

# EMS Sculpting

Electrical Muscle Stimulation (EMS) training is a type of training that uses a wearable device that attaches to the body, stimulating your muscles through tiny electrodes that accelerate your workout and enhance your body-toning results.

\$100 Individual Area

\$150 Two Individual Areas

\$175 Three Individual Areas

\$200 Four Individual Areas

# Express Body Tans

Enjoy the summer glow all year round.

To get the best results please do the following prior to your appointment:

- Wax 48hrs & Shave 24hrs prior
- Manicures & Pedicures to be done prior
- Exfoliate 24hrs prior
- Arrive to your appointment with nothing on your skin (deodorant/makeup/moisturizer, Jewellery)
- Wear loose comfortable clothing.

\$35 Spray Tan

Express tan 1-3hr wash off

\$45 Spray Tan Double Coat

Double coat express tan 1-3hr wash off

DISCOVER YOUR  
SKIN | BEAUTY

YOU ARE ENOUGH

