

PRICE LIST - 2021

the alternatives

Health & Beauty

"affordable therapies at sustainable prices"

01264 357788

www.the-alternatives.co.uk

www.facebook.com/alternatives.andover

enquiries@the-alternatives.co.uk

Acupuncture

Single Acupuncture	£30.00
Follow up Acupuncture treatment (must be within 6 weeks of previous session)	£18.00
<i>"affordable"</i> - Four Acupuncture Sessions	£64.00
<i>"affordable tailored plans available after consultation by request"</i>	

Massage

Alternatives Hot & Cold Stones (Back, Neck and Shoulder Massage)	£28.00	45m
Alternatives Hot Stones Full Body Massage	£33.00	60m
Alternatives Hot Stone Full Body Massage Plus Facial	£55.00	120m
<i>"affordable"</i> - 3 X Back, Neck & Shoulders Hot Stone Massage	£60.00	30m
Single Indian Head Massage	£20.00	30m
<i>"affordable"</i> - 3 X Indian Head Massage	£42.00	30m
Single Back, Neck and Shoulder Massage	£20.00	30m
<i>"affordable"</i> - 3 X Back, Neck & Shoulder Massage	£39.00	30m
Single Full Body Massage	£30.00	60m
<i>"affordable"</i> - 3 X Full Body Massages	£57.00	60m
Single Back, Neck, Shoulder with Head & Face Massage OR Single 45 min Full Body Massage	£25.00	45m
<i>"affordable"</i> - 3 X Back, Neck, Shoulders, Face with Head Massage OR 45 min Full Body Massage	£45.00	45m
Single Legs and Feet Massage	£20.00	30m
<i>"affordable"</i> - 3 X Legs and Feet Massage	£42.00	30m

Price valid from 1st July 2021

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Waxing

Eyebrow shape	£8.00	
lip	£7.00	
Chin	£7.00	
Underarm	£8.50	
Bikini Standard	£10.50	
Bikini Plus	£14.00	
Forearm	£12.50	
Half Leg	£14.50	
Full leg	£22.00	
Back, Shoulders Chest <u>or</u> Stomach	£17.00	
Back and Shoulders	£22.00	
<i>"affordable"</i> - Half leg, Bikini line, Eyebrow shape and underarm	£35.00	

Face

Eve Taylor, Express Prescriptive Facial	£26.00	30m
Eve Taylor, Prescriptive Facial	£40.00	60m
Eve Taylor, Intensive Prescriptive Facial	£55.00	75m
Eve Taylor, Skin Rescue Facial	£44.00	60m
Eve Taylor, Age Resist Facial	£44.00	60m
Eve Taylor, Cryogenic Facial	£44.00	60m
Eve Taylor, Ultra-Bright Facial	£44.00	60m
Eve Taylor, Clear + Clarify Facial	£44.00	60m
Add-on that is incorporated into the above facials		
Eye Bright	£10.00	
Lip Smooth	£10.00	
<i>"affordable"</i> - 3 X Eve Taylor Express Prescriptive Facial	£60.00	30m (ea)
<i>"affordable", subsequent facials booked within 6 weeks subject to 10% discount</i>		

Feet

Shape & Polish	£15.00	30m
Classic Pedicure - no polish	£22.00	45m
Classic Pedicure	£28.00	60m
Ultimate Pedicure - no polish (with mask and heated mitts OR paraffin wax)	£32.00	60m
Ultimate Pedicure (with mask and heated mitts OR paraffin wax)	£38.00	75m
Extra Charge for French Polish	£10.00	15m
Mr Pedicure	£22.00	45m

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Hands

Shape & Polish	£15.00	30m
Classic Prescriptive Manicure - no polish	£18.00	30m
Classic Prescriptive Manicure	£24.00	45m
Ultimate Manicure - no polish (with mask and heated mitts OR paraffin wax)	£28.00	45m
Ultimate Manicure (with mask and heated mitts OR paraffin wax)	£34.00	60m
Extra Charge for French Polish	£10.00	15m
Mr Manicure	£18.00	30m
<i>"affordable"</i> - Shape & Plain Polish, Hands & Feet	£25.00	60m

