

Affina Beauty Studio

“To make beautiful”

01579 324864

11 Fore Street, Liskeard, Cornwall, PL14 3JA
info@affinabeautystudio.co.uk www.affinabeautystudio.co.uk
Company No 08733820

Est. 2010

Welcome to Affina Beauty Studio. We offer a hideaway to relax, be pampered and have all your essential treatments using carefully chosen products of the highest quality.

Affina Combined Therapies – *Yaghheans kesunyes Affina*

Signature AromaWorks Relaxation Ritual £85

A totally soothing full body massage using a bespoke body oil blend of the highest quality essential oils followed by a beautifully relaxing facial treatment to achieve ultimate relaxation.

Express AromaWorks Relaxation Ritual £50

Choose your perfect blend of AromaWorks oils to induce relaxation during a stress relieving back massage followed by a restorative refresher facial to leave you with a radiant glow.

Cocoon Indulgence £95

Drift away dreamily with our warm and cosy body envelopment. A delicate blend of sea salt and coconut oil is used to refine and exfoliate the skin, before a rich formulation of pumpkin seed, coconut and rosehip oil is generously massaged into the entire body. Lie back and be cocooned in warmth whilst your therapist performs a rejuvenating facial to ensure you are pampered from top to toe. Awaken from tranquillity and feel like a new you.

AromaFlex £50

An advanced complimentary treatment combining the restorative therapies of aromatherapy back, neck and shoulder massage with reflexology to leave you feeling calmed and soothed with an overwhelming sense of wellbeing.

Signature Thermo - Therapy Experience £90

A highly therapeutic full body massage using the energy and heat retaining properties of volcanic basalt stones. Deep penetration of the muscles is achieved to release tension throughout the body and promote profound relaxation. With the addition of a nourishing and rejuvenating aromatherapy facial this treatment becomes a truly blissful experience.

Express Thermo - Therapy Experience £55

A relaxing thermo-therapy experience combining a hot stone back massage and an express facial. This treatment focuses on relieving tension in the back and shoulders whilst nourishing and restoring the skin leaving you de-stressed and glowing.

Energy Point Auricular Remedy £45

Experience the balancing and calming ancient art of thermal auricular therapy followed by a pressure point scalp massage to bring balance and wellbeing to the body and mind.

Pregnancy Pampering £90

A relaxing full body massage by a certified pregnancy practitioner, using beautiful pregnancy safe aromatherapy oils, combined with a conditioning facial to rejuvenate hormonal skin and leave you looking refreshed and glowing. Complete your pamper session with a pedicure for those hard to reach feet leaving you calm and relaxed.

For the body - *korf*

Himalayan Body Brilliance £40

This wonderful body polish treatment uses rare pink Himalayan sea salt to exfoliate the body leaving it silky soft and delicately fragranced. An expert blend of 84 trace minerals detoxifies the body and encourages nutrient absorption to nourish the skin. This brilliant treatment is completed with a conditioning fusion of 12 bioactive ingredients including the highly effective seagrass.

Purifying Indulgence £65

This treatment is specially designed to remove the build-up of toxins in the body and help purify the skin. We begin by body brushing and exfoliating to increase circulation and remove any unwanted dead skin cells. A powerful blend of purifying essential oils is then massaged into the entire body using lymphatic drainage and pressure point techniques, to stimulate the body and boost toxin removal. Finish your massage with a serving of cleansing tea to ensure you are purified from the inside out.

Purifying Back Therapy £45

The back is often neglected as it is hard to reach. This relaxing back treatment will deep cleanse and condition the skin and ease aches and pains with a tension relieving massage.

Holistic Therapies – *yaghheansow kowal*

Reflexology £32

Course of 5 £130 (£26 per treatment)

An extremely relaxing foot treatment that can help to identify problem areas in the body. Reflexology is a healing treatment involving massage and energy healing techniques. Through relaxing yet stimulating pressures to the reflexes of the feet the body's natural healing processes are engaged.

