



LUCY FOSTER

AESTHETICS - BEAUTY - WELLBEING



BE BEAUTIFUL
ALL DAY,
EVERY DAY

HI I'M LUCY

Having qualified as an Aesthetician and Electrolysis in 1993, I began working for major skincare and cosmetic companies for the next 10 years, after which I knew it was time to use the power of my knowledge and skills and opened my first beauty clinic in Birmingham.

By 2009 I had opened my third business.

As well as owning my beauty clinics, I wanted to help inspire others starting out and turned my hand to teaching beauty therapy in local colleges, I also began working as a freelance trainer, teaching beauty therapy courses around the UK.

Passionate and dedicated to the development of the beauty and aesthetics industry I then decided to push my skills to the next level and opened Your Beautique Training in central Birmingham. 10 years later this is now one of the leading training schools in the West Midlands offering first class beauty and aesthetic courses. Along with my wonderful team I feel privileged to provide courses to shape and mentor people, turning dreams into successful careers.

Being able to teach in my training academy and also continue to offer leading aesthetic and beauty treatments within our clinic is the perfect combination for me.

With the support of my team of highly experienced practitioners, we offer premium beauty and aesthetics treatments, with first class results... but don't just take our word for it, please take time to read our wonderful reviews.

Me and my team have developed our entire concept on providing the most advanced and effective beauty and aesthetic services available and use some of the leading brands that can produce unrivalled results.

Offering premium beauty, wellbeing and aesthetic treatments is my dream career, my love and dedication for cosmetics and the beauty industry is still as strong as the day I qualified over 25 years ago.

Making our clients look and feel good on the outside as well as within, is our ultimate goal. The results are truly amazing and can speak for themselves.



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WELLBEING

- Lava Shell Massage
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“

Beautiful salon with wonderful staff. The results speak for themselves, you really do get what you pay for. **Thrilled!**

”



“

I am totally hooked on the semi-permanent make up by Lucy. Not only are my results **amazing** but Lucy makes the whole experience perfect from the facilities of her clinic to her care and attention. I couldn't recommend Lucy and her team highly enough. Thanks Lucy

”



“

I went to see Lucy today to have some Botox and lip filler. Lucy made me feel very comfortable and very relaxed before my treatment. **I'm absolutely over the moon with my treatment** I received and I must say my lips look absolutely fantastic. I feel like a new woman

”

“

I had a Microneedling session, and 5 days later **my skin looks and feels amazing.** The team made me feel very relaxed and comfortable. My skin is literally the best it's ever been. My pores and fine lines have been minimised leaving my skin looking flawless, would definitely recommend this treatment to anyone wanting great skin

”

SKIN REJUVENATION

HYDRAFACIAL

The results from just one HydraFacial treatment can be immediately visible, with an instant improvement in skin appearance, texture and hydration. Repeat treatments and specific treatment protocols will achieve even more dramatic and longer lasting results and more importantly an overall improvement in skin health. At Lucy Foster we will discuss best options to suit your skin and after a skin analysis we can tailor a bespoke skincare programme to get your skin into its best condition yet!

HydraFacial can be used to treat and diminish a variety of skin imperfections such as fine lines and wrinkles, sun damage, dry skin, congested pores, oily acne prone skin and age spots. All whilst achieving an overall uniform healthy glowing complexion

Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow:

- DETOX
- CLEANSE + PEEL
- EXTRACT + HYDRATE
- FUSE + PROTECT
- REJUVENATION

PLATINUM HYDRAFACIAL	60 MINS	£130
DELUXE HYDRAFACIAL	45 MINS	£95
SIGNATURE HYDRAFACIAL	30 MINS	£80

HYDRAFACIAL PERK

Personalise your skin health regimen by adding a HydraFacial Perk Lip or HydraFacial Perk Eye to your treatment.

Your skin will thank you with the daily dose of the HydraFacial Perk antioxidants.

HYDRAFACIAL PERK LIP	£30
HYDRAFACIAL PERK EYE	£30

Purchase a perk treatment and take the remainder of the product home to continue getting maximum benefits for another 4 weeks.

hydradacial

SKIN HEALTH FOR LIFE





MESOESTETIC AGE ELEMENT FACIAL TREATMENT

100% customised protocol from a unique diagnostic system: age element diagnosis system

Age Element combines customization and the most advanced aesthetic technology in a unique anti-aging treatment formulated with epigenetic active ingredients.

Using the Innovative diagnostic technology system, we can analyse the variables involved in the skin aging process, considering the needs of each individual client, your life habits and the conditions you would like to improve, and define a personalised anti-aging treatment for maximum results.

AGE ELEMENT FACIAL TREATMENT

£90

OBSERV DIGITAL SKIN ANALYSIS

Observe 320 digital skin analysis uses five light sources which will allow your practitioner to analyse your skin and highlight any skin concerns. Various skin conditions will be uncovered such as, fine lines, wrinkles, enlarged pores, as well as underlying vascular and pigmentation issues, inflammation, diffused redness, rosacea, oil and bacteria enabling us to create a perfectly bespoke treatment and skincare programme to bring your skin back to optimum health.

