

Lefroy
beauty therapy



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WELCOME

Situated in the heart of Exeter on the very popular Gandy Street and with eight treatment rooms along with a relaxation area to unwind, Lefroy Beauty Therapy provides a tranquil and serene environment for you to come and escape those every day stresses and strains.

Our team of professionals aim to offer the highest standard of treatments available with a friendly and approachable style, which allows us to tailor make every treatment individually to you and your unique needs.

We are proud to offer award-winning ESPA and ELEMIS products and treatments along with Jessica Nails, St. Tropez and Lynton Lasers.

01392 438516

MUSGRAVE HOUSE | GANDY STREET | EX4 3LS

1 ELEMIS BIOTEC FACIAL TREATMENTS

ELEMIS BIOTEC delivers 8 highly-effective, super-charged facial treatments using a unique combination of actives, touch and technology to re-boot cellular performance, enhancing the skin's ability to repair, renew and re-tone. Each treatment targets specific skin needs to deliver immediate, visible and long-lasting results.

Biotec Line Eraser

A powerfully, rejuvenating and clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

Biotec Firm-A-Lift

A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

Biotec Anti-Pigment Brightener

Tackle uneven skin tone and discolouration with a dynamic combination of brightening actives, an ultrasonic peel, and light therapy.

Biotec Skin Resurfacer

For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and a light therapy resulting in the smoothest skin imaginable.

Biotec Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant, visibly brighter skin.

Biotec Blemish Control

Detoxify and repair damaged tissue with this thorough and deep cleansing facial, leaving skin decongested and soothed.

Biotec Sensitive Skin Soother

Oxygen infusion and red light therapy improve the skin's ability to repair itself. Calmness is restored and skin is soothed with this treatment.

Biotec Super-Charger for Men

A multi-tasking, time efficient solution for the male complexion.

ALL THE ABOVE ARE AVAILABLE FOR
30 MINUTES £45 | 60 MINUTES £75



2 ELEMIS FACIAL TREATMENTS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Or try the skin specific and booster facials created for your skincare concerns such as breakouts, stressed and sensitive skin.

Pro-Collagen Age Defy

Experience the age-defying benefits of marine-charged Padina Pavonica, whilst targeted massage encourages optimum cellular function.

Pro-Definition Lift & Contour

Restore the architecture of your face with potent plant actives, resulting in a profoundly sculpted youthful effect.

Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone.

White Brightening Pigment Perfector

Illuminates and brightens for a naturally more even complexion.

Superfood Pro-Radiance

Energise and detoxify stressed, dull skin with a nutritional superfood boost, leaving skin plumper, radiant and lit up with good health.

Sensitive Skin Soother

Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage, leaving the skin comfortable and calm.

Anti-Blemish Mattify & Calm

Mattify and combat oil and shine whilst restoring micro-circulation with this deeply detoxifying treatment, leaving skin bright and clear.

High Performance Skin Energiser For Men

The hard-working facial for ageing, dehydrated skin, combined with scalp and foot massages.

ALL THE ABOVE ARE AVAILABLE FOR 60 MINUTES £65 |
30 MINUTES TASTER FACIAL £40



3 ESPA FACIAL TREATMENTS

Combines traditional, holistic therapies with modern day techniques and the purest natural ingredients to create treatments that deliver beautiful skin and a renewed sense of inner calm.

Our facials begin with a personal consultation and in-depth skin analysis, so your treatment experience can be entirely tailored to your precise needs.

ESPA Solution Facials

1 hour £60

Your customised facial begins with a detailed consultation to treat your skin concerns. All facials focus on naturally improving the condition of the skin and provide outstanding instant and long-term results.

Lift & Firm Facial

1 hour £60

An advanced anti-aging facial designed to stimulate cells and improve skin tonicity and firmness.

Optimal Skin pro Facial

1 hour £60

Rejuvenate your skins true potential with this facial that unites the pioneering formulas of ESPA's optimal skin collection.

Advanced Enzyme Facial

1 hour 30 minutes £80

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion. The enzyme peel contains botanical extracts and pumpkin seeds and leaves the skin plumper and firmer in appearance.

