

## Tanning

**Nouvatan** An amazing organic mango scented natural looking spray tan that lasts approximately 1 week. Available in 6 different shades. Call in for a free patch test.

**Rapid tan** (develops in 2 hrs, dark colour) .....£24

**Full body tan** (develops over 6-8 hrs) (6 shades available) .....£22

**Half body tan** (develops over 6-8 hrs) (6 shades available) .....£17

## Packages

All the packages illustrated below can be customised to your own individual requirements.

**Pamper package** 2.5 hours .....£70

**Gelish** 2 week polish on fingers and toes, express facial and make up application

**Pre Holiday package** 2 hours .....£80

½ leg, bikini and eyebrow wax, **Gelish** 2 week polish on fingers and toes and full body spray tan

**Bridal Beauty Package** aprox. 3 hours.....£125

**1-2 weeks before:** Full body massage to de-stress (1 hour)

**4-5 days before:** Eyebrow wax and facial with eye contour treatment. (1.25 hours)

**1-2 days before:** Manicure and pedicure with long lasting gel polish, and full body tan. (5 hours)

**On the day-** Make up trial and application

With air brush make up .....£170

### Arrival:

Please arrive 5 minutes before your appointment time in order to unwind. If you are having a beauty treatment for the first time you may be required to complete a consultation form, this takes about 10 minutes. Late arrival will limit your appointment time, as services will finish on time so that the next client is not delayed.

### Payment:

We accept all major credit/debit cards/American Express and cash. Cheques will only be accepted with a valid guarantee card and made payable to Me, Myself & I Beauty.

### Cancellation Policy:

Please give as much notice as possible if you need to change or cancel your appointment as we request at least 24 hours notice, failure to do so will result in a 50% charge. If a client does not turn up for the appointment without prior notice, the treatment will be charged at full price. Thank you for your understanding.



*Me Myself & I*  
Beauty & Massage Studio

### OPENING TIMES

Monday 10am to 6pm

Tuesday 10am to 6pm

Wednesday 10am to 6pm

Thursday 10am to 8 pm

Friday 10am to 8pm

Saturday 10am to 4pm

Sunday: Closed

1st FLOOR

4 GEORGE STREET - OBAN - PA34 5RX

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[www.memyselfandibeauty.co.uk](http://www.memyselfandibeauty.co.uk)

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Gift Vouchers Available.

## Body Treatments

**Ultimate Massage** 1.5 hours ..... **£45**  
The ultimate in relaxation working from the toes to head. Includes face massage and scalp treatment.

**Relaxing Massage** 1 hour ..... **£36**  
A highly effective and uplifting massage using stretching and kneading to release toxins. Helps to relieve joint pains, increase blood circulation and eliminate toxins.

**Back, Neck & Shoulder Massage** 30 mins ..... **£22**  
Helps to relieve tension and joint pain, increase blood circulation and eliminate toxins in the upper body

**Deep Tissue Massage** 30 minutes ..... **£24**  
1 hour ..... **£42**  
Focused massage using special techniques to relieve stress and severe muscle tension. This massage focuses on both superficial and deep layers of muscles to provide relief for sufferers of constant pain, involved in heavy physical activity or for those who prefer a deep pressure massage.

**Sports Massage** 1 hour ..... **£42**  
Aids the prevention of injury, muscle recovery and maximises sports performance.

**Aromatherapy Massage** 30 mins ..... **£22**  
1 hour ..... **£38**  
A wonderful treatment using essential oils derived from plants to heal the body. In this holistic treatment a blend of oils specific to your needs will be chosen and applied through massage.

**Indian Head Massage** 40 mins ..... **£25**  
This head, scalp, neck and shoulder massage works to release pent up tension and anxiety, helping to calm the mind, enhance the senses and promote clear thinking. An ideal therapy to promote optimum health and wellbeing.

