

*in* Bloom

A photograph of a cozy interior space. In the foreground, a green tufted sofa is partially visible, with a large, textured, light-colored cushion resting on it. Behind the sofa, a wooden shelf is mounted on a wall with vertical wood paneling. The shelf holds several books, a small vase with dried flowers, and a dark lamp. To the left, another shelf holds a vase of dried flowers and a small container. The overall atmosphere is warm and inviting.

welcome to...

*in* Bloom

*A relaxing and calming lakeside welcome awaits you...*

Set in a quaint shepherd hut, In Bloom offers a comforting environment using only the highest quality brands to carry out exceptional beauty and relaxation treatments. We strive to create visible results that you will love, whilst also boosting your mind and soul.

In Bloom offers a wide range of beauty and relaxation experiences. Each treatment and visit to In Bloom is personalised and bespoke to suit your needs, achieving a unique and enjoyable experience every time.

With the natural surroundings of the studio guiding us into a natural way of work, In Bloom promises to only ever use the most natural and ethical products. We are proud that all of the brands and products we use within the salon are vegan, natural and cruelty free. With some being 100% organic too. Every product used and stocked at In Bloom is sourced within the UK and is as eco friendly as possible.



# The gel bottle nails

## **Gel Manicure**

A classic manicure including full cuticle care, a gel polish application and hand massage.

## **Gel Pedicure**

A classic pedicure including foot rasping and exfoliation with a hot towel removal, full cuticle care, a gel polish application and foot massage.

## **Gel French Manicure / Pedicure**

Including all of the above but finished with a 'french tip' style polish.

## **Gel Remove Fingers/Toes**

## **Gel Remove Fingers/Toes with Option of Reapply**

## **'Navy' Gel Manicure**

Using the Navy Skin range; this treatment includes a warming hand soak, exfoliation and heated mask application before finishing with a balm massage. This treatment also includes full cuticle care and a gel polish application.

## **'Navy' Gel Pedicure**

Using the Navy Skin range; this treatment includes foot rasping and exfoliation with a hot towel removal. Followed by a heated mask application before finishing with a balm massage. This treatment also includes full cuticle care and a gel polish application.







# *Builder in a bottle nails*

Builder in a Bottle (BIAB) is a builder gel polish that is used to create a strong overlay on the natural nail. This allows your own nails to grow longer and stronger without breaking off. We have a range of neutral shades of builder gels available which can be worn on their own, or you can choose to have a coloured gel polish applied over the top. BIAB does not need to be removed between each appointment, it can instead be in-filled and you can have a new colour applied on top.

## **Builder in a Bottle Manicure**

A classic manicure including full cuticle care, BIAB application and a hand massage.

## **Builder in a Bottle 'Navy' Manicure**

Using the Navy Skin range; this treatment includes a warming hand soak, exfoliation and heated mask application before finishing with a balm massage. The treatment also includes full cuticle care and BIAB application.

## **Builder in a Bottle Infill**

## **Builder in a Bottle Remove and Reapply New Set**



# DesignEX pro gel extensions

DesignEX Pro Gel Extensions are a modern way of creating durable, yet flexible nail extensions. Using full coverage tips and gel to create length, shape and style. A great treatment for clients that would like extra length over their natural nails whilst protecting the natural nail and allowing growth underneath the extension.

## **DesignEX Pro Gel Extension Manicure**

A full set of extensions, including full cuticle care, gel polish application and finished off with a hand massage.

## **DesignEX Pro Gel Extension 'Navy' Manicure**

Using the Navy Skin range; this treatment includes a warming hand soak, exfoliation and heated mask application before finishing with a balm massage. The treatment also includes full cuticle care and a full set of DesignEX Pro Tips.

## **DesignEX Pro Remove and Reapply New Set**

## **Nail Design or Hand Painted Nail Art**

Designs and hand painted nail art can be added onto all Gel, BIAB and DesignEX Pro Manicures.