An Observe skin analysis is complimentary with the purchase of all treatment and skincare programmes.

OBSERV DIGITAL SKIN ANALYSIS

£25

SKIN SPECIFIC FACIALS

Our skin specific facials are one hour of skin heaven where we will take your mind and soul away from the day to day hustle and bustle, totally relaxing you in our calming environment whilst we rejuvenate your skin using a combination of professional skincare and essential oils to treat your individual skin needs and concerns.

The hour of skin heaven also includes a scalp, neck and shoulder massage whilst your skin is enveloped in a treatment mask, leaving you feeling totally pampered, an absolute must as a combination dose of skin pick me up and total relaxation.

1 HOUR SKIN SPECIFIC FACIAL

£80

SKIN REJUVENATION

DERMAPLANING

The perfect treatment to brighten your skin and remove 'peachy fuzz' to the face and neck area.

By removing the build-up of hair, oils, dirt and dry skin using the Dermaplaning method, this will increase penetration of products and complementary therapies meaning quicker, better results. For best results, we recommend combining Dermaplaning, Meso peels and crystal fibre masks to really get that skin smooth and glowy.

DERMAPLANING	£60
WITH CRYSTAL GLOW MESO MASK	£80
WITH MESOPEEL & CRYSTAL GLOW MASK	£120

GLOBAL EYECON

Specific professional treatment programme to fight the signs of aging and fatigue in the eye contour. This treatment will help to correct multiple eye contour imperfections: wrinkles, under-eye circles, bags and drooping upper eyelid. Cumulative and visible results from the first session.

Global eyecon is a convenient, effective programme combining both a peel with a transepidermal solution and no need for any needles.

The programme consists of six sessions, alternating three periorcular peel sessions with three trans-epidermal sessions and can be combined with other treatments or as a standalone programme

GLOBAL EYECON PROGRAMME	£600
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ILLUMI FACIAL

Your natural 'filter'

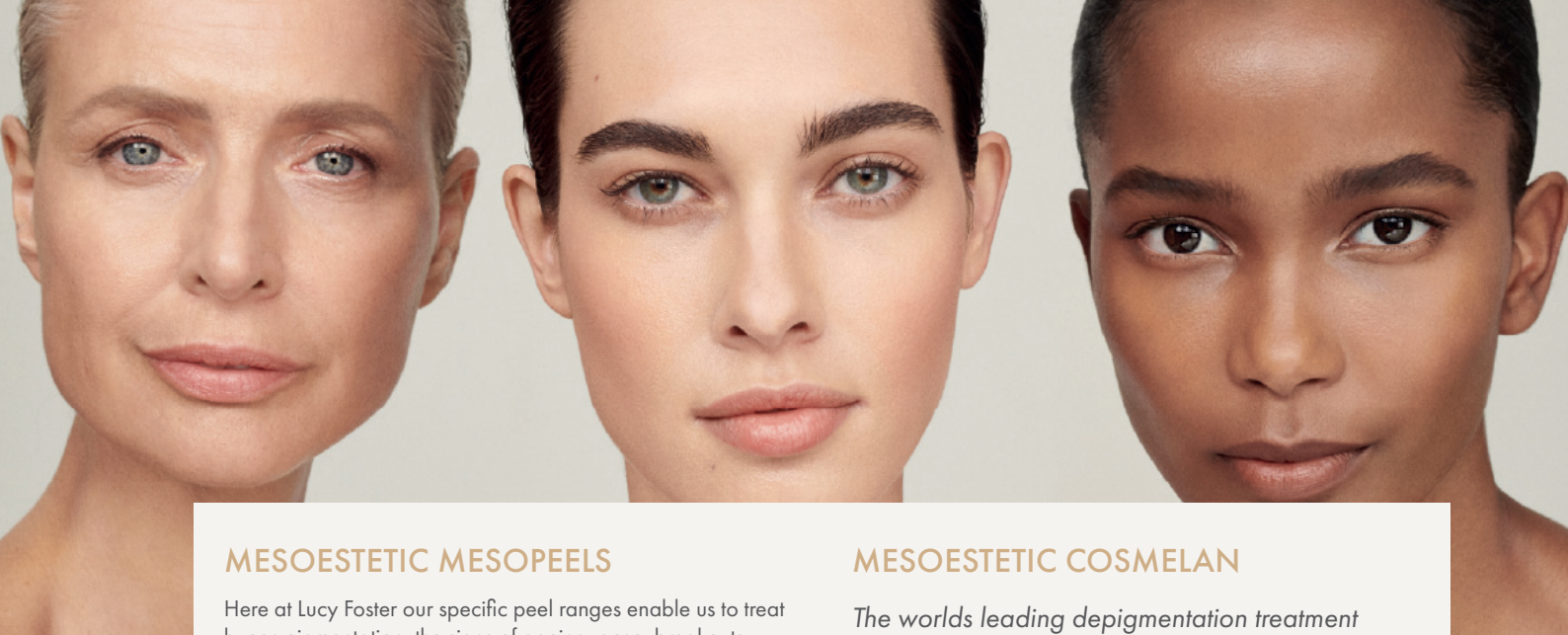
Everyone is using filters to achieve the appearance of airbrushed skin, with IllumiFacial you will no longer need to apply a filter. Together we can rejuvenate, enhance and illuminate your skin's natural beauty. This quick and simple rejuvenating treatment dramatically improves skin tone and appearance, helping your skin feel and look its best as if lit from within. This scientifically proven and advanced skin treatment is a restorative and illuminating facial that gives your skin long-lasting luminosity and a brightening of skin tone for optimal skin health.