**Reflexology** 50 mins ..... **£34**  
A highly effective healing therapy using the reflex areas of the feet. Provides relief for many health concerns such as migraines, digestive problems, stress and infertility.

**Hot stone massage** 1 hour ..... **£44**  
Warm basalt stones are used to provide a deeply relaxing massage therapy to balance body and mind.

**Hot stone back massage** 25 mins ..... **£22**

**Stress Away Scalp treatment** 20 mins ..... **£15**  
Focusing on working out the tensions contained on the scalp using warmed essential oil, this luxurious treatment will leave you stress free and with a clear mind.

## Maternity Spa Treatments

**Pregnancy massage** 1 hour ..... **£36**  
\*MUST BE OVER 12 WEEKS FOR ANY TREATMENTS  
Pregnancy massage is very gentle and effective and has many benefits for the mother, such as increasing energy, easing aches and pains, slowing the process of varicose veins, reducing fluid retention and releasing stress.

**Pre- Hospital Package** ..... **£35**  
Eyebrow tidy, bikini wax, half leg wax and file & polish on fingers and toes

**Mother to be treatment** 1 hour 30 mins ..... **£55**  
Pregnancy massage, organic tummy mask, facial & scalp massage

## Facial Treatments

Using Thea, an award winning organic range, we offer a facial to suit each skin type. Call in for a free skin consultation if you are unsure. All Thea Skincare products are 100% chemical free, pH balanced, paraben free and do not contain fragrances.  
All 60 minute treatments include a complimentary hot stones shoulder massage.

**Booster facial** 30 mins ..... **£26**

**Eye contour treatment** 30 mins ..... **£22**

**Hydrate & Nourish** 60 min  
ideal for dry skin ..... **£50**

**Revive and Lift** 60 min ..... **£50**  
ideal for those concerned with aging

**Revive and Rejuvenate** 60mins ..... **£50**  
ideal for dull skin

**Skin Cherish** 60 min ..... **£50**  
ideal for a sensitive skin

**Purify and Clear** 60 min ..... **£50**  
ideal for a stressed skin

**Natural Man Facial** 60 min ..... **£50**

## Make Up

Using the top make up brand **NYX**, we can take the stress out of getting ready.

**Make up application** ..... **£22**  
**Skincare and make up lesson** ..... **£28**  
**Wedding make up** including trial make up ..... **£55**  
**Airbrush make up application** ..... **£12**

## Nails

**Gelish Nails**  
(2 week lasting nail polish on fingers and 6 week lasting polish on toes) ..... **£20**  
Add extra strength ..... **£3**  
**Jessica Nails Manicure** 1 hour ..... **£25**  
Add gel polish for ..... **£3**  
**Add paraffin wax treatment** ..... **£5**  
**Jessica Nails Pedicure** 60 mins ..... **£25**  
Add gel polish for ..... **£3**  
**File & Polish** 20 mins ..... **£12**  
**Nail Art** please ask for individual pricing  
**Swarovski crystal add on** (50p per item)  
**Kooky Nail Wraps** ..... **£20**

## Waxing and Tinting

**Eyelash tint\*** ..... **£10**

**Eyebrow tint\*** ..... **£8**

\*Note: A patch test must be done 24 hours prior to tinting if you have not had this treatment before

**Eyebrow wax** ..... **£8**

**Perfect eyes** ..... **£20**  
eyelash & eyebrow tint and eyebrow wax

**Lip wax** ..... **£6**

**Chin wax** ..... **£6**

**Lip & Chin wax** ..... **£10**

**Underarm wax** ..... **£9**

**Bikini wax** normal ..... **£10**

**Bikini wax** high line ..... **£13**

**Half leg wax** ..... **£12**

**Full leg wax** ..... **£22**

**Mens Chest Wax** (including stomach) ..... **£20**

**Mens Back wax** ..... **£22**

## Threading

**Eyebrows** ..... **£8**

**Lip** ..... **£5**

**Chin** ..... **£6**

**Sides of face** ..... **£10**