@. Floatation Experience at Relax and Float, Lambeth  
@. Gelish Manicure at Slique Spa, Lambeth  
@. Pamper Treat at ICON Studios, Lambeth  
@. Pamper Treat at Le Salon UK for One, Lambeth  
@. Pamper Treat for One at Be Perfect Hair and Beauty Salon, Lambeth  
@. Pamper Treat for One at Justified Hair and Beauty, Lambeth

@. Pamper Treat for One at Nail and Beauty Lounge, Lambeth  
@. Back, Neck & Shoulder Massage at Style Essence, Lewisham  
@. Luxury Pedicure at Splitendz Beauty, Lewisham  
@. Manicure and Pedicure at Anna K Studio, Lewisham  
@. Cut a Long Story Short Ted's Grooming Experience, Mayfair  
@. French Facial Treatment at Head Barbers, Merton  
@. French Pedicure for One at Vanity Hair and Beauty, Merton  
@. Pamper Treat at Vanity Hair and Beauty Lounge, Merton  
@. Pamper Treat for One at The Broadway Studios, Merton  
@. Cut a Long Story Short Ted's Grooming Experience, Soho  
@. Facial at Manuel Guerra Skin Care, Southwark  
@. Manicure at Polished Salon, Southwark  
@. Pamper Treat at Balayage Hair Salon for One, Southwark  
@. Neck and Shoulder Massage or Exfoliation Treatment at Cher Salon Wandsworth, Wandsworth  
@. Pamper Treat for One at Aneugene Health Centre, Wandsworth  
@. Pamper Treat for One at Battersea Nails and Beauty, Wandsworth

@. Pamper Treat for One at Mel's Treatments, Wandsworth  
@. Pamper Treat for One at Michaela Mitoi Hair and Beauty Salon, Wandsworth  
@. Pamper Treat for One at Zenobia Hair and Beauty Salon, Wandsworth  
@. Treatment Choice at Cher Salon Tooting, Wandsworth  
@. 30 Minute Indian Head Massage at 4ForYou, Westminster  
@. Blow-dry for Long Hair at Lucas Hair and Beauty Salon, Westminster  
@. Blow-Dry or Makeover at Victoria Hair Studio, Westminster  
@. Cut a Long Story Short Ted's Grooming Experience, Westminster  
@. Cut a Long Story Short Ted's Grooming Experience, Westminster  
@. Cut a Long Story Short Ted's Grooming Experience, Westminster  
@. Cut a Long Story Short Ted's Grooming Experience, Westminster  
@. Eyebrow and Eyelash Tint at Dee Lash Me, Westminster  
@. Gelish Shape and Colour for Feet at The Sun Room, Westminster  
@. Hand and Nail Treatment at Belle Cour Beauty, Westminster  
@. Luxury Facial at Skin Health Spa London, Westminster  
@. Makeover Photoshoot at Studio 52, Westminster

- @. Pamper Treat at Beauty Rose, Westminster
- @. Pamper Treat at Czaro Hair and Beauty for One, Westminster
- @. Pamper Treat for One at Groovy Hair Salon, Westminster
- @. Pamper Treat for One at The Factory Covent Garden, Westminster
- @. Shellac Manicure at Colour Riot Nails, Westminster
- @. Back, Neck & Shoulder Massage at Belle du Jour, Barking & Dagenham
- @. Herbal Facial at Honeys Hair and Beauty, Barking & Dagenham
- @. Pamper Treat at The Abbey Spa, Barking & Dagenham
- @. Express Facial or Back, Neck and Shoulder Massage at Beautology by Jessica, Barnet
- @. Eyelash and Eyebrow Tint at Revolution and Impression Beauty, Barnet
- @. Pamper Treat at Haria's Hair and Beauty, Barnet
- @. Pamper Treat at Lily Hair and Beauty Salon for One, Barnet
- @. Pamper Treat at Nails and Beauty HQ for One, Barnet
- @. Pamper Treat at Natural Beauty Urban Retreat for One, Barnet
- @. Pamper Treat for One at Duchess Hair and Beauty, Barnet
- @. Pamper Treat for One at Ziba Nail and Beauty, Barnet
- @. Photoshoot for One at Fotkaplus Limited, Barnet
- @. Root Tint at Her Cut Salon, Barnet
- @. Signature Anti-Cellulite Massage at Diamante Beauty, Barnet
- @. Wash and Straight Blow-dry by Stylist at Angels Hair and Beauty Salon, Barnet
- @. Wash Cut and Blow-dry or Root Tint at Polonia Hair and Beauty, Barnet
- @. Pamper Treat for One at Moonbeams Inspiration, Bexley
- @. Cleanse Tone and Scrub Facial at Nubian Massage, Brent
- @. Back Neck and Shoulder Massage at Martina's Massage and Beauty Therapy, Bromley
- @. Back, Neck and Shoulder Massage at True Beauty, Bromley
- @. Back, Neck and Shoulder Massage or Microdermabrasion at Bespoke Beauty Boutique, Bromley
- @. Choice of Treatment at iFloat Spa, Bromley
- @. Pamper Treat for One at Baker Girl Beauty, Bromley
- @. Pamper Treat for One at Indulgence In Beauty, Bromley
- @. Pamper Treat for One at Lirio Therapy Massage and Beauty Treatments, Bromley
- @. Shape and Paint for Hands and Feet at Lena Morris Hair & Beauty Salon, Bromley
- @. Haircut at E Scissorhands, Camden
- @. Cut a Long Story Short Ted's Grooming Experience, City of London
- @. Makeover and Photo Shoot at The Picture House, City of London
- @. Pamper Treat at Pierre Lemond Photography, City of London
- @. Photo Shoot with Fizz at Love To Love Studios, City of London
- @. Photoshoot Experience at Big Picture Studios, City of London
- @. Wash and Blow Dry at Daivas Hair and The City, City of London
- @. Chemical Peel with Choice of Facial Mask at Aesthetics For You, Croydon
- @. Deluxe Shellac Manicure at Hello Gorgeous Studios, Croydon
- @. Lash Lift at Elite Beauty For You, Croydon
- @. Pamper Treat at For Him and Her Beauty, Croydon
- @. Pamper Treat for One at Sonia's Beauty, Croydon
- @. Pamper Treat with Champagne at Helena McRae Salon, Croydon

## EXPERIENCES IN LONDON

@. Pampering Treatment with Wine for One at Ursula T Hair and Beauty, Croydon

@. Photo Shoot at Cute Angels, Croydon

@. Choice of Treatment at The Dapper Man, Ealing

@. Classical Facial or Therapeutic Massage with a Mocktail at Spa Isha, Ealing

@. Makeup Class at Reeta Arora's Beauty Lounge, Ealing

@. Pamper Treat at Hair and Beauty by the Lock for One, Ealing

@. Pamper Treat at K Levels Photography Hair and Beauty Studios for One, Ealing

@. Pamper Treat for One at Studio Figura Ealing, Ealing

@. Pamper Treats for One at Elemis Beauty Salon, Ealing

@. Pampering Treat for One at Essential Beauty, Ealing

@. Pedicure at Natural Gloe Health and Beauty, Ealing

@. Wash Cut and Blow-dry at Salon 100, Ealing

@. Back Neck and Shoulder Massage at The Tanning Rooms, Enfield

@. Champneys Luxury Manicure, Enfield

@. Champneys Luxury Pedicure in Enfield, Enfield

@. Children's Photoshoot in Hertfordshire, Enfield

@. Pamper Treat at Bella Dama for One, Enfield

@. Pamper Treat at Wood Green Complementary Health Centre, Enfield

@. Pamper Treat for One at The Beauty Lodge, Enfield

@. Pamper Treat for One at Viva Light Hair, Enfield

@. Treatment Choice at Narsis Hair and Beauty, Finchley

@. Dermalogica Facial at Beaut Box, Hackney

@. Indian Head Massage for One at Misha Hair and Beauty, Hackney

@. Organic Conditioning Treatment and Cut and Blow-dry at Scissorhands London, Hackney

@. Hair Treat with Wine at Obsessions Unisex Hair and Beauty Salon, Haringey

@. Mens Hair Cut at Salon Seventy Two, Haringey

@. Pamper Treat for One at Ma Dell Beauty Salon, Haringey

@. Blow-dry at Pink and Rose, Harrow

@. Choice of Massage at Spatium Clinic, Harrow

@. Choice of Treatment at Beautiful Woman, Harrow

@. Ladies Shampoo, Cut and Dry at Coco Unisex Hair Studio, Harrow

@. Olaplex Hair Treatment at Kai Yu Hair, Harrow

@. Pamper Treat for One at B-Beauty Professional Ltd, Harrow

@. Pamper Treat for One at Natural Beauty Salon, Harrow

@. Shellac Manicure at iBar Beauty Salon, Harrow

@. Swedish Massage at the Tan and Beauty Salon, Harrow

@. Cut and Finish at Hollands Style Council, Havering

@. Pampering Treatment at Heavenly Beauty and Tanning, Havering

@. Manicure with IBX for One at Spa Bar London, Hillingdon

@. Pamper Treat at Anew Beauty, Hillingdon

@. Pamper Treat at Ritz Laser Clinic, Hillingdon

@. Pamper Treat for One at My Beauty Basics, Hillingdon

@. Photo Shoot at Kaushik Bathia Photography, Hillingdon

@. Anti-Aging Facial at Supershocks Hair and Beauty, Hounslow

@. Pamper Treat at Anuyu Hair and Beauty Salon for One, Hounslow

@. Pamper Treat at Beauty Bar Heston, Hounslow

@. Facial or Back, Neck and Shoulder Massage at Purity Beauty Hair and Skin Clinic, Kingston Upon Thames

@. Lymphatic Massage or Mini Facial at Primas Beauty, London

@. Back, Neck and Shoulder Massage at Euphoria Hair and Beauty Salon, Merton

@. Choice of Treatment at Skin Deep Tan and Beauty Salon, Merton

@. Pamper Treat at Prim and Pampered for One, Merton

@. Pamper Treat for One at Radiance Clinic, Merton

@. Natural Hair Up Do or Oil Steam Treatment at Ritz Hair and Beauty, Newham

@. Pamper Treat at Carmen's Beauty and Hair Salon for One, Newham

@. Pedicure at Fabulous Nails and Beauty, Newham

@. Swedish Massage at Aromatherapy Relax, Newham

@. Luxury Pedicure at Serenity Beauty and Skin Care, Potters Bar

@. Wash and Dry with GHD Curls at Cuffley Hair Studio, Potters Bar

@. Aromatherapy Half Body Massage at La Parlour Beauty, Redbridge

@. Pamper Treat at The Beauty Lounge E11 for One, Redbridge

@. Pamper Treat for One at Laima Hair and Beauty, Redbridge

@. Pamper Treat for One at Tigeez, Redbridge

@. Pamper Treatment for One at La Chic Hair, Beauty and Holistic Therapy, Redbridge

@. Swedish Back Neck and Shoulder Massage for One at Marrakech Spa, Redbridge

@. Wash, Restyle and Blow-dry at Poise Hair and Beauty, Redbridge

@. Facial at Beautiful World Salon, Richmond Upon Thames

@. Manicure or Pedicure at Rachel Staggs at The Balcony, Richmond Upon Thames

@. Pamper Treat for One at Beauty by Dana, Richmond Upon Thames

@. Pamper Treat for One at Purple Rose Salon, Richmond Upon Thames

@. Pamper Treats for One at Emily Victoria Beauty Salon, Richmond Upon Thames

@. Shampoo and Cut or Long Hair Blow-dry at Hairways, Richmond Upon Thames

@. Vitamin C Facial with Under Eye Treatment at Atelier M London, Richmond Upon Thames

@. Wash and Blow Dry at Infinity MK Hair Salon, Richmond Upon Thames

@. Choice of Treatment at Purple Valentine, Romford

@. Relaxing Pampering Treatment at Desire Hair and Beauty, Sutton

@. Back Exfoliation with Luxury Back Massage at Vitalia Beauty and Wellness, Tower Hamlets

@. Back, Neck and Shoulder Massage at Heavens Salon, Tower Hamlets

@. Cut a Long Story Short Ted's Grooming Experience, Tower Hamlets

@. Pamper Treat at Younique Look for One, Tower Hamlets

@. Hair Restyle or Semi-Permanent Colour at Biba Browns Hair and Beauty Salon, Waltham Forest

@. Photo Shoot with Bubbles at Capture Photographic Studio, Waltham Forest



1

## YOUR SMARTBOX

- Your choice of a trim, wash and styling or beard trim

## HAIR CUT AND BEARD TRIM AT REMIX HAIR AND BEAUTY

BRENT • CENTRAL LONDON

You can get the sleek and suave look you've been searching for at Remix Hair and Beauty! At this stylish salon in West Hampstead, you'll receive world class service and an individual consultation to ensure that you receive the fashionable style you desire. The professional team will trim your hair followed by a wash and styling and you'll also get a beard trim thrown in for good measure. Once your hair treat is over you can show off your new and improved look in the on-site bar.

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## YOUR SMARTBOX

• A gents' wash, cut and style

## GENTS' WASH CUT AND STYLE AT LUDMILLA SALON

CAMDEN • CENTRAL LONDON

Take yourself along to popular Maida Vale beauty salon Ludmilla for a gents' wash, cut and style. You'll receive a warm welcome from the friendly team before being made to feel right at home by your stylist. They'll take some time to understand your styling needs before washing, cutting and finishing your treatment with some expert styling, leaving you looking at your absolute best!

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## YOUR SMARTBOX

- Enjoy an OPI pamper treatment
- Choose between an OPI manicure or an OPI pedicure
- Central London location that is easily accessible from St John's Wood Station

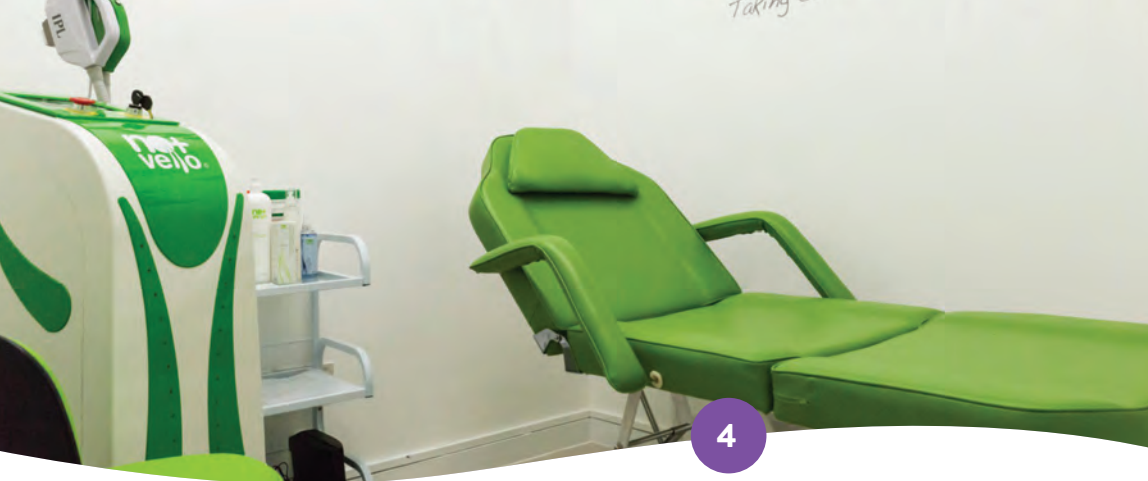
## OPI PAMPER TREATMENT AT PASSION HAIR

CAMDEN • CENTRAL LONDON

Treat yourself to a pampering session at Passion Hair, a fabulous beauty salon located in Central London. This treatment session gives you a fantastic opportunity to escape the hustle and bustle of everyday city life and just sit back as the in-house beauty therapists pamper you to your heart's content. You will be given the choice between an OPI rejuvenating manicure or an OPI pedicure. OPI is recognised as the world's leading manufacturer of professional hand, foot and nail care products, so you know that you're getting only the best during your experience.

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## YOUR SMARTBOX

- One treatment, choosing either a 5 minute back massage or a Mini Pro Skin cleansing
- Snacks and drinks on arrival

## PAMPER TREAT FOR ONE AT NO VELLO FINCHLEY ROAD

CAMDEN • CENTRAL LONDON

This bright and airy venue is the perfect location to enjoy a fabulous pampering treatment. You will be welcomed on arrival by your friendly professionals who will take you through all of your choices available and help you decide which option is best for your individual needs. You can choose to have a rejuvenating Mini Pro Skin cleansing with ultrasonic facial or a completely revitalising 35 minute back massage, designed to alleviate all the stresses and strains of everyday life. Whichever you decide to choose this is an experience that is sure to leave you feeling on top of the world.

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## YOUR SMARTBOX

- A beer or Turkish coffee
- Hair wash, haircut and styling session

## CUT A LONG STORY SHORT TED'S GROOMING EXPERIENCE

COVENT GARDEN • CENTRAL LONDON

Tidy up the loose ends and cut a long story short with this experience for one at Ted's Grooming Room. Situated in Covent Garden, this is a great chance for you or someone you know to smarten up and enjoy a professional haircut and styling session. You'll receive a beer or Turkish coffee upon arrival and relax while an expert barber becomes available. Then sit back and enjoy the sensation of having your hair washed as you discuss your chosen haircut; once your hair is clean and fragrant, you'll have it cut, then washed again and finally styled to suit you best.

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## YOUR SMARTBOX

- Enjoy a paraffin wax manicure
- A glass of prosecco
- Great location in Finsbury Park

## PARAFFIN WAX MANICURE WITH GLASS OF PROSECCO AT GLAMOUR HAIR AND BEAUTY SALON

HACKNEY • CENTRAL LONDON

Treat someone to this fantastic manicure at Glamour Hair and Beauty Salon. Upon arrival at this fantastic location, you will be presented with a bubbly glass of prosecco before your deluxe paraffin wax hand treatment. Your hands will be dipped into melted paraffin wax to help absorb emollients and necessary oils as well as making them soft and fully moisturised. All provided by an advanced trained therapist, you will certainly be in safe hands in this ambient and luxurious environment. What's more, as the venue is based in the ideal location of Finsbury Park, there's plenty for you to enjoy if you wish to expand your peaceful day for one.

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## YOUR SMARTBOX

- One treatment from the following options: a 30 minute Swedish massage, a 30 minute relaxing massage, a Dermalogica mini facial, a deluxe manicure, a leg and foot massage
- Complimentary refreshments

## PAMPER TREAT FOR ONE AT ANIR DAY SPA

HAMMERSMITH & FULHAM • CENTRAL LONDON

Everyone deserves to feel glamorous and pampered, so treat yourself to a marvellous pampering session at this stylish venue in Fulham. You'll be spoiled for choice with a range of fantastic treatments to pick from, such as soothing massages, a refreshing facial and an immaculate manicure. While you're unwinding and luxuriating, you'll have access to Wi-Fi and will be served complimentary refreshments, including the spa's wonderful green tea. After your serene relaxation, you can explore the bustling streets of West London.

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## YOUR SMARTBOX

- One treatment from the following options: deep cleansing facial, back, neck and shoulder massage, full body massage, classic manicure with a French polish, classic pedicure
- Leave the salon feeling relaxed and ready to start the day

## PAMPER TREAT FOR ONE AT GLOW WEST

HAMMERSMITH & FULHAM • CENTRAL LONDON

Escape the daily grind and take a breather with a marvellous pampering treat in West London. This boutique venue's friendly and experienced beauticians will ensure you leave feeling glamorous and well rested after your relaxing treatment, which you can choose from a fabulous range of services. If you have aches and pains that need soothing, then select one of the blissful massages, while if you want some beautification then pick a manicure, pedicure or facial.

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## YOUR SMARTBOX

- MAC Makeover by qualified MAC Pro makeup artist
- Dry hair styling
- Nail treatment, shellac, paint and polish
- 4-5 outfit changes
- Professional photoshoot

## MAC MAKEOVER PHOTOSHOOT

LAMBETH • CENTRAL LONDON

In one of the city's most famous hotspots is Southbank Studios, where you can leave your daily routine behind and indulge in much deserved 'me time'. A professional makeup artist will be on hand to create the perfect look using flawless MAC products, whether you want to be a fairy princess, a stormy temptress, or anything in-between! You'll also have your hair dry styled to match your chosen style, as well as a nail treatment such as Shellac, a classic manicure or a simple paint and polish. During your photoshoot you'll be able to change outfits up to 5 times, ensuring you can show off all your favourite looks!

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## YOUR SMARTBOX

- 45 minute Dermalogica Facial
- Neck, Shoulder and Scalp Massage

## PAMPER TREAT FOR ONE AT CROWN BEAUTY

LAMBETH • CENTRAL LONDON

You'll start your relaxation journey with a wonderful 45 minute Dermalogica Facial. This delightful treatment will invigorate and refresh your skin leaving you with a beautiful flawless complexion. The indulgence will continue with a Neck, Shoulder and Scalp Massage to release stress and help you to feel tranquil and calm. You can be sure that your pamper treat at Crown Beauty will be full of rest and relaxation as the expert team are completely committed to ensuring the satisfaction of their clients.