IllumiFacial is the 'next generation' of the highly successful Photofacial treatment, using a new and unique combination of specialist skincare together with powerful, medical-grade IPL technology.

This four step facial treats pigmentation, sun damage, broken red veins, open pores, spider veins, redness, acne, rosacea.

For optimum results three to six treatments are recommended.

ILLUMI FACIAL - PRICES FROM	£220
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MESOESTETIC MESOPEELS

Here at Lucy Foster our specific peel ranges enable us to treat hyper-pigmentation, the signs of ageing, acne, breakouts, congestion, oil production, and other imperfections.

MesoPeels by Mesoestetic are fully combinable and can be administered as multilayers, allowing us to treat more than one concern at a time.

Regular maintenance peels promote your skin's healthy appearance improving texture and providing a preventative anti-ageing/antibacterial effect.

A course of peels maybe recommended as part of your skincare programme.

It is essential when treating with chemical peels to properly prepare the skin prior to any treatment and to always follow our professional home care advice post-procedure. Your skin therapist will discuss this with you at your initial consultation. Mesoestetic provides us with an extensive range of home care products formulated to prepare, perfect, and prolong your results obtained with our in-clinic treatments.

MESOPEEL

£80

mesoestetic®

MESOESTETIC COSMELAN

The worlds leading depigmentation treatment

WHAT IS COSMELAN?

Cosmelan, is the world's leading professional depigmentation method for treating the most severe and stubborn skin spots.

Excellent results in the short and long term thanks to its unique dual action mechanism: corrective and regulatory. On the one hand, it eliminates the visible spot, but also acts on the source of the problem, regulating the overproduction of pigment to prevent its reappearance.

The Cosmelan method is a topical treatment lasting approximately six months that combines a single clinic session with the at-home treatment necessary to obtain optimum results.

AT HOME

The treatment continues at home. Under your skin practitioners advice and recommendations, you must adhere to a regimen for the application of the products which will vary according to the phase and progress of the treatment.

The depigmentation process continues and we work on the source of the problem for a lasting result.

COSMELAN

£1250

LUCY FOSTER

SKIN REJUVENATION

HIFU

Non-surgical alternative to a facelift

Give skin back its snap... High Intensity Focused Ultrasound, also known as 'HIFU', 'non-surgical face lift', 'lunchtime face lift' has become one of the most sought-after lifting, firming, and tightening treatments for face and neck.

HIFU uses Focused Ultrasound to target the deep structural layers of the skin with heat, which it does without damaging the skin's surface. HIFU is one of the few treatments that can reach the superficial musculoaponeurotic system (SMAS)—which was previously accessible only via surgery. The result is a natural lift with virtually no downtime.

You will see that results continue to improve up to 12 weeks post treatment. Our HIFU technology can be adjusted to a range of depths, depending on your level of concern to reduce lines and wrinkles, crepeyness, laxity and excess fat.

In terms of results you can expect real changes that lift, firm and tighten jawlines, sculpt cheekbones, reduce under eye bags and lift brow areas.

We recommend one to three treatments per year, depending on your skin laxity.

FULL FACE & NECK	£750
FULL FACE	£600
JAWLINE	£275
EYELIFT	£200

HIFU BODY SCULPTING

Highly targeted fat reduction and skin tightening treatments with High intensity focused ultrasound. HIFU energy penetrates through the skin layers. The high frequency of the ultrasound results in heating deeper under the skin, more effectively destroying fat cells and tightening the skin.

The damaged cells are flushed from the body via a natural removal process. Most clients see an improvement two to three weeks after the first treatment. Results will continue to get better over time, peaking at 12 weeks following the final treatment. For optimal results a course is recommended.

SUITABLE AREAS

Abdomen, back, axillary puff (underarms), thighs, hips, buttocks and arms

PRICES FROM

£450



PLASMA ELITE SKIN TIGHTENING

Plasma Elite provides a non-invasive alternative to traditional surgical skin tightening procedures, offering minimal disruption with incredible results. The process works by placing a probe near to the skin which produces a micro-millimetre sized pulse of 'plasmatic lightening' which then superficially evaporates and causes the immediate surrounding area of skin to contract. It is also a very popular treatment to successfully remove skin tags and moles.

