

Luxury Manicure - Restore the suppleness of your skin and health of your nails with our luxury manicure. We begin with exfoliation leaving hands feeling refreshed, complete with a warm mitt hydrating treatment using paraffin wax, finishing with a relaxing hand massage with nourishing cream.
(1 hour) - £22

Mini Pedicure - File and polish - £12

Pedicure - Our most popular treatment. The feet are exfoliated, nails filed and hard skin removed. A foot and leg massage soothes and relaxes then toenails painted.
(1 hour) - £20.50

Luxury Pedicure - Take the weight off your feet and let your cares float away as you sink your toes into our refreshing foot spa. The relaxation continues with a warm boot treatment to rehydrate your skin and a nourishing foot and leg massage with luxurious cream. We'll also smooth away rough skin and give your cuticles a treat. Finishing with an application of paraffin wax to soothe and hydrate. The toenails are then painted and finished.
(1 hour 15mins) - £25

Body Bronzing

St. Tropez Airport - This unique, streak free self tanning treatment is also aloe vera based and non-greasy. After application of product it is recommended you leave it on overnight for best results. The airport is a booth in which you are sprayed by a therapist, ensuring every area is covered with product. The tan will last up to a week.
2 sprays - £30
1 spray - £15

Fake Bake - The three step formula polishes, tans and moisturises for a long lasting safe tan. Quickly and easily applied by the therapist.
Full body - 1 hour - £30
Upper body & face - £20
Feet and legs - £18

Fake Bake Spray Application

1 Spray - £15
2 Sprays - £30

Electrolysis - Is a safe effective form of permanent hair removal. For further details please book for a free consultation.
5 mins - £7.00
10 mins - £9.00
15 mins - £12.00
30 mins £20.00

Advanced Electrolysis - We can safely treat:
Broken Capillaries (telangiectasia)
Skin Tags
Plain Warts
Hair removal from moles (GP permission required)
De-sensitising cream can be applied - £1.00 per application
15 mins - £15.00

Waxing

Please take care to avoid sunlight, sunbeds and heat treatments for 24 hours before and after treatment.
Full leg - £21.50 Upper lip - £4.00 Gents back wax - £13.00
3/4 leg - 16.00 Eyebrow - £6.00 Gents chest wax - £13.00
1/2 leg - £11.50 Chin - £4.00 Back & Chest - £22.00
Forearm - £10.00 Face - £7.50
Underarm - £6.50 Brazilian - £12.50
Bikini - £7.50 Hollywood - £15.00

Tinting

Darkens and defines lashes. Please ensure a patch test is done at least 24 hours before first treatment.
Eyelash Tint - £9.50
Eyebrow Tint - £6.00
Eyelash Perm - £17.00
Eyelash Perm and Eyebrow Wax - £22.00

Make Up

ID Mineral Make Up - Bare essentials mineral make up so pure you can sleep in it! Coverage is flawless, even on problem skin. Skin looks naturally luminous, its featherweight property so light you don't feel it's there!
Special Occasion Make Up - £15.00
Bridal Make Up & Trial - £ 29.00
Make Up Lesson - £18.00
Call Out Fee & Travel - £10.00

Packages

Holiday or Wedding packages or Spa days are available. Choose off the menu for your personal services and you will be given 10% discount on four or more treatments. Lunch can be included as can flowers, a cake, sweets or champagne to make your day special. Ask at reception when booking. Shampoo, conditioner, hair drying facilities, bathrobes and slippers are all available to clients.

Points of interest

Certain treatments will require a deposit. You will be advised at time of booking.

We generally work from a cancellation list and would appreciate, in the interest of good manners, a minimum of 24hrs notice if any appointment has to be cancelled or changed.

There is a charge of 70p on all credit/debit transactions.

All courses and gift vouchers are valid for 12 months, we regret payments cannot be returned.

We have disabled access to all our rooms and a toilet available for wheelchair access.

Well behaved children are welcome in the salon however reception staff are not available for childcare purposes. Please be aware we are child friendly but the salon is not child safe.

Also available in salon: ... Please telephone for details.

Cosmetic Dermatology

Colonic Hydrotherapy

Botox

Nutritional Advice

Collagen

Food Intolerance Testing

Restylane

Hairdressing

Blue Peels

Tinting

IPL

Perming etc.


