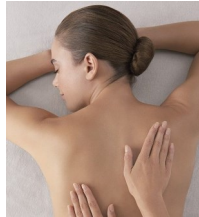


Get ready for exposure to the spring and summer holidays, start to prepare now. Don't wait lets start a regime now. Thalgo dietary and health drinks. Scrubs, wraps, rituals, and massages: unmissable moments for well-being and beauty. The Thalgo body treatment experience is a perfect combination of well-being and beauty, a delicate harmony between effectiveness and pleasure. Waxing, exfoliation etc.



**Fabulous sale** ask about the wraps and capes. The three piece suits and sweaters.



Easter closing  
 Close Saturday March 30th at 4pm  
 Re - open Thursday 4th April  
 Please leave any messaged on the answer phone and we will contact you  
 Happy Easter to you all.



*Ernie Clark*  
*Creative Hair Design*  
 &  
*Beauty Spa*



*26 1/2 Burnett Road*

*Streetly*

*Sutton Coldfield*

*B74 3 E.J.*

*Phone 0121 353 9588*

*Email: [ernie@ernieclark.co.uk](mailto:ernie@ernieclark.co.uk)*

*Facebook: Ernie Clark Hair and Beauty Spa*

*Instagram: [ernieclarkhairbeauty](https://www.instagram.com/ernieclarkhairbeauty)*

*Google Street View*



GUINOT CROWN SALON



Exciting date!! 24th of April  
 Manicures and pedicures by MAVALA specialist Sam.

Manicure ~~£35~~ £25

Pedicure ~~£48~~ £38

If purchased 2 prescription products receive treatment complimentary.

Don't miss out limited spaces available!!!

Our expert experience, training and knowledge in Mavala nail care allows us to get your nails to their optimum health.

Regular manicures will help to regulate the condition of your nails and keep them at their strongest and looking great for longer.

Mavala - 6 products and steps to help your home nail care in between your manicure appointments.

Step 1 – File and shape nails



Step 2 – Cuticles

Apply cuticle remover to soften the nail before using a manicure stick protected with cotton wool to gently push back the cuticles.



Step 3 Apply the base coat

Helps to ensure the nails aren't stained by the polish and helps to make your manicure last longer.



Step 4 Apply first coat of polish. Once you have painted both hands apply second coat. Shake the bottle prior to opening to promote a smooth application.

Step 5 If any touch ups required do straight away with easy to use Mavala Correcteur pen.



Step 6 Apply quick drying top coat.

Apply every two to three days for super long hold and shine



Hand care tip

Soft well hydrated hands complement a manicure, so don't forget to nourish this area with a rich hand cream.



**Mavala pedicure**

Give your feet the same care you give your hands!!

A heavenly pedicure!

Your feet take all your body weight and movement.

They are so often neglected

When lovingly cared for creamed, buffed, nails trimmed and polished it is like dancing on air.

Your general health is improved.

You can pamper your feet yourself with professional Mavala products to continue your fabulous treatment pedicure.

Ready to expose your toes for pretty summer shoes.