### TO BOOK :

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## YOUR SMARTBOX

• Spend 35 minutes releasing any tension from your head, neck and shoulders with an Indian head massage at L's Boudoir Skin Therapy Clinic

## BACK, NECK & SHOULDER MASSAGE AT STYLE ESSENCE

LEWISHAM • CENTRAL LONDON

Reap the benefits of an Indian head massage at L's Boudoir Skin Therapy Clinic in Forest Hill, South London. Spend 35 minutes with the experienced therapist who'll ensure you relax and drift into a state of calmness whilst they begin your massage. You'll feel any built up stress and tension lighten, resulting in less headaches, migraines, neck and shoulder pain. Indian head massages also detoxify the body and can increase energy levels so sit back, relax and escape from the world during your pampering session.

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## YOUR SMARTBOX

- OPI fine polish fingers and skin care hand massage
- Two central London locations

## HAND AND NAIL TREATMENT AT BELLE COUR BEAUTY

VICTORIA • CENTRAL LONDON

Head to Victoria and enjoy a pampering experience for one at Belle Cour Beauty salon. You'll arrive at this top-class salon and will receive a warm welcome from the staff there. Sit back and relax as your expert therapist completes your OPI fine polish fingers and skin care hand massage that will leave your nails and hands looking and feeling fabulous.

You'll head out with a lease of life, ready to take on the world!

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## YOUR SMARTBOX

- Choose either a 25 minute Shellac Everlasting manicure or pedicure

## SHELLAC EVERLASTING MANICURE OR PEDICURE AT LA PETITE SPA

WESTMINSTER • CENTRAL LONDON

Visit La Petite Spa in London, for a well-deserved treat and a spot of 'me time'. You will be able to escape the busy streets of London, and indulge with your choice of treatment, whether that be a Shellac Everlasting Manicure or Pedicure. One of the friendly beauticians will get to work with your manicure or pedicure, as you sit back and relax.

They will shape your nails and soften the cuticles, before applying the longer lasting, chip resistant shellac polish, in a colour of your choice!

### TO BOOK :

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Nº 11

*Cianna*

020 8680 6999

HAIRDRESSERS

14

### YOUR SMARTBOX

- Wash, cut and blow-dry treat
- Convenient location in Croydon
- A team of experienced staff
- Friendly atmosphere

## LUXURIOUS WASH, CUT AND BLOW-DRY AT CIANNA HAIR AND BEAUTY

CROYDON • GREATER LONDON

Give your tresses a new lease of life with this pampering treat. At Cianna Hair and Beauty in Croydon, a team of friendly and experienced staff await your arrival. You'll be welcomed and made to feel at home from the moment you walk through the door. A consultation will establish the look you wish to achieve, before your skilled stylist washes, cuts and blow-dries your hair to fabulous perfection. You'll leave the salon looking great and feeling beautiful!

### TO BOOK :

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## YOUR SMARTBOX

- Indulge in a 25 minute Swedish back massage or aromatherapy back massage
- Qualified team of therapists
- Friendly atmosphere in a great central location

## 25 MINUTE CHAMPNEYS BACK MASSAGE

ENFIELD • GREATER LONDON

We all hold so much stress in our backs. Let the Champneys high street spa in Enfield take you out of your punishing routine for an expert massage to ease those muscles and release tension. Choose a gentler aromatherapy massage, using oils blended to your specific needs in consultation with your therapist, or a Swedish massage, for a deep treatment to really release deep muscle tension. Before you leave, be sure to peruse the spa's great selection of professional-grade beauty and spa products, not available in shops, so that you can continue your spa experience at home!

### TO BOOK :

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## YOUR SMARTBOX

- Shellac manicure
- Bright and modern salon

# SHELLAC MANICURE AT REJUVEN8 BEAUTY CLINIC

HARINGEY • GREATER LONDON

Spoil yourself with some serious pampering at London's Rejuven8 Beauty Clinic, where you'll receive a fantastic Shellac manicure! A great spot for getting a manicure, this salon has a warm and friendly atmosphere, as well as being bright and modern. With luxurious furnishings to make you feel pampered and cocooned, you'll be completely relaxed throughout your session. The experienced team of therapists will begin your treatment, giving you the gloriously glam nails you deserve.

## TO BOOK :

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## YOUR SMARTBOX

- Enjoy a beauty treat
- Choose between a vacuum suction facial and a diamond microdermabrasion
- Leave with glowing and radiant skin
- Experienced and fully trained staff

## DAZZLING BEAUTY TREAT AT COCONUT BEAUTY ROOM

NEWHAM • GREATER LONDON

No matter which hour-long treatment you choose at this tremendous venue in East London, you are bound to leave feeling relaxed and amazed at the glowing radiance of your skin. Select the refreshing Vacuum Suction

Facial for a deep cleanse that will detox and treat dry skin. Otherwise pick the astounding Diamond Microdermabrasion to tone while reducing wrinkles and lines. Both services will be tailored to your individual needs by experienced staff who are committed to your health and well-being.

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## YOUR SMARTBOX

- A beer or Turkish coffee
- Hair wash, haircut and styling session

## CUT A LONG STORY SHORT TED'S GROOMING EXPERIENCE

ST PAULS • GREATER LONDON

Tidy up the loose ends and cut a long story short with this experience for one at Ted's Grooming Room. This is a great chance for you or someone you know to smarten up and enjoy a professional haircut and styling session. You'll receive a beer or Turkish coffee upon arrival and relax while an expert barber becomes available. Then sit back and enjoy the sensation of having your hair washed as you discuss your chosen haircut. Once your hair is clean and fragrant, you'll have it cut, then washed again and finally styled to suit you best.

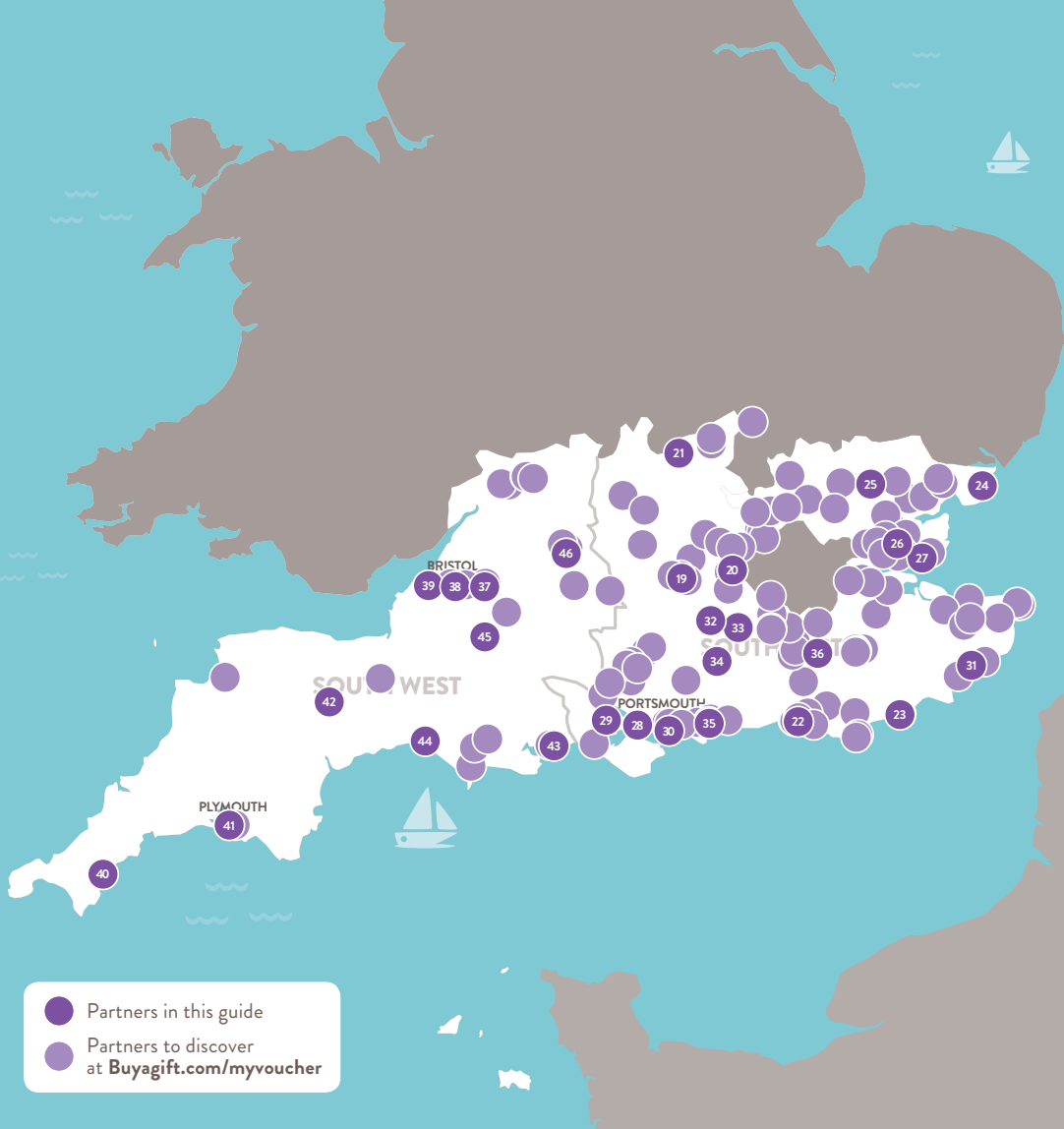
### TO BOOK :

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A photograph of a spa treatment room. In the foreground, a massage table is covered with a white sheet and a light brown towel. A wooden massage tool with a curved handle lies on the towel. In the background, another massage table is visible, along with a window featuring horizontal blinds and a white curtain. A large, solid purple rectangle is superimposed over the center of the image, containing the word "SOUTH" in white, bold, sans-serif capital letters.

**SOUTH**



Partners in this guide

Partners to discover  
at [Buyagift.com/myvoucher](https://Buyagift.com/myvoucher)

## EXPERIENCES IN THE SOUTH

### SOUTH EAST

19. Shellac Nail Treatment at The Skin Center, Reading
20. Manicure or Pedicure at Stables Spa Harte and Garter, Windsor
21. Choice of Three Experiences at Taylor Made Treatments, Buckingham
22. Illuminate Manicure at Nail Crew, Brighton
23. Pamper Treat at Skin Science 1066, Hastings
24. Wash, Cut and Blow-dry at Headz Up, Clacton
25. Choice of Luxury Pamper Treat at Pure Health and Beauty, Great Dunmow
26. Aromatherapy Massage or Make-up Lesson at Just Pampered Rayleigh, Rayleigh
27. Cut and Finish at Kink Hair, Southend on Sea
28. Pamper Treats at Polished Nail and Blow Dry Bar, Gosport
29. Express Gel or Polish French Pedicure at House Of Trinity, Southampton
30. Pamper Treat at Puresun Beauty, Southsea
31. Luxurious Treatment at Halcyon Days Beauty Salon, Hythe
32. 25 Minute Champneys Back Massage, Champneys Day Spa Guildford

33. Champneys Luxury Manicure, Champneys Day Spa Guildford
34. Choice of Treatment at The Luxury Gap, Haslemere
35. Champneys Luxury Pedicure Treatment, Champneys Day Spa Chichester
36. Choice of Facial or Manicure at The Retreatory, East Grinstead
- @. Pamper Treat for One at Leo Mancini, Ascot
- @. Swedish Back Massage at Bespoke Beauty, Eton
- @. Pamper Treat at Natura Spa Inglewood for One, Hungerford
- @. Non Surgical Face Lift Facial by Tibby Olivier at Rachel's Violet Beauty, Reading
- @. Pamper Treat for One at Peaches and Pearl Beauty Salon, Reading
- @. Photo Shoot at Neil Palmer Photography, Reading
- @. Manicure with Mityme Beauty Therapy, Windsor
- @. Rejuvenating Sugar Scrub with Bubbly at The Retreat Beaconsfield, Beaconsfield
- @. Thai Foot Massage at Cuore Therapies, Bedford
- @. Pamper Treat for One at The Gerrards Cross Laser Clinic, Gerrards Cross

- @. Facial or Massage at Bounce Hair and Beauty Lounge, High Wycombe
- @. Choice of Elemis Facial at Enrich Beauty, Milton Keynes
- @. Pamper Treat for One at Alchemy Therapy Centre, Milton Keynes
- @. Massage at Daily Holistics, Brighton
- @. Mini 10 Years Younger Facial at New Dawn, Brighton
- @. Pamper Treat for One at Ciscos Karma, Brighton
- @. Choice of Treatments at Bliss Spa & Beauty Salon, Eastbourne
- @. Facial at Butterfly Makeup and Brow Studio, Eastbourne
- @. Full Body Scrub at Definitions Hair and Beauty, Hailsham
- @. Pamper Treat for One at The Beauty Studio, Hastings
- @. Hair Treats at DnK Hair and Beauty Salon, Hove
- @. Ladies Wash, Cut and Blow-dry with Stylist at Sam Church Hair, Hove
- @. Salt of the Earth Manicure at Fabulous Nails and Lashes Beauty Salon, Lewes
- @. Beauty Flash Facial or Spa Pedicure at Tranquility Beauty Spa and Hair Salon, Basildon
- @. Full Body Massage at Sun Boutique Benfleet, Benfleet

## EXPERIENCES IN THE SOUTH

@. Pamper Treat for One at Salon 361, Benfleet

@. Make Up Lesson and Skin Care Advice at WPR Beauty Spa Cosmetic, Billericay

@. Pedicure at Images Beautique, Billericay

@. Pamper Treat for One at Martini's Pamper Parlour, Braintree

@. Massage for One at Amy's Beauty, Brentwood

@. Choice of Treatment at The Tanning and Beauty Salon, Chelmsford

@. Pamper Treat at Hammonds Studio for One, Chelmsford

@. Pamper Treatment for One at Acacia Beauty Rooms, Chelmsford

@. Luxury Facial at Brown and White, Colchester

@. Nail Extensions with Tips at J.R Nail Design, Colchester

@. Choice of Treatment at The Mystery Chest, Harlow

@. Makeover and Photo

Shoot for One at Paul's Studio, Southend on Sea

@. Shellac Manicure at Contours Beauty, Tiptree

@. Acrylic Nails at Finishing Touches Hair and Beauty, Witham

@. Pamper Treat for One at Scissor Magic Hair and Beauty Salon, Bishop stoke

@. Massage Choice at Bom Dia Therapies, Eastleigh

@. Luxury Pedicure at Kiri Beauty Salon, Havant

@. Back, Neck and Shoulder Massage at Tu Sei Bella, Milford on Sea

@. Choice of Pampering Treat at Belle De Vie, Petersfield

@. Full Body Massage at Heaven Scent, Portsmouth

@. Half Head of Foils with Blow-dry at Salon 21, Portsmouth

@. Back, Neck and Shoulder Massage at Holistic Harmony, Romsey

@. Back, Neck and Shoulder Massage at Your Skin Beauty Clinic, Romsey

@. Deluxe Pedicure at Artistic Beauty, Southampton

@. Massage or Hair Treat with Bubbles at Statement Hair and Beauty, Southampton

@. OPI Deluxe Manicure at Bobby Dazzlers Nails and Beauty in Aston's Beauty Clinic, Southampton

@. Pamper Treat at Perfect Pear for One, Southampton

@. Pamper Treat at Rare beauty for One, Southampton

@. Ladies Hair Restyle at Kutz of Winchester, Winchester

@. Mini Shellac Manicure or Dreamy Legs at TH Beauty Therapy, Winchester

@. Pamper Treat at Patrick Zoe Dee Hair and Beauty, Bishop Stortford

@. Pamper Treat for One at Nandini's Hatfield, Hatfield

@. Pamper Treat for One at 2 Be Beautiful, Hemel Hempstead

@. Evening Makeup at Love Locks Hair & Makeup Lounge, Hertford

@. Pampering Treat at Verulamium Spa, St Albans

@. 25 Minute Champneys Back Massage, St. Albans

@. Champneys Luxury Manicure, St. Albans

@. Champneys Luxury Pedicure in St Albans, St. Albans

@. Pamper Treat for One at Nandini's Stevenage, Stevenage

@. Back, Neck, and Shoulder Massage at Absolute Health and Beauty, Watford

@. Classic Pedicure at Valerie Beauty Salon, Watford

@. Deluxe Spa Pedicure or Clear Start Teenage Facial at Zeba Hair and Beauty, Watford

@. Swedish Massage or Floatation Therapy at Create Your Beauty, Watford

@. Indian Head Massage at Serenity Health And Beauty, Canterbury

@. Pamper Treat at Knights Hair and Beauty, Canterbury

@. 25 Minute Champneys Back Massage, Champneys Tunbridge Wells

@. Champneys Luxury Manicure, Champneys Tunbridge Wells

@. Champneys Luxury Pedicure in Tunbridge Wells, Champneys Tunbridge Wells

@. Pamper Treat for One at Divine Hair and Beauty, Chartham

@. Wash and Blow-dry at Salon A.B.V Hair and Beauty, Dartford

@. Indian Head Massage at Serenity Health And Beauty, Faversham

@. Pamper Treat with Wine at Gems Hair and Beauty Salon, Folkestone

@. Pamper Treat at Kent Laser and Aesthetic Clinic, Gravesend

@. Choice of Treatment at Donella's Health and Beauty, Ramsgate

@. Luxury Facial at the Beauty Salon Ramsgate, Ramsgate

@. Manicure and Pedicure at Pamper and Polish, Ramsgate

@. Choice of Beauty Treatment at The Treatment Studio, Rochester

@. Choice of Treatment at Tempt Beauty and Hair Salon, Romney Marsh

@. Indian Head Massage at Serenity Health and Beauty, Swalecliffe

@. Wash and Blow Dry for One at Ferraris Hair Studio, Swanscombe

@. Beauty Treat at McQueen Hair and Beauty, Tunbridge

@. Keratin Miracle Treatment and Blow Dry for One at Revive Hairdressing, Tunbridge Wells

@. Pamper Treatment at Pembury Beauty Salon, Tunbridge Wells

@. Pamper Treat for One at King Street Therapy Rooms, West Malling

@. Indian Head Massage at Reflections Hair and Beauty, Didcot

@. Pamper Treat for One at The Treatment Rooms, Henley-On-Thames

@. Pamper Treats Experience at The Sun Spa, Oxon

@. Choice of Treatment at Serenity Beauty, Witney

@. Choice of Treatment at Mona Heights Hair Salon, Dorking

@. Choice of Treatment at The Lavender Beauty Salon, Dorking

@. Pamper Treat at Si Salon, Dorking

@. Eye Works Treatment at Beauty Spa Brazil, Esher

@. Pamper Treats at Natural Beauty Salon, Leatherhead

@. Manicure at Gloss Hair and Beauty, Oxted

@. Choice of Treatment at The Lavender Beauty Salon, Reigate

@. Choice of Treatment at Barnham Health and Beauty, Bognor Regis

@. Champneys Back Massage, Champneys Day Spa Chichester

@. Champneys Luxury Manicure, Champneys Day Spa Chichester

@. Back Massage with Indian Head Massage at Fay Attridge Health and Beauty, Chichester

@. Pamper Treatment for One at Beauteek Holistic and Beauty Retreat, Chichester

@. Pamper Treat at Spa Indulgence, Crawley

@. Spa Manicure at Perfect Beauty, Crawley

@. Manicure or Pedicure at Bliss Beauty, Haywards Heath

@. Elemis Skin Booster Facial at Sue Jane Hair and Beauty, Horley

@. Wash and Blow-Dry with Conditioning by a Senior Stylist at The Hair Boutique, Horley

## SOUTH WEST

37. Relaxing Wash, Blow-dry and Style at Hair 33, Bristol

38. Wash and Blow-dry at Innovation, Bristol

39. Wash, Cut and Blow-dry with Conditioning Treatment at Cutting Edge, Bristol

40. Shellac Pedicure at Orchard Makeup & Beauty, Falmouth

## EXPERIENCES IN THE SOUTH

41. Choice of Treatment at No 23 Hair and Beauty, Plymouth

42. Full Body Massage at Five Cedars Health and Beauty, Tiverton

43. Pamper Treat at Westover Beauty, Bournemouth

44. Back Neck and Shoulder Massage or Facial at The Shed Boutique, Bridport

45. Back, Neck and Shoulder Massage or Facial at Bodhi Tree

Beauty and Therapy, Frome

46. Sensitive Skin Smoothing Facial at Aqua G, Swindon

@. Facial or Massage at Chakra Bella at Vibrocise Studios, Bristol

@. File and Polish at I Candy Beauty and Boutique, Bristol

@. Indulgent Pampering Hair Treat at Gary Henri Hair and Beauty, Bristol

@. Massage with Champagne at Serenity Beauty and Hair, Bristol

@. Pamper Treat at Hush Beauty, Bristol

@. French Pedicure at Colorseum, Bideford

@. Pamper Treat at Funky Fish Spa for One, Plymouth

@. Pamper Treat at Hair By Chloe for One, Bournemouth

@. Wash, Cut and Blow-dry at Dara 4 Hair, Bournemouth

@. LVL Lashes at Pzazz Hair and Beauty, Dorchester

@. Wash Cut Condition and Blow Dry at Embrace Hair and Beauty, Weymouth

@. Elemis Deep Tissue Back Massage at Esandes Hair and Beauty Salon, Cheltenham

@. Photoshoot and Makeover at Revolve Studios, Cheltenham

@. Zen Spa Pedicure at Beauty Box, Gloucester

@. Pamper Treat at Body Flair, Hucclecote

@. Back, Neck and Shoulder Massage at Beauty Worx, Taunton

@. Aromatherapy Back, Neck and Shoulder Massage at Indulgence

Beauty & Nail Salon, Marlborough

@. Deluxe Pedicure at The Works, Swindon

@. Hair Treat at Sekret Hair, Swindon

@. Full Set of Acrylics with Nail Art at Envy Beauty, Trowbridge



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## YOUR SMARTBOX

- Shellac nail treatment
- Long-lasting nail colour
- Fantastic location in the centre of town
- Friendly and professional staff

## SHELLAC NAIL TREATMENT AT THE SKIN CENTER

READING • BERKSHIRE

Indulge in a quick pick-me-up with a Shellac nail treatment for one at The Skin Center in the bustling town of Reading. Give yourself a lift with this quick but luxurious treatment that will fit easily into your day.