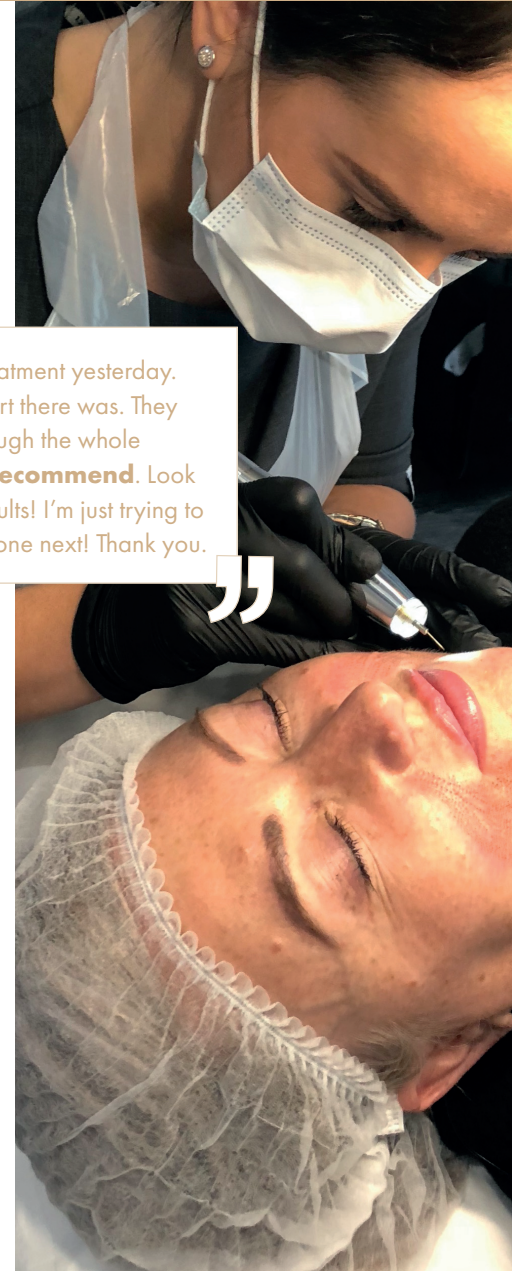
- Excessive loose skin on the eye lid and under the eye
- Lines and Wrinkles around the mouth e.g. smokers lines
- Crows feet
- Removal of skin tags, warts and milia
- Removal of Syringoma
- Flattening of moles
- Acne scars
- Mild stretch marks
- Stomach crepeyness
- Verucca

“

I received my first Plasma Elite treatment yesterday. I was amazed how little discomfort there was. They explained and reassured me through the whole treatment. **I would definitely recommend.** Look forward to seeing more of the results! I'm just trying to decide on which areas to have done next! Thank you.

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FULL FACE INCLUDING PREP PEEL	£1500
UPPER EYELIDS	£400
UPPER EYELIDS & LOWER EYES	£600
CROW'S FEET	£250
LIP LINES	£250
FULL LIP RESURFACING	£600
SPOT FACIAL AREAS	£250
NASOLABIAL LINES	£250
FLATTENING OF MOLES	£75
REMOVAL OF SKIN TAGS, WARTS OR MILIA	£75



SKIN REJUVENATION

RADIO FREQUENCY MICRONEEDLING

Radio frequency microneedling has a number of benefits for the skin

The main aim of the treatment is to generate collagen so that your skin feels tighter, smoother and softer. After your treatment you will see a smoothing of visible fine lines and a reduction in the appearance of pores for fresh bright and tight skin.

For skin laxity cases, results can be seen in half the time, compared to single standalone microneedling.

Radio frequency microneedling is also perfect for scarring and stretch marks, it stimulates the repairing process by immediately boosting the production of collagen, giving the skin a more even texture.

Results can be seen after just one session. However, a minimum of two and up to six treatments, at four week intervals, deliver the best results depending on the skin concern.

Our clients love how their skin looks and their results get better and better over time.

RF MICRONEEDLING - PRICES FROM

£150





SKIN PEN MICRONEEDLING

Younger skin that doesn't yet require lifting and tightening can benefit from microneedling without the radio frequency, where the focus is more on refining pores, evening out texture and improving overall quality.

Skin Pen Precision is a leading skin remodelling device that creates temporary small microscopic channels in your skin. This simple procedure activates your body's natural skin healing power to increase collagen and elastin so your skin returns to a healthier looking and glowy appearance.

MICRONEEDLING - PRICES FROM

£99

MESOTHERAPY C.PROF COCKTAILS

Cocktails of active ingredients to treat specific skin concerns

We may also combine your needling treatment with our extensive range of Mesotherapy c.prof solutions to significantly boost results and help target those main skin concerns.

The c.prof line has six cocktails of active ingredients to treat aging, skin spots and pigmentation, cellulitis, facial and body flaccidity as well as fluid retention. The cocktails' highly concentrated formulations, have been designed to guarantee a maximum therapeutic response.

MESOTHERAPY - PRICES FROM

£45

“

Another fabulous treatment with Lucy. As always, I felt in safe hands, knowing that Lucy's professionalism and good advice would give exactly **the results I was looking for.**

Great to relax and enjoy your new premises at Coppice Lifestyle Centre and beautiful treatment rooms. **Thank you!**

JOANNA

”

LUCY FOSTER

INJECTABLES

DERMAL FILLERS

Restore, enhance and define your features with dermal fillers.

