

Ishieya Beauty Salon

Cambridge Garden House

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Ashley Jane Scott MNIMH
Dr.Hauschka Esthetician

Ishieya is Cambridge's first Dr.Hauschka Salon, where you can not only enjoy the Rhythmic, Body and Head Treatments, but also buy the whole range of Dr.Hauschka products, which can be purchased during salon opening times.

The Dr.Hauschka range is biodynamic, predating organic by twenty years and containing no artificial fragrances or preservatives.

The Dr.Hauschka range is complemented by the Weleda range for the shorter facials. We also use the Get Fresh botanical body range and Bio Sculpture nail varnish.

Treatments are available for both men and women.

Salon Opening Times

Monday	11am-4pm
Tuesday	10am-7pm
Wednesday	10am-7pm
Thursday	10am-7pm
Friday	10am-7pm
Saturday	10am-6pm
Sunday	By appointment only

Dr.Hauschka treatments only available Tuesday-Saturday

48 hours notice is needed for Sunday appointments.

Times are subject to change without prior notice.

Cancellation policy

Please advise of cancellation 24 hours prior to appointment. Cancellation within 24 hours or failure to show for an appointment will result in the full cost being charged.

A valid credit card number will be required to secure all appointments at the time of booking.

Dr.Hauschka

Approved Outlet

Only outlets that have a passion and commitment to the products and treatments are able to sell or practice with Dr.Hauschka products.

Facial treatments

Dr.Hauschka Rhythmic Treatment 2 hours £80

You are in a space that is quiet and still. This is your time to relax and let your Esthetician look after you. The treatment begins with a with a warm Sage foot bath during which you and your Esthetician discuss your skin and skin care routine. Once your feet are dried, your feet and legs are massaged followed by gentle stretching and relaxation movements to your neck, head and arms. Your face and décolleté are then cleansed with aromatic water, and after a facial steam bath, a cleansing mask is applied to deep cleanse your skin. Next, if you are still awake, feel the rhythmical movements of the lymph stimulation and décolleté massage. Day care is applied to complete this 2 hour journey...

Mini Facial ½ hour £25

Our basic facial consisting of pre-cleanse, cleanse, nourishing mask and décolleté massage, followed by a moisturiser, using the Weleda range.

Deep Cleansing Facial 1 hour £40

This deep cleansing facial for all skin types includes a pre-cleanse, cleanse, tone, exfoliation, facial massage, a deep nourishing face mask, décolleté and head massage and finally a day moisturise, using the Weleda range.

Dermalift Non-Surgical Face Lift 1 hour £40

This is a fantastic anti-aging treatment, which helps to lift and tone tired and sagging muscles and reduce fine lines and wrinkles that form around the eyes, forehead, mouth, cheeks, neck and throat area. It improves the circulation and lymph drainage.

Dermalift Eye Treatment ½ hour £25

This is a fantastic anti-aging treatment, which helps to lift and tone tired and sagging muscles and reduce fine lines around the eyes

Eye Treatments a tint test is required

Eyelash Tint	£ 9
Eyebrow Tint	£ 7
Eyebrow Shape from	£ 7
Eyelash/Eyebrow tint & Eyebrow shape	£22

Make up Using Dr.Hauschka range

Wedding make up (including trial).....	£55
Bridesmaids and Every Day (including advice)	£24

Body treatments

Dr.Hauschka Body Treatment 1½ hours £65

The Dr.Hauschka Body Treatment is deeply relaxing. It is a very gentle touch treatment - delicate and subtle - working slowly around the body, with massage movements unique to Dr.Hauschka that gently work the muscles to release all tightness. The Body Massage is a powerful treatment that can help aching muscles, poor circulation and sluggish lymph conditions.

Aromatherapy Massage 1 hour £42

A gentle relaxing full body massage that eases stress and tension. One of the Weleda ready made oils or essential oils specific to your needs are chosen.