Everyone deserves a moment of pampering bliss from time to time, so why not simply sit back and relax in style at this professional salon? The qualified nail technician will file and shape your nails and will finish them off with a gel polish in the colour of your choice. This fantastic treatment is sure to leave your hands looking and feeling perfect!

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## YOUR SMARTBOX

- Manicure or pedicure

# MANICURE OR PEDICURE AT STABLES SPA HARTE AND GARTER

WINDSOR • BERKSHIRE

A little bit of pampering can make you feel great, so enjoy a manicure or pedicure at the lovely Stables Spa Harte and Garter in Windsor. This salon has a tranquil atmosphere and stylish features to make your visit feel even more special, so you can leave feeling completely relaxed.

Your qualified beauty therapist will work to get your nails looking their best by exfoliating your hands or feet, improving the cuticles and applying a gorgeous varnish, before giving you a calming hand or foot massage to make the treatment especially luxurious. You will end your visit feeling completely pampered and with perfect nails!

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## YOUR SMARTBOX

- Enjoy a choice of three treatments
- Choose between a luxury manicure, an aromatherapy massage or a Dr. Renaud express facial
- Professional beauticians with many years of experience between them

## CHOICE OF THREE EXPERIENCES AT TAYLOR MADE TREATMENTS

BUCKINGHAM • BUCKINGHAMSHIRE

Spoil yourself with a spectacular pampering session at Taylor Made Treatments, where you'll be presented with three delightful options. You will be in the safe hands of the friendly professionals who will take you through the treatments and decide which is best for you individually.

Your choices include an invigorating luxury manicure, a stimulating aromatherapy massage with essential oils or a Dr. Renaud express facial which comes with many different products. This is a perfect opportunity to indulge yourself, away from the stresses and strains of everyday life.

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## YOUR SMARTBOX

- Enjoy an Illuminate manicure
- Manicure includes a cuticle treatment, exfoliation and polish
- Salon only uses products that have not been tested on animals and are 100% natural

## ILLUMINATE MANICURE AT NAIL CREW

BRIGHTON • EAST SUSSEX

Having a manicure should be a lovely little treat and leave you with nails that look and feel great. At Nail Crew salon in Brighton, this ethos is well and truly envisioned. The expert staff make it their mission to provide you with treatments that not only leave your nails looking fantastic, but also to only use products that contain 100% natural ingredients that are not tested on animals, with no harsh odours or strong chemicals that can damage your nails. The Illuminate Manicure uses natural rice oil to brighten skin and even tone, perfectly finished with your choice of polish shade to suit the season.

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## YOUR SMARTBOX

- Enjoy a chocolate massage or facial
- Excellent service
- Relaxing environment
- Great location in a historical town

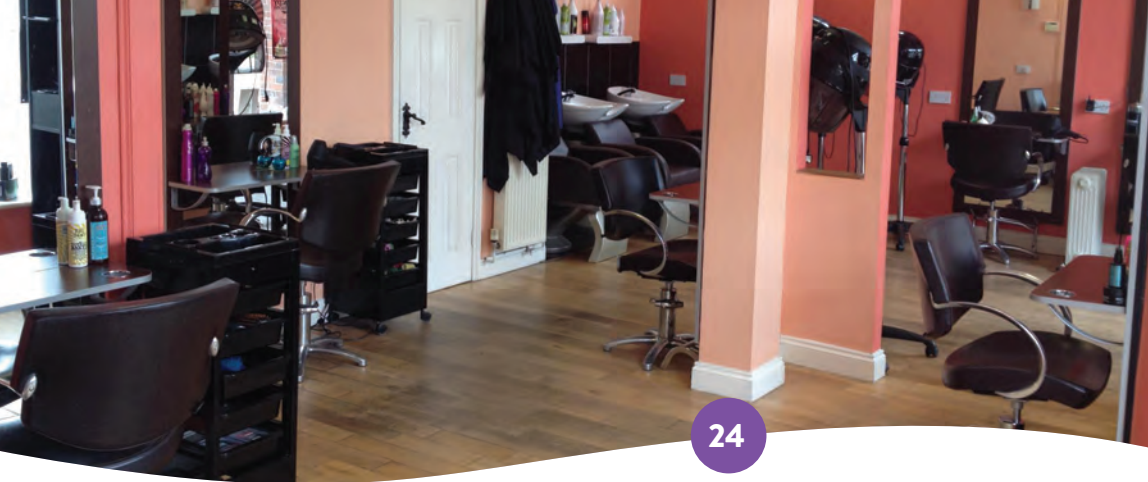
## PAMPER TREAT AT SKIN SCIENCE 1066

HASTINGS • EAST SUSSEX

Your pampering experience at Skin Science 1066 will be both rejuvenating and relaxing. You can choose a chocolate massage or a chocolate facial, both of which have many fantastic benefits! The high caffeine content in chocolate will stimulate blood circulation and improve the appearance of your skin, whilst the natural oils within the decadent product will help your skin to retain moisture. Once you are feeling relaxed after this luxurious treat, you can enjoy the beauty of the area and explore the rich history of Hastings.

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## YOUR SMARTBOX

- Wash, cut and blow-dry

## WASH, CUT AND BLOW-DRY AT HEADZ UP

CLACTON • ESSEX

Visit Headz Up to refresh your hair with a wash, cut and blow-dry. Located in Clacton, this salon has a friendly and relaxing atmosphere to make you feel instantly at ease. Your stylist will give you a relaxing hair wash and cut your hair into a style you want, in a way that best suits you. You hair will then be blow-dried to leave it smooth and soft. You will have hair that looks and feels transformed by the end of your visit.

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### YOUR SMARTBOX

- Enjoy a pamper treatment for one
- Choose between a 60 minute facial or a 30 minute neck, back and shoulder massage
- Welcoming staff with over 20 years of experience
- Peaceful and stylish venue

## CHOICE OF LUXURY PAMPER TREAT AT PURE HEALTH AND BEAUTY

GREAT DUNMOW • ESSEX

Treat yourself to an unforgettably blissful pampering treatment at Pure Health and Beauty. The perfect way to recharge your batteries, you'll put your feet up and take a breather as an expert with over 20 years of experience treats you to your choice of beauty service and helps replenish your wellbeing. Whether you select the revitalising 60 minute facial or the heavenly 30 minute neck, back and shoulder massage, you are bound to leave with all that stress off your shoulders.

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## YOUR SMARTBOX

- Enjoy an aromatherapy massage or a make-up lesson for one

# AROMATHERAPY MASSAGE OR MAKE-UP LESSON AT JUST PAMPERED RAYLEIGH

RAYLEIGH • ESSEX

You'll feel spoilt for choice with the option of a massage or make-up lesson at Just Pampered Rayleigh. Conveniently situated on the High Street in Rayleigh, Essex, you will receive a warm welcome from the experienced staff when you arrive before you begin your choice of treatment. You can choose to unwind with an aromatherapy massage that will use essential oils to relax your mind and a combination of techniques to concentrate on specific areas of tension. Alternatively, enjoy a make-up lesson where you can learn more about the products that suit you, so you can get the most out of your beauty regime. The choice is yours!

## TO BOOK :

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## YOUR SMARTBOX

- Transform your hair with a cut and finish at Kink Hair

## CUT AND FINISH AT KINK HAIR

SOUTHEND ON SEA • ESSEX

Feel great with a cut and finish at Kink Hair in Southend-on-Sea.

Take a break from your daily routine and let the expert stylists recommend a new style that will complement you perfectly. Your stylist will cut your hair in a style that suits you and ensure that it is finished perfectly, bringing some life back to your locks and making you feel transformed. Whatever style you choose, you'll want to show off the 'new you' when you leave the salon!

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## YOUR SMARTBOX

- Two pampering treatments
- Includes a blow-dry
- Includes a mini manicure
- Staff only use leading brands

## PAMPER TREATS AT POLISHED NAIL AND BLOW DRY BAR

GOSPORT • HAMPSHIRE

You might have had a draining week or a stressful few days. A refreshing pampering session at this magnificent venue in Hampshire is just what you need to feel refreshed. Let your hair down as a professional stylist spoils you with a glamorous blow-dry that will leave you feeling beautiful inside and out. You will also be treated to an immaculate mini manicure to give your nails a boost, using premium products that are long lasting and extremely chip resistant.

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## YOUR SMARTBOX

- Express Gel or Polish French Pedicure for one person

## EXPRESS GEL OR POLISH FRENCH PEDICURE AT HOUSE OF TRINITY

SOUTHAMPTON • HAMPSHIRE

You'll love this pampering time at Hampshire's stylish House of Trinity salon, with an Express French Pedicure being offered with either gel or polish. You'll arrive at the salon and be given a warm welcome before your expert therapist takes you through your treatment, tidying up your nails before applying the unique French pedicure as either a gel or polish finish. You'll leave feeling pampered and relaxed, with a new spring in your step!

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## YOUR SMARTBOX

- Enjoy a choice of pampering treatment
- Choose between a basic cleansing and anti-ageing treatment, a 1 hour Swedish body massage, a 1 hour aromatherapy massage, a 1 hour Indian head massage or gel nail extensions

## PAMPER TREAT AT PURESUN BEAUTY

SOUTHSEA • HAMPSHIRE

After an indulgent pamper treatment at Puresun Beauty, you'll feel like you're on top of the world, and at this salon, 100% organic products are used. You could choose to spoil your fingers with the gel nail extensions treatment or maybe it's your body that needs a little relaxation, and there's no better treatment for that than a soothing Swedish body massage. Whichever treatment you go for, you'll have a memorable experience at the venue and leave feeling refreshed!

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## YOUR SMARTBOX

- Choice of relaxing treatment
- Choose between an OPI gel polish on hands, a luxury pedicure, reflexology, a natural facelift massage, a 30 minute back massage, a 30 minute clarity Indian head massage or a 30 minute foot and leg stone massage

## LUXURIOUS TREATMENT AT HALCYON DAYS BEAUTY SALON

HYTHE • KENT

You will be amazed by the wide range of luxurious options to choose from in this pampering session at Halcyon Days Beauty Salon. The friendly and expert professionals will take you through all of the specific treats and will be able to guide you to make the best choice based on your individual needs. Your choices include a luxury pedicure, reflexology, a natural facelift massage, a 30 minute back massage, a 30 minute clarity Indian head massage or a 30 minute foot and leg stone massage. This treatment has everything you need for a relaxing session at the salon.

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## YOUR SMARTBOX

- A 25-minute Swedish Back Massage or Aromatherapy Back Massage

## 25 MINUTE CHAMPNEYS BACK MASSAGE

CHAMPNEYS DAY SPA GUILDFORD • SURREY

We all hold so much stress in our backs. Let Champneys spa in Guildford take you out of your punishing routine, for an expert massage to ease those muscles. Heavy bags, office chairs, lifting and carrying, all of these take their toll on your posture and can cause pain that affects your daily life. Choose a gentler aromatherapy massage, using oils blended to your specific needs in consultation with your therapist, or a Swedish massage, for a deep treatment to really release deep muscle tension! Leave yourself time to peruse the spa's great selection of professional-grade beauty and spa products, not available in shops.

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## YOUR SMARTBOX

- A 55 minute manicure at Champneys
- Tranquil environment in the heart of town
- Friendly and qualified team of therapists

## CHAMPNEYS LUXURY MANICURE

CHAMPNEYS DAY SPA GUILDFORD • SURREY

This wonderful gift is just what you need if you wish to transform your hands and nails. Spoil yourself with a magnificent 55-minute manicure at the Champneys high street spa in Guildford. In the safe hands of their 80 year heritage, you can sit back and relax, whilst you receive a relaxing hand massage, followed by your manicure from one of the Champneys experts. You will leave the spa looking glamorous, feeling refreshed and ready to show off those pampered nails.

### TO BOOK :

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## YOUR SMARTBOX

- One treatment of your choice from either a Express Facial, a 25 minute Back, neck and shoulder massage or a 25 minute manicure or pedicure

## CHOICE OF TREATMENT AT THE LUXURY GAP

HASLEMERE • SURREY

The Luxury Gap, situated in the pretty market town of Haslemere, is an established salon of 20 years. Conveniently located, you'll enjoy beautiful views of rolling hills when you visit for your treatment. With four treatment options to choose from, there's something for everyone. If you opt for the back, neck and shoulder massage, the experienced therapist will release any knots from these key areas using massage techniques and ESPA body oil for a relaxing 25 minutes. If your tired hands and feet need a treat, the manicure or pedicure treatment is for you. Otherwise, you can opt for an express facial to restore the glow back into your complexion!

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## YOUR SMARTBOX

- Enjoy a 55 minute luxury pedicure treatment
- Your feet will be buffed, soaked and massaged
- Friendly and qualified team of therapists

## CHAMPNEYS LUXURY PEDICURE TREATMENT

CHAMPNEYS DAY SPA CHICHESTER • WEST SUSSEX

You spend a lot of time on your feet, so give them the care they deserve with a truly pampering pedicure that will have them looking so stunning, you'll want to keep looking down at them! Stepping into Champneys Day Spa Chichester, you'll feel instantly soothed by the tranquil environment and friendly staff. Sit back and relax while your feet are buffed, soaked and massaged while your nails are shaped and filed to perfection and painted with a stunning polish in your choice of colour. Lasting a full 55-minutes, this deluxe treatment is the perfect treat!

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## YOUR SMARTBOX

- One treatment of your choice from either:
- Caudalie express facial
- REN express facial
- OPI Gel manicure

## CHOICE OF FACIAL OR MANICURE AT THE RETREATERY

EAST GRINSTEAD • WEST SUSSEX

The indulgent treatments available at The Retreatery Salon in East Grinstead will leave you feeling spoilt for choice! The friendly staff at this luxurious salon will make you feel right at home as you sit back and enjoy the treatment of your choice. Choose between a Caudalie express facial which uses natural products to nourish and nurture the skin or a REN express facial which will work to solve any skin concerns. Alternatively, choose an OPI Gel manicure which will leave you with well-groomed, chip-free nails that are finished in a gorgeous OPI polish for high-gloss and high quality.

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### YOUR SMARTBOX

- Wash, blow-dry and style
- Excellent customer care
- Central location on the high street

## RELAXING WASH, BLOW-DRY AND STYLE AT HAIR 33

BRISTOL • BRISTOL

You'll have an experience to remember at Hair 33. This delightful salon is completely focused on the wants and needs of its customers and the dedicated styling team will go above and beyond to ensure that your hair dreams come true. You'll be able to relax and take it easy while you enjoy a salon quality wash, blow-dry and style. Everything will be completed exactly the way you want it so you can walk out with your head held high and a spring in your step!

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## YOUR SMARTBOX

- Wash and blow-dry with conditioning treatment

## WASH AND BLOW-DRY AT INNOVATION

BRISTOL • BRISTOL

Add a touch of indulgence to your day with a wash and blow-dry with conditioning treatment. You'll be thrilled that you took some much-needed 'me time' with this pampering package, that will leave your luscious locks looking and feeling totally revitalised. The passionate team at Innovation Unisex Hairdressing are sure to make your trip an enjoyable one, priding themselves on first-rate customer service and a lovely, welcoming atmosphere. Get ready for bolder, more vivacious hair!

### TO BOOK :

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## YOUR SMARTBOX

- A Wash, Cut and Blow-dry with Conditioning Treatment for One

# WASH, CUT AND BLOW-DRY WITH CONDITIONING TREATMENT AT CUTTING EDGE

BRISTOL • BRISTOL

Treat yourself to the sumptuous style you deserve. This indulgent package will transform your hair from lifeless to luscious in no time, leaving you with the salon-quality look you've always wanted. The highly skilled and friendly staff at Cutting Edge in Bristol are experts when it comes to providing excellence in the art of hairdressing, and are here to make your time with them truly relaxing and enjoyable. When they're done, your luxuriant locks will be chic and shimmering with a dazzling luminosity!

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## YOUR SMARTBOX

- Treat your feet to a full Shellac pedicure

## SHELLAC PEDICURE AT ORCHARD MAKEUP & BEAUTY

FALMOUTH • CORNWALL

Conveniently situated on the high street in Falmouth, Orchard Makeup & Beauty is a professional and welcoming salon where you will enjoy being pampered. Featuring two makeup stations, a brow bar and a nail station, you'll relax in the contemporary surroundings whilst enjoying a full Shellac pedicure. Shellac, which is cured through UV lighting, is harder and more durable than regular polish, so you'll have chip-free and perfect looking nails for up to three weeks. Go ahead and give your feet the treatment they deserve!

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## YOUR SMARTBOX

- Enjoy one treatment of your choice from either: prescriptive facial with head massage, luxury manicure with Shellac, Shellac for hands and feet or a hot bamboo massage

## CHOICE OF TREATMENT AT NO 23 HAIR AND BEAUTY

PLYMOUTH • DEVON

Unwind mind and body with your choice of treatment at No 23 Hair and Beauty in Plymouth. Choose between a prescriptive facial with head massage, luxury manicure with Shellac, Shellac for hands and feet or hot bamboo massage. Whatever you select, you'll leave feeling revived and relaxed after the expert team at No 23 have taken you through your indulgent 60-minute treatment.

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## YOUR SMARTBOX

- A full body massage

## FULL BODY MASSAGE AT FIVE CEDARS HEALTH AND BEAUTY

TIVERTON • DEVON

Step into Five Cedars Health and Beauty, on the outskirts of Tiverton, where you can spoil yourself with a soothing treatment. This friendly salon prides itself of delivering excellent service, with passionate therapists who have been trained to the highest standards by the House of Elemis in London. With this experience package, you will get to enjoy a full body massage. This treatment is the ultimate calming massage, and it's perfect for easing away muscle tension, providing deep relaxation and moisturising your skin. The salon also offers free refreshments, and free Wi-Fi to ensure you feel at ease during your visit.

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## YOUR SMARTBOX

- Enjoy a choice of pamper treat
- Choose between a back, neck and shoulder massage or Shellac removal and re-application
- Only the top brands used
- Professional and talented staff
- Outstanding service

## PAMPER TREAT AT WESTOVER BEAUTY

BOURNEMOUTH • DORSET

When the talented and professional team at Westover Beauty are ready to begin your luxury treatment, you will find it hard to drag yourself away from the enchanting sea view in the comfortable waiting room -but what's awaiting you will definitely be worth it! If beautifying is on the agenda then you can glam up with a Shellac removal and re-application, but if relaxation is what you're after then you can't go wrong with the soothing back, neck and shoulder massage.

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## YOUR SMARTBOX

- Enjoy a choice of pamper treat
- Choose between a 30 minute facial or a back, neck, shoulder and head massage
- Eco-friendly salon using only organic and vegan products during their treatments

## BACK NECK AND SHOULDER MASSAGE OR FACIAL AT THE SHED BOUTIQUE

BRIDPORT • DORSET

The guilt-free treatments at The Shed Hair and Beauty Boutique are the perfect way to indulge in some relaxation. Enjoy an express facial for gorgeous skin or a back, neck, shoulder and head massage for ultimate relaxation at this charming salon. Set in a cosy farmhouse in Bridport which boasts a country feel, the salon prides itself on being eco-friendly, using only the very best organic and vegan products during their treatments. You can sit back and be pampered knowing that no chemicals or toxins are being used in the process!

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## YOUR SMARTBOX

- You can pick one of the following treatments: back, neck and shoulder massage or a sumptuous facial

# BACK, NECK AND SHOULDER MASSAGE OR FACIAL AT BODHI TREE BEAUTY AND THERAPY

FROME • SOMERSET

In the gorgeous rolling Somerset hills, you will find a lovely Edwardian guest house – the home of The Bodhi Tree. This beauty and therapy centre is the perfect place for a relaxing back, neck and shoulder massage or nourishing facial. The soft tissues on your body will be manipulated expertly to make you feel relaxed and de-stressed, and is also a great way to reduce any pain. The facial will unclog your pores and give your skin a boost, resulting in your skin having a youthful, healthy glow.