Men's Deep Cleansing Facial

1 hour £60

Hydrates, balances and purifies to help accelerate skin recovery.

Aromatherapy Taster Facial

30 minutes £40

A speedy treat for your skin. Skin analysis, cleanse, exfoliation, personalised facial mask and an application of a booster serum to suit your skin.



4 RADIO FREQUENCY SKIN TIGHTENING FACE AND BODY

Radio frequency combined with vacuum suction and LED light therapy are used to encourage the production of new collagen. It is an effective way of long term skin tightening, lifting, contouring and reducing fine lines and wrinkles. On the body it is very effective at reducing stubborn compacted areas of fat and cellulite.



RF Facial

1 hour £75 | 30 minutes £40

RF Legs and Bum

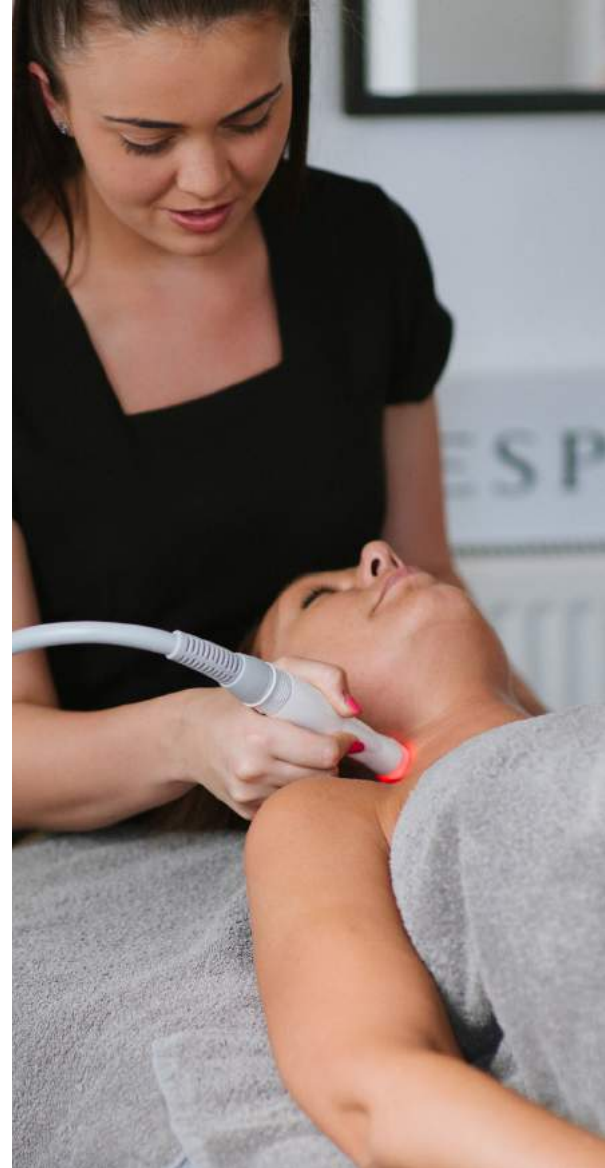
1 hour 15 minutes £75

RF Arms

30 minutes £40

RF Stomach

30 minutes £40



5 ESPA AROMATHERAPY OR ELEMIS DEEP TISSUE MASSAGE

Leg Massage

30 minutes £40 | hot stones £45

Back Massage

30 minutes £40 | hot stones £45

Back, Neck & Shoulder Massage

45 minutes £45 | hot stones £50

Back, Neck, Shoulder & Scalp

1 hour £50 | hot stones £55

Full Body Massage

1 hour 15 minutes £60 |
hot stones £65

Pre & Post Natal Massage

1 hour 30 minutes £70

ALL MASSAGE CAN BE COMBINED WITH
HOT STONE THERAPY.

Ancient therapy uses heat from stones to ease aches and pains.



6 BODY TREATMENTS & PAMPER

Back, Face & Scalp Treatment

1 hour 30 minutes £75 | hot stones £80

This luxurious combination begins with a cleansing of the back, followed by an exfoliation and a soothing back massage to ease away stress and tension, aromatherapy facial and relaxing scalp massage.