Devonside health & beauty

the complete face body and hair specialists

Devonside Health and Beauty
39 Dunnikier Road, Kirkcaldy, Fife

Tel: 01592 205829
www.devonsidebeauty.com

OPENING HOURS
Monday - 10am - 6pm
Tuesday - Friday - 9am - 7.30pm
Saturday 9am - 5pm

VAT No. 859 501 307

Please advise reception if you are pregnant, have muscle or joint injuries, are using prescribed medication or have had laser or plastic surgery.

Any of the above conditions may affect the success of our ability to perform your requested treatment.

Crystal Clear Skin Care Treatments

Facial Rejuvenation and Resurfacing

The worlds most popular and effective microdermabrasion system. Crystal Clear Resurfacing Treatment - Crystal Clear offers total skin resurfacing with the most technically advanced microdermabrasion system available. Crystal Clear delivers instant, visible results for clients. Suitable for all skin colours and skin types, can be used to treat a wide range of skin problems on face, hands and body. Clients should refrain from using products which contain AHA's or Retin A for 72 hours before and after a treatment.

Microdermabrasion and Vacuum lift 60mins (including mask)

45 minute Treatment - £40

Deluxe 1 hour 15 mins Treatment - £50

Hand and Foot Rejuvenation Treatment - £30 (including manicure)

Back shine (30 mins) - £25

Wide eyes treatment (30 mins) - £25

Facial Treatments

Dermalogica Prescription Facial - Incorporating Dermalogica's revolutionary zone by zone face mapping skin analysis technique. Treatment is tailored uniquely to the individual skin requirements of each client. To treat a variety of skin conditions from pigmentation to acne skin.

(60 mins) - £35

Multivitamin Power Treatment - This is the most powerful Dermalogica treatment for clients concerned with the signs of ageing on their skin. Ideal for prematurely-ageing, dry, sun damaged and ageing skin that needs nourishment, regeneration and energising.

(60 mins) - £35

Deluxe Hot Stone Facial - A deeply relaxing treatment combining Dermalogica's Prescription Facial with holistic Hot Stone Therapy. Healing qualities of the volcanic stones and aromatic fragrance during pressure point massage, transports you to another world of total relaxation.

(75 mins) - £40

Ultimate Relaxation Facial - Indulge in total relaxation. Begin with a soothing well-being massage on your back for tired muscles followed by a tailor made Dermalogica skin treatment, including pressure point massage to leave you stress free and invigorated.

(75 mins) - £40

Revitalising Eye Rescue - Firm, tone and revitalise your tired and puffy eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling debris, while a super soothing masque will help irritation.

(30 mins) - £15

Facial Treatments For Men

Mantra Facial - A deep cleansing facial treatment designed just for you. This prescription facial will be tailored to your skin's own condition and tone and will leave your skin with a brighter complexion.

(45 mins) - £30

Mankind Facial - As well as being deep cleansing this facial is extremely relaxing. Also incorporates a pressure point massage leaving you stress free.

(75 mins) - £40

Body Treatments to Relax

Deep Thermal Therapy - Inspired by the practices of Thai therapy of the 14th century, this therapy utilises a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, remineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities, stimulate circulation and smooth skin. Deep manipulations along pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

1hour - 1 hour 30 mins- £40 with stamp £55

Nourishing Sea Mud Therapy -30mins - £20

Power Recovery Therapy - 30mins - £20

Mineral Salt Scrub Therapy - 30 mins - £20

Thermal Touch Therapies - Ideal add on treatments which can be included during facials, or as stand alone treatments that address sensitised irritated skins, or hydrate and condition areas for healthy and re vitalised skin.

Hands and arms - 20mins - £15

Décolleté Back - 30 mins - £18

Legs and Feet - 30 mins - £18

Back - 30 mins - £18

Purifying Back Treatment - 'Like a facial for the back'. Treatment begins with an invigorating exfoliation followed by a 20 minute well being massage using essential oils. A luxurious paraffin wax heat mask is then applied to soften and moisturise the skin, whilst helping to relax stressed muscles, finishing with a soothing body lotion.

(60 mins) - £30

Spa Body Therapy - Get ready to take on the world again with our revitalising and energising body treatment. Treatment begins with a full body exfoliation to renew the skin followed by a deeply relaxing massage to help relieve tension in tired muscles. Soothing and moisturising paraffin wax treatment is applied to your back to rejuvenate dull, lacklustre skin followed by a full body moisture application to leave skin feeling silky smooth.

(90 mins) - £46

Exfoliating Body Scrub - Smooth away dulling surface debris while restoring vital nutrients to tired skin. The perfect compliment to our selection of wraps or bronzing treatment.