## TO BOOK :

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## YOUR SMARTBOX

- A sensitive skin smoothing facial treatment

## SENSITIVE SKIN SMOOTHING FACIAL AT AQUA G

SWINDON • WILTSHIRE

Head to Swindon's Aqua G salon for some serious 'me time' with this indulgent pampering treat. Arriving at the salon you'll be given a warm welcome by the expert team before being taken through your treatment. The sensitive skin smoothing facial treatment will see your therapist conditioning, exfoliating and moisturising your skin, leaving it feeling smoother and looking brighter and refreshed. You'll leave feeling lighter and more relaxed, ready to face the rest of your week!

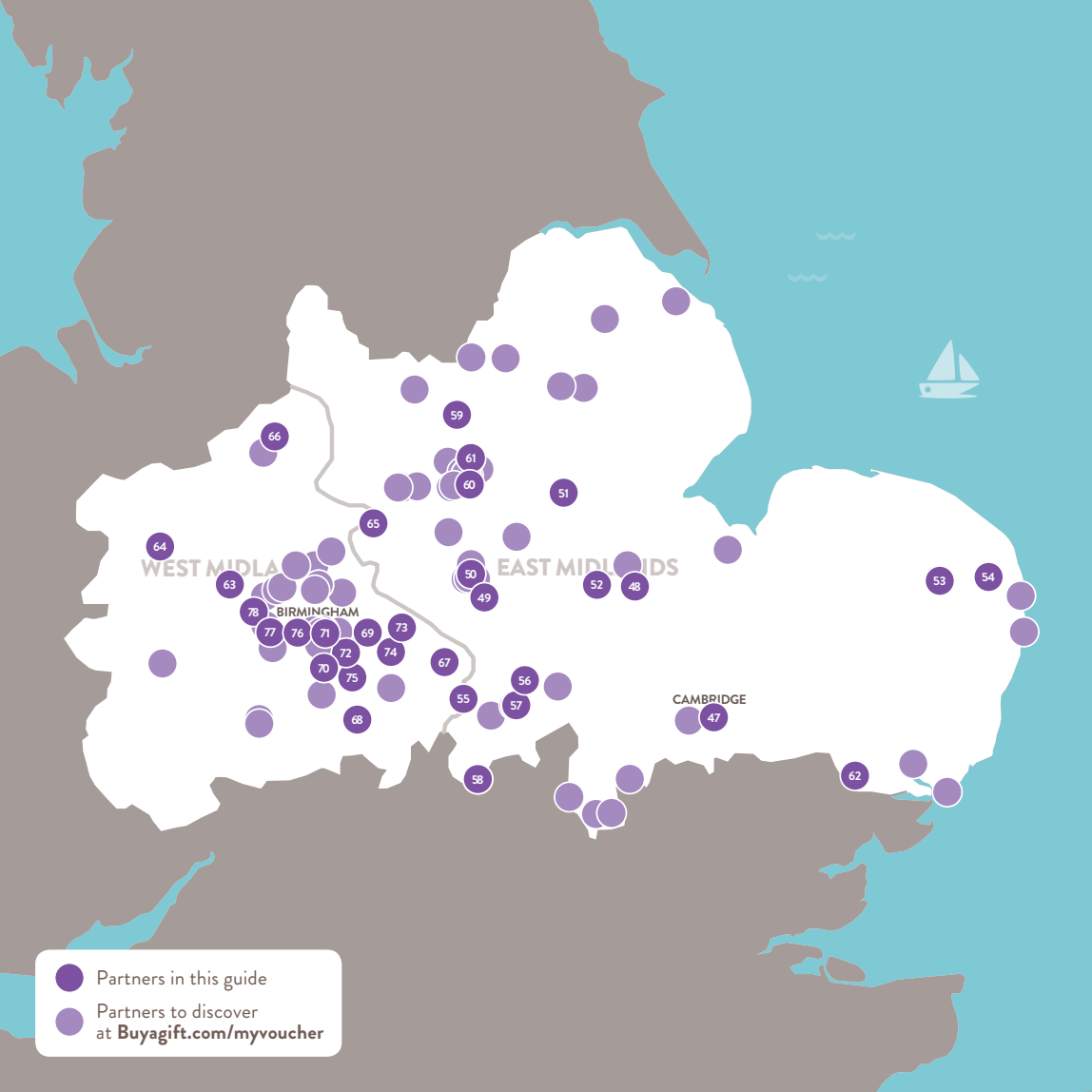
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**MIDLANDS**



WEST MIDLANDS

EAST MIDLANDS

BIRMINGHAM

CAMBRIDGE

- Partners in this guide
- Partners to discover at [Buyagift.com/myvoucher](https://www.buyagift.com/myvoucher)

## EXPERIENCES IN THE MIDLANDS

### EAST MIDLANDS

- 47. Choice of Beauty Treats at PURE Health Spa, Cambridge
- 48. Traditional Wet Shave or Swedish Full Body Massage at Groom and Butler, Peterborough
- 49. Party Make-up Application at City Looks Hair and Beauty, Leicester
- 50. Wash, Cut and Blow Dry at Selina's Salon, Leicester
- 51. Choice of Treatments at aUK Hair & Beauty, Grantham
- 52. Deluxe Manicure at Asembo Hair and Beauty, Stamford
- 53. Back, Neck and Shoulder Massage or Pedicure at Charisma Beauty and Nails, Norwich
- 54. Treatment Choice at High Grade House, Norwich
- 55. Back, Neck and Shoulder Massage at Hays Hair, Daventry
- 56. Refine Manicure at Kingsley Health and Beauty, Northampton
- 57. Revitalising Vivid Facial at Vivid Beauty, St Giles Street
- 58. Express Manicure and Pedicure at Red Barn Retreat, Westbury
- 59. Pamper Treat at Harmony Health Clinic, Mansfield
- 60. Back Ritual at Treats Beauty and Aesthetics, Nottingham

- 61. Neal's Yard Product Treatment at The Healing Touch Academy, Nottingham
- 62. Indulgent Massage at The Holistic Retreat, Sudbury
- @. Indian Head Massage or Full Body Exfoliation at Illusion's Beauty Henlow, Henlow
- @. Back, Neck and Shoulder Massage at Touchwood Beauty, Leighton Buzzard
- @. Pamper Treat for One at Beauty Central, Luton
- @. Sports Massage at Leagrave Therapy Clinic, Luton
- @. Manicure or Pedicure at Total Relaxation, Bar Hill
- @. Choice of Treatment at Serenity Beauty, Peterborough
- @. Full Body Massage at Elysium Beauty Rooms, Wisbech
- @. Photo Shoot with Makeover at Studio 1 Photography, Chesterfield
- @. Deep Cleanse Facial at Lilly Beauty Studio, Derby
- @. Luxury Facial at The Lash and Beauty Lounge, Derby
- @. Pampering Treat at Venus Nails and Beauty, Derby
- @. Manicure and Pedicure at Beautifulicious, Birstall

- @. 30 Minute Deep Tissue Massage for One at The Beauty Box Salon, Leicester
- @. Manicure and Pedicure at Pamper U Beauty Parlour, Leicester
- @. Manicure with Gelish Nails at Remy Beauty, Leicester
- @. Pamper Treat at Krem Beauty Salon for One, Leicester
- @. Relaxing Facial for One at B Paul Leicester, Leicester
- @. Swedish Massage at Loughborough Therapy Clinic, Loughborough
- @. Elemis Deep Tissue Back Massage at Sophie Élise Beauty Boutique, Melton Mowbray
- @. Indian Head Massage or Facial at The Beauty Loft Retreat, Doddington
- @. Indian Head Massage or Hopi Ear Candling at Beauty at the Gate, Grimsby
- @. Indian Head Massage or Facial at The Beauty Loft Retreat, Lincoln
- @. Treatment Choice at The Salon Lincoln, Lincoln
- @. Luxury Manicure, Pedicure or Swedish Back Massage at North Gulham Spa, Market Rasen
- @. Hair Treatment at Fusion Hair and Beauty, Great Yarmouth

## EXPERIENCES IN THE MIDLANDS

@. Indian Head Massage at iBar Beauty Salon, Norwich  
@. Pamper Treat at Head and Soul, Norwich  
@. Shellac Nails at Pampers Beauty Centre, Norwich  
@. Blow-dry at Vivid Hair, Northampton  
@. Deep Tissue Massage at Body Beautiful Northampton, Northampton  
@. Holistic Facial at The Art of Beauty, Northampton  
@. Relaxing Massage for One at LG Beauty Suite By Lady Glamour Eyes, Wellingborough  
@. Pamper Treatment for One at Red Barn Retreat, Westbury  
@. Pamper Treats with Wine for One at Mint Hair Salon, Beeston  
@. Choice of Treatment at All About You Hair and Beauty Salon, Nottingham  
@. Cut Throat Shave at Jack's Hairdressing, Nottingham  
@. Full Makeover at Cabella, Nottingham  
@. Makeover Photoshoot at Photo Nottingham Ltd, Nottingham

@. Manicure or Massage at Tranquillity Holistic Therapy Centre, Nottingham  
@. Pamper Treat for One at Giampiero Salon, Nottingham  
@. Pamper Treat for One at N8ked Truth Salon Boutique, Nottingham  
@. Pamper Treats at The Little Vintage Beauty Parlour, Nottingham  
@. Treatment Choice at Snips and Tips, Nottingham  
@. Wash, Trim and Blow-dry with Olaplex Treatment at Premier Hairdressing, Nottingham  
@. Pamper Treat for One at ATM Holistic Therapist, Nuthall  
@. Full Body Aromatherapy Massage at Serenity Holistics Therapies & Beauty, Retford  
@. Choice of Treatments at The Fragrant Touch, Worksop  
@. Photoshoot at Bushfire Photography, Felixstowe  
@. Sensational Pamper Treat at HydroJetz, Ipswich  
@. Pamper Treatment at Millie Rose Hair and Beauty, Lowestoft

## WEST MIDLANDS

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63. Coloured Gel Overlay at House of Beauty, Shifnal  
64. Full Set of Natural Nails at Carma Salon, Shrewsbury  
65. Neck, Back and Shoulder Massage at Liberty Spa, Burton on Trent  
66. Choice of Treatment at The Beauty Boutique, Stoke-On-Trent  
67. Back, Neck and Shoulder Massage at Urban Beauty, Rugby  
68. Back Massage at Looking Glass Aesthetics, Stratford upon Avon  
69. Mani and Pedi at The Essentials Beauty Salon, Birmingham  
70. Pamper Treat at LOVEIT Studios for One, Birmingham  
71. Relaxing Facial Treatment Session at Suki Salon, Birmingham  
72. Treatment at Joanne's Hair and Beauty Salon, Birmingham  
73. Luxury Pamper Treat at The Glamour Room, Coventry  
74. Pamper Treats at iPhotography Limited, Coventry  
75. Pamper Treat at Skin Health Spa Dorridge, Dorridge  
76. Choice of Treatment at Beauty Touch Hair and Beauty Salon, Walsall

77. Full Body Massage at B's Skin and Beauty Laser Clinic, Wolverhampton

78. Wash, Cut and Blow-dry with Prosecco at Addiction Hair and Beauty, Wolverhampton

@. Back and Head Massage at Quintessential Hair & Beauty, Ludlow

@. Full Body Massage or Reflexology at Beautique, Cannock

@. Pamper Treat at Heavenly Beauty, Lichfield

@. Cuccio Spa Manicure at Jasmin Olivia, Stoke-on-Trent

@. Full Body Massage with Oils at Relax and Revive, Bedworth

@. Dermalogica Facial and Eyebrow Shape at Arabella Hair and Beauty, Leamington Spa

@. Pamper Treat for One at Chez Titine, Leamington Spa

@. Photoshoot with Personalised Viewing Session at Regent Studios, Leamington Spa

@. GELeration Gel Overlay Manicure at Synergy Hair and Beauty, Studley

@. Back, Neck and Shoulder Massage at Tandis Hair and Beauty, Birmingham

@. Basic Manicure or Swedish Massage at Archfit Beauty, Birmingham

@. Choice of Treatments at Suprina Salon and Spa, Birmingham

@. Express Pamper Treatment at Vibro Suite, Birmingham

@. Full Body Massage at Beauty Secrets, Birmingham

@. Herbal, Vitamin C or Vitamin E Facial at Beauty Sophia's Way, Birmingham

@. Make-up at Caroline's Hair Nails and Beauty Salon, Birmingham

@. Makeover and Photo Shoot at Aspire Studios, Birmingham

@. Microdermabrasion Facial at Caroline's Hair Nails and Beauty Salon, Birmingham

@. Pamper Treats for One at Flitz Herbal and Holistic Centre, Birmingham

@. Swedish Body Massage at Friday's Beauty, Birmingham

@. Deluxe Pedicure at Colabella Hair and Beauty, Bliston

@. Pamper Treatment for One at Beautiful You and For Him, Kingswinford

@. Pamper Treat at V Spa Hair and Beauty for One, Solihull

@. Pamper Treatment at Clouds Beauty and Male Grooming, Solihull

@. Deep Tissue Massage at Tranquil Spa Hagley, Stourbridge

@. Parafin Pedicure at Rejuvenate Aesthetics, Sutton Coldfield

@. Deluxe Pedicure or Microdermabrasion Facial at Fresh Beauty Clinic, Walsall

@. Deluxe Pedicure at Colabella Hair and Beauty, Wolverhampton

@. Pamper Treat at Calm Therapy Centre for One, Wolverhampton

@. Indian Head Massage at Eve Beauty, Worcester

@. Wash, Cut and Blow-dry at Hibiscus Beauty, Worcester



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## YOUR SMARTBOX

- Pampering treatment for one
- Choose between a full body massage, a Swedish massage, a back, neck and shoulder massage, a radiance facial, a deluxe manicure or an express pedicure
- Friendly and experienced staff

## CHOICE OF BEAUTY TREATS AT PURE HEALTH SPA

CAMBRIDGE • CAMBRIDGESHIRE

If you have had a stressful week at work or are just in need of some pampering, a relaxing session at this sensational venue in Cambridge is exactly what you are looking for. You will have a wide range of superb treatments to choose from. If you have got aches and pains that need to be soothed away, then pick one of many wonderful massages on offer, which all last for over half an hour. If you'd prefer some beautification however, then perhaps you would fancy a facial or a manicure instead.

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*Groom & Butler*  
The male only grooming and waxing studio in Peterborough

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## YOUR SMARTBOX

- Choose one of the following treatments: 60 minute traditional wet shave or a 60 minute full body Swedish massage

## TRADITIONAL WET SHAVE OR SWEDISH FULL BODY MASSAGE AT GROOM AND BUTLER

PETERBOROUGH • CAMBRIDGESHIRE

Head to Groom and Butler in Peterborough to enjoy a choice of a traditional wet shave or a full body Swedish massage. If you choose to have a traditional wet shave, you will first receive an invigorating face scrub before you are shaved using oils and traditional shave cream. Hot menthol towels and cold citrus towels will be used to make the treatment more relaxing and a moisturiser will be applied to the skin for ultimate softness. If you prefer, you can enjoy a Swedish massage. You will feel de-stressed and well-groomed by the end of your treatment.

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## YOUR SMARTBOX

- Party make-up application
- Professional and friendly hair and beauty salon
- Skilled team offer exceptional service

## PARTY MAKE-UP APPLICATION AT CITY LOOKS HAIR AND BEAUTY

LEICESTER • LEICESTERSHIRE

Feeling pampered once in a while is definitely a good thing! If you feel like you've earned a treat, try a fabulous party make up application at City Looks Hair and Beauty in Leicester. Catering to your needs, this professional beauty salon will give you a stunning new look so jaw-dropping that you will want to get out and show it off! You'll be made to look like a star with expert use of only the best cosmetics, so you'll be ready for an incredible night out!

### TO BOOK :

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## YOUR SMARTBOX

- A full wash, cut and blow-dry
- Fantastic Leicester countryside location
- Drinks and snacks on arrival

## WASH, CUT AND BLOW DRY AT SELINA'S SALON

LEICESTER • LEICESTERSHIRE

Unwind at Selina's Hair, a fabulous beauty salon located in Leicester. This treatment session gives you a fantastic opportunity to escape to the countryside. Just sit back and let a professional beauty therapist provide you with the hairstyle you've been dreaming of. You'll be given a full wash with a scalp massage, followed by a cut of your choice and finally, styled to meet your expectations. Selina's Salon prides itself on professional and friendly experiences, so you can expect only the best service.

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## YOUR SMARTBOX

- Enjoy a choice of treatment
- Choices include an Indian head massage, a manicure, a pedicure or a facial

## CHOICE OF TREATMENTS AT AUK HAIR & BEAUTY

GRANTHAM • LINCOLNSHIRE

Choose one of four soothing and revitalising treatments at Grantham's UK beauty salon. Delivering the very best in head to toe pampering, they are committed to making you feel incredible on the inside while looking fabulous on the outside. Try a revolutionary new A-Lift facial to rejuvenate your skin and refresh your complexion, an Indian head massage for an incredible sense of wellbeing and relaxation, or give your hands and feet a well-earned break with an indulgent manicure or pedicure. Head down now for a radiant new you that you'll love showing off to everyone!

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## YOUR SMARTBOX

- Enjoy a deluxe Jessica manicure
- Transform tired hands

## DELUXE MANICURE AT ASEMBO HAIR AND BEAUTY

STAMFORD • LINCOLNSHIRE

Indulge in a treatment for hands with a Jessica deluxe manicure at Asembo Hair and Beauty in Stamford, Lincolnshire. You will receive a warm welcome at this popular salon, where an expert therapist will transform and nourish your tired hands by buffing, cuticle tidying and nail shaping, before polishing the nails with gorgeous Jessica varnish for a glamorous high-gloss finish. This is the perfect way to enjoy some 'me time' in a calming environment.

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## YOUR SMARTBOX

- Enjoy a pamper treatment for one
- Choose between a 45 minute massage or an ORLY signature spa pedicure

## BACK, NECK AND SHOULDER MASSAGE OR PEDICURE AT CHARISMA BEAUTY AND NAILS

NORWICH • NORFOLK

Unwind and enjoy a massage or a pedicure at Charisma Beauty & Nails in Norwich, Norfolk. This stunning salon has elegant features and bright, airy rooms to create a calm and tranquil atmosphere. Choose to have a back, neck and shoulder massage that will relieve you of any muscle tension and help to de-stress your mind. If you prefer you can have an ORLY signature spa pedicure which includes a foot soak and scrub, nail and cuticle work, rasping of hard skin, a hydrating foot mask, foot and leg massage and application of ORLY nail polish. This is the perfect place to treat yourself to some 'me time' in a lovely setting.

### TO BOOK :

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## YOUR SMARTBOX

- Choose one of the following treatments:
- Gel pedicure
- Nouveau express lashes
- Hot stone back, neck and shoulder massage

## TREATMENT CHOICE AT HIGH GRADE HOUSE

NORWICH • NORFOLK

Treat yourself to a touch of glamour and relaxation at the High Grade House in Norwich, where you can enjoy a luxurious moment of me time.

If you're feeling tense and need to unwind, you can de-stress with a hot stone back, neck and shoulder massage. Or, if you fancy a little pick me up, indulge in a gel pedicure or nouveau express lashes.

If you're heading out for a night on the town, or you want to glam up for a date, the express lashes are ideal as they are designed to mimic your own lashes for a natural, flawless look. If you want longer lasting nails, opt for the gel pedicure, as you will have beautiful nails for weeks.

### TO BOOK :

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### YOUR SMARTBOX

- Indulgent spa experience for one
- Enjoy a back, neck and shoulder massage

## BACK, NECK AND SHOULDER MASSAGE AT HAYS HAIR

DAVENTRY • NORTHAMPTONSHIRE

When you need some time away from your busy schedule, head down to Hay's Hair for a soothing back, neck and shoulder massage that will melt away unwanted tension and stress. This restorative therapy is perfect for treating aches and pains as well as anxiety, helping to calm your mind while your body receives an indulgent pampering treat. This really is the ideal way to give yourself a much-needed boost that only a professional-quality treatment package can provide. Give in to temptation and spoil yourself!

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## YOUR SMARTBOX

- Enjoy a refine manicure
- Salon is located in Northampton

## REFINE MANICURE AT KINGSLEY HEALTH AND BEAUTY

NORTHAMPTON • NORTHAMPTONSHIRE

Take some time just for you to enjoy A-list treatment with a refreshing pampering treatment at Kingsley Health & Beauty. The luxury refine manicure will transform your hands and nails, and includes a hand mask and massage, so you can guarantee you'll be well taken care of! A bespoke consultation is followed by a unique treatment experience with a dedicated skincare expert. After an hour of filing, shaping and buffing, you're sure to leave feeling well and truly refreshed!

MIDLANDS

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## YOUR SMARTBOX

- Revitalising vivid facial
- Restore your skin's glow

## REVITALISING VIVID FACIAL AT VIVID BEAUTY

ST GILES STREET • NORTHAMPTONSHIRE

Drift away as you are completely pampered in the warm, friendly surroundings of Northampton's Vivid Beauty. Here the team are all trained to the highest standard and they will perform your treatment with top level quality and care. All you have to do is lie back and revel in the wonderful sensation of being pampered as you delight in a revitalising vivid facial. By the time your session is over, you will be leaving with an energetic glow.