ESPA Total Holisititc Body

1 hour 30 minutes £75 | hot stones £80

Melt away tension and bring your body back into harmonious balance. Starting with a full body brushing and exfoliation then followed with a full body massage, facial massage and scalp massage.

ESPA Life Saving Back Treatment

45 minutes £45

An ideal treatment for problematic skins and a treat for this much-neglected area. Skin brushing, exfoliation, massage and a warmed marine mud mask.

Salt & Oil Scrub

45 minutes £45

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Lift & Firm, Hip & Thigh Treatment

1 hour £60

Target cellulite, fluid retention and uneven skin texture with this highly effective, stimulating treatment.

ESPA Skin Body Wrap

1 hour £60

Body brushing and exfoliation will prime your skin for a blended re-hydrating mask of ESPA body oil. Enjoy a therapeutic scalp massage whilst your skin rehydrates.

Invigorating Foot Treatment

45 minutes £45

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment.

International Body Wrap

1 hour £55

Lose those unwanted inches while relaxing, cocooned in a detoxifying body wrap. Let contour gel work its magic.



7 IPL LASER PERMANENT HAIR REDUCTION

We use Lynton Lasers, the UK's No.1 Laser & IPL Brand who are the leading supplier to the NHS.

Intense pulse light IPL is a safe, long term solution to unwanted, excess hair for both men and women. Light is selectively absorbed by melanin, the pigment, and effectively destroys the hair follicle.

A full consultation is conducted in which a medical history is taken to confirm suitability and so that we can answer any questions you may have.



	cost per session	cost of six treatments	20% off course of six treatments	maintenance after course of six treatments
Centre Brow	£45	£270	£216	£35
Upper Lip	£55	£330	£264	£45
Chin or Sides of Face	£70	£420	£336	£60
2 Areas (face)	£95	£570	£456	£80
3 Areas (face)	£110	£660	£528	£95
Nipples or Navel	£65	£390	£312	£55
Underarms	£85	£510	£408	£75
Bikini	£95	£570	£456	£80
Brazilian	£130	£780	£624	£105
Hollywood	£165	£990	£792	£135
Upper Leg	£195	£1170	£936	£170
Lower Leg	£180	£1080	£864	£160
Full Leg	£275	£1650	£1320	£225
Forearm	£130	£780	£624	£105
Full Arm	£180	£1080	£864	£160
Full Back	£205	£1230	£984	£175
Chest	£140	£840	£672	£115
Full Back incl. Shoulders	£250	£1500	£1200	£200

8 IPL INTENSE PULSED LIGHT LASER TREATMENT FOR PIGMENTATION

Veins, Acne or Skin Rejuvenation.

Pigmentation or Veins

The IPL light pulses break down the pigmentation into tiny particles. The particles rise to the skins surface as crusting and are naturally exfoliated away.

The IPL light pulses are absorbed by veins, heating them to a point where they are destroyed. The vessels quickly clear as they are reabsorbed by the body.

	single treatment	course of three	15% off course of three
Single Lesion	£75	£225	£195
Cheeks	£100	£300	£225
Full Face	£200	£600	£510
Chest	£180	£540	£460
Hands	£150	£450	£380

Skin Rejuvenation

IPL light pulses target brown and red lesions. Fibroblast cells are stimulated to increase production of collagen and elastin.

	single treatment	course of six	20% off course of six
Half Face	£135	£810	£648
Full Face	£175	£1050	£840
Chest	£150	£900	£720
Hands	£100	£600	£480

Acne Treatment

IPL Directly targets overactive sebaceous glands, greatly reducing the total number and severity of active lesions and lessening the inflammation and occurrence of break-outs.

	single treatment	course of six	20% off course of six
Half Face	£95	£570	£456
Full Face	£150	£900	£720
Shoulders or Chest	£150	£900	£720
Full Back	£250	£1500	£1200

9 SPECIALIST TREATMENTS

ADVANCED COSMETIC PROCEDURES USING DIATHERMY

ACP uses Short Wave Diathermy. The electrical current passes down a probe and into the skin where it effectively cauterises the blemish.

Many of the skin blemishes can be treated in a single appointment. Procedures are safe, relatively pain free and avoid unnecessary surgery and minimise scarring.

