

# The Teresa Knight Clinic

A Global Approach  
to Revitalise your  
Health & your Looks



## The Foot Practitioner -- Foot & Remedial Care --

**The Original Foot care treatment** A full overhaul of the feet, addressing skin, nails, in-grown toe nails, corns, callus and with a massage to finish. Leaving the feet transformed and perfectly fresh.  
(Both Clinic & Domiciliary Visits)

Vascular Assessments  
Laser Treatment for foot, nail & leg disorders  
Affordable & effective orthotic provision

Tony Baillie Dip.CFHP., MPS. Pract., MVR

### Skin Tag Removal

Skin tags are small growths of droplet shaped skin, sometimes pigmented and can be found on both men and woman in many areas of the body i.e., neck, underarm, waistline, bikini and breast area. They are harmless but for some people they may be unsightly and can be easily removed by the use of Short Wave Diathermy.

Minimum charge .....	£25.95
15 mins .....	£45.95
30 mins .....	£69.95

### Leg Care for Poor Circulation

Particularly for those who spend all day on their feet. The legs are treated with Aromatherapy oils, leg balm and are given a lymphatic drainage massage to reduce water retention and improve circulation 45 mins ..... £39.95



Mobility , Health, Injury & Sports

thinkphysio

Private Chartered Physiotherapist

getting you back to optimum health

Jess Wojak BSc(hons) MCSP HPC

Tel. 01803 866897

3 New Walk, Totnes. Devon TQ9 5HA [www.teresaknight.co.uk](http://www.teresaknight.co.uk)



### Classic Massage

A harmony of Swedish, lymphatic drainage and acupressure techniques, custom tailored to suit your particular needs. Let your mind drift as we work to relax muscles, increase oxygen flow in the blood and release toxins from the muscles leaving you relaxed yet invigorated.

- Full body massage 1 hr..... £49.95
- Back, neck, face & shoulder 45 mins ... £39.95
- Back, neck & shoulder 30 mins ..... £29.95



### Stress Melter

A relaxing and therapeutic back massage incorporating massage of the foot reflexes  
1 hr .....£52.50

### Aromatherapy

Enjoy the Eastern Art of Aromatherapy. Individually blended pure essential oils are the basis of this deeply relaxing face and body massage 75 mins. .... £62.50

### Reflexology

There has long been a theory that each body organ corresponds with a reflex point in the foot. Our therapist performs a pressure point massage to the reflexes, in order to establish the parts of the body that are out of balance and stimulate it's own healing potential. Induces deep relaxation and equilibrium.

- Consultation and treatment 1hr..... £49.95
- Subsequent treatments 45 mins ..... £39.95
- Course of 6 treatments ..... £225.00

### Auto –Bronze Tanning Treatment

With the move away from sunbathing, Auto-Bronze can be professionally applied to give a natural and even tan.



- Full body ..... £39.95
- Part body e.g.. Legs ..... £27.95

Auto –Bronze self tanning lotion may also be purchased for home use

### Exfoliating Body Treatment

A n exfoliating sugar crystal scrub, followed by a relaxing Aromatherapy massage and finished with an enriched body cream. Everything you need to condition your skin and body .

- 90 mins ..... £65.95

### Clarifying Enzyme Back Treatment

Excellent for acne prone skin. Reduces inflammation and redness , using clarifying cleansers and a natural fruit enzyme mask to exfoliate and decongest blocked pores. Includes lymphatic back massage to drain toxins from the skin 1 hour ..... £49.95

### Perfector Body Lifting treatment

Helps to firm, tone and lift area of the body via micro-current technology. This treatment reduces puffiness by increasing lymph flow and speeding up the disposal of toxins. Additionally, it stimulates collagen and elastin synthesis, leaving the skin firmer and more elastic Buttocks, thighs, stomach, breasts and arms, lifted and tightened in any age group. Ideal for post natal & post diet. **Recommended 6-12 treatments.** 6 x 1 hr... £215.95 **Single treatments .....£39.95**

### Perfector Cellulite Treatment

The combination of micro-current and milli galvanic current, effectively aid the breakdown of fatty deposits and cellulite. Visibly reduces cellulite and fatty deposits.