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## YOUR SMARTBOX

- Enjoy two treatments
- Includes a 30 minute express manicure and a 30 minute pedicure

## EXPRESS MANICURE AND PEDICURE AT RED BARN RETREAT

WESTBURY • NORTHAMPTONSHIRE

You'll feel pampered in no time after this relaxing health and wellness session. Situated in the scenic Northants countryside and just five minutes from Brackley and Buckingham, the light and modern Red Barn Retreat is a great choice of venue to enjoy an express manicure and pedicure lasting 30 minutes each. You'll leave wanting to show off your refreshed hands and feet, after your nails have been reshaped, filed and painted with a splash of colour.

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## YOUR SMARTBOX

- Enjoy a choice of pamper treat
- Choose from a hot stone massage, a reflexology treatment or a beautiful manicure colour and polish or pedicure colour and polish
- Easily accessible location in Mansfield

## PAMPER TREAT AT HARMONY HEALTH CLINIC

MANSFIELD • NOTTINGHAMSHIRE

An express herbal reflexology treatment is an amazing way to de-stress. The special technique works on the idea that the feet are a map of the body, and by focusing on reflex points in this area health and wellness can be restored. This is just one of the options available to you at Harmony Health Clinic; you can also choose a soothing and relaxing hot stone massage or a beautiful manicure colour and polish or pedicure colour and polish. Whatever treatment you choose, you will leave feeling tranquil and calm.

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## YOUR SMARTBOX

- Relax and unwind on the heated couch
- Enjoy a Decleor Red Island back ritual treatment

## BACK RITUAL AT TREATS BEAUTY AND AESTHETICS

NOTTINGHAM • NOTTINGHAMSHIRE

Give your back the treatment it deserves at Treats Beauty and Aesthetics in West Bridgford, Nottingham. The salon owner is a qualified nurse and has over 10 years of experience in aesthetic treatments. With an advanced team of staff joining her, you'll enjoy a Decleor Red Island back ritual from expert therapists. You'll relax on a heated couch with the soothing scents of Decleor massage balm and calming music during your treatment, which will alleviate any tension in your back.

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## YOUR SMARTBOX

- Enjoy a Neal's Yard product treatment
- Choose between a Swedish full body massage, a deep thermal stone back massage, a firming body therapy, a super boost firming facial or a restore and revitalise hydrating facial

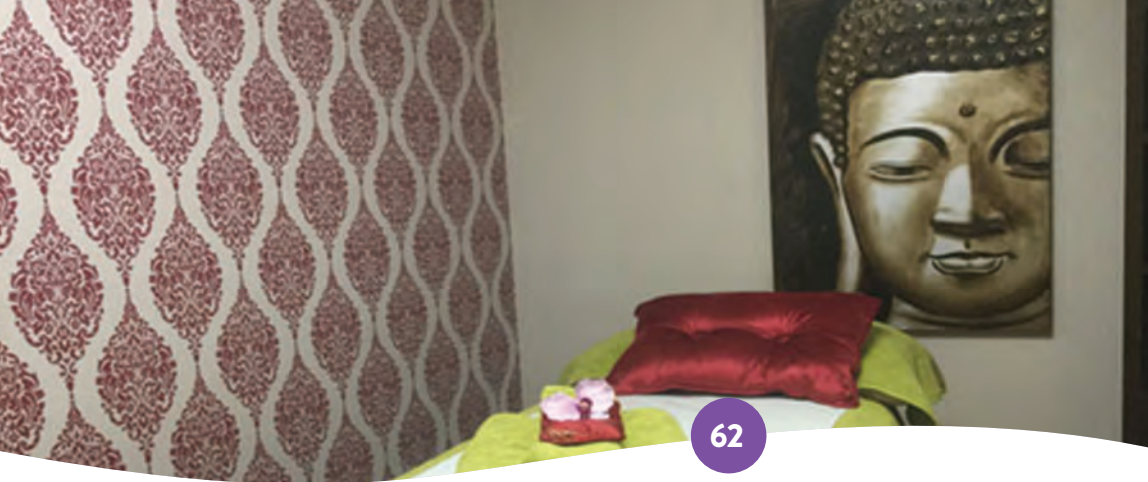
## NEAL'S YARD PRODUCT TREATMENT AT THE HEALING TOUCH ACADEMY

NOTTINGHAM • NOTTINGHAMSHIRE

Experience an afternoon of serene bliss with this pampering session at The Healing Touch Academy. With a wide range of choices on offer, you will be able to select a treatment that is most suited to your needs and desires. The extensive range of options includes a Swedish full body massage, a deep thermal stone back massage and also, a number of Neal's Yard Remedies products. Whichever experience you choose, you are certain to leave refreshed, invigorated and ready to take on the world.

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## YOUR SMARTBOX

- Enjoy a soothing massage
- Choose between a full body Swedish massage or a hot stone variety
- Set in the tranquil Essex countryside
- A full sensory experience with calming lighting, scents and sounds

## INDULGENT MASSAGE AT THE HOLISTIC RETREAT

SUDBURY • SUFFOLK

Leave the stresses and strains of everyday life behind during a peaceful massage in the charming village of Assington. You'll feel relaxed as soon as you walk through the door of this luxurious retreat, surrounded by blissful scenery and countryside. Let yourself be swept away by the venue's soft lighting, soothing scents and calming music as you enjoy 50 minutes of pure heaven. You'll be able to choose either a full body Swedish massage or a hot stone variety, both of which are sure to ease away all your knots and tensions.

MIDLANDS

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## YOUR SMARTBOX

- A 45 minute coloured gel overlay treatment with a colour of your choice
- Leave the salon feeling relaxed

## COLOURED GEL OVERLAY AT HOUSE OF BEAUTY

SHIFNAL • SHROPSHIRE

Get gorgeous nails with a coloured gel overlay treatment at House of Beauty. Situated in the market town of Shifnal, this salon is modern and stylish with friendly staff to make your visit feel especially luxurious. Your gel overlay treatment will leave you with strong, long-lasting and chip-free nails that are finished in a glamorous colour of your choice. You will leave the salon feeling pampered and relaxed and with nails you want to show off.

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## YOUR SMARTBOX

- Enjoy a full set of natural nails
- Revamp your hands with a glossy makeover

## FULL SET OF NATURAL NAILS AT CARMA SALON

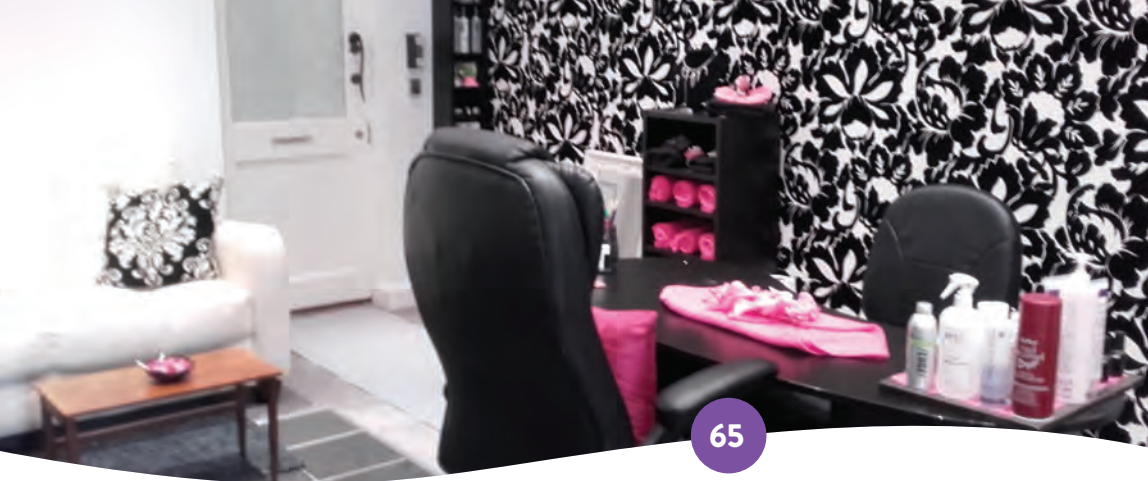
SHREWSBURY • SHROPSHIRE

Are your nails in need of a bit of a refresh? This full set of natural nails at the Carma Salon in Shrewsbury will revamp your hands with a glossy makeover as your friendly therapist puts all their experience into making your nails and hands look fabulous. The treatment will last for around 45 minutes, giving you plenty of time to unwind and relax, before heading out feeling pampered and revived, and perhaps ready for some shopping to complete your fresh new look!

MIDLANDS

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## YOUR SMARTBOX

- A 50 minute neck, back and shoulder massage
- Many products used are hypoallergenic
- Only the finest natural ingredients used
- Post treatment advice available

## NECK, BACK AND SHOULDER MASSAGE AT LIBERTY SPA

BURTON ON TRENT • STAFFORDSHIRE

Both your mind and body will be peaceful and content after a luxury minute back, neck and shoulder massage performed by an expert masseuse at Liberty Spa in Staffordshire. Any muscle pain caused by tension and stress will be long gone after this fabulous pamper treat by the highly qualified beauticians on-site. The specialised movements of this opulent massage will promote the stimulation of endorphins, leaving you feeling refreshed and revived.

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## YOUR SMARTBOX

- Enjoy one treatment of your choice
- Choose from either a pedicure or a luxury facial, lasting for an hour

## CHOICE OF TREATMENT AT THE BEAUTY BOUTIQUE

STOKE-ON-TRENT • STAFFORDSHIRE

Take time out of your daily routine and enjoy some pampering just for yourself at The Beauty Boutique. Rest assured that at this popular spot, you'll be well taken care of. You can choose from a luxury hour long facial where your skin will be cleansed, exfoliated and moisturised, followed by a face, neck and shoulder massage to release any unwanted tension. If your nails are in need of some TLC, opt for a gel polish application with a pedicure - the choice is yours!

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## YOUR SMARTBOX

- Enjoy a back, neck and shoulder massage
- 30 minute treatment time

## BACK, NECK AND SHOULDER MASSAGE AT URBAN BEAUTY

RUGBY • WARWICKSHIRE

Relieve tired and tense muscles with a luxurious back, neck and shoulder massage at one of Rugby's top beauty destinations. You'll arrive and be welcomed into the relaxing environment of the salon before an experienced therapist will take you through your 30 minute back, neck and shoulder massage. A variety of pressures and rhythms will be used to ease away all the tension and knots in your muscles, leaving you feeling revived and ready for anything!

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## YOUR SMARTBOX

- A Swedish back and shoulder massage lasting 30 minutes
- Ease away tension, aches and pains

## BACK MASSAGE AT LOOKING GLASS AESTHETICS

STRATFORD UPON AVON • WARWICKSHIRE

When it seems like there's nowhere to go to escape the hustle and bustle of daily life, head to the elegant Looking Glass Aesthetics salon in Stratford-Upon-Avon for a relaxing and invigorating Swedish back and shoulder massage. Using a fragrant blend of aromatherapy oils, your experienced therapist will spend 30 minutes focusing on any problem areas you may have, such as tight nerves. This massage is the perfect solution for easing away tension, aches and pains.

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## YOUR SMARTBOX

- A mini manicure and pedicure
- Great high street location

## MANI AND PEDI AT THE ESSENTIALS BEAUTY SALON

BIRMINGHAM • WEST MIDLANDS

Pamper your hands and feet with this gift experience at The Essentials Beauty Salon, conveniently located on the high street in Coleshill, Birmingham. If you're getting ready for a night on the town or simply want to treat yourself, the experienced therapists will awaken your nails with a mini manicure and mini pedicure. The treatment includes cuticle tidying, nail shaping, buffing, as well as your choice of nail polish to complete your look!

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## YOUR SMARTBOX

- Choose one of the following treatments: 30 minute back, neck and shoulder massage or a wash and blow-dry
- A glass of bubbly on arrival

## PAMPER TREAT AT LOVEIT STUDIOS FOR ONE

BIRMINGHAM • WEST MIDLANDS

Get a taste of the highlife without the expense, with this plush pamper treat at Love It! Studios. Positioned in the heart of Birmingham City Centre's thriving business district, this fashionable venue offers a sensational beauty fix for those that are in need of a little TLC. Pick between two popular beauty trends - a satisfying 30 minute Back, Neck and Shoulder Massage to release tense muscles and rebalance your soul, or enjoy a Wash and Blow-dry by one of the talented hair stylists, just the trick if you have a big date planned. A glass of bubbly will also be offered on arrival, so you can get into that Friday feel any day of the week!

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## YOUR SMARTBOX

- Enjoy a relaxing facial
- Passionate and experienced beauticians
- Situated in the heart of Birmingham

## RELAXING FACIAL TREATMENT SESSION AT SUKI SALON

BIRMINGHAM • WEST MIDLANDS

Illuminate your skin with this wonderful pampering session at Suki Hair and Beauty Salon. If you're looking for a session of pure beautification then look no further than this 45 minute rejuvenating facial. Let fully trained expert therapists work their magic on every nerve ending and leave you looking spectacular. You'll love this friendly and welcoming salon, and they will make sure you have a wonderful afternoon and leave with a smile on your face.

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## YOUR SMARTBOX

- Two beauty treatments of your choice
- Choose between a Swedish back, neck and shoulder massage, classic manicure, a classic pedicure or a mini facial

## TREATMENT AT JOANNE'S HAIR AND BEAUTY SALON

BIRMINGHAM • WEST MIDLANDS

Feel totally refreshed after a visit to Joanne's Hair and Beauty Salon.

Situated in Birmingham, you can enjoy two treatments of your choice to make you feel brand new. You can choose to relax with a mini facial to give you clean and bright skin, or a Swedish back, neck and shoulder massage to soothe your muscles and de-stress your mind. Alternatively, enjoy some pampering with a classic manicure or pedicure, to give you perfectly shaped and painted nails that look great. You won't be disappointed with the thorough and luxurious treatments you receive, whichever two you opt for!

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## YOUR SMARTBOX

- Choose between a pedicure or a facial
- A professional and popular salon
- Fully qualified and talented staff

## LUXURY PAMPER TREAT AT THE GLAMOUR ROOM

COVENTRY • WEST MIDLANDS

At The Glamour Room in Coventry you'll finally be able to get the rest and relaxation you've been looking for. This high quality, professional beauty salon has a dedicated team of experienced and talented therapists who work to ensure your experience is nothing short of perfect.

Whatever treatment you choose, you will be walking out of your session feeling better than ever. You could treat your toes to a luxury pedicure, or rejuvenate and revitalise your skin with a luxury facial.

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## YOUR SMARTBOX

- A pampering treat and photo shoot with background changes
- A style consultation
- A MAC makeover
- A dry hairstyling
- Refreshments throughout and two free images to take home

## PAMPER TREATS AT IPHOTOGRAPHY LIMITED

COVENTRY • WEST MIDLANDS

This photo shoot with added pampering is exactly what you need to shine! The wonderful creative team will give you a full style consultation when you arrive so you can achieve the perfect look you've always dreamed of. After this you'll be spoilt with a full MAC makeover and dry hairstyling, giving you the ultimate glamorous look. Once you're ready, the expert photographers will work their magic providing you with wonderful memories you can keep forever.

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## YOUR SMARTBOX

- Choice of a facial for one
- Options include an aromatherapy facial, exfoliating microdermabrasion facial with enzyme mask, tightening and hydrating transderm facial and a flint facial using tailored skin products

## PAMPER TREAT AT SKIN HEALTH SPA DORRIDGE

DORRIDGE • WEST MIDLANDS

One of the UK's leading centres for advanced skin care is Skin Health Spa, a high-end spa whose aim is to provide every customer with a wonderful pampering experience. They help customers to feel good about themselves as well as taking care of their health, and they do this with the help of the highly experienced and skilled doctors, nurses, and aestheticians at the Dorridge clinic. With this treat you will be spoilt with an incredible facial, but the type is up to you! You could take it easy with an aromatherapy facial or opt for something a little more advanced such as the tightening and hydrating transderm facial.

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## YOUR SMARTBOX

- Enjoy a choice of treatment
- Choose between a facial or an aromatherapy massage at Beauty Touch Hair and Beauty Salon
- Relaxing ambience
- Professional and friendly staff

## CHOICE OF TREATMENT AT BEAUTY TOUCH HAIR AND BEAUTY SALON

WALSALL • WEST MIDLANDS

If you're feeling stressed and tense, the perfect remedy is a little pampering. With this wonderful treat at Beauty Touch Hair and Beauty Salon, you will be feeling on top of the world in no time at all. The soothing ambience of the venue will provide the relaxation you've been looking for as soon as you walk through the door, and the experienced staff will ensure your treatments are exactly what you need! You can choose either an invigorating facial or a calming aromatherapy massage.

MIDLANDS

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## YOUR SMARTBOX

- Experience a tranquil full body massage
- Relieve your body from the tension and pressures of everyday life
- B's Skin and Beauty Laser Clinic uses only high quality beauty products

## FULL BODY MASSAGE AT B'S SKIN AND BEAUTY LASER CLINIC

WOLVERHAMPTON • WEST MIDLANDS

Enjoy a delightful pampering experience at B's Skin and Beauty Laser Clinic in Wolverhampton. You will be treated to a fantastic full body massage that will alleviate you of the stresses and strains of everyday life. These massages are designed to relieve tension in the muscles and in the connective tissue by using various traditional massage strokes such as effleurage, friction and vibration. This treatment works from head to toe to reduce knots, relieve pain and increase flexibility in joints and muscles leaving you totally de-stressed.

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## YOUR SMARTBOX

- A wash, cut and blow-dry
- The expert stylists have over 15 years of experience
- Using only the highest quality products and a wealth of knowledge on the latest trends

## WASH, CUT AND BLOW-DRY WITH PROSECCO AT ADDICTION HAIR AND BEAUTY

WOLVERHAMPTON • WEST MIDLANDS

Would you like to spruce up your hair for a party, event or simply treat yourself to a pick-me-up? This pampering session has everything you need. The hairdressers at Addiction Hair and Beauty specialise in providing a wide variety of hair care services and will be able to offer expert advice on what kind of styles will best suit you. With over 15 years of experience, you can rest assured that you are getting the best treatment available with expert knowledge and trends like no other salon in the area.

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A close-up, soft-focus photograph of a person's shoulder and upper arm, resting on a light-colored towel. A solid purple square is centered over the image, containing the word "NORTH" in white, bold, sans-serif capital letters.