(30 mins) - £20

Bellitas Body Wrap - Whether you are looking for inch loss for a special occasion, or to detox to kickstart a new healthy regime, this is the perfect treatment. Helping to detox, tone and tighten body contours.

1 session - £35 Course of 6 - £180

Caci Quantum - Using micro current facial techniques in conjunction with a combination of faradic and galvanic slimming and toning applications, the caci quantum works to restore and redefine facial muscles, reducing lines and wrinkles while simultaneously tightening and toning sagging body muscles. The most advanced face and body treatment available, the quantum employs specific modes for slimming, contouring, cellulite, lymphatic drainage, face lifting, wrinkles, acne and scar tissue.

Facial - (1 hour) - £35

Courses of 5 - £157

Courses of 10 - £315

Body from £20

Combination of face and body sculpting - £42

Wellbeing Swedish Massage - Total relaxation massage to help ease tired, aching muscles with the aid of infa-red heat rays to penetrate deep into the muscle tissue.

(40 mins - back, neck & shoulders) - £20.00

(50 mins - back & back of legs) - £28.00

(60 mins - full body) - £35.00

Aromatherapy/Remedial Massage - This treatment involves the massage therapist carefully selecting a blend of aromatic oils for the physical and emotional requirements of the individual. This will ensure optimum results when treating stress, tension and anxiety related problems. Please specify for appropriate Remedial Therapist.

(45 mins) - £25

(60 mins) - £35

(90 mins) - £45

La Stone Massage - Drift away to another level of calmness and wellbeing. Hot stone therapy is a complete body, mind and soul treatment. Through the healing energy of the volcanic stones you will quickly reach a state of deep relaxation, physical and mental balance.

(70 mins - full body) - £45

(40 mins - back, neck & shoulders) - £30

Reflexology - Helps gently ease congestion within the body which promote the natural healing forces. This relaxing treatment can be beneficial in helping stress management, digestive disorders, PMT, and many other imbalances. For further details please contact our therapists for a full consultation.

Per session - £25

Course of 6 - £140

Reiki - A practical healing technique using the laying on of hands to treat and soothe both physical and mental imbalance and creates a feeling of wellbeing, relaxation and harmony.

Per session - £25

Course of 6 - £140

Indian Head Massage - Removes tension that is stored in the scalp, neck and shoulders. This treatment rebalances energies and improves concentration maintaining physical, emotional and spiritual health and well-being.

(30 mins) - £15

Photondome - By lying in the Photondome, your body will perspire and far infra-red waves will wash your body from "inside out" with low temperatures. It is bio technology that helps purify fat cells, burn calories (around 800) and control weight. It protects the body from various ailments by strengthening the immune and cardio vascular systems. Benefits include relief from pain in muscles, joints and back, reducing lactic acid and uric acid, minimise stress and fatigue, improve blood circulation, reduce cellulite and much more.

(45 mins) - £35 Courses of 12 - £315 Courses of 6 - £175

Hopi Ear Candles - Used by the Hopi Indians, the candles are a natural therapy. They induce a pleasant feeling of warmth and balance of pressure in the ears and sinuses. Can treat adults and children suffering from earache caused by a build up of wax in the ear. Sinus draining massage follows treatment.

(45 mins) - £20

Ear Piercing - Ear piercing is carried out in the comfort of a private treatment room using fully disposable hygienic equipment.

Ear Pierce - £9.50 Single Ear - £6.00

Nail Care

Creative Acrylic - A liquid and powder acrylic nail enhancement which is not only beautifully natural but very resilient.

Akzentz - A hard-wearing gel system designed for tips. Cannot be soaked off but is very strong. Consult with therapist as to best system for your requirements. Prices are as Bio Sculpture nails.

Bio Sculpture Gel - Is an organic gel designed to strengthen and support weak, brittle and soft flaking nails. It is perfect for repairing individual breaks and giving a smooth finish to ridged nails.

Clear gel overlay - £16.00

Gel removal - £10.00

Individual repairs - £4.00

French gel overlay - £22.00

Clear gel infill - £12.00

Adding a colour - £3.00

Nail Extensions - No damage to natural nails, a safe alternative to acrylics.

Tips or sculpts - £40.00

Single nail application - £6.00

Rebalance (1-2 weeks) - £25.00

Removal of tips - £12.00

Rebalance (3-4 weeks) - £28.00

Add-ons e.g. Gems - £1.00p.n.

Colour and Glitter from £4.00

Mini Manicure - Nail shape and polish. - £10

Manicure - Moisturising treatment for hands and nails with nail shaping and cuticle work followed by french polish or colour. - £19