- Recommended 10 x 45 mins (2 per week ) ..... £325** **Single treatments ..... £35.95**

### Murad Firm and Tone Professional Body Treatment

Improves the overall appearance of the skin by reducing the visible signs cellulite and stretch marks, whilst increasing firmness and elasticity. The pure Vit C infusion restores firmness and elasticity by targeting the ‘dimpling’ trouble spots. Finished with a localised massage and medi - spa serum. 45 mins ..... £47.95 **Courses Available**

### Galvaderm Back Treatment

A unique treatment that purifies and oxygenates the pores. Speeds up cellular renewal using Galvanic and High Frequency electrotherapy 45 mins ..... £38.95

**Slim Gel Body Wrap** Lose unwanted inches in just one treatment ! Detoxifies and mobilises fluids trapped within the fat tissues beneath the skin

- Standard Wrap** (knee to chest.....£45.95 **Recommended course of 4 .....£159.95**
- Full Wrap** (full body)..... £55.95 **Recommended course of 4.....£199.95**

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## Almost Ouchless Waxing

Using 'Oritree' crème wax, a gentle and effective way to remove unwanted hair. Kind enough to be used on facial areas and sensitive skin. **Lasts 4-6 weeks**

½leg (ankle to knee) 15 mins .....	£17.95
½leg (knee to thigh) 30 mins .....	£21.95
Full leg 30 mins .....	£29.50
Full leg & bikini 45 mins .....	£35.95
¾leg 30 mins .....	£23.95
¾leg & bikini 30 min .....	£29.95
Forearm 15 mins .....	£14.95
Underarm 15 mins .....	£10.95
Bikini Line 15 mins .....	£10.95
Thong 30 mins .....	£17.95
Brazilian 30 mins .....	£19.95
Hollywood 30 mins .....	£24.95
Lip or chin 15 mins .....	£10.95
Lip & chin 15 mins .....	£15.95
Eyebrows 15 mins .....	£10.95

## For Men

Back Wax 30 mins .....	£25.95
Back & Shoulders .....	£29.50
Back & Chest 60 mins .....	£39.95

## Electrolysis

Having stood the test of time and approved by the medical profession, electrolysis is a well known and proven method of removing unwanted hair, safely and permanently from the face and body. Using advanced electrology equipment, the 'Blend' method removes hairs more comfortably and effectively.

Minimum charge.....	£15.95
10 mins .....	£19.95
15 mins .....	£22.95
20 mins .....	£27.95
25 mins .....	£32.95
30 mins .....	£36.95



Avoid direct sun exposure for at least 24 hours before and after Waxing

Gently exfoliate waxed areas at least once a week to discourage ingrowing hair

Self-Tan - Wax all areas at least 48 hours before a self-tan application  
Bikini waxing - avoid clothing lightly rubbing or chafing immediately after treatment

Advanced Electrology for Red Veins and Skin tag Removal is also available



**Manicures** 'Mavala' is recognised throughout the world as the leader in nail care. Their Swiss laboratories have specialised in solving nail problems for over fifty years. Each product has been structured to fulfil a specific need. Neatly manicured nails are an invaluable asset to a woman's appearance. Left unattended, they can give away signs of aging and careless grooming.

**Classic Manicure** Includes cleansing, shaping, nourishing and cuticle removal creams.

Exfoliation and hand massage, plus appropriate nail strengtheners or finishes for nail disorders, colour or French polish 60mins.....	£31.95
45 mins without Colour / French polish .....	£23.95
<b>Vitamin C Infusion Manicure</b> All you would expect from a luxury manicure. Nail shaping, exfoliating and cuticle removal, plus a 40% pure vitamin C infusion. Rich in antioxidants, this anti-aging treatment restores elasticity, reduces pigmentation and brightens & firms environmentally damaged skin. 60 mins .....	£34.95
75 mins with Colour / French polish .....	£42.50

## Footcare Treatments

Put a spring into your step with Mavala and Murad footcare treatments. Formulated with natural essential oils and plant extracts, these pampering products will leave your feet feeling soft and revitalised.

