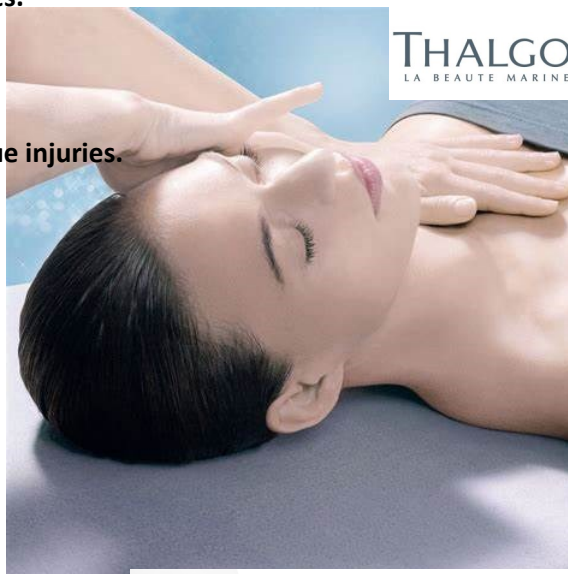


## BENEFITS OF MASSAGE (Pacifique, Mer Des Indes, Merveille, Joyaux Rituals)

- Reduces tension in the muscles.
- Enhances circulation.
- Relieves stress.
- Speeds up healing of soft tissue injuries.
- Improves mental alertness.
- Boosts immune function.
- Stimulates movement of lymphatic fluid.
- Improves joint mobility.
- Improves sleep quality.
- Eases muscle pain.



**GUINOT**  
INSTITUT • PARIS



## BENEFITS OF FACIAL MASSAGE

1. Releases tension, relaxing wrinkles
2. Increases micro-circulation, boosting skin healing, repair and rejuvenation
3. Tones the muscles, lifting the skin
4. Stimulates collagen production, plumps out wrinkles, firms & tightens the skin
5. Improves lymphatic drainage, reducing fluid build up, puffiness, acne & inflammation
6. Enhances penetration of active serums for enhanced results

*Ernie Clark*

*Creative Hair Design*

*&*

*Beauty Spa*



*26 1/6 Burnett Road*

*Streethy*

*Sutton Coldfield*

*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

We started the official school holidays and what we used to know of as the industrial fortnight.  
 What a mess travel has been!!  
 We hope you haven't been too inconvenienced by this and that you're enjoying this break.  
 Now Birmingham has a lot to offer in many ways with it being the Commonwealth Games.  
 Welcoming the competitors and visitors.  
 Lets welcome and wish them all a wonderful time.



The summer hasn't finished so don't forget sun care!! All Guinot and Thalgo contain triple protection against UV rays, ageing and dark spots, plus beautiful textures and fragrances, there is something for every need. Before and during the sun take Ocea Sun Tablets and Melanin Enhancing creams.



A wide range of sun factors and fabulous aftercare milks and masks to make your skin feel wonderful. Ask for more information, for every skin type.

Luxurious Guinot facial  
 Wash and blow-wave  
 (Complimentary KERASTASE ritual worth £15)

**KÉRASTASE**  
PARIS



£115.00

**GUINOT Facials**

Must-have hair care routine to protect her hair against summer aggressors is Kerastase Soleil.

This hair sun protection range leaves the hair luminous and hydrated all summer long. With a unique combination of potent Coconut Water, Vitamin E, and UV Filter, Soleil will keep your summer fun and your hair fresh!



Coconut water: Deeply penetrates the hair for unparalleled hydration.

Vitamin E: helps seal out moisture, reduces breakage, and protects the hair from external damage.

UV Filter: Absorbs UVs and minimizes their effect on the hair fibre.

### **Eyelash lift and tint £40.00**

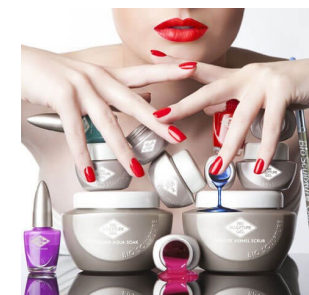
Gives volume, curl and length to your natural lashes.

A lash lift curls your lash from base to tip so that you can see the full length. Lasts up to 6 weeks.

### **Classic manicure using Mavala products £30.00**



### **Gel manicure using Bio Sculpture £45.00**



### **Guinot foot peel**

Softens and rejuvenates the feet. Removes dead skin and softens rough patches. **£30**  
 An application of Longue Vie Pieds foot cream deeply regenerates damaged skin.