Back, neck, shoulder massage ½ hour £26

De-stressing massage for those short on time, or for those who hold stress in the neck and shoulder areas.

Hot Stone Massage 1½ hours £60

A deep massage technique using smooth water-heated basalt stones which targets and releases deep muscle tension, increasing circulation of blood, lymph and digestive fluids. Cold stones may be used to help balance the body.

Aromaflex 1¼ hours £50

Aromaflex is a combination of aromatherapy body massage and a reflexology treatment. A great way to relax and unwind.

Reflexology 1 hour £30

A foot massage that can be used for general relaxation or can help with a medical condition. Excellent to have if you are on a stressful business trip.

Look Better Naked Spa Treatment 1½ hours £55 Part treatment ¾ hour £30

Our "Get Fresh" range supplies a complete all over body treatment, with an exfoliating Salt Scrub Soufflé, dead sea mineral Body Facial mask and ending with a luxurious massage with our Body Butter and/or Soy & Algae Body Oil.

3 different treatments to choose from:

- Soy for regular of sensitive skin
- Hydrating for dry or dull skin
- Bio-exfoliating for skin with a tendency to blemish breakouts

If you do not have time for a full treatment take a half body treatments, either the legs and feet or the back and arms.

Underpants to be kept on during massage treatments.

Bio Sculpture System

Bio sculpture gel is a treatment that strengthens and conditions natural nails. The shape and colour will stay perfect with no worn or ragged edges for weeks. Perfect for holidays and special events.



Bio Sculpture Gel Overlay Manicure £25

Nails are filled, cuticles treated and any ragged edges removed, nail strengthener applied, followed by the non chip nail colour that is sealed and cured under a uv lamp, which dries colour instantly. Hand cream is then applied to complete the treatment

Bio Sculpture Gel Overlay Pedicure£25

The same as above on the feet, complete with foot cream to finish the treatment

Full Set Bio Sculpture Gel Extensions £35

Nails are sculptured to provide strong but flexible nails extensions. These extensions will not ruin your natural nails but encourage them to grow healthier.

Infills£20

The colour gel overlays will grow out as your nails naturally grow and will therefore need infilling. This is usually after 2-3 weeks

Soak Off

Gel is to be professionally soaked off to ensure no damage is made to the natural nails.

Soak off, including two coats of nail treatment..... £10

Soak off and new Gel overlay..... £30

Bio Sculpture will be available from July 2006 onwards

Spa Day Treatments

Our spa day packages include use of swimming pool, sauna, steam room and jacuzzi. Experience real spa ambience and tranquility while you relax and enjoy your day. Robes and Spa Slippers are provided with a spa package.

Mini Spa £65

Spend a relaxing day at the Beauty Salon and Club Motivation. Choose any two from the following treatments:

- Mini facial
- Back neck and shoulder massage
- Better Looking Hands Manicure
- Tattered Tootsie Pedicure
- Indian Head Massage

Please book in advance stating treatments required.

Deep Cleansing Spa £75

This is a combination of a Deep Cleansing Facial and a Back, Neck and Shoulder massage. Allow one and a half hours for your treatment.

Aromaflex Spa £85

A combination of a full body aromatherapy massage and reflexology, with a refreshing mini facial. Allow one and a half hours for your treatment.

Mum to Be £95

Relax a little with a Back Neck and Shoulder massage to help release the tension of the growing belly! And a Tattered Tootsie Pedicure and Look Better Naked Leg Massage to help with those tired weary legs.

Face, Hands and Feet Spa £100

A lovely pampering session combining a Deep Cleansing Facial with a Better Looking Hands Manicure and Tattered Tootsie Pedicure. Please allow two hours for each member of your party.

Bridal Package £116

Get ready for the big day. Enjoy a relaxing Back Neck and shoulder massage to help ease away the stress and strain before the big day. Have an eye shape, mini facial and Manicure and Pedicure. Bring some friend's along too!

Changing times included in session time