**Luxury Pedicure with Spa** The ultimate treat for feet. After an initial deodorising and anti fungal softening foot spa, the nails are clipped and shaped. Cuticle softening / removal, energising foot scrub and hard skin removal follow. With final application of leg balsam massaged into the skin. To complete the well groomed appearance, the nails are buffed and coloured polish is applied. 60mins .....

£36.95

45 mins without coloured polish .....

£28.95

**Vitamin C Infusion Pedicure** All you would expect from a luxury manicure. Nail shaping, exfoliating and cuticle removal, plus a 40% pure vitamin C infusion. Rich in antioxidants, this anti-aging treatment restores elasticity, reduces pigmentation and brightens & firms environmentally damaged skin. 60 mins .....

£39.95

75 mins with Coloured polish .....

£47.50

## Tinting and Shaping (A patch test is required at least 24 hours prior to your first tinting)

Tinting and shaping of the eyebrows gives a quick lift to your facial features	
<b>Eyelash tint</b> 30 mins .....	£14.95
<b>Eyebrow tint</b> 15 mins .....	£11.95
<b>Eyelash &amp; brow tint</b> 30 mins .....	£21.95
<b>Eyebrow shape/ trim</b> 15 mins .....	£11.95
<b>Eyebrow wax</b> 15 mins .....	£10.95

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## Non Surgical Face Lifting

With many face and body lifting regimes now available, it is often difficult to decipher which is the most effective treatment and what represents good value. Perfector's unique technology adapts to each client's individual requirements and remains amongst the top face and body lifting regimes in the world.

**Face Lifting treatment** An anti-aging treatment for both corrective and preventative care. Using a special combination of micro currents, frequencies and wave forms unique to Perfector, this treatment is able to penetrate through different levels of soft tissue and muscle, thus reducing lines and wrinkles, plus lifting sagging jowls, cheeks and neck.

Recommended 12 x 90 min treatments (2 per week) ..... **£699.00**  
Subsequent treatments ..... **£65.95**

**Mini Lift** A one off treatment for that special occasion. This treatment produces a good lift and is ideal to give yourself that extra confidence for that special occasion 90 mins ..... **£65.95**

## Neck & Décolleté Treatment

Using Perfector's unique micro-current technology to lift, firm & tone the neck & décolleté area. A Vit. C infusion is subsequently applied to reduce the signs of environmental damage / pigmentation. Dramatically improves hydration and texture, thus restoring a smoother, firmer look.

**Recommended 6-12 treatments. 6 x 1 hr** ..... **£265.00**  
**Single treatment**..... **£48.95**

## Red Vein Therapy

Red Vein removal of the face and small spider veins of the legs and body for both men and women. Having stood the test of time, the use of short wave Diathermy not only lacks the complications of Sclerotherapy and Lasers, but also offers good results on most skin complexions

Red Vein Patch Test ..... **£25.95**  
15 mins..... **£45.95**  
30 mins ..... **£69.95**

## Home care

Home care has always been an essential element in maximising the benefit of your Salon treatment. Now more than ever, many of our face and body treatments are integral to a structured home-care regime. All of our skin-care ranges most obviously contain cleansing, toning and moisturising products. But for certain skin types and conditions these products are directly linked to a treat and repair regime that in some cases may include supplements .



