

LUNCH TIME TREATS | FACIALS | MUM TO BE  
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Treatment Menu



# MONU SKIN LUNCH TIME TREATS

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## Bio Eye Tech

This anti-ageing eye treatment uses freeze dried collagen eye patches which are especially suited for clients who suffer from dry, creepy skin around the eyes. The collagen patches will help to fight dark circles and puffiness, whilst a specialised eye massage containing lymphatic drainage techniques will improve circulation and revitalise the eye area.

Duration: 25 minutes

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## Cellular Repair Plus

Using a complex blend of Glycolic, Salicylic and Fruit Acids to eliminate dead cells, resurface, exfoliate, smooth and refine the skin. Peels although good for mature skin, are also a welcome treatment for anyone suffering with blocked pores and breakouts. With no downtime to this treatment, the skin will be resurfaced without trauma and the epidermis will be lifted, making dead skin cells easier to shed. It's a great treatment to help fight specific skin concerns like acne, pigmentation, uneven skin tone and texture, to generally increase overall skin health and radiance.

**Face**- Cleanse, Tone, Peel, Hydrating Moisturiser SPF15

**Décolleté** - Cleanse, Tone, Peel, Hydrating Moisturiser SPF15

**Hands**- Cleanse, Peel, Hydrating Moisturiser SPF15

Duration: 20 minutes

## Flash Facial

A blend of active ingredients that will be delivered into the skin for instant hydration, plumping and provide all-round radiance. A quick pick me up facial to leave you feeling relaxed and your skin beautifully refined.

Duration: 25minutes

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## Polish & Perfect

A full body treatment that is tailored to your individual needs and will leave the skin feeling smooth, hydrated, fresh and energised. A perfect treatment pre or post-holiday, pre special occasions or for anyone looking to improve the texture, tone and softness of the skin.

Duration: 25minutes

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## Skin Analysis

Skin analysis is part of a professional facial treatment that helps the therapist thoroughly look at the clients skin in more depth to determine the skin type, skin condition, and what would be the best course of treatment to help fight their concerns.

Face mapping is a revolutionary approach to skin analysis. Looking at different ways to help improve the skin and carry out the most effective treatment which is going to be beneficial to the client.

Duration: 25 minutes

Unique | Natural | Proven

# MONU SKIN FACIAL TREATMENTS

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## **Aromatic Facial Treatment**

This signature MONU Facial Treatment will let you experience the truly incredible results MONU has to offer. Mask therapy and exfoliation are combined to promote skin radiance, whilst a soothing massage to the face, neck and shoulders will leave you feeling calmed and relaxed. MONU products are individually selected to suit your skin type.

The treatment mask can be upgraded upon request.

Duration: 45 minutes.

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## **Hydra-Lift Collagen Facial Treatment**

The main focus in this intensive repairing treatment is the application of a 99% Collagen Veil which delivers a burst of moisture whilst plumping fine lines and wrinkles. This facial hydrates and replenishes vital moisture levels to rediscover that youthful look. Perfect for dehydrated and sun damaged skin. This treatment will leave the skin looking youthful and restored with an even appearance.

Duration: 60 minutes.

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## **Intense Lift Anti-Ageing Facial Treatment**

The ultimate relaxing and high performance treatment. This signature facial offers all the relaxing benefits associated with the tried and trusted MONU Skincare treatment protocols along with the added benefit of new anti-ageing formulations found in the RENU skincare range. For dry, sensitive or dehydrated skin a deeply nourishing treatment mask is applied which provides 100% natural nutrients and proteins which have soothing anti-inflammatory ingredients. For slack or devitalized skin, a seaweed based mask is used to lift and relax the epidermis using minerals and trace elements.

Duration: 1 hour 15 minutes.

Unique | Natural | Proven

# MONU PLUS FACIAL TREATMENTS

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## **MONU PLUS Resurface and Peel System**

Using a complex blend of Glycolic, Salicylic and Fruit Acids to eliminate dead cells, resurface and exfoliate, smooth and refine. Sodium Bicarbonate to help deep cleanse, purify and clear congested pores. Vitamin C is a potent anti-oxidant, which helps to correct skin tone, brighten and clear a dull complexion whilst revitalising and increasing radiance. Peels although good for mature skin, are also a welcome treatment for anyone suffering with blocked pores, breakouts, acne, pigmentation, uneven skin tone and texture and to generally increase overall skin health and radiance.

Duration: 45 minutes

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## **MONU PLUS Prescriptive Facial Treatment**

A prescriptive range of products to create a facial experience perfectly tailored to your client's skin. Using essential oils of Rose, Bergamot and Lemon which will help to target skin concerns, balance, uplift and clarify the skin.

