

SEABREASE

BODY & BEAUTY

*“Appreciate beauty,
Only to become
Beauty itself.”*

Sri Chinmoy

SEABREASE

ENVIRON® SKIN CARE TREATMENTS

Environ® skin care was developed by South African plastic surgeon Dr Des Fernandes to address the effects of UV radiation, pollution, stress and free radical damage.

ESSENTIAL TREATMENTS

60 MINS £56 | 90 MINS £76

ESSENTIAL YOUTH RESET

Helps to soften the appearance of fine lines .sun damage and sagging skin with our peptide and vitamin packed facial for a more youthful appearance

ESSENTIAL MOISTURE BOOST

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient promoting a moisturised, glowing -looking skin.

ESSENTIAL COMFORT CALM

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients. results in flawless, radiant looking skin.

FOCUS-ON TREATMENTS

30 MIN FROM £40

FOCUS-ON FROWN TREATMENT £45

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

FOCUS-ON EYE TREATMENT £40

Combining our powerful peptide complexes with hyaluronic Acid ensures a completely refreshed, hydrated and youthful appearance.

FOCUS-ON TEXTURE TREATMENT £40

An intensive combination of the three environ technologies. Dual electro-sonic, cool peel and micro perfusion improve the appearance of mild scarring revealing smoother evenly textured skin.

FOCUS-ON EVEN TONE TREATMENT £40

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightning the appearance of pigmented marks resulting in a more even-toned brighter complexion.

ENVIRON COOL PEEL TREATMENTS 60 MINS £60

YOUTH RENEW

Reducing the appearance of premature ageing. fine lines sun damage and uneven skin tone. The power of this cool peel will leave the skin refreshed and vibrant.

MOISTURE BOOST

Gently buffing the skins surface revitalising dry. tired looking skin. Gentle but effective this peel is suitable all year round.

DEEP CLEANSING

This unique method of deep cleansing the skin is gentle in exfoliating the skins surface yet assists in controlling the appearance of congestion leaving the skin radiant healthy and refreshed.

BRIGHT RECOVERY

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing. fine lines and even toned skin complexion as a result of excessive sun exposure.

BLEMISH CONTROL

This powerful cool peel assists with the management of blemish prone distressed skin by purifying. Cleansing and assisting to unclog pores and dissolve impurities. Our hero treatment for problematic skin conditions.

VIBRANT – C

A concentrated vitamin C infused peel which is freshly mixed before application to ensure optimal freshness. Proven to deliver a healthy complexion with an even skin tone and texture as vitamin c is essential for the skin to function at its best. Excellent choice for sun-damaged. pigmented and mature skins.

CACI FACIALS

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty years medical research behind it.

CACI Ultra 90 mins / course of 10.....	£90 / £800
Microlift Plus 75 mins / course of 10.....	£76 / £680
Microlift 55 mins / course of 10.....	£56 / £490
CACI Jowl Lift 20 mins / course of 10.....	£26 / £225
CACI Eye Revive 25 mins / course of 10.....	£32 / £275

AROMA WORKS FACIALS

Supported by years of research and product innovation, all Aroma Works products are exclusively made in the UK from the finest 100% natural essential oils, are sourced ethically and are free from harmful chemicals. Vegan friendly.

Absolute facial 55 mins	£48
Absolute deluxe facial 75 mins.....	£58
Absolute express facial 25 mins.....	£30
Absolute eye treatment 25 mins	£30

MAKE-UP

Bridal make-up.....	£80
Occasional make-up	£36
Make-up lesson	£45

HANDS AND FEET

Jessica luxury manicure 60 mins.....	£30
Includes exfoliating and anti-ageing skin conditioning treatment	
Express manicure 45 mins	£26
File and polish (fingers or toes) 30 mins.....	£20
Shellac (fingers or toes) 45 mins	£26
Shellac with removal 60 mins.....	£28
Shellac removal & nail tidy 30 mins.....	£18
Jessica luxury pedicure 60 mins.....	£40
(Includes removal of dry skin, exfoliation and heated booties)	
Express pedicure 45 mins	£32
Minx (foil transfers for toes) 45 mins	£34
French extensions 75 mins	£52
Please note that there is an additional charge for nail design, French polish and shellac.	