All our consultations are free, and we can normally follow with treatment the same day. We can treat:

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- Thread Veins - Telangiectasia
 - Blood Spots - Cherry Angiomas
Campbell de Morgan
 - Spider Veins - Spider Naevus
 - Skin Tags - Verruca Filiforms,
Fibroepithelial,
Poly/Papilloma or Filiform Warts
 - Warts - Common, Plane, Periungual
 - Verruca - Plantar Wart, Mosaic Wart
 - Seborrhic Wart - Seborrheic
Keratosis, Basal Cell Papilloma
 - Milia or Milk Spots
 - Moles - Most moles are completely
harmless but in a few rare cases they
can develop into malignant melanomas.
For your safety we recommend you
check with your GP prior to treatment
 - Sebaceous Cysts
 - Xanthomas & Xanthoma
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15 MINUTES TREATMENT £50 | 30 MINUTES TREATMENT £80



10 HAIR REMOVAL

Waxing

Our wax shrink wraps itself to the hair & not the skin, causing less irritation. This is suitable for all types of skin and hair, has a low melting temperature and is ideal for people with sensitive skin. We use hot wax for smaller, more intimate areas and strip for larger areas.

15% Discount on three or more waxing treatments.

15% off if you have a valid student or NHS card.

Full Leg	£28	Under Arm	£12
Upper Leg	£22	Forearm	£17
Half Leg	£20	Full Arm	£22
Bikini	£12	Back	£23
Extended Bikini	£20	Chest	£23
Brazilian	£27	Lip	£10
Hollywood	£30	Chin	£10
Eyebrow Shape	£10		

Threading

An ancient Indian method of hair removal, threading uses a pure, thin, cotton thread which plucks the unwanted hair at the follicle.

Eyebrow	£10		
Full Face	£28	Lip	£10
2 Areas of Face	£18	Chin	£10



11 EYE TREATMENTS

Enhance your natural eyes with our eye treatments.

Patch test is required 48 hours prior to tinting.

Eyelash Tint	£18
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Brow Shape & Tint	£18
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Lash Tint, Brow Tint & Shape	£30
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Eyebrow Tint	£10
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Eyebrow Shape	£10
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CLASSIC EYELASH EXTENSIONS

Full Set Extensions £70

maintenance £35 for 45 minutes | £45 for 60 minutes |

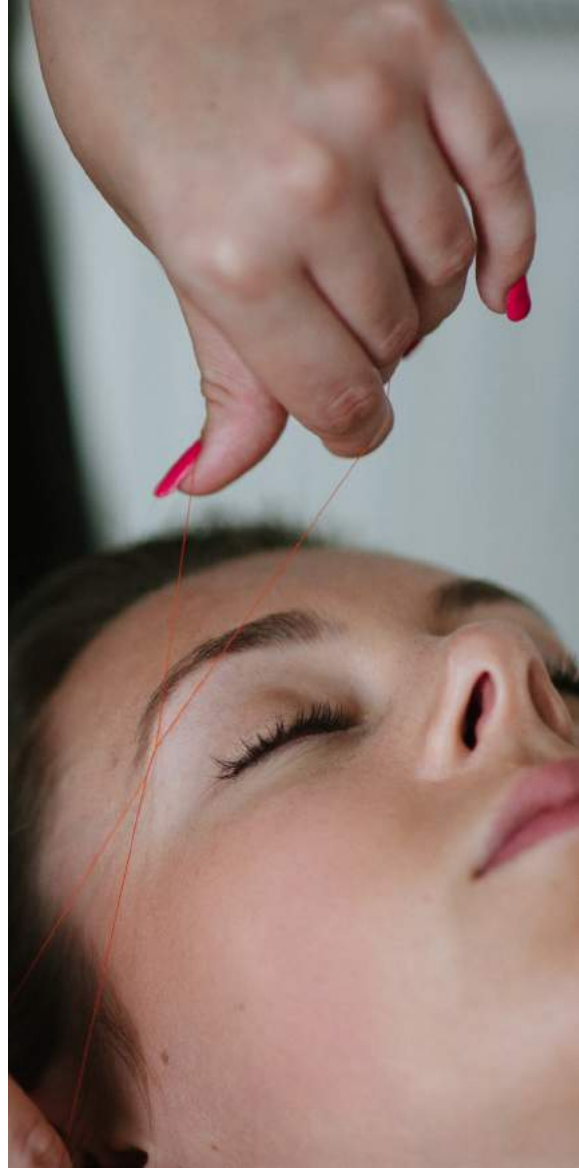
RUSSIAN VOLUME EXTENSIONS

Full Set Extensions £80

maintenance £40 for 45 minutes | £50 for 60 minutes

LASH LIFTING £60

An alternative to lash extensions. Give your lashes length, volume & lift with instant results