**Rose Essential Oil** - Should be used to help balance moisture levels in the skin. It works to reduce the appearance of imperfections and blemishes whilst promoting an even skin tone and a balanced complexion.

**Bergamot Essential Oil** - Works to de-stress and soothe both the skin and senses with its calming aroma and it is frequently used in massage therapy due to its comforting properties. Bergamot clarifies the complexion to promote healthy, clear skin.

**Lemon Essential Oil** - Naturally cleanses and purifies the body and skin, supporting healthy respiratory functions and promoting a positive mood. Skin is toned, balanced and refreshed.

Duration: 60 minutes

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# MONU SKIN FOR MEN FACIAL TREATMENT

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## **Men's Total Reviver**

For the more indulgent and less time-sensitive, the luxury of an hour-long Men's Total Reviver treatment cannot be beaten. The specialised men's massage techniques are designed to relieve tension and whilst our leading edge formulations help to rejuvenate and energise the skin.

Duration: 60 minutes.

Unique | Natural | Proven

## MUM'S TO BE SPA TREATMENT

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### **MONU MAMA'S Relaxing Ritual Massage**

Indulge in this relaxing ritual massage which will help relieve any muscle aches and pains and water retention you may have, leaving you feeling totally relaxed and ready to discover the first perk of motherhood. A great way to calm and connect with your baby.....

Duration: 60 minutes \*Only suitable during trimesters 2 & 3.

## MONU SPA BODY TREATMENTS

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### **Luxury Thermal Back Treatment**

A facial for the back! This treatment is great for anyone who wants to treat an area that is often forgotten and difficult to reach. Our back treatment offers the ultimate relaxation including, a 25-minute Back, Neck and Shoulder Massage, which helps to target congestion, oiliness and tension. Skin is deep cleansed and exfoliated then followed by the application of a hot aromatic compress to help relax the muscles.

Duration: 45 minutes.

### **Ultimate Signature Body Ritual**

This soothing, rejuvenating and refreshing all over body treatment incorporates a variety of indulgent aromatherapy oils packed full of powerful therapeutic benefits. Using our exotic salt scrubs to gently exfoliate the body, which will eliminate dead skin cells. The face, body and scalp are massaged using specialised techniques with carefully applied pressure, finishing off with a 30-minute tailor made express facial. Let your worries melt away as we relieve your stresses and strains with this luxurious tension buster.

Duration: 2 hours.

Unique | Natural | Proven

# MONU SPA BODY TREATMENTS

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## **Exotic Hot Oil and Salt Scrub Polish**

A luxurious full body treatment tailored to your individual needs to leave the skin feeling smooth, hydrated, fresh and energised. A perfect treatment pre or post-holiday, pre special occasions or for anyone looking to improve the texture, tone and smoothness of the skin. An aromatic and invigorating, body buffing, cleansing treatment to slough away dead skin cells leaving your skin smooth and radiant. With two different blends of salts available this treatment can be specifically tailored for your individual needs.

Duration: 60 minutes.

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## **Revive, Relax and Rejuvenate Candle Treatment**

Our luxurious bespoke Back Massage Treatment combining unique massage moves with massage candles. Spa Massage Candles come in 3 beautiful blends, simply select the blend suitable for your client needs, light the candle whilst your client gets comfortable on the couch. The melted pool of oil created from the candle becomes your massage medium. Select from the following blends:

**Relaxing** - with Rose and Patchouli essential oils.

**Reviving** - with Grapefruit and Lemongrass essential oils.

**Rejuvenating** - with Jasmine and Ylang Ylang.

Duration: 60 minutes.

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## **Lime and Walnut Body Wrap Treatment**

The ultimate heavenly head to toe body ritual that will help to ease away the stresses of life. We cocoon the body in a comforting foil wrap and follow this with a stress releasing face and scalp massage. Stimulating Lime Oil and crushed Walnut Shell will deeply exfoliate, whilst Shea Butter helps to nourish and hydrate the skin. A delightfully relaxing massage using warm aromatherapy oils to target areas of tension or stress, re-energises and restores vitality resulting in skin that will be left beautifully nourished and exceptionally soft all over.

Duration: 60 minutes

Unique | Natural | Proven

# MONU SKINCARE

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This booklet has been printed on environmentally friendly paper, sourced from a sustainable forest. No chlorine has been used in its manufacture.  
MONU Skincare chose this paper in accordance with the company's ethical principles.