# Fingers and toes

## Manicure

A full manicure including cuticle care, Peacci polish application and a hand massage.

## Pedicure

A full pedicure including foot rasping and exfoliation with hot towel removal, cuticle care, Peacci polish application and a foot massage.

## 'Navy' Manicure

Using the Navy Skin range; this treatment includes a warming hand soak, exfoliation and heated mask application before finishing with a balm massage. The treatment also includes full cuticle care and a Peacci polish application.

## 'Navy' Pedicure

Using the Navy Skin range; this treatment includes rasping and exfoliation with hot towel removal and a heated mask application before finishing with a balm massage. The treatment also includes full cuticle care and a Peacci polish application.

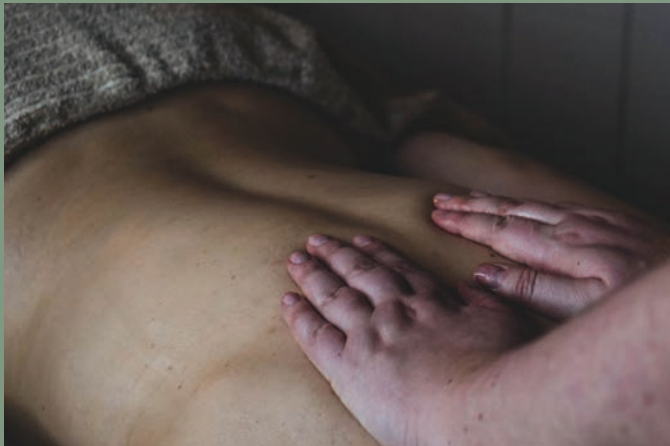




# Body massage

At In Bloom your massage appointment is offered in a time slot, not a body area so the time can be bespoke to what your body needs. With a selection of oils and a variety of pressure a truly unique massage can be achieved to help melt away tension, aches and pains.

30 minutes      60 minutes      Scalp massage  
45 minutes      75 minutes



# *Lashes, brows and facial hair removal*

## **Eyelash Lift and Tint**

An eyelash lift is the perfect treatment for those wanting a mascara look without the hassle of applying and removing mascara. Using lifting solutions your natural lash hairs are 'relaxed' allowing us to lift and shape them into a more lifted and curled effect. This treatment includes a tint.

## **Brow Lamination, Tint and Shape**

Brow lamination is a treatment that 'relaxes' the brow hairs to allow them to be brushed and lifted into a tailored shape to suit you, finished off with a tint and shape.

## **Eyelash Lift and Brow Lamination**

A combined treatment of Brow Lamination and an Eyelash Lift and Tint. Both of these treatments involve 'relaxing' the hairs to allow them to be shaped into a more lifted position. A great treatment for lifting the face and accentuating the eye area.

## **Brow By Mii**

Brow By Mii is a brow sculpting treatment. The treatment includes brow mapping, tinting, mineral waxing and finishing products to create a beautiful and unique finish tailored to suit you.

## **Eyelash Tint**

## **Eyebrow Tint**

## **Eyebrow Wax / Thread**

## **Chin Wax / Thread**

## **Top/Bottom Lip Wax / Thread**

## **Side of Face Thread**





# Dermaplaning

Dermaplaning is a form of deep exfoliation that removes the fine vellus hair ‘peach fuzz’ from across the face as well as the top layer of dead skin, creating an instantly more smooth and even complexion.

Vellus hair can trap excess oils, dirt and bacteria, removal of this will help to minimise breakouts. Aside from the immediate skin benefits, the long term results of dermaplaning can help to improve skin tone and texture and the appearance of fine lines and enlarged pores.

Regular treatments will help to aid deeper and better product penetration, diminish the appearance of acne scarring and reduce the appearance of blackheads. This treatment generates healthy new skin cells that are more efficient and provide you with glowing and radiant skin.

## **Express Dermaplane**

Starting with a skin clearing cleanse, followed by full dermaplane treatment and finished with a protecting moisturising balm.