However, with now over 200 face and body care products in stock we fully understand the complexity of it. If you would kindly indicate to the reception that you require some personal assistance when booking your appointment, or alternately, request a solus consultation, we will set aside an appointed period for the therapist to guide you through the suitability making the correct choice. Therefore, should you be considering changing your personal skincare regime, our therapists would be most pleased to offer full and complete advice

**Specially designed Bridal & Groom  
Packages are available.**



## Make-up Lesson

Learn how to apply make up and enhance you features to their very best ..... **£39.95**

**Day / Evening Make-up** Inclusive of facial cleanse ..... **£35.95**

## Give an experience not just a gift

Beauty Vouchers are a thoughtful gift for someone special and a caring reward to those hard workers in your employ. They are available for any Beauty Treatment or Denomination and can be purchased either direct from the Salon or by post.

*Happy Birthday*



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## Facials

### Pure Plant & Aromatherapy Signature Facials

A relaxing acupressure face, neck and shoulder massage. Incorporating gentle exfoliation and mask, followed by active Ampoules / Serums and Moisturisers tailored to suit your specific skin type.

60 mins. .... £48.95



### Anti- Aging Regenerating

Especially designed to combat the three main types of aging, crono, photo and hormonal. By combining the advanced formulation of Phytosterols which stimulate collagen and elastin synthesis with a unique lifting facial massage. The skin looks and feels totally rejuvenated

..... £59.95

**Express Facial** Incorporating a cleansing and exfoliation sequence, with mask and moisturiser to suit your individual skin type. Everything you need to look your best when time is at a premium 45 mins

..... £37.95

## Medi-Spa facials

**AHA Rapid Exfoliator Anti – Aging Facial** For all skin types. Concentrated Glycolic provides intense exfoliation, to deliver smooth, vibrant, regenerated skin. Antioxidants, Anti-inflammatories and Hydrators help reduce fine lines and wrinkles

..... £57.95

### Resurgence Renewal Facial

Reduces the appearance of medium to deep wrinkles. Luxurious mask and exfoliation system combines Phytoestrogens, essential fatty acids and powerful skin renewing ingredients to instantly increase radiance, hydration, firmness and elasticity

..... £75.95

### Environmental Shield Vitamin C Infusion Facial

Designed to repair, protect and reverse free radical damage, dramatically improve hydration, texture and hyper-pigmentation. Patented infusion technology delivers pure vitamin C along with a powerful blend of other nutrients, to increase skin clarity, whilst repairing and preventing environmental damage

..... £64.95



**Pomegranate Deep Cleansing Facial** An express facial for all skin types using fruit enzymes to Exfoliate pores and dissolve dead skin cells. Includes soothing shoulder massage, and hydrating moisturisers for fresh glowing skin. 45 mins ..... £39.95

**Clarifying Enzyme Treatment** Excellent for congested skins. Exfoliating natural fruit enzymes of Papaya and Pineapple, plus antiseptic, antioxidant and anti-inflammatory ingredients clear blocked pores whilst minimizing redness and irritation ..... £65.95

### Redness Therapy Facial

Excellent for Rosacea skins. Unique treatment cools skin on contact, relieving skin sensitivity, Redness and irritation. Strengthens capillary network, heals and protects for maximum relief. Features Goji berry and Pomegranate extracts ..... £69.95

**Anti Aging Eye Treatment** Reduces puffiness & dark circles ..... £19.95 (£10 if with facial)

### Perfector Post Acne/ Scar Tissue Treatments

This treatment is invaluable with such conditions as Acne Vulgaris and post acne scar tissue via Perfector's unique micro-current healing properties ..... £61.95

**Recommended 6 –12 treatments £325.00 to £659.00**

**Galvaderm Facial** Deep cleanses, rehydrates and speeds up cellular renewal, with the use of Galvanic and High Frequency. Suitable for all skin types via a range of different plant extracts that enables the therapist to mix individual creams and masks ..... £64.95

### Galvaderm Eye Treatment

Gently deep cleanses and rejuvenates the skin through Galvanic and High frequency electrotherapy. Reduces puffiness, fine lines and dark circles around the eyes ..... £39.95

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