**NORTH**



Partners in this guide



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## EXPERIENCES IN THE NORTH

### YORKSHIRE AND THE HUMBER

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- 79. Massage or Maxi Lift Facial at Envy Salon, Marske
- 80. Gelish Manicure at Shhhh Hair and Beauty, York
- 81. Party Pamper Treat at The Beauty Rooms, Doncaster
- 82. Aromatherapy Massage at Pure Thai Therapy, Sheffield
- 83. Back, Neck and Shoulder Massage at Idyllic Beauty, Bradford
- 84. Choice of Luxury Treatments with a glass of wine at Glitz Nail and Beauty Salon, Farsley
- 85. Blow-dry and Head Massage at Hair Bar, Hebden Bridge
- 86. Hair Treats at The Vinery Hair Salon, Huddersfield
- 87. Haircut and Blow-dry at Little Red's Boutique, Leeds
- 88. Mini Facial at Maschio Hair and Beauty, Leeds
- 89. Pamper Treat at Flawless Photography Studios, Leeds
- 90. GELeration Manicure at The Mulberry House Beauty Salon, Wakefield
- @. Pampering Pedicure at Carrie Swain, Anlaby
- @. Spa Treatment at The Dower House Hotel and Spa, Knaresborough

- @. Choice of Treatment at The Beauty Lounge, Middlesbrough
- @. Pedicure with Gel Polish at Victoria Joy Beauty, York
- @. Spa Treatment at Imagine Spa Hazelwood Castle, York
- @. Aromatherapy Facial at Bliss Health and Beauty Sheffield, Sheffield
- @. Gelish Nails and Toes at Scratch Nail Studio, Sheffield
- @. Pamper Treat for One at Heavenly Body, Sheffield
- @. Pamper Treats for One at Hush Hair and Beauty, Sheffield
- @. Tailor-Made Luxury Facial at Beauty Care, Sheffield
- @. Choice of Treatments at Adele Louise Beauty Studio, Bradford
- @. Pamper Treat at Orchid Holistics for One, Huddersfield
- @. 45 Minute Microdermabrasion Treatment at Q Image, Leeds
- @. Cut and Finish at Renaissance Hair and Beauty, Leeds
- @. Pamper Treat for One at The Persian Spa, Leeds
- @. Treatment Choice at VGMediSpa Leeds, Leeds
- @. Dermalift Facial at The Body Clinic, Pontefract
- @. Luxury French Manicure at Creative Hair and Beauty, Shipley

### NORTH

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- 91. Luxurious Pampering Selection at Mirror Mirror, Macclesfield
- 92. Manicure or Pedicure with Tea at Spa Beautiful, Warrington
- 93. Relaxing Pamper Experience at Divinity Holistics and Beauty, Warrington
- 94. Full Body Massage at Neo Beauty, Durham
- 95. Pamper Treat Choice at The Wellbeing Salon, Durham
- 96. Back and Shoulder Massage at Vibralife Beauty, Carlisle
- 97. Choice of Beauty Treat at The Vanilla Rooms, Manchester
- 98. Discovery Facial or Organic Oil Back Massage at The Face Doctor, Manchester
- 99. Indulgent Beauty Session at Beauty 2 Salon, Manchester
- 100. Spray Tan or LVL Lashes at Lilly Nail and Beauty, Manchester
- 101. Pamper Treatment at Perri   Spa, Prestwich
- 102. Red Carpet Facial Peel at Ruby Jo's Beauty Salon, Wigan
- 103. Soothing Pamper Session at Jake Alexander Hair and Body Sanctuary, Accrington
- 104. Luxury Facial at Walton Hair and Beauty, Walton

## EXPERIENCES IN THE NORTH

105. Deluxe Pedicure at Beauty by Tracy, Newcastle

106. Pamper Treat at Montana Spa, Washington

@. Hair Up Styling at Deva Hair and Beauty, Chester

@. Pamper Treat at Chester Foot Clinic for One, Chester

@. One Hour Sports Massage at Weaver Physio, Northwich

@. Pamper Treat at Jadore Beauty Salon for One, Warrington

@. Pampering Treat at Retreat Beauty, Warrington

@. Cut and Blow-dry at L and S Hair and Beauty, Chester Le Street

@. Full Body Scrub at Eden Skye Aesthetics, Darlington

@. Ladies Wash, Cut and Blow-dry or Mani Pedi at Miracles Hair and Beauty Lounge, Durham

@. Pampering Treat at Divine Medispa, Durham

@. Gelish Polish on Hands and Feet at Foundations Beauty, Hartlepool

@. Pamper Treat at Baroque Beauty Lounge for One, Stockton-on-Tees

@. Choice of Treatments at Star Beauty, Keswick

@. Deluxe Manicure with Polish at Oxford One Spa, Altrincham

@. Magnificent Nail Treatment at the Oasis Beauty Salon, Altrincham

@. Full Body Hot Stone Massage at AVA Beauty, Ashton Under Lyne

@. Pamper Treat for One at William Jon Hair and Beauty, Ashton Under Lyne

@. Pamper Treat Massage at the Natural Spa, Ashton Under Lyne

@. Pamper Treat at Studio 34 for One, Bolton

@. Pamper Treat at Serenity Therapies for One, Chorlton

@. Pamper Treat with Champagne for One at Ur Health and Beauty, Dukinfield

@. Pamper Treat for One at BU Beauty Rooms, Eccles

@. Root Hair Colour at Glowing Salon, Eccles

@. Blow Dry at Peter Regan Hair Studio, Manchester

@. Cut and Finish with Senior Stylist at Iconic Hairdressing Manchester, Manchester

@. Full Body Massage at Ana Hair and Beauty, Manchester

@. Luxury Facial at Skin Health Spa Manchester, Manchester

@. Makeover Photoshoot with Lunch for One at Love Exclusive Photography, Manchester

@. Microdermabrasion Luxury Facial for One at The Dermavital Skin Clinic, Manchester

@. Mini Facial at GRB Beauty, Manchester

@. Pamper Treat at Bella Spa, Manchester

@. Pamper Treat at Elegance Hair and Beauty, Manchester

@. Pamper Treat at QI Beauty Rooms for One, Manchester

@. Pamper Treat for One at Luam Tsehai, Manchester

@. Pamper Treat for One at Spa Urban Oasis, Manchester

@. Pamper Treatment at the Reversal Aesthetics at Skin, Manchester

@. Pamper Treats for One at ND Beauty Skin Clinic, Manchester

@. Pampering Treat for One at The Dalton Street Salon, Manchester

@. Relaxing Back Massage at Pure Pour Homme Pour Femme, Manchester

@. Aromatherapy Massage at Body and Mind Complementary Therapies, Mossley

@. Manicure and Pedicure at Blush Beauty, Salford

@. Choice of Treatment at Skin Hand Tonic, Stockport

@. Pamper Treats for One at Bali Room at the Attic, Stockport

@. Pedicure or Massage at Hush Beauty Spa, Stockport

@. Makeover and Photoshoot for One at Benchmark Photography, Whitefield

@. Wash, Cut and Blow-dry with Eyebrow Shape from a HD Specialist at Salon Rouge, Wigan

@. Pamper Treats for One at Bodizown, Blackpool

@. Beauty Treatment at Beauty and Hair, Burnley

@. Non Surgical Face Lift at Be Stunning Beauty Clinic, Burnley

@. Indian Head Massage at Rejuvenations Rooms Face and Body Spa, Lancaster

@. Pamper Treat for One at Gloss Hair and Beauty, Bootle

@. Pamper Treat for One at Lip Couture, Crosby

@. Cut and Blow-dry with a Bright or Shiny Star at Star Salon, Liverpool

@. Full Body Massage at Body Sculpture, Liverpool

@. Hair Treat at Glamor Aigburth, Liverpool

@. Indian Head Massage for One at BM Holistic Therapies, Liverpool

@. Long Cut and Blow-dry with Treatment at Gingers, Liverpool

@. Male or Female Cut and Blow Dry at ZeroFour Hairdressing, Liverpool

@. Pamper Treat at Kelsi for One, Liverpool

@. Pamper Treat at Unique Hair and Beauty Lounge for One, Liverpool

@. Pedicure or Manicure at A.R.A Aesthetics Group, Liverpool

@. Choice of Treatment at Essential Spa and Salon, New Brighton

@. Full Body Massage at Hands on Healing, Rainhill

@. Pamper Treat at Diamond Beautique Churchtown, Southport

@. Pamper Treat at Diamond Beautique Hillside, Southport

@. Pamper Treat at The Miracle Works, St Helens

@. Pamper Treat for One at Magic Hands Holistic and Beauty Therapy, St Helens, St Helens

@. Pamper Treat at The Ladies Room, St. Helens

@. Back, Neck and Shoulder Massage at Studio 194, Wallasey

@. Cut and Blow-dry with a Bright or Shiny Star at Star Salon, Wallasey

@. Pamper Treat for One at Relax-Zation, Gateshead

@. Beauty Treat at Movida Hair and Beauty, Newcastle upon Tyne

@. Hair or Nail Treat at U Salon, Newcastle upon Tyne

@. Manicure at LEVOI Champagne Nail Bar, Newcastle upon Tyne

@. Luxury Facial for One at Dream Therapy, Sunderland



## YOUR SMARTBOX

- Choose either an aromatherapy massage or a maxi lift facial, lasting 30-60 minutes
- Relax and unwind whilst being pampered
- Leave the salon feeling rejuvenated

## MASSAGE OR MAXI LIFT FACIAL AT ENVY SALON

MARSKE • NORTH YORKSHIRE

Head to the stylish Redcar beauty destination of Envy Salon for an indulgent pampering treatment and some much-needed downtime just for you. As you arrive at the salon, you'll be given a warm welcome by the friendly team and will get to choose between a rejuvenating maxi lift facial or a relaxing aromatherapy massage. Each treatment will last between 30-60 minutes, giving you plenty of time to unwind and soak up the pampering. Whichever treatment you choose you'll leave the salon feeling energised, refreshed and ready for anything!

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80

## YOUR SMARTBOX

- Gelish manicure lasting 40 minutes
- Leave the salon feeling relaxed

## GELISH MANICURE AT SHHHH HAIR AND BEAUTY

YORK • NORTH YORKSHIRE

If you want gorgeous nails, then look no further than Shhhh Hair and Beauty! To revive your hands and get your nails looking perfectly polished, simply visit this lovely bright salon in York. On arrival, you'll be warmly greeted by your beauty therapist. Once seated you will enjoy a 40-minute treatment where your nails will be neatened, buffed, shaped and finished with an application of gel polish to leave you with perfectly beautiful and chip-free hands!

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## YOUR SMARTBOX

- Enjoy a choice of treatment
- Choose between nail extensions, a Moroccan tan, party lashes, or gelish fingers and toes
- Fantastic South Yorkshire location

## PARTY PAMPER TREAT AT THE BEAUTY ROOMS

DONCASTER • SOUTH YORKSHIRE

Treat yourself to an unforgettable pampering experience at The Beauty Rooms in Doncaster. Here, you'll enjoy a variety of luxurious treatments to choose from including nail extensions, Moroccan tan, party lashes, or gelish fingers and toes. Whichever you go for, a session at this salon will leave you looking fabulous and feeling confident, ready to tackle the rest of your day, whether it be a night on the town or that important business meeting.

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## YOUR SMARTBOX

- A 60 minute aromatherapy massage
- Team of highly qualified practitioners
- A short walk away from Hillsborough Park
- Close to the River Loxley

## AROMATHERAPY MASSAGE AT PURE THAI THERAPY

SHEFFIELD • SOUTH YORKSHIRE

Take a break from your busy life and give yourself a breather at Pure Thai Therapy. This luxurious venue is located within the Wellspring Complementary Health Centre in Sheffield and provides holistic healthcare via a highly qualified team of independent practitioners. Your pampering experience here will include a soothing hour long aromatherapy massage. There is no doubt that you'll be feeling refreshed and relaxed after this wonderful treatment.

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### YOUR SMARTBOX

- Enjoy a back, neck and shoulder massage
- Great customer care
- Central location

## BACK, NECK AND SHOULDER MASSAGE AT IDYLLIC BEAUTY

BRADFORD • WEST YORKSHIRE

Enjoy a luxurious pampering treat at the relaxing Idyllic Beauty. The session will begin with a soothing 30 minute neck, back and shoulder massage, and the expert practitioners know just how to work out knots of tension and stress. You'll soon feel yourself gliding gently into a tranquil and calm state. This incredible treatment will be followed by a 30 minute reiki, a natural healing technique that activates the repair processes in the body to restore your emotional and physical well-being.

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### YOUR SMARTBOX

- Enjoy a choice of treatment
- Choose between a Swedish massage, a spa manicure or a spa pedicure
- Includes a glass of wine on arrival

## CHOICE OF LUXURY TREATMENTS WITH A GLASS OF WINE AT GLITZ NAIL AND BEAUTY SALON

FARSLEY • WEST YORKSHIRE

In the lovely village of Farsley in West Yorkshire sits the Glitz Nail and Beauty Salon, the venue that will eradicate stress, make tension a thing of the past and give you a new lease of life. With one luxury pampering treatment of your choice you will feel fantastic in no time. You can ease the knots in your muscles with a calming Swedish massage, or make your nails sparkle and shine with either a spa pedicure or a spa manicure. With a delicious glass of wine to top everything off, it will be time well spent.

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## YOUR SMARTBOX

- Enjoy a conditioning hair treatment, head massage and blow-dry
- Leave the salon feeling refreshed and revived

## BLOW-DRY AND HEAD MASSAGE AT HAIR BAR

HEBDEN BRIDGE • WEST YORKSHIRE

Head over to South Yorkshire's stylish Hair Bar salon for an indulgent conditioning hair treatment with a relaxing head massage and blow-dry styling. The perfect choice if you wish to inject some life back into your locks, Hair Bar is a fun and modern environment, and will allow you to fully unwind as the experienced stylists go to work on your new look. You'll walk out feeling revived and refreshed, with perfectly shiny hair and the confidence to tackle the rest of your week in style!

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## YOUR SMARTBOX

- Enjoy a hair treatment
- Female guests can pick between a cut and finish and evening up styling
- Men receive a premium beer with their cut and finish
- A 10 minute walk from train station

## HAIR TREATS AT THE VINERY HAIR SALON

HUDDERSFIELD • WEST YORKSHIRE

Priding itself on creating customers a look as unique and individual as they are, The Vinery Hair Salon is an exceptional place for treating your locks with some pamper treats. While women can choose between a stunning cut and finish or a glamorous evening up styling, men will receive a fantastic cut and finish that comes with a choice of premium beer. Not only does this venue boast some of Huddersfield's best hair professionals, but it is also just a 10 minute walk from the train station.

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## YOUR SMARTBOX

- Enjoy a haircut and blow-dry
- Situated on North Street in Leeds

# HAIRCUT AND BLOW-DRY AT LITTLE RED'S BOUTIQUE

LEEDS • WEST YORKSHIRE

Say goodbye to any unwanted split ends with a fresh haircut and blow-dry at Little Red's Boutique, situated on North Street in Leeds. You'll sit back and relax in the contemporary and welcoming salon whilst an experienced stylist refreshes your locks, bringing back that healthy glow and shine. Your treatment will be personalised to suit your needs in this professional and unisex salon which stays on trend with the latest fashionable styles, cuts and colours.

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## YOUR SMARTBOX

- A 30 minute Dermalogica mini facial
- Leave the salon with rejuvenated skin

## MINI FACIAL AT MASCHIO HAIR AND BEAUTY

LEEDS • WEST YORKSHIRE

Love your skin even more after a Dermalogica mini facial at Maschio Hair and Beauty in Leeds. The airy and tranquil feel of the salon will help you to feel instantly calm when you arrive, so you can sit back and relax as your qualified beauty therapist begins your treatment. Your Dermalogica mini facial will help to hydrate your skin, making it softer, brighter and healthy. This is the perfect way to indulge in some 'me time' in a relaxing setting and get the healthy complexion you've always wanted.

NORTH

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## YOUR SMARTBOX

- Enjoy a pamper treat and photo shoot with two photographers
- Includes MAC make-up
- Dry styling
- Mini manicure (file and polish)
- Refreshments throughout and a 6x4 print to bring home

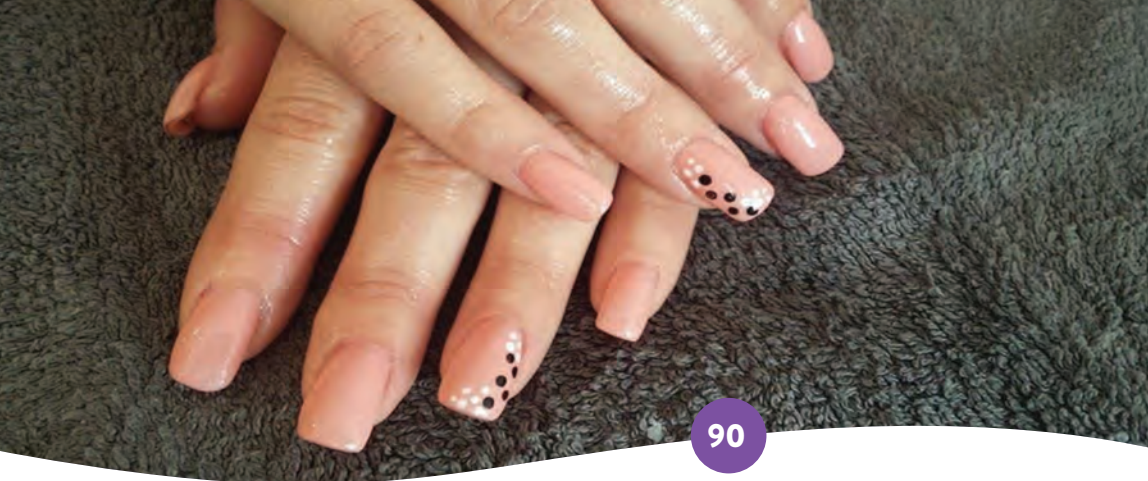
## PAMPER TREAT AT FLAWLESS PHOTOGRAPHY STUDIOS

LEEDS • WEST YORKSHIRE

A Hollywood-worthy photoshoot and three indulgent pampering treatments make this experience one you'll never forget. You'll start your treat at Flawless Photography Studios with some wonderful refreshments before moving on to the important business of beautifying. Your hair and nails will get star-studded treatment from the expert stylists at this luxury venue as well as MAC make-up application, before you take centre stage in front of the camera! Once you've proved your model potential you can choose a free print to take home.

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## YOUR SMARTBOX

- GELeration manicure for one
- High shine, chip-resistant glossy polish that will last up to three weeks

## GELERATION MANICURE AT THE MULBERRY HOUSE BEAUTY SALON

WAKEFIELD • WEST YORKSHIRE

Treat yourself to some pampering time at The Mulberry House Beauty Salon in Wakefield. This relaxed and friendly salon is the ideal space to take some time out and unwind, enjoying the pamper treat of a GELeration manicure! The experienced beautician will get to work on your hard-working hands, filing and shaping the nails and prepping the cuticles, ready for your GELeration polish. This high shine, chip-resistant glossy polish will last up to three weeks and there will be plenty of colour options for you to choose from!

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91

## YOUR SMARTBOX

- Choice of pampering treatment
- Options include a manicure, make-up session or a full body massage
- Experienced and passionate staff
- Fashionable and peaceful venue

## LUXURIOUS PAMPERING SELECTION AT MIRROR MIRROR

MACCLESFIELD • CHESHIRE

You are bound to feel like the fairest of them all after a fabulous pampering session at this elegant venue in Cheshire, no matter which treatment you choose! Attentive and friendly professionals will spoil you like the princess you are as you unwind and luxuriate. Pick the soothing 45 minute full body massage if you need some stress and pain relief, or the luxury manicure or make-up session if you would rather indulge in some heavenly beautification instead.

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## YOUR SMARTBOX

- Enjoy a 45 minute media spa manicure or pedicure
- A cream tea for you to indulge in

## MANICURE OR PEDICURE WITH TEA AT SPA BEAUTIFUL

WARRINGTON • CHESHIRE

The elegance and tranquillity of Spa Beautiful makes it the perfect place to enjoy a manicure or pedicure and cream tea. You will receive a glorious media spa manicure or pedicure where your therapist will work to get your nails looking their best by buffing, cuticle work and applying the polish as well as caring for the skin. You will have nails that look elegant and skin that feels soft and pampered by the end of your treatment. Next head to the newly refurbished boutique tea rooms to enjoy a cream tea. The traditional beams, bright airy space and peaceful atmosphere will ensure you feel relaxed in a calm and luxurious setting.

NORTH

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## YOUR SMARTBOX

- Choice of either a 45 minute full body massage or a 60 minute deluxe holistic facial
- Holistic experts focusing on mind, body and spirit
- Relaxing and tranquil ambience

## RELAXING PAMPER EXPERIENCE AT DIVINITY HOLISTICS AND BEAUTY

WARRINGTON • CHESHIRE

To achieve complete relaxation you need to focus on more than just the body. Being pampered is always an enjoyable feeling, but at Divinity Holistics and Beauty you'll get far more than a short term thrill. The products used and the treatments offered are designed to treat the mind, the soul and the body! You can choose between a soothing 45 minute full body massage which will remove tension and leave you feeling stress-free or a 60 minute deluxe holistic facial to completely rejuvenate your skin and make you feel brighter than ever.

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## YOUR SMARTBOX

- Enjoy a 60 minute full body massage
- Professional and friendly team of beauticians and masseuses
- Glamorous and stylish décor

## FULL BODY MASSAGE AT NEO BEAUTY

DURHAM • COUNTY DURHAM

Bask in a session of complete relaxation with a marvellous massage in the enchanting town of Darlington. You will be able to relax in the calm hands of the professional and friendly beauticians at this top class salon, surrounded by elegant and chic décor. Enjoy a soothing massage for an entire hour, that's sure to ease away all your aches and tension, leaving you feeling refreshed and revitalised for whatever week you might have in store!

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## YOUR SMARTBOX

• One person will get to choose one of the following 30-60 minute treatments: exfoliation only, advanced eye contour treatment, deluxe gelish nails, wellbeing signature pedicure, Bella manicure with gel polish

## PAMPER TREAT CHOICE AT THE WELLBEING SALON

DURHAM • COUNTY DURHAM

In need of some me time? Head to The Wellbeing Salon in Durham for a choice of treatment from a list of pampering treats: exfoliation, advanced eye contour treatment, deluxe Gelish nails, Wellbeing Signature pedicure, or a Bella manicure with gel polish. The advanced eye contour treatment will combat dark circles with a combination of unique 'massage porcelains' and a high protection eye complex made from plant stem cell cultures. The deluxe gelish nails, Wellbeing Signature pedicure and Bella manicure with gel polish all offer unique and relaxing treatments to your hands and feet!

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## YOUR SMARTBOX

- Enjoy a back, neck and shoulder massage
- 30 minute treatment time

## BACK AND SHOULDER MASSAGE AT VIBRALIFE BEAUTY

CARLISLE • CUMBRIA

It's time to give yourself a well-deserved massage break. You'll feel refreshed and rejuvenated after a massage at Vibrallife Beauty in Carlisle, Cumbria. With its relaxed atmosphere and friendly staff, you'll feel instantly relaxed on arrival at this salon. You can then enjoy a back, neck and shoulder massage where a combination of techniques will be used to relieve muscle tension, improve blood flow and relax your mind. This is the perfect way to relax and de-stress in a calm and tranquil setting.