Dermal fillers are used to plump lines and wrinkles around the face, they will contour, create volume and will revitalise the skin for a more youthful and healthy appearance. Cheeks, marionettes, nasolabial folds are just some of the areas we can treat

Lip fillers can add extra volume or shape contour almost immediately and are great to bring lip shape and contour back to life.

Lucy is an experienced practitioner and will use only quality approved fillers to achieve optimum results. A complimentary consultation is given to discuss your best options.

0.5 ML SYRINGE	£150
1 ML SYRINGE	£225
ADDITIONAL 1 ML SYRINGE	£195
Package prices available, ask for details	

WRINKLE RELAXING INJECTIONS

Anti wrinkle injections can reduce visible signs of ageing. From frown lines, to crows feet on the upper area of the face and for lower Botox, gummy smiles and down turned mouths can be softened. It is true to say that anti wrinkle injections are one of the most popular treatments for both men and women here at Lucy Foster.

Lucy is an experienced practitioner and will only use best quality branded products in her clinic.

Before your treatment you will have a consultation with our prescriber who will check your suitability for treatment.

Results vary from person to person and will typically last between three and four months.

1 AREA	£145
2 AREAS	£179
3 AREAS	£229
ADDITIONAL AREAS (EACH)	£40
MALE SUPPLEMENT	£35





PROFILO

The injectable glow

One of the highest concentrations of hyaluronic acid on the market, Profhilo not only boosts and hydrates giving maximum glow to the skin, but also improves skin tone, texture, hydration and overall radiance. It can help to increase firmness and elasticity and promote healthier and softer-looking skin.

The most common areas of treatment include the face and neck and can also be used for the décolletage, hands, arms, knees and abdomen area where it would effectively treat skin laxity.

The treatment is suitable for both men and women, and offers skin benefits for all ages.

1 TREATMENT	£275
COURSE OF 2 TREATMENTS	£500

FAT DISSOLVE

Fat dissolving injections contain a synthetic version of naturally occurring acid called deoxycholic, which is responsible for breaking down and absorbing dietary fat.

The injection destroys fatty cells in the targeted area, and is a permanent treatment. This procedure is not a replacement for a healthy lifestyle, as weight gain can affect the results.

Our expert injector uses fat dissolving injections to destroy fat around the jaw and neck area, and to reduce the appearance of a double chin. Say goodbye to double chin, sagging jowls and undefined jawlines.

FAT DISSOLVE - PRICES FROM

£300

PDO THREADS

PDO thread facelift is customised to your unique skin type, skin texture and aesthetic goals. Depending on the area you want treated, you may receive three or four carefully placed barbed threads. Different threads are used for varying degrees of lift, skin tightening and cellular rejuvenation.

Because a PDO thread lift is so versatile, it can treat virtually any area of the face. These include the neck, jowls, jaw line, naso jugal folds, nasolabial folds, crow's feet, undereye area, eyebrows, cheeks and marionette lines.

The cheeks and the lower face/neck region are the most commonly treated. The cheeks and lower face are great regions to treat because they lend themselves so well to synergistic skin lifting treatments like HIFU.

PDO THREADS - PRICES FROM

£200

LASER / IPL / ELECTROLYSIS

HAIR REMOVAL

Laser Hair Removal is a professional hair removal method that has gained a lot of its popularity through its effectiveness in achieving long lasting body hair removal. It significantly prevents the development of painful ingrown hairs and sensitive razor rash for both men and women.

The process is painless and very effective, and takes from as little as 15 minutes depending on the area to be treated.

We can treat the whole body with our medical grade hair removal device and popular areas include the face, under arms, chest, back, pubic region, thighs and lower legs.

A patch test is required.

HAIR REMOVAL - PRICES FROM

£25



ELECTROLYSIS

Electrolysis is a method of removing individual hairs from the face or body. Electrolysis destroy the growth centre of the hair and chemical or heat energy.

After a very fine probe is inserted into the hair follicle, the hair is removed with tweezers. It is ideal for white or course hairs that have no pigment.

ELECTROLYSIS - 15 MINUTES

£35

TATTOO REMOVAL

Your tattoo, or permanent make-up, doesn't have to be for life. Whatever your reason for wanting to remove or reduce it for a cover up - we can help.

The most common reasons our patients seek treatment include:

- Permanent make-up which no longer suits them
- Tattoos which have faded in colour
- Tattoos which due to stretch marks, or sagging skin, no longer represent the original design
- Poor tattoo artwork
- The tattoo no longer fits with their feelings of current identity

TATTOO REMOVAL - PRICES FROM

£25

THREAD VEIN REMOVAL

Thread veins are very common and often appear on the face and chest. Although harmless, our clients usually want them removed for cosmetic reasons.