WAXING

Half leg	£20
3/4 leg.....	£25
Full leg.....	£30
Underarm.....	£16
Bikini.....	from £18
Brazilian	£32
Hollywood.....	£36
Half leg, bikini and underarm	£46
Full leg, bikini (or underarm)	£42
Full leg, bikini and underarm.....	£55
Lip or chin or eyebrows	£11
Half arm.....	£19
Full arm.....	£22

TANNING

Full body	£22
Half body	£18

BODY TREATMENTS & MASSAGES

Purifying pamper 75 mins.....	£70
full body exfoliation followed by full body massage	
Signature treatment 75 mins.....	£70
back exfoliate and massage followed by absolute facial	
Seabrease ritual 55mins	£55
back neck shoulder massage and express facial	
Bespoke body massage 45 / 60 / 90 mins.....	£40 / £48 / £68
Pressure point scalp massage 30 mins	£36
Energy point remedy 30 mins	£36
hand arms or foot and leg ritual	
Indian head massage 25 mins	£35
Absolute pregnancy ritual 75 mins	£70
full absolute facial and scalp massage with a relaxing foot ritual	
Himalayan body brilliance 25 mins	£38
full body exfoliation	
Cocoon indulgence 75 mins	£80
full body exfoliation with oil massage and wrap	
Lava shell rescue 45 / 75 mins	£46 / £76
La stones therapy 45 / 75 mins	£46 / £76
Intensive inch loss and detox wrap 120 mins	£75
Course of 3	£175
CACI legs & bum lift 25 mins	£35
Course of 10.....	£300
CACI tummy toning treatment 25 mins	£30
Course of 10.....	£250
CACI bust enhancing treatment 25 mins	£30
Course of 10.....	£250

LASHES

Eye lash tint 25 mins	£17
LVL 60 mins.....	£50
Express lashes (lasts 2 weeks) 30 mins.....	£30
Classic (lasts 6 weeks) 90 mins.....	£58
Russian varia 120 mins.....	£72
Lash infills 30/60 mins from	£25 / £35

*Please note that a patch test is required for eye treatments

BROWS

HD brows 30 mins.....	£26
Eyebrow tidy 15 mins.....	£11
Eyebrow tint 15 mins.....	£11
Eyebrow tint and tidy 15 mins.....	£20

*Please note that a patch test is required for eye treatments

SPECIALISED TREATMENTS

Facial threading.....	from £11
Hopi ear candling.....	£26
Nose piercing.....	£22
Ear piercing.....	£22
Electrolysis 10 mins.....	£15
Course of 6.....	£72
Red vein removal.....	from £46
Skintag, millia & wart removal.....	from £26

MALE GROOMING

Man-i-Cure.....	£28
Pedicure.....	£38
The absolute facial for men.....	£46
Muscle relief therapy 45 / 60 / 90.....	£40 / £48 / £68

WAXING

Chest.....	£24
Back.....	£30
Shoulders.....	£20
Eyebrows.....	£11
Nose or ears.....	£11

Intimate waxing available please enquire for further details.

We also offer a range of gift vouchers, pamper packages and can create the perfect experience for hen parties, little princesses and prom preparation



AYURVEDIC TREATMENTS

HEAD/NECK/ARM TREATMENT

(shirobhyanga) 30 mins £35

Good for: stress; strain; migraine; hair condition.



FULL BODY WITH MARMA [VITAL] POINTS

(marmabhyanga) 75 mins £65

Good for: relaxation, detoxification, fatigue, anxiety, nourishment to skin.



LOWER LEG & FOOT TREATMENT

(padabhyanga) 30 minutes £35

Good for: relaxation, vitality, blood circulation, mums-to-be, after a flight.



AYURVEDIC FACIAL

(mukhabhyanga) 30 mins £35

Good for physical and mental wellness.

(sattva) 60 mins £65

Good for anti-ageing.

(soundaryam vardhini) 60 mins £56

skin brightening treatment.

Best taken as a course of six.



WARM OIL POURED ONTO THE THIRD EYE

(shirodhara) 45 mins £55

Good for: relaxation; insomnia; tension; stress; chronic colds; vata imbalance.



HERBAL COMPRESS MASSAGE

(pinda sweda) 75 mins £75

Good for: stiff joints and pains; arthritis; inflamed muscles; certain skin conditions.



DETOX SCRUB

(udvartana) 30 mins £35

Good for: exfoliation; poor blood circulation; cellulite; kapha imbalance.