NORTH

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97

## YOUR SMARTBOX

- Enjoy a beauty treat
- Choose between a Lash Perfect eyelash extensions, a gel manicure, a gel pedicure or a cut and finish with Moroccan oil treatment
- A friendly and relaxed salon experience
- Fully trained staff

## CHOICE OF BEAUTY TREAT AT THE VANILLA ROOMS

MANCHESTER • GREATER MANCHESTER

The lovely staff at The Vanilla Rooms are fully trained in all aspects of hair and beauty. This swanky salon could be exactly what you need to give yourself a little boost. Make sure you always look wide-eyed and bushy tailed with Lash Perfect eyelash extensions, be mesmerised by the beauty of your nails after a gel manicure, or wow everyone with your soft shiny locks after a cut and blow-dry with a Moroccan oil treatment. Whatever treatment you choose, you'll leave feeling refreshed, revitalised and ready to show the world what you've got.

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## YOUR SMARTBOX

- Enjoy a pamper treat
- Choose between a 30 minute discovery facial or a 30 minute organic oil back massage
- Friendly service

## DISCOVERY FACIAL OR ORGANIC OIL BACK MASSAGE AT THE FACE DOCTOR

MANCHESTER • GREATER MANCHESTER

Hankering for a pampering? Look no further than this indulgent treat at The Face Doctor, a beauty salon specialising in anti-wrinkle and rejuvenation treatments, located within Manchester's Trafford Centre. Expect a warm welcome as you arrive before enjoying your choice of a 30 minute discovery facial, during which your skin will be deeply cleansed, exfoliated and massaged, or a 30 minute organic oil back massage, guaranteed to send you to cloud nine. Feeling refreshed and revived, why not head out into the shopping centre for a spot of retail therapy?

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### YOUR SMARTBOX

- Enjoy a pamper treatment
- Easily accessible venue
- Choose between a manicure, a pedicure or a facial
- Free advice from experts

## INDULGENT BEAUTY SESSION AT BEAUTY 2 SALON

MANCHESTER • GREATER MANCHESTER

Being spoilt and pampered is the best way to relax and get rid of all that built-up stress. At Beauty 2 Salon, you will be gifted with a wonderful treatment of your choosing, performed by highly qualified practitioners. You can get your nails HD ready with an express gel polish manicure or treat your toes with a high performance pedicure. You could even go for optimum relaxation and choose the purifying facial or the incredibly soothing head and feet massage.

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## YOUR SMARTBOX

- Enjoy a pamper treat
- Choose either a Fake Bake spray tan or LVL lashes

## SPRAY TAN OR LVL LASHES AT LILLY NAIL AND BEAUTY

MANCHESTER • GREATER MANCHESTER

Select either a Fake Bake spray tan or LVL lashes at Manchester's sleek and welcoming salon, Lilly Hair and Beauty.

Fake Bake is one of the highest-rated spray tanning systems, ensuring streak-free, even colour and a long-lasting bronzing effect with excellent moisturising qualities. If you opt for the LVL lash treatment you'll be getting in on one of the hottest beauty trends right now. LVL stands for Length, Volume and Lift, and that's what you get with this semi-permanent lash treatment and great alternative to false lashes – a boost for your own lashes that will last 6-8 weeks depending on the condition of your eyelashes.

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## YOUR SMARTBOX

- Enjoy a choice of treatment
- Options include a refresher facial, an aromatherapy massage, a gel manicure, a gel pedicure, a cut and blow-dry or an Indian head massage
- Tranquil atmosphere
- A dedicated team of hair and beauty experts

## PAMPER TREATMENT AT PERRIÉ SPA

PRESTWICH • GREATER MANCHESTER

The attentive staff at Perrié Spa have a wealth of experience in the health and beauty industry and are the salon of choice for many of Britain's top celebrities. Why not treat yourself to a star worthy treatment? You will be spoilt for choice, and everything the spa has to offer will leave you feeling pampered and relaxed. You can treat your skin and enjoy a revitalising refresher facial or give your nails a little love with a gel manicure or pedicure. Whatever you choose, you'll leave feeling on top of the world.

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## YOUR SMARTBOX

- Enjoy a 30-minute Red Carpet Facial Peel
- Perfect for when you have a big occasion coming up

## RED CARPET FACIAL PEEL AT RUBY JO'S BEAUTY SALON

WIGAN • GREATER MANCHESTER

Prepare for your 'red carpet' moment in the spotlight with this spectacular facial treatment that will leave your skin exfoliated, moisturised and in glowing health. Named after the number of celebrities who use this treatment before those high-pressure public appearances, this could be just the ticket for your wedding, job interview or hot date! The Red Carpet Facial Peel will wake up your skin and remove dead cells, leaving you looking A-List gorgeous.

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## YOUR SMARTBOX

- Choice of pampering treatment
- Options include shampoo, cut and finish, deluxe manicure (with free hand cream), deluxe pedicure (with free foot cream), organic holistic facial or a 30 minute back, neck and shoulder massage

## SOOTHING PAMPER SESSION AT JAKE ALEXANDER HAIR AND BODY SANCTUARY

ACCRINGTON • LANCASHIRE

The range of treatments available at this luxurious venue are extensive and include a Hollywood worthy cut and finish and an incredibly relaxing organic holistic facial. The fantastic team at Jake Alexander Hair and Body

Sanctuary are passionate about all things natural and holistic as well as being highly motivated to keep on top of the latest hair and beauty trends. Whatever treatment you decide to indulge in at this wonderful venue, you can be sure that you will leave feeling on top of the world.

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## YOUR SMARTBOX

- Enjoy a revitalising luxury facial
- Friendly and welcoming staff
- Stylish venue with a tranquil ambience

## LUXURY FACIAL AT WALTON HAIR AND BEAUTY

WALTON • MERSEYSIDE

Escape the daily grind and indulge in a luxurious pampering treatment. It's the perfect remedy for all your tiredness and worry and at this fantastic venue in Liverpool, you will be spoilt with a rejuvenating luxury facial that is guaranteed to make your skin feel radiant and refreshed. Professional and fully trained beauticians will ensure you feel right at home, so you can put your feet up and take a breather as you disconnect from the frantic outside world.

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## YOUR SMARTBOX

- Deluxe pedicure
- Located just off the high street

## DELUXE PEDICURE AT BEAUTY BY TRACY

NEWCASTLE • TYNE AND WEAR

If you have been on your feet a lot lately, or you just want to indulge in some 'me time', this fabulous pampering experience in Gosforth, Newcastle is just what the doctor ordered. You are bound to feel as good as new after the delightful deluxe pedicure that will soothe and rejuvenate your tired feet. Not only will you be looked after by caring and friendly staff, but this sensational venue is in the perfect spot for some shopping along a bustling high street.

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## YOUR SMARTBOX

- Choice of pampering treatment
- Choose either a hot stone massage or sole delight feet grooming
- Attentive staff
- Peaceful venue

## PAMPER TREAT AT MONTANA SPA

WASHINGTON • TYNE AND WEAR

The professionals will whisk you away to a world of bliss and relaxation during a sublime pampering treatment at Montana Spa in Tyne and Wear. Disconnect from the hustle and bustle of everyday life in this spectacular venue's treatment rooms as you are spoiled with a service tailored to your individual needs. Pick the 30 minute hot stone massage to soothe away aches and pains, or choose the sole delight feet grooming to nourish and condition your feet with aromatic oils.

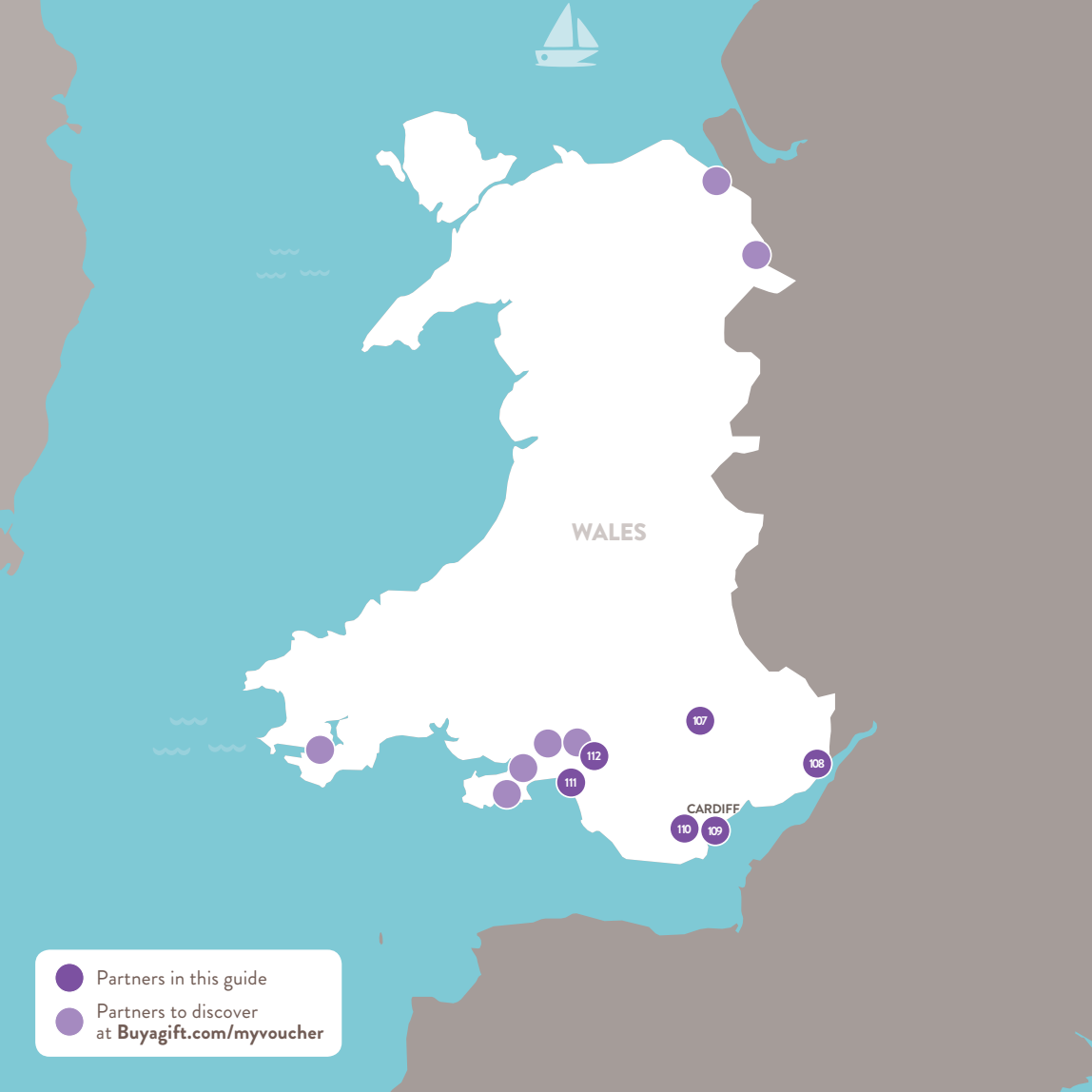
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A close-up photograph of a person's back being massaged by two hands. The scene is dimly lit with warm, golden light, creating a relaxing atmosphere. A semi-transparent purple square is centered over the image, containing the word "WALES" in white, bold, uppercase letters.

**WALES**



WALES

CARDIFF



Partners in this guide



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# EXPERIENCES IN WALES

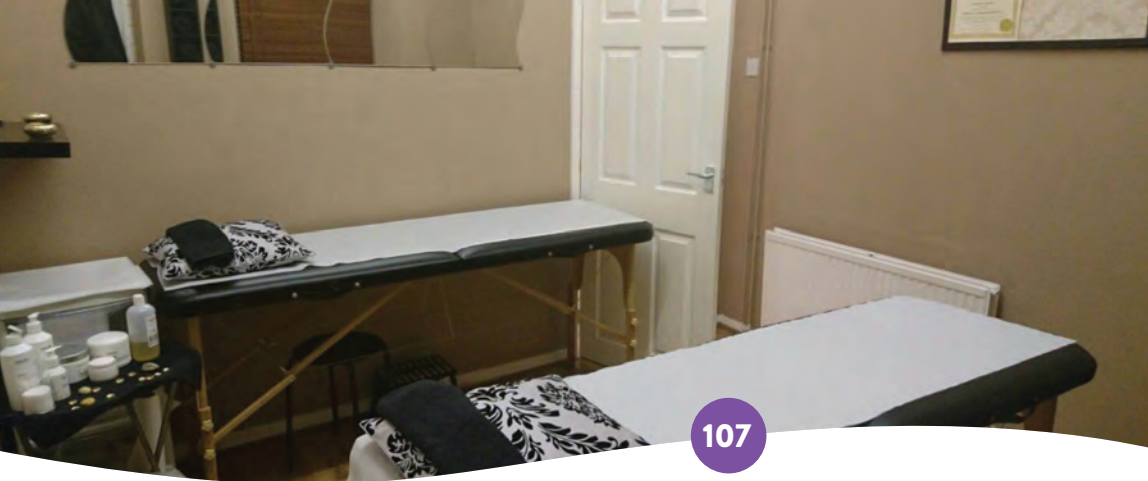
## WALES

- 107. Trio of Treatments at Circle of Beauty, Tredegar
- 108. Pampering Treat at Glow, Chepstow
- 109. Photoshoot and Makeover at Revolve Studios, Wales
- 110. Spa Manicure or Pedicure with Shellac at Nail Divas, Whitchurch

- 111. Back & Shoulder Massage at Elexa Elegance Beauty, Swansea
- 112. Pamper Treat at Flawless Beauty Salon, West Glamorgan
- @. Skin Peel Facial at Skin Clinic North Wales, Flint
- @. Wash Cut and Blow-dry at Maestro Hair and Beauty, Wrexham
- @. Pamper Treatment at The Beauty Collection, Pembroke Dock

- @. Microdermabrasion or Kaeso Hydration Facial at Atlantis Beauty Salon, Neath
- @. High Definition Brows at Serenity Beauty Suite, Swansea
- @. Ladies Cut and Finish at Herr Kutts Salon, Swansea
- @. Pamper Treat at Beauty Therapy Suite for One, Swansea





## YOUR SMARTBOX

- Enjoy three treatments lasting 50 minutes in total
- Choose between a facial, an Indian head massage or Hopi ear candles

## TRIO OF TREATMENTS AT CIRCLE OF BEAUTY

TREDEGAR • GWENT

Circle of Beauty is a friendly salon where you'll enjoy three relaxing treatments. Spend 50 minutes being pampered, starting with a therapeutic Indian head massage, where the experienced therapist will ease away any physical and mental tension. Then, treat your complexion to a deluxe facial where your skin will be cleansed, toned and moisturised to restore your natural looking glow. Finish off your treatments with Hopi ear candles, made from natural ingredients including the likes of beeswax, honey extracts and sage, which will draw away any impurities to the surface where they can then be gently removed.

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## YOUR SMARTBOX

- Choice of pampering treat
- Options include a premium manicure, a premium pedicure or make-up application
- Experienced and welcoming staff
- Chic venue with a tranquil ambience

## PAMPERING TREAT AT GLOW

CHEPSTOW • MONMOUTHSHIRE

You will truly be spoilt for choice by the magnificent range of services on offer by this outstanding venue in Chepstow. Fully trained and welcoming staff will help you pick a treatment that's perfect for your individual needs and requirements, whether it's a dazzling premium manicure, a premium pedicure or a professional makeup application. No matter which treatment you choose, you are sure to leave feeling relaxed and beautiful, ready to take on the world.

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## YOUR SMARTBOX

- A pampering session including a consultation
- Makeover and hairstyling
- Photoshoot with four outfit changes
- Take home a free image

## PHOTOSHOOT AND MAKEOVER AT REVOLVE STUDIOS

WALES • SOUTH GLAMORGAN

Exceptional care and attention tailored to your individual needs is exemplified by the expert consultation you will receive prior to the stunning makeover and hairstyling, to ensure you leave with the stylish look you have always wanted. Your extravagant session at Revolve Studios will continue on with an outstanding photoshoot, involving four outfit changes. You will also be served delicious drinks throughout the day, and will receive a free print to take home.

### TO BOOK :

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## YOUR SMARTBOX

- A Spa Manicure or Pedicure with Shellac for One
- Enjoy the latest nail trend that lasts up to 4 weeks

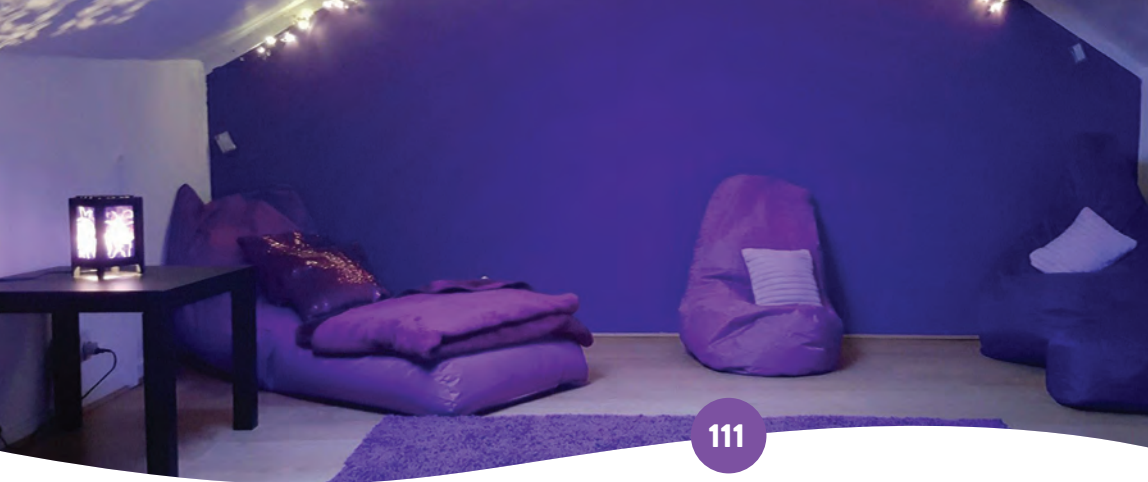
## SPA MANICURE OR PEDICURE WITH SHELLAC AT NAIL DIVAS

WHITCHURCH • SOUTH GLAMORGAN

Your hands and feet go through a lot, and yet they're the parts of the body most often neglected. Right this wrong with a luxurious experience that they will thank you for! Enjoy either a Spa Manicure or Pedicure that will sooth and revitalise, before treating your nails to a Shellac polish treatment, one of the latest new trends in nail design that looks incredible, dries in 30 seconds and stays dazzling for up to four weeks without smudging. This complete pampering package is just the treat you've been looking for!

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## YOUR SMARTBOX

- Relaxing massage for one
- A hot stone back, neck and shoulder massage for 30 minutes
- Great location, in the heart of Swansea

## BACK & SHOULDER MASSAGE AT ELEXA ELEGANCE BEAUTY

SWANSEA • WEST GLAMORGAN

Treat yourself to some well-earned pampering at Elexa Elegance Beauty. This tranquil salon, located in Swansea city centre, gives you the space you need to escape the stresses of everyday urban life. You can enjoy a delightfully restorative hot stone massage that will boost your circulation, release stored tension and recharge your energy levels, as well as leaving you thoroughly relaxed. This soothing treatment is the perfect way to unwind and escape to a whole new world of serenity!

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## YOUR SMARTBOX

- Enjoy one pamper treat
- Choose from a full brow definition, billion dollar brows, flexiglaze brows or Dermalogica facial
- Unwind in a tranquil atmosphere
- Qualified and welcoming staff

## PAMPER TREAT AT FLAWLESS BEAUTY SALON

WEST GLAMORGAN • WEST GLAMORGAN

Whether you have had a stressful few weeks or are just overdue for some 'me-time', a relaxing treatment at this marvellous venue in Port Talbot is the perfect treat. Choose from a wide range of fabulous services for the friendly and experienced staff to provide you with. If your skin needs revitalisation then pick one of the refreshing facials on offer, while if your eyebrows need some attention then select one of the immaculate brow treatments.