Intense pulsed light or IPL is a safe, precise, and effective way of treating thread veins with minimal effect on the surrounding skin. The earlier you start treatment, the easier it is to remove them. Get in touch with us here at Lucy Foster Aesthetics today, and we will book you in with a specialist for an IPL thread vein treatment consultation and patch test.

THREAD VEIN REMOVAL - PRICES FROM £40

ROSACEA

Rosacea can be effectively treated using our Intense Pulsed Light (IPL) medical grade device. IPL uses controlled light in specific wavelengths to alleviate the inflammation, redness, pimples and uneven skin tones caused by the condition.

You should notice an improvement in just a few days after the first treatment but optimal results will be seen with 3–6 treatments scheduled about 1 month apart.

ROSACEA - PRICES FROM £40



“

I just want to say a **big thank you**. I had the laser thread vein treatment on thread veins on my cheeks and nose, they have all disappeared. **The treatment was painless and very quick...** Thank you!

”

LUCY FOSTER

SPMU / MICROBLADING

Imagine the convenience of having perfectly applied make-up that enhances your features all day, every day. No more spending hours in front of the mirror with your eyebrow pencil, or trying to get that perfect straight line with your eyeliner, or even worrying about your lipstick feathering, or leaving lipstick on wine glasses!.

With permanent make-up by Lucy Foster, you can have perfectly applied make-up! Permanent make-up is a form of cosmetic tattooing, in which hypoallergenic pigments are introduced into the skin in order to create shadow soft natural tones of colour, that mimic the most perfectly applied make-up.

Because the pigment sits in the skin the effect remains with you 24 hours a day and gradually fades with time. Women of all ages are discovering the benefits of permanent eyebrow, eyeliner and lip colour that looks so natural that even their closest friends do not realise they are wearing it. Lucy has developed her entire concept on providing the most advanced and effective beauty services available while using advanced techniques and products which all go to produce the most remarkable and unrivalled results.

PERMANENT MAKEUP EYES

This is a perfect treatment for those who feel bare without makeup or have difficulty applying eyeliner. This treatment will enhance the shape of your eyes giving definition, contour and fuller thicker looking lashes.

Choose from a subtle lash enhancement to a more powerful liquid eyeliner effect.

LASH ENHANCEMENT	£250
(Fine eyeliner through the upper or lower lash line)	
EYELINER	£350
(Top and bottom)	
BOLD EYELINER	£350
(Top or bottom. More defined upper eyeliner)	
EYELINER LIQUID EFFECT	£495
(Bold eyeliner with defined wing)	

COLOUR BOOST

WITHIN 12 MONTHS	£195
WITHIN 18 MONTHS	£250
WITHIN 2 YEARS	£295
TOP UP ON COLOUR BOOST WITHIN 3 MONTHS APPLICATION	£95





PERMANENT MAKEUP LIPS

Do your lips lack definition? Have they lost shape, contour or volume, or do you simply want to gloss and go?

Choose from a soft lip line or a pretty blush of colour through your lips and say goodbye to constant lipstick application and hello to the lips you've always desired.

LIP LINER (Soft or defined)	£295
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LIP BLUSH (Soft or defined)	£425
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FULL LIP COLOUR BLUSH	£495
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DARK LIP NEUTRALISATION	£695
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Dark lip neutralisation can take 2 to 3 sessions, it is a very individual process and Lucy will discuss this at your consultation and talk you through the process from your 1st treatment to your desired result.



BEFORE



AFTER LIP NEUTRALISATION

PERMANENT MAKEUP BROWS

Eyebrows can really frame your face and lift the whole eye area giving the appearance of a more youthful look. Choose from a soft natural hair stroke brow or a more defined ombre or powder brow.

3D HAIR STROKE BROWS	£395
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OMBRE BROWS	£395
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POWDER BROWS	£395
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BROW CORRECTION / REMOVAL	POA
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SPMU / MICROBLADING

MICROBLADING

Microblading is one of the most popular treatments in brow design. We create hair strokes using a fully disposable hand held tool mimicking natural, fine hairs to create beautiful brows.

Symmetry can be corrected, whilst fullness and definition can be added to suit your individual needs and concerns. Whether you have naturally sparse brows and need full brow recreation or whether you have over plucked and just lack definition in a particular area of the brow, through our consultation process we will discuss your best options and give you the brows you've always desired.

MICROBLADED BROWS	£375
MICROBLADING WITH SHADING	£395



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Fantastic location,
luxury interior, brilliant,
professional staff.

Lucy talked me through
the procedure and
there was no pressure
to go ahead with the
treatment. Great advice
given for aftercare
too, it's only been a
few days since my
procedure but I'm
**really pleased with
the results.**

GEORGIA

”

WELLBEING



LAVASHELL MASSAGE

The warm, smooth shells are glided over the body using hydrating oils, with varying pressures, techniques and precision.

The truly pampering Lavashells Body Massage offers a treatment that combines the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. The shells are worked over different areas of the body in slow deep moves to warm, de-stress and ease away all tension and knots you may have. Massage heaven for sure!