Thermal Auricular Therapy (Hopi Ear Candling) £32

Course of 5 £130 (£26 per treatment)

An ancient art that stimulates blood and energy flow and is beneficial in unblocking the sinus canals. It is a good balancing treatment to have before and after flights as it can help to regulate pressure in the ears and head. It is a pleasant and non-invasive treatment of the ears that can improve a variety of conditions including:

- Tinnitus
- Sore throats and hayfever
- Compacted ear wax and glue
- Catarrh and asthma
- Headaches and migraines
- Rhinitis and sinusitis

Shrinking Violet Body Wrap £55

Add a full body exfoliation for only £10

Course of 6 £270 (£45 per treatment)

Tibby Olivier's acclaimed inch loss wrap uses the active ingredient phospholipid fraction combined with a blend of cellulite targeting aromatherapy oils to shrink waistlines and provide a jump start to a new and slimmer you. During the treatment you will be cocooned in warmth and receive a deeply relaxing scalp massage.

For the Face – *bejeth*



The Signature AromaWorks Facial £50

A wonderfully relaxing yet instantly effective facial treatment for all skin types. Allow your therapist to tailor your treatment to suit your needs, with skincare containing premium essential oils and bioactive ingredients. The anti-ageing properties of our 14 bioactive ingredients, including rose and sandalwood, leave your skin with improved elasticity and a bright youthful appearance.

The Express AromaWorks Facial £30

This shortened version of our full facial is perfect for a quick refresher when you cannot spare a whole hour of pampering. A condensed treatment to effectively repair and restore your skin.

Touch Therapies £10

Add additional relaxation to your skin treatment

Tension relieving neck and shoulder

*Stress relief back
Soothing scalp
Calming hand
Relaxing foot*

dermalogica® skin treatments

healthy glowing skin, for life



Skin Fitness Plan powered by Face Mapping®

Your skin is unique, let's treat it that way! Discover how to achieve your best skin ever with your complimentary skin fitness plan.



SkinSolver® £10

Fix skin concerns fast with our 10-minute express seated treatment. Let your skin therapist show you professional hacks to get you healthy skin that glows. Ideal if you need a skin boost or before a special event.



ProSkin 30 £32

Our customised treatment, on your time! Targeting your key skin concern for maximum impact in minimum time, this treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.



ProSkin 60 £55

The ultimate treatment, different every time. Customised with advanced products, techniques and technology in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.



Expert Active £75

Intensive resurfacing treatment with dramatic results. This super charged treatment features our professional grade BioSurface™ Peel powered up with the latest technology to deliver smooth polished skin. Intensive products, no redness, no downtime... just amazing skin!

BioSurface Peel

A professional chemical peel designed to resurface the skin with minimal recovery time. Beneficial in the treatment of fine lines and wrinkles, photoageing, uneven skin tone and acne breakouts.

Consultation, home care products kit and course of 6 £330 (£55 per treatment)

Consultation and course of 3 £180 (£60 per treatment)

Massage - *lewtosa*

Serenity Massage £40

A classic back, neck and shoulder massage to relieve specific areas of tension followed by a deeply relaxing scalp massage using eastern techniques to relieve and restore your natural energy flow. The healing and nourishing properties of our serenity essential oil blend help uplift and revitalise the mind and body.

Hot Stone Massage

Full Body - £45 Back, Neck and Shoulders £30

A truly relaxing and effective massage that alleviates stress and induces a feeling of wellbeing. The heat from warm stones penetrates deep into muscle tissue easing tension.

Deep Tissue Massage

30 mins £30 45 mins £39 60 mins £48

A style of massage using deep, firm pressure to treat severe muscle tension, through techniques such as neuro-muscular trigger pointing. Forearm and elbow pressure and friction movements are used to break up and eliminate toxins. Infra red heat may be used to warm the muscles to enable a deeper massage. This treatment can help with conditions such as back ache, neck pain, sciatica and leg cramps.

Aromatherapy Massage

Full Body £45 Back, Neck and Shoulders £30

A personalised treatment with a qualified aromatherapist who after an in depth consultation will mix a blend of essential oils to meet your needs. These oils will be used to perform a light lymphatic drainage style massage aimed at restoring balance and boosting the body's immune responses through the use of essential oils.

Swedish Massage

Full Body £40 Back, Neck and Shoulders £25

A classic European massage designed to relax muscles by applying moderate pressure. It can help the recovery of strained muscles by flushing out waste products, improving circulation, promoting relaxation and easing muscular aches.