12 TANNING

ST TROPEZ SPRAY TANNING

UK's No.1 Tanning Brand. Streak-free, even fading, quick drying, ultra-hydrating, natural looking with no tan smell and vegan friendly. We have three tans to choose from:

St Tropez Classic

Natural and healthy-looking tan.

St Tropez Luxe Oil

Luxurious, ultra-hydrating tan fragranced with essential oils. Developing time 4-8 hours.

St Tropez Express

Allows you to control the depth of your tan.

Light, sun-kissed glow - 1 hour

Medium, golden tan - 2 hours

Deep, dark tan - 3 hours

Developing time 1 hour

FULL BODY 30 MINUTES £26

PART BODY 15 MINUTES £16

We recommend you have a patch test 24 hours prior to your St Tropez tanning treatment. It is preferable not to apply any type of perfume, deodorant or aromatherapy oils the day of your treatment as these may reduce the results.

Shaving or waxing should be completed at least 24 hours prior to the treatment to reduce sensitivity. For laser hair removal, please seek advice from your practitioner.

The evening before or morning of your treatment, exfoliate your entire body. Pay special attention to dry areas of your body such as hands, elbows, knees and feet.

Wear dark, loose fitting clothing as not to disturb the tan while getting dressed. Please be aware the guide colour can stain light hair, man-made fibres and wool.

We will advise you of aftercare treatment following your tan to ensure you get the best results.

VERTICAL TANNING BOOTH

This is a stand-up sunbed with artificial UV rays, which stimulates the production of melanin in the skin resulting in a tan.

We will advise you on your skin type and the suitable exposure time you to tan safely. 55p per minute

30 MINUTE COURSE £15 (50p per minute)

60 MINUTE COURSE £27 (45p per minute)



13 HAND & FOOT TREATMENTS

JESSICA NAILS TREATMENTS

Jessica Nails is considered a world leading brand, with a range of products to help you achieve and maintain naturally beautiful nails.

Normal polish will take a while to fully dry. This polish can be removed at home with normal nail polish remover.

Gel polish is dried instantly under a LED light. The polish will last 2-3 weeks. The polish is best when removed by your therapist or you can take a home removal kit and your therapist will explain the procedure.



	normal polish	gel polish
Express Manicure	£20	£25
Express French	£22	£27
Manicure	£30	£35
French Manicure	£32	£37
Pedicure	£33	£40
French Pedicure	£34	£42
Manicure with Heated Mitts	£33	N/A
Pedicure with Heated Mitts	£35	N/A
Gel Refresh 2-3 Weeks	N/A	£22
Gel Removal	N/A	£10
Gel Removal Prior to Nail Treatment	N/A	£5

CAFLOM EAR PIERCING £30

Caflon is a UK designed quality ear piercing system. We offer gold plated, white stainless steel or titanium earrings.

Your therapist will explain the procedure in full, advise you of the aftercare and provide you with a bottle of natural aftercare solution.
Minimum Age 10 years



OPENING HOURS

Monday	9am – 5pm
Tuesday	9am – 5pm
Wednesday	10am – 7pm
Thursday	9am – 6pm
Friday	9am – 5pm
Saturday	9am – 5pm
Sunday	Closed
Bank Holidays	Closed

Terms & Conditions

Gift Vouchers are valid for six months and are redeemable against treatments only, not products. Please note we have a 24hr cancellation policy. Appointments cancelled within this period may occur a charge.

Treatment prices are subject to change without prior notice. All treatment times relate to appointment lengths and not necessarily treatment times.

All prices are inclusive of VAT.

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