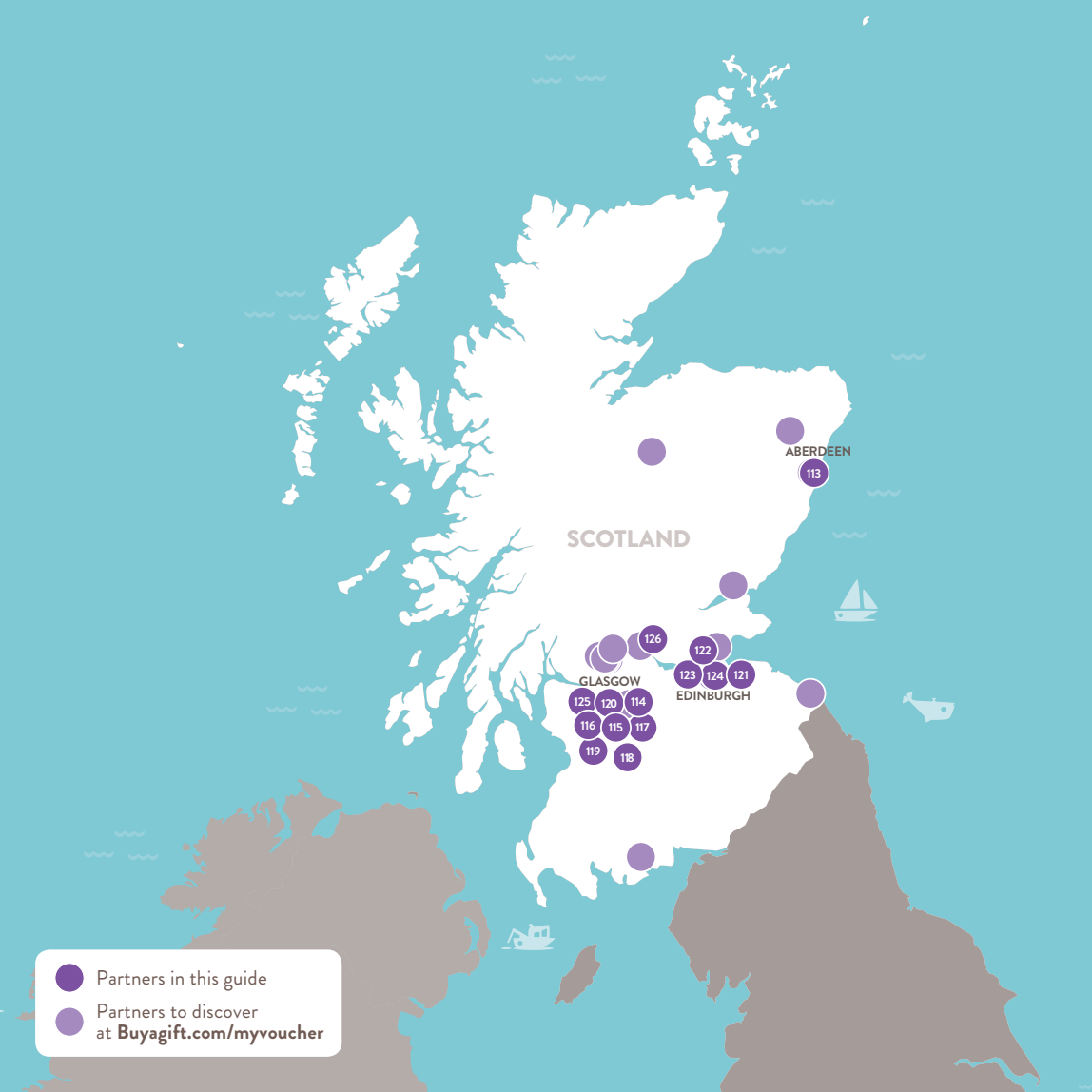
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The background of the image is a warm, bokeh-style photograph. It features several out-of-focus light sources, likely candles, creating a soft, golden glow. In the foreground, there are several lit candles. On the left, a large, thick candle is partially visible. In the lower right, there are two smaller, round tealight candles. The overall atmosphere is cozy and intimate.

**SCOTLAND**



## SCOTLAND

ABERDEEN

113

GLASGOW

EDINBURGH

125  
116  
119  
120  
115  
117  
114  
118

126

122

123

124

121

Partners in this guide

Partners to discover  
at [Buyagift.com/myvoucher](https://Buyagift.com/myvoucher)

## EXPERIENCES IN SCOTLAND

### SCOTLAND

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- 113. Gents' Cut or Massage at Ice Hair and Body, Aberdeen
- 114. Pamper Treat at Nash Beauty Salon, Charing Cross
- 115. Back Neck and Shoulder Massage at The Wee Beauty Room, Glasgow
- 116. Body Scrub with Bubbly at Lola's Lash Boutique, Glasgow
- 117. Dermalogica Full Facial at Glam and Go, Glasgow
- 118. Head Massage at Love Yourself Hair and Beauty, Glasgow
- 119. Long Cut and Blow-dry at Hairs and Graces, Glasgow
- 120. Wash, Cut and Blow-dry at Chesne Hair, Glasgow
- 121. Back, Neck, and Shoulder Massage at Lovella Beauty, Edinburgh
- 122. Glorious Hair Treat at Cherish Hair and Beauty, Edinburgh
- 123. Pamper Treat at Beauty Harbour Clinic, Edinburgh
- 124. Treatment Choice at Pampered Mind and Body, Edinburgh
- 125. Wash, Dry and Curls at Iain Stewart Hairdressing, Paisley
- 126. Luxury Pedicure at Beautiful You, Bonnybridge
  - @. Back, Neck and Shoulder Massage or Facial at Marams Beauty Studio, Aberdeen
  - @. Pamper Treat Experience at Polish Nails and Beauty, Aberdeen
  - @. Pamper Treat of Your Choice at Aberdeen Beauty Clinic, Aberdeen
  - @. File and Polish with Blow-dry at Blackburn's Hair Salon, Castle Douglas
  - @. Choice of Massage at Butterfly Effect Holistic Centre, Dundee
  - @. Treatment Choice at Heavenly Sensations, Kirkcaldy
  - @. Acrylic Nail Enhancements at Glam and Glossy, Glasgow
  - @. Acrylic Nails or Luxury Manicure with Shellac at I Love Nails, Glasgow
  - @. Massage or Facial at Spa in the City, Glasgow
  - @. Pamper Treat for One at Hair In The City, Glasgow
- @. Pamper Treat for One at Re'Luca Hair and Beauty, Glasgow
  - @. Back, Neck and Shoulder Massage at Serenity Beauty Boutique, Edinburgh
  - @. Cut and Blow-dry with Back, Neck and Shoulder Massage at Pout2Perfection, Edinburgh
  - @. Deep Facial Massage at Total Image-Exclusive Health and Image Clinic, Edinburgh
  - @. Eyelash and Brow Tint at The Nail Yard, Edinburgh
  - @. Pamper Treat at Sculpt Beauty at Indigo Hair and Beauty for One, Edinburgh
  - @. Pamper Treat at VB Contour for One, Reston
  - @. Back, Neck and Shoulder Massage or Facial at Cairngorm Beauty Therapy, Aviemore
  - @. Choice of Massage or Facial at Revival Glasgow, Glasgow
  - @. Cut and Blow-dry at Narcissus Hair and Beauty, Stirling



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## YOUR SMARTBOX

- Choose between a gents' cut and blow-dry or a back, neck and shoulder massage
- Convenient location in Aberdeen's city centre

## GENTS' CUT OR MASSAGE AT ICE HAIR AND BODY

ABERDEEN • ABERDEENSHIRE

Whether you're celebrating a special occasion or you simply wish to alleviate stress, enjoy a gents' cut and blow-dry or a back, neck and shoulder massage at Ice Hair & Body Salon, conveniently located in Aberdeen's city centre. Choose a gents haircut to find a new look that suits you and restore health in your hair, or instead opt for a back, neck and shoulder massage to relax and soothe muscles after a busy week. This is a great way to escape everyday stress and relax in a contemporary and friendly salon.

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## YOUR SMARTBOX

- Enjoy an Indian head massage
- Relieve your body from the tension and pressures of everyday life
- Nash Beauty Salon uses only high quality beauty treatments

## PAMPER TREAT AT NASH BEAUTY SALON

CHARING CROSS • GLASGOW

Using a wide range of high quality beauty products, Nash Beauty Salon offers some of the most fabulous pampering treatments in Charing Cross. After this treatment, the expert beauty therapists will make sure that you leave feeling completely refreshed and rejuvenated.

You will receive a relaxing Indian head massage that relieves you of the stresses and strains that have built up into knots of pressure throughout your body. If you have a specific area that is causing you discomfort, the professional therapists will be able to work hard on relieving the tension and tightness, making you feels as good as new.

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## YOUR SMARTBOX

- Choose from the following 40 minute treatments for one: Swedish back, neck and shoulder massage, hot stone back, neck and shoulder massage
- Leave the salon feeling relaxed with all of your stress lifted

## BACK NECK AND SHOULDER MASSAGE AT THE WEE BEAUTY ROOM

GLASGOW • GLASGOW

Take some time to de-stress and reboot with a gloriously relaxing Back, Neck and Shoulder Massage for One at The Wee Beauty Room in Glasgow. Choose between either a traditional Swedish massage or try something a little more adventurous with a Hot Stone massage. Both are fantastic for relieving tension, soothing aches and reducing stress, and are sure to leave you feeling supple and mellow. Ideal for when you need some pampering time all to yourself.

### TO BOOK :

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## YOUR SMARTBOX

- Pre-holiday glow body scrub treatment
- A glass of Prosecco or fresh juice or water on arrival

## BODY SCRUB WITH BUBBLY AT LOLA'S LASH BOUTIQUE

GLASGOW • GLASGOW

Revive your skin with this pre-holiday glow body scrub. You'll also be treated to a glass of bubbly to get you in that vacation mood.

The friendly team at Lola's Lash Boutique in Glasgow will give you a warm welcome and make you feel at home before starting your body scrub treatment that will leave your skin exfoliated, gently buffed and glowing with health. So go on and treat yourself to this gift and get your skin looking radiant from top-to-toe!

### TO BOOK :

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## YOUR SMARTBOX

- A Dermalogica Full Facial for One (1 hour)
- Leave the salon feeling rejuvenated with healthy, glowing skin

## DERMLOGICA FULL FACIAL AT GLAM AND GO

GLASGOW • GLASGOW

Don't let life get the better of your complexion. Regain your glow with a Dermalogica Full Facial that uses industry-leading techniques and products that are kind on the skin to cleanse, exfoliate and nourish. You'll be left with softer, firmer skin and a gorgeous healthy glow to go along with it. So go ahead and give your complexion the treat it deserves!

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## YOUR SMARTBOX

- Enjoy a 60-minute Indian head massage
- Situated in Glasgow's Southside

# HEAD MASSAGE AT LOVE YOURSELF HAIR AND BEAUTY

GLASGOW • GLASGOW

Anyone who has experienced an Indian head massage will tell you that the benefits are wide ranging! Including head, neck and shoulders, this treatment can help improve scalp and hair conditions, as well as providing full-body relaxation and relief from tension and knotted muscles. Also said to be good for relieving insomnia and eyestrain, this 60-minute massage at Glasgow's Love Yourself Hair and Beauty salon will leave you feeling de-stressed and serene.

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# Hairs & Graces

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## YOUR SMARTBOX

- Enjoy a long cut and blow-dry
- Leave the salon with a new haircut and feeling rejuvenated

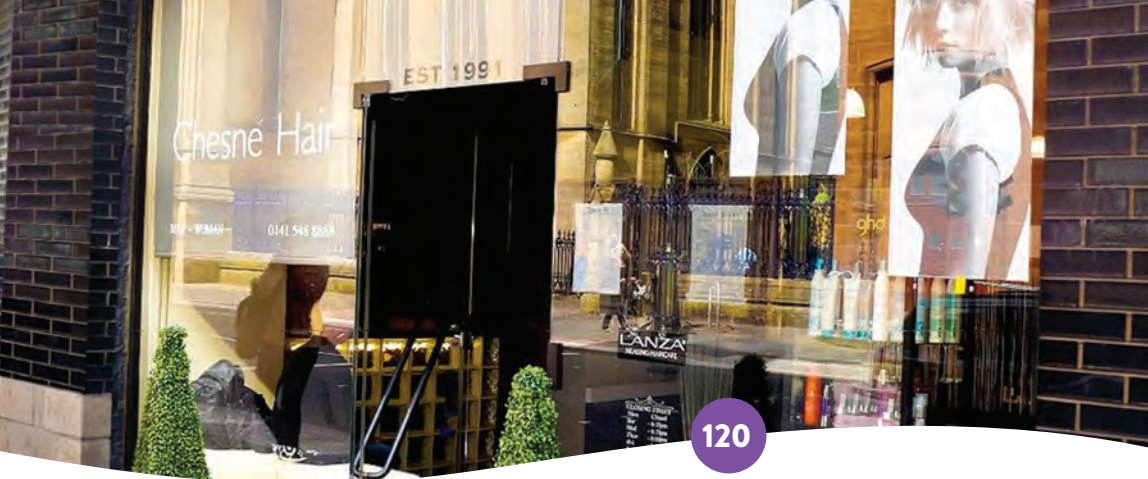
## LONG CUT AND BLOW-DRY AT HAIRS AND GRACES

GLASGOW • GLASGOW

Take yourself along to Hairs and Graces salon for an indulgent long cut and blow-dry and some welcome time out from your busy schedule. Located in Glasgow, this friendly salon has a team of experienced staff who will make you feel right at home. A hair stylist will welcome you and take you through your style and blow-dry before the pampering begins. With a glamorous new hairdo, you'll leave feeling and looking revived and refreshed!

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## YOUR SMARTBOX

- Transform your look with a wash, cut and blow-dry
- Relaxing experience, leaving you feeling refreshed and rejuvenated

## WASH, CUT AND BLOW-DRY AT CHESNE HAIR

GLASGOW • GLASGOW

Based in the heart of Glasgow's merchant city, Chesne Hair is a modern and trendy salon comprising an excellent reputation. You will be welcomed by the expert team of professional stylists who will ensure your hair treatment is tailored to suit you, whatever style you choose. Enjoy a wash, cut and blow-dry to transform your look and emphasise natural volume, leaving a soft and sleek finish. You will feel refreshed and ready to show off your new look when you leave!

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## YOUR SMARTBOX

- Enjoy a back, neck and shoulder minute massage
- Comfortable salon
- Friendly and professional staff
- Top of the range Dermalogica products available in store

## BACK, NECK, AND SHOULDER MASSAGE AT LOVELLA BEAUTY

EDINBURGH • MIDLOTHIAN

This indulgent pampering experience at Lovella Beauty is exactly what you need to get away from the stresses of everyday life for a while. The benefits of a massage are extensive and at this luxury venue you will be able to relax, unwind and enjoy a 45 minute back, neck, and shoulder massage performed by an expert masseuse. Luxury, indulgence, and pure bliss await you at Lovella Beauty. There is no doubt that you'll leave feeling better than ever so spoil yourself, you deserve it!

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### YOUR SMARTBOX

- Enjoy a fresh cut and blow-dry
- One of the most prestigious hair and beauty salons in Lothian
- Located in the heart of the capital
- Excellent customer service

## GLORIOUS HAIR TREAT AT CHERISH HAIR AND BEAUTY

EDINBURGH • MIDLOTHIAN

A luxurious pampering session of revamping your hairstyle could be just the thing to give you the mood boost you've been looking for, and there is no better place for this than Cherish Hair and Beauty. Situated in Edinburgh, this salon has continually satisfied customers and steadily worked its way up to being one of the most prestigious hair and beauty salons in the area. You can be sure that you'll be in good hands and after a fresh cut and blow-dry here, you'll be looking and feeling great!

### TO BOOK :

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# RECEPTION



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## YOUR SMARTBOX

- Enjoy a pamper treat
- Choose between a back, neck and shoulder massage or a facial
- A unique clinic using natural resources
- Excellent attention to detail
- Beautiful modern salon

## PAMPER TREAT AT BEAUTY HARBOUR CLINIC

EDINBURGH • MIDLOTHIAN

If you're looking for a little pick me up to help you get back on track then this indulgent pampering treat at Beauty Harbour Clinic is exactly what you need. If your muscles are tense and tight and you're struggling under the weight of stress choose the back, neck and shoulder massage to soothe and relax you. If its youth and beauty you're looking for then the booster facial is sure to do the job. Your skin will be cleansed, toned and enhanced, giving you the perfect complexion you've always dreamed of.

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## YOUR SMARTBOX

- Choose one 30 minute treatment
- Options include Shellac polish or a holistic scrub

## TREATMENT CHOICE AT PAMPERED MIND AND BODY

EDINBURGH • MIDLOTHIAN

Whether you're after a revitalised complexion, dazzling new nails or gloriously exfoliated skin, this is a pampering package which caters to all. Step into the relaxing world of the Pampered Mind and Body beauty salon where you can choose between a rejuvenating mini facial, a Shellac polish, or an invigorating holistic scrub. Expert beauty therapists will cater to your needs in a soothing, professional atmosphere that merges treatment with indulgence and uses only the highest quality products, so you know you're in good hands. This amazing array of indulgent treats will have something for everyone!

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## YOUR SMARTBOX

- Enjoy a wash, dry and your choice of wavy or GHD curls
- Leave the salon with refreshed, healthy looking hair

## WASH, DRY AND CURLS AT IAIN STEWART HAIRDRESSING

PAISLEY • RENFREWSHIRE

Add some bounce back to your hair at Iain Stewart Hairdressing, a popular salon situated in the Paisley/Glasgow area. Offering first class service, and using top brand hair products, the experienced stylists will ensure they create the curls you want while you sit back and enjoy a wash and dry in the contemporary salon. Choose from either wavy curls for long hair or GHD curls. Whichever style you go for, you'll leave wanting to show off your smooth and bouncy locks!

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## YOUR SMARTBOX

- A Luxury Pedicure for One
- Smoothing and exfoliating scrub followed by a relaxing foot bath
- A nail and cuticle tidying
- Expert massage and luxurious moisturising
- Chic, stylish nail painting with your choice of colour and design

## LUXURY PEDICURE AT BEAUTIFUL YOU

BONNYBRIDGE • STIRLINGSHIRE

Spoil yourself with an indulgent foot treatment that will make you feel like you're floating on air. A smoothing and exfoliating scrub is followed by a glorious soak in a relaxing foot bath that will melt away stress and sooth your tired feet. A nail and cuticle tidying follows an expert massage and luxurious moisturising to get you ready for the pièce de résistance: a chic, stylish nail painting with your choice of colour and design. You'll leave feeling relaxed and ready to show off your gorgeous new style!

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## Notes

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1. The Voucher, which has no face value, entitles you to only one Service, to choose from among the Services that correspond to your Experience Gift and are listed in full on our website [www.buyagift.com](http://www.buyagift.com). The value of the Service may differ from the selling price of the Experience Gift.
2. The content of the Services, their number and the list of Partners corresponding to your Experience Gift are likely to change over time. The Company will regularly update them and propose alternatives to the Beneficiary.

## **HOW TO USE YOUR EXPERIENCE GIFT**

3. In order to get the most out of your Experience Gift, we recommend that you visit [www.buyagift.com](http://www.buyagift.com) as soon as possible. This website will give you information about its expiry date, how to check its activation, and instructions on how to book your Service.
4. In case of an issue with activation, a proof of purchase will be required.

## WHAT ARE THE RESERVATION AND DELIVERY PROCEDURES?

**5.** The Voucher is valid during the week or at weekends, depending on the experience details and the Partner's availability, opening hours and days. When included within the experience, and given the large number of requests for reservations for weekends, holidays and high season periods, it is strongly recommended that you book the chosen Service as soon as possible.

**6.** The reservation of the Service can be made, by:

Visiting [buyagift.com/myvoucher](https://www.buyagift.com/myvoucher) and following the instructions to organise your experience directly with the Partner, subject to the Partner's specific conditions.

In all cases, the performance of the Service is subject to the specific conditions of the chosen Partner.

**7.** The delivery of a Service is subject to confirmation by Buyagift or by the Partner of the status of the Voucher and will only be possible on presentation:

Of an e-mail confirming the reservation, and the Voucher or E-voucher.

**8.** When a Service includes a meal, in some instances a limited menu has been agreed in advance between the Partner and Buyagift. In these instances, it may not be possible to choose from an a la carte menu.

**9.** Services involving the delivery of alcoholic beverages are not available to Beneficiaries under 18 years of age, in accordance with the legislation in force. Please drink responsibly.

## HOW DO I EXCHANGE THE EXPERIENCE GIFT?

**10.** During its validity period, the Experience Gift may be exchanged, according to the conditions available on [www.buyagift.com](https://www.buyagift.com).

## WHAT IS THE COMPANY'S RESPONSIBILITY?

**11.** In its capacity as agent, and excluding tourist packages, the Partner is solely responsible and Buyagift cannot be held responsible for the quality of the Service provided. When redeeming your voucher and booking an experience with an operator you will be entering into a separate agreement with the operator and will be bound by their own terms and conditions, including any restrictions applied by that operator.

**12.** Although The Company has sought to select highly experienced operators of experiences, The Company cannot be responsible for the safety standards or the quality or delivery of the experience, or any loss or damage suffered by you whilst participating in the experience for which the operator shall be solely responsible.

**13.** By purchasing a voucher and booking an experience with a supplier, you acknowledge that the experience in respect of which the voucher will be redeemed is dependent on certain factors beyond the control of The Company and you agree that neither The Company nor any operator shall be liable for the cancellation, postponement or alteration of any experience for reasons beyond its reasonable control, including weather-related reasons, mechanical failure, location changes or otherwise. We do not undertake any technical examination of equipment, facilities or services in order to minimise personal risk. If mechanical machinery breaks down, you should ask the operator for reasonable substitutions without notice.

**14.** The total liability of The Company for any claim whatsoever in connection with the voucher or any experience in respect of which a voucher is redeemed shall be limited to the price paid for the experience voucher.

**15.** We have tried to ensure that the descriptions and images used on all marketing material are accurate. However, images are intended to give a general idea of the experience described and do not form part of any contract between the purchaser and / or the recipient of the voucher and The Company.

**16.** The Company cannot be held responsible in the event of fraudulent use by a third party of the confidential numbers appearing on your Voucher and on the back of the Gift box.

**17.** The Company reserves the right not to pursue a claim by a Buyer and/or Beneficiary following a purchase of an Experience Gift outside its traditional distribution network (from a private individual or on resale sites between private individuals).

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