AromaWorks Hand and Foot Ritual £40

Drift dreamily away while your hands and feet are pampered with a Himalayan sea salt scrub and a luxurious massage using one of our signature oils. Choose from nurture, serenity or purify to ensure you leave feeling relaxed and renewed.

Pregnancy Massage £45

A prenatal massage designed with mother and baby in mind. A holistic treatment which will help with pregnancy aches and pains, aid sleep and reduce stress. Carried out by a certified practitioner.

Indian Head Massage £30

Course of 5 £125 (£25 per treatment)

A deeply relaxing treatment of the upper back, neck, shoulders and face that is based on ayurvedic massage techniques. It can help reduce stress, fatigue and tension headaches.

To enhance your relaxation AromaWorks body oils can be added to any massage for **£3**

For the hands and feet - *leuwow ha treys*

OPI ProSpa Manicure Services

Shape and Polish £16

A quick fix, perfect for those short on time. A condensed manicure featuring essential OPI ProSpa products and techniques.

Express Manicure £20

An exceptional manicure where you will experience the quintessential OPI ProSpa products through exfoliation and intense moisturisation combined with a relaxing massage.

Signature Manicure £25

Soothe, relax and indulge with the ultimate manicure that will leave your hands and nails feeling and looking fabulous. Benefit from exfoliation, moisturisation and protection, with a relaxing massage to relieve tension.

Add OPI Gel Colour to any of the above for £10
Add nail art from £5

OPI Nail Enhancements

OPI enhancements give exceptional strength and clarity. Let our expert nail technicians choose between Absolute Acrylic or the Axxium Gel system to give you beautiful nails.

Full Set Enhancements £35 / with OPI Gel Colour £40

Re-balance £22 / with OPI Gel Colour £27

Single New Nail £3

Enhancement Removal £10 / With Express OPI Manicure £26

B Skincare Manicure £26

A nourishing manicure using locally sourced products where the nails and cuticles are tidied, hands are scrubbed before a deeply moisturising warm paraffin wax is applied. Excellent for those with dry skin and can ease the discomfort associated with arthritis.

OPI ProSpa Pedicure Services

Shape and Polish £16

Nail and cuticle tidy finished with your perfect OPI colour, the perfect refresher treatment for those in a rush.

Express Pedicure £24

A classic maintenance pedicure whereby OPI ProSpa products are used to soak, exfoliate and smooth feet followed by a relaxing foot massage to revive tired legs.

Signature Pedicure £30

The ultimate pedicure experience. Includes callus softening, hard skin removal, exfoliation, moisturisation and a massage to reduce stress and leave your feet silky smooth.

Add OPI Gel Colour or Minx to any pedicure for £10.

Nail Trim £16

Essential maintenance for hard to reach feet.

Add Callus Peel to any pedicure for £10

Callus Peel is the essential procedure to remove unwanted dry skin and calluses from the feet. It is painless, effective and leaves the feet super smooth.

B Skincare Pedicure £30

A pedicure using nourishing beeswax and essential oil creams and balms to quench, rehydrate and protect dry skin. A warm paraffin wax mask and foot massage nourishes dry skin and improves circulation to the feet.

Hair Removal – *dilea blew*

Waxing An excellent method of removing unwanted hair.

Full Leg	£24	Hollywood	£20
¾ Leg	£20	Underarm	£10
Half Leg	£16	Forearm	£14
Bikini Line	£10	Eyebrow Shape	£8.25
Extended Bikini Line	£15	Lip or Chin	£7
Brazilian	£18	Back or Chest	£18

Smooth as Silk £37

Full leg wax, bikini line wax,
underarm wax

Not a Hair Out of Place £19/£21

Brow shape, lip wax/thread,
chin wax/thread

Threading Threading is an ancient method of facial hair removal originating from central Asia and India. An ideal alternative to waxing especially for sensitive skin that gives a clean defined look.

Eyebrow £10 Lip £8.50 Chin £8.50

For the lashes & brows – *blewen an lagasow*

A sensitivity test is necessary for tinting 24 hours prior to your appointment.