## **Dermaplane with Mask**

The treatment starts with a skin clearing cleanse followed by a full dermaplane treatment. Next is a hydrating and nourishing mask application to soothe and nourish the skin, finished off with a protecting moisturising balm and Gua Sha massage.

## **Dermaplane Facial**

This 60 minute facial is the ultimate skin treat. Revealing a brighter, more youthful and glowing complexion. The dermaplane treatment is incorporated into our Radiance facial.

# Made for life facial treatments

## Open Your Eyes

This 30 minute treatment rehydrates the delicate skin around the eyes, diminishing fine lines, puffiness and dark circles to lessen the signs of ageing. Our rose quartz Gua Sha massage stones help to calm and ground the mind, whilst providing anti-ageing benefits to the skin.

## Organic Beauty Boost Facial

Refresh your complexion with this 30 minute instant organic beauty boost that nourishes the skin and brightens the complexion.

## Radiance Facial

This 60 minute facial is perfect for anyone who would like to experience an organic detoxifying treat. Balms, oils and gentle exfoliation will nourish and cleanse, eliminating congestion and returning balance to the skin. A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant.

## Uplift and rejuvenate Facial

A 75 minute uplifting facial uses specific Indian and Japanese massage techniques to tone, lift and stimulate the blood flow. Leaving the skin glowing and rejuvenated. Ideal for those who would like a natural approach to anti-ageing. Gua Sha massage stones are used to help stimulate blood flow and to tighten and brighten the complexion.

## Head in Heaven

This nurturing and calming 75 minute treatment for the back, face and head allows you to drift away into a state of relaxation. A combination of slow, soothing, hypnotic massage techniques and facial pressure points ease tension from the back and shoulders and clear the mind.





# Made for life body treatments

## **Back to Life**

A luxurious and relaxing 45 minute treatment for the back, neck and shoulders. Featuring oil, balm and scrub, this treatment starts with a full back sugar exfoliation, and hot towel removal. The treatment concludes with a melting muscle massage, designed to release aches and reduce tension in those most affected areas.

## **Relax into Radiance**

Feel completely relaxed yet refreshed with this all encompassing 90 minute treatment. Long smooth strokes soothe and melt away tension from over worked muscles to prepare the body for a skin softening body exfoliation. Hot towels are used over the whole body to melt away the sugar scrub. This treatment concludes with a skin brightening facial that cleanses and hydrates the skin, whilst a scalp massage clears and calms the mind.

## **Rose Indulgence Wrap**

This relaxing 90 minute wrap treatment tones and softens the skin. The treatment begins with a gentle skin brushing to detoxify and stimulate, followed by a skin softening massage using our luxurious rose and vanilla oil. After the body massage, the whole body is wrapped up in a cosy towel swaddle to hydrate the skin. This treatment is completed with a skin brightening facial and calming scalp massage.

## **Pregnancy Pamper**

A whole body pamper for expecting mums and new mums, the perfect treatment to ease away tension and relax the mind and body. During this 75 minute treatment, nourishing body oils and balms leave the skin feeling soft, whilst the slow gentle massage eases the mind and tension. A cocoon of cushions will leave you and bump feeling comfortable and relaxed. *(Please note this treatment is only suitable after the first trimester of pregnancy)*

## **Sole Sensation**

A relaxing 30 minute treat for those tired feet. This treatment starts with an invigorating sugar scrub, with uplifting scents of lemongrass, a hot towel removal and a refreshing mint balm massage to conclude will soothe aching feet and lower legs.

## **Tender Touch**

A truly nourishing and softening 30 minute treatment for the hands. It starts with a warm soak, and sugar exfoliation. Followed by a nourishing balm massage, to melt away unexpected tension within the hands and forearms.

## **Mind Your Head**

This nurturing 30 minute head, neck and shoulder ritual will help you gently drift away and relax. Slow, soothing and nurturing strokes with 100% organic oils and balms will bring you a deep sense of calm and relaxation.



Bloom

Bloom

*get in touch*

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