GELeration Polish on Hands and Feet

Shape and GELeration Gel Polish on Hands	£28.00	30m
Shape and GELeration Gel Polish on Feet	£28.00	30m
Soak-Off plus reapplication	£38.00	50m
Soak-Off plus Prescriptive Base or Phenomen Treatment Oil applied	£15.00	20m
Soak-Off plus Jessica plain colour polish	£20.00	30m
Classic prescriptive manicure with Geleration Gel Polish	£40.00	60m
Soak-off plus Classic prescriptive manicure with Geleration Gel Polish	£50.00	80m
Classic pedicure with Geleration Gel Polish	£45.00	75m
Soak-off plus Classic pedicure with Geleration Gel Polish	£55.00	95m
Nail Repair	£5.00	15m
Extra charge for French Gel Polish	£10.00	15m
<i>"affordable"</i> - Shape and GELeration Gel Polish on Hands and Feet	£45.00	60m
<i>"affordable"</i> – Soak-Off Plus Shape and GELeration Gel Polish on Hands and Feet	£55.00	80m

Callus Treatments

CALLUS TREATMENT including head massage	£25.00	30m
CALLUS TREATMENT Including Cuticle Work, File and Plain Polish	£30.00	45m
CALLUS TREATMENT including cuticle work, file, and plain GELeration	£45.00	60m

Spray Tanning

Sienna X Full Body Spray Tan (8% or 10%)	£20.00
Sienna X "Tonight's the Night" Full RAPID Body Spray Tan	£25.00

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Body

Body Brush <i>(add-on treatment incorporated)</i>	£5.00	
Body Exfoliation <i>(add-on treatment incorporated)</i>	£10.00	
Alternative Moor Mud treatment <i>(for aches & pains)</i>	£40.00	60m
Alternative Back, Neck and Shoulder Mask <i>(Removes Toxins)</i>	£22.00	45m
Alternative Salt Scrub Treatment <i>(Improves Circulation)</i>	£35.00	60m

Eyes

Patch test - tinting - Free	£0.00	
Eyebrow shape	£8.00	
Eyebrow Tint	£7.00	
Eyelash Tint	£10.00	
<i>"affordable"</i> - brow package <i>(eyebrow tint, eyebrow & lip wax)</i>	£20.00	

Teen (up to and including 16 years only)

Teen Mini Facial <i>(wash, cleanse & moisturise with advice)</i>	£20.00	30m
Teen Shape and polish for the hands <i>(Mini-Manicure)</i>	£12.00	30m
Teen Shape and Polish for the feet <i>(Mini-Pedicure)</i>	£12.00	30m
Teen - Back Massage	£8.00	15m
Teen Indian Head Massage	£8.00	15m

Reflexology

Single treatment – Reflexology	£22.00	45m
<i>"affordable"</i> – 3 X Reflexology treatments	£54.00	45m

Hopi

Single Hopi	£26.00	
<i>"affordable"</i> - Three Hopi Treatments	£54.00	
Lymphatic face massage <i>(add-on to full hopi treatment)</i>	£6.00	15m

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INFORMATION & CONDITIONS

Please note: the treatment times listed are guidelines and can vary if you turn up late to an appointment.

BY APPOINTMENT ONLY

Monday to Friday 09:00 TO 21:00 and Saturday 09:00 to 16:00

Sunday – CLOSED

*“affordable” Packages are valid for 12 Months from date of purchase; **NON-REFUNDABLE, NON-TRANSFERRABLE** and **MUST BE PAID IN ADVANCE OF TREATMENT** to secure the discounts offered.*

CANCELLATION POLICY

We require at least 24hours notice for any cancellation so we have a chance to rebook the cancelled slot, no-shows will be charged.

*We are a **COVID SECURE** business and no penalty will be invoked if you need to cancel your appointment due to symptoms or suspected symptoms of COVID related illness, but we need to be notified.*

Gift Vouchers are available

PAYMENT METHODS:

CASH, DEBIT & CREDIT CARDS, BANK TRANSFER

Key

 - Suitable for women

 - Suitable for men

 - Suitable during pregnancy

 - Suitable for children