Exquisite Eyes £22.50
Eyelash tint, eyebrow tint,
eyebrow shape

Eyelash Tint £11 Eyebrow Tint £7
False Strip Lashes £12 Temporary Individual Lashes £18

LVL Lashes £40 LVL Consultation & Patch Test £5
Length, Volume & Lift. A treatment to straighten your lashes at the root, creating longer, lifted lashes that last 6-8 weeks. Includes eyelash tint.

Eyelash Extensions £60 Eyelash Extension Infills from £25
Semi-permanent eyelashes to enhance your natural lashes. Choose from an everyday natural look to a dramatic glamorous effect.

Finishing Touches – *manglyon finsya*

Special Occasion Make-up £26

Make-up Lesson £35

Delilah Cosmetics Consultation £12

(redeemable against any products purchased)

Wedding Make-up £60

Includes a consultation and rehearsal application.

We specialise in bridal make-up and beauty treatments and take pride in being involved in such a special day.

You are welcome to choose whether to come into the studio for your wedding treatments or our beauty therapists are happy to travel to your home or venue for your appointments (mobile fee on consultation)

For the best results please book a SkinSolver or ProSkin 30 prior to a make-up appointment or arrive bare faced.

Fake Bake Tanning

Achieve a beautiful natural looking tan with Fake Bake. A selection of colours and developing times to suit all skin tones and occasions.

Before your tanning appointment please...

Wax or shave 24 hours prior to treatment. Exfoliate body and face. Do not wear deodorant, make-up, perfume, body oils or lotions. Wear loose, dark clothing and flip flops.

Fake Bake Spray/Cream Tan £25

Add a full body and facial exfoliation for only £10

Spray tan group bookings (2 or more people) £20 each

Mobile spray tanning parties are available, perfect to prep for nights out, parties and weddings.

Mens Treatments – *dyghtyans gwer*

We welcome both men and women to Affina Beauty Studio. All our treatments are available for men, however the following are particularly popular.

Deep Tissue Massage		AromaFlex	£50
30 mins £30 45 mins £39 60 mins £48		Reflexology	£32
Swedish Massage		Thermal Auricular Therapy	£32
Full Body	£40	Indian Head Massage	£30
Back, Neck and Shoulders	£25	B Skincare Manicure	£26
Express Thermo-Therapy		B Skincare Pedicure	£30
Experience	£55	Mens Fake Bake Spray Tan	£25
The AromaWorks Absolute Facial	£50	Mens Brow Tidy	£8.25
Dermalogica ProSkin 30	£32	Back Wax	£18
Dermalogica ProSkin 60	£55	Chest Wax	£18

Little Affina *bian*

Mini Manicure	£12
Nail Paint	£5
Mini Pedicure	£12
Clearstart Skin Treatment	£20
Skincare Lesson	£15
Make-up	£15
Eyebrow tidy	£5

14 years and under

Ear Piercing £25

The treatment is carried out hygienically and detailed home care advice will be given along with free studs and cleaning solution. 11 years and over only. Under 16's need to be accompanied by a parent or guardian.

Special Occasions

At Affina we have a double treatment room available to enjoy treatments with a loved one. The salon is also available to hire for special occasions such as birthdays, hen parties and baby showers. As well as having some fabulous pampering we are also able to provide delicious catering and decorations for your event.

Gift Vouchers

Our gift vouchers make the perfect present for anyone who deserves a little luxury and relaxation. They can be used for any treatments or products and are valid for 6 months. Vouchers can be purchased in the salon or over the phone by card payment, where they can then be collected or posted to you or the recipient.

Health Considerations

Please keep us up to date with any changes to your health or medication. On arrival kindly advise your therapist of any allergies, if you are pregnant, have been taking antibiotics or of any other medical considerations that may affect your treatment.

Cancellation Policy

Please inform Affina Beauty Studio on 01579 324864 if you wish to cancel or reschedule your appointment at least 24 hours before the arranged time, otherwise 50% of the treatment costs will be charged.

Opening Hours

Monday 9:20am - 8:00pm

Tuesday 9:20am - 5:00pm

Wednesday 9:20am - 8:00pm

Thursday 9:20am - 8:00pm

Friday 9:20am - 5:00pm

Saturday 9:20am - 4.00pm

Closed Sunday