FULL BODY	£80
BACK, NECK & SHOULDERS	£49

SWEDISH MASSAGE

Traditional manual massage to deeply relax and revitalise your body and mind using aromatherapy oils to help bring a feeling of calm. This is definitely a massage to choose if you want to chill out and experience total relaxation.

FULL BODY	£75
BACK, NECK & SHOULDERS	£45
SCALP, NECK & DÉCOLLÉTÉ	£35

LAVASHELLS®

DEEP TISSUE MASSAGE

A total workout for your muscles

Deep tissue massage is mainly for deep muscle tension. By applying heavy, firm pressure to the muscles it can help release knots and strains in the deeper layers of muscle and connective tissue.

It can also help to loosen muscles, releases toxins such as lactic acid and allows blood and oxygen to circulate properly which can aid in the function of the lymphatic and circulatory system.

FULL BODY	£80
LEGS & ARMS	£49
BACK	£49

PREGNANCY MASSAGE

A pregnancy massage can have enormous benefits for both mother and the unborn baby. Massage emotionally and physiologically supports a woman during a time when her body is undergoing many changes and can help prepare her body for birth.

Going through the stresses and strains of pregnancy is no small task. It can put a lot of pressure on both the body and the mind too. This is where a pregnancy massage can really help.

As a guide, general relaxation or stress reduction sessions typically include all the major areas of the body (back, neck, shoulders and legs).

PREGNANCY MASSAGE	£75
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LASHES & BROWS

ILASHHERO LASH LIFT

Lash lifting is the process of restructuring the eyelashes to create the illusion of longer lashes, lifted from the root to enhance the length and to add volume, creating a mascara-like effect. It's not one size fits all – we can customise the lash lift depending on the level of curl and lift you're looking for and will last for 6-8 weeks. We will carry out a consultation where we will look at your eye shape and lash length to recommend what will best suit you.

Lash lifting is a relaxing treatment, and your eyes will remain closed for the duration of the treatment.

LASH LIFT

£49



ILASHHERO 2-IN-1 LASH LIFT & BROW LAMINATION

At Lucy Foster we are proud ambassadors of the innovative IlashHero 2-in-1 eyelash lift and eyebrow lamination treatment. This combined treatment offers two treatments in one appointment - lifted eyelashes that look lengthened and glossy, combined with fuller and more defined eyebrows. It is a perfectly safe and painless treatment that leaves your eyelashes looking lifted and elongated, with a mascara-like effect and eyebrows looking fuller and perfectly groomed.

This treatment is carried out together saving time and money.

2-IN-1 LASHLIFT & BROW LAMINATION

£80

BROW LAMINATION

Brow lamination is a great treatment that allows us to manipulate the brow hairs into a new desired position, either brushed up and fluffy or more smooth and natural and can also be used as a corrective treatment for sparse brows. This is one of our team favourites!

BROW LAMINATION

£40

ILASHHERO LASH & BROW 4 WEEK MAINTENANCE

Lash and brow colour boost to perk up your treatment in between appointments.

LASH & BROW 4 WEEK MAINTENANCE

£25

ilashHero

HIGHLY DEFINED BROWS

Reshape, wax, thread, custom blend tint and brow finishing products to create the ultimate defined brow, unique to you.

HIGHLY DEFINED BROWS

£39

LASH & BROW TINTING

LASH TINT

£18

BROW TINT

£15

BROW TIDY

Brow tidy using wax and tweezers

BROW TIDY

£23

EYELASH 12 WEEK REGROWTH PROGRAMME

This treatment is a must for those that have naturally short, stubby lashes or for those that have decided to have a break from lash extensions and want to strengthen and grow their own lashes back to optimum health.

This treatment programme consists of both treatments and products to give you the lashes you've always wanted.

EYELASH 12 WEEK REGROWTH PROGRAMME £150



ILASHHERO LASH EXTENSIONS

Three types of extensions, *Classic, Russian and Hybrid.*

CLASSIC LASHES

A ready to go, more length, curl and definition effect.

CLASSIC LASH EXTENSIONS

£60

RUSSIAN LASHES

Great for sparse lashes needing fullness, coverage and added definition

RUSSIAN LASHES

£75

HYBRID LASHES

A little bit of both-combination of classic and volume lashes when both a natural and volume look is needed.

HYBRID LASHES

£70

3 WEEK INFILL

£40

LUCY FOSTER

HANDS & FEET

Whether it's a quick lunch-break manicure, trending nail art or our signature, luxury service, the VIP Spa Mani or Paradise Pedi, you're in good hands. Each treatment has been expertly curated and will be made bespoke to you and your needs on the day.

All treatments are 100% vegan and cruelty free using The GelBottle Inc and award winning sister brand Peacci products – loved by A-list celebrities and professional nail techs around the globe.

VIP SPA MANI

For a truly elevated pamper, choose our signature luxury treatment, the VIP Spa Mani.

This treatment is designed to take your nail experience to the next level for the ultimate in relaxation and results.