PACKAGES

LUNCH BREAK

File and polish fingers or toes
Brow tint and tidy
Express facial choose from any 30 min facial

£60

TEENS

Express facial
Brow tint and tidy
Makeover

£70

HOLIDAY

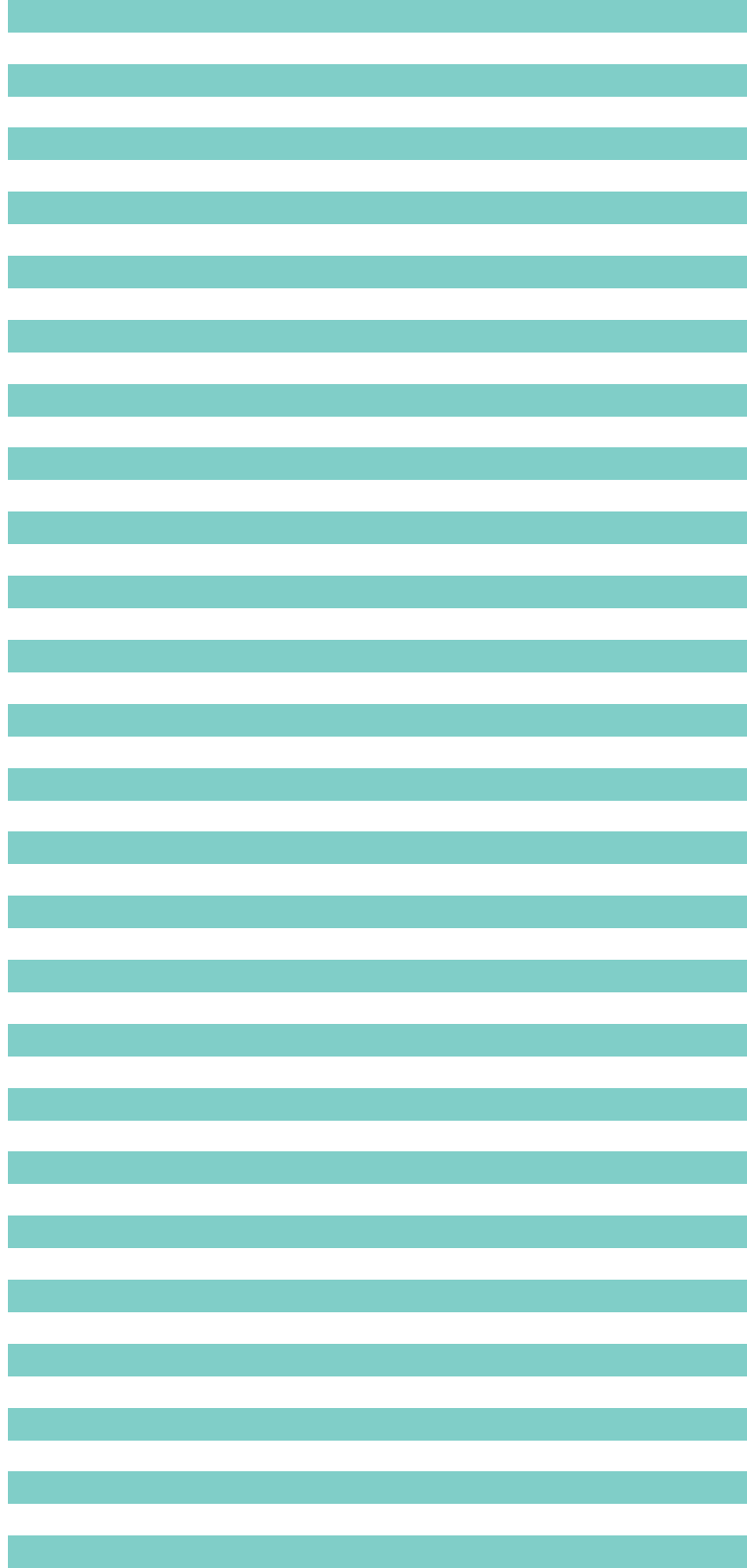
Shellac pedicure
Lvl lashes
Brow tint and tidy

£80

INDULGENT

Signature treatment
Luxury Jessica pedicure
Luxury Jessica manicure
Brow tint and tidy

£140



SEABREASE

BATH HOUSE, SIDMOUTH EX10 8AS
(01395) 578 917

30 EXETER ROAD, EXMOUTH EX8 1PL
(01395) 578 917

SEABREASE@BTCONNECT.COM

WWW.SEABREASE.CO.UK