Your experience will include:

- File and shape
- Extensive cuticle work and nourishment using award winning Peacci S.K.I.N products
- Signature soak and hydrating hand massage
- Peacci S.K.I.N scrub with 100% natural exfoliation for brighter, softer skin
- Hands will be enveloped in a rejuvenating, anti-aging and deeply hydrating hand mask, designed to intensely nourish and soothe hands in need of a results driven treat
- Painting to perfection with your choice of vegan Peacci classic polish

VIP SPA MANI

£48

VIP PARADISE PEDI

For a truly elevated pamper, choose our signature luxury treatment, the VIP Paradise Pedi.

This treatment is designed to take your pedicure experience to the next level, leaving your feet sumptuously soft and polished to perfection.

Your experience will include:

- Luxury, relaxing VIP spa soak
- File and shape
- Extensive cuticle work and nourishment with a generous dose of Peacci oil
- Celebrity favourite 'baby-feet' callus removal using specialist pedicure equipment
- Deep exfoliating massage using Peacci S.K.I.N scrub with 100% natural exfoliation for brighter, softer skin
- Our signature hydrating massage
- Enveloping in a rejuvenating, anti-aging and deeply hydrating hand mask, designed to intensely nourish and soothe tired feet in need of a results-driven treat
- Painting to perfection with your choice of vegan Peacci classic polish

VIP PARADISE PEDI

£52



MINI MANI For children under 12

The perfect mani pamper for little hands, the Peacci Mini mani offers a cute experience using treatments suitable for children.

Your experience will include:

- Refreshing hand wash
- File and shape
- Cuticle restore and refresh. A gentle push and a nourishing treatment oil to finish
- Painting to perfection with your choice of vegan Peacci classic polish

MINI MANI

£20

DESIGNEX PRO EXPRESS NAIL EXTENSIONS

Strong and gorgeous extensions with long lasting results after every treatment.

Your experience will include:

- File and shape
- Cuticle restore and refresh. A dry cuticle tidy and nourishing treatment oil to finish
- Consultation on your desired length and shape of extension
- Application of your light weight, long lasting DesignEX Pro extensions
- Painting to perfection with your choice of vegan The GelBottle gel polish, available in lots of gorgeous colours
- Choose your add ons including nail art and removal

DESIGN XPRO EXPRESS NAIL EXTENSIONS

£60



OVERLAYS & EXTENSIONS

BIAB overlays on natural nails

The GelBottle's iconic Builder in a Bottle treatment is applied as a stand-alone manicure and adds an extra strong layer of strength, structure and undefeated support.

Perfect for weaker nails, nail biters who want to grow length or those with a hands-on profession. The application will leave you with a refined protective layer, like a coat of armour for your nails, but cuter. Available in a range of gorgeous nudes, soft pinks and pastels, or upgrade your treatment with a glossy coat of TGB gel colour to achieve perfected nails in any shade you can dream of.

Your experience will include:

- File and shape
- Cuticle restore and refresh. A dry cuticle tidy
- Application of your strengthening BIAB overlay with over 20 beautiful nude or pink shades to choose from
- Nourishing cuticle oil to finish
- Choose your add ons including nail art and removal

OVERLAYS & EXTENSIONS

£45

HANDS & FEET

BIAB SHORT NAIL EXTENSIONS

TGB's iconic BIAB treatment can also be used to sculpt shorter builder gel extensions to enhance the length and shape of your natural nail. The application will leave you with a gorgeous refined, extended manicure available in a range of nudes, soft pinks and pastels or upgrade your treatment with a high shine coat of TGB gel colour to achieve perfected nails in any shade you can dream of.

Your experience will include:

- File and shape
- Cuticle restore and refresh. A dry cuticle tidy and a nourishing treatment oil to finish
- A short-medium length extension of every nail, sculpted and shaped to your preference using iconic TGB Builder in a Bottle. Finished in your favourite BIAB nude or pink shade
- Nourishing finish using world-class products from Peacci S.K.I.N
- Choose your add ons including nail art and removal during booking process

BIAB SHORT NAIL EXTENSIONS

£55

REMOVALS

Say goodbye to your gel polish, BIAB or extensions.

EXTENSION REMOVAL (ACRYLIC OR GEL)

£30

BIAB REMOVAL

£35

GEL POLISH REMOVAL

£25

CLASSIC GEL POLISH

Choose either our flawless classic Gel Polish mani or our effortless Gel Polish pedi to brighten and spruce up your nails

Your experience will include:

- File and shape for hands or feet
- Cuticle restore and refresh. A gentle push and a nourishing treatment oil to finish for hands and feet
- Painting to perfection with your choice of vegan The GelBottle gel polish, available lots of gorgeous colours

CLASSIC GEL POLISH FINGERS

£35

CLASSIC GEL POLISH TOES

£30

COMBO POLISH

£60

For both fingers and toes. 60 minutes of total relaxation.

ADD ONS

GEL POLISH

£15

NAIL ART - FROM

£5

REPAIRS

If you've had a heavy-handed mishap before your next treatment date, we can fix your mani and have your set looking as good as new.

REPAIRS - PER REPAIR

£10



LUCY FOSTER

AESTHETICS - BEAUTY - WELLBEING



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