Gillian’s

TREATMENT LIST
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It is in your best interest to advise your therapist of any medical conditions and/or allergies prior to receiving a Gillian’s treatment. If you have not filled out a waiver form, please notify the receptionist or your therapist. If any details have changed on the form please let us know.
Facial Cupping

The Bellabaci facial cupping system is a new 100% natural anti-aging treatment.

• Our Facial cupping cups are a total skin repair benefit system. Silicone cups are especially designed for contours of the face which gently glide over the face using essential complexes and the Gene facial oils. A full facial treatment is performed with the use of the cups and the Bellabaci products and yes steaming, mask, waxing, hand and foot massage, exfoliation. Trigger pressure points.

• Facial cupping is non invasive and is so gentle you will fall asleep.

• There is no coloration as the method is totally different with the body cupping. Your complexion will instantly after the facial have a glow and plumpness that is not always achieved with other treatments.

Bellabaci products made in South Africa

Benefits

<table>
<thead>
<tr>
<th>Wrinkles</th>
<th>Dull skin</th>
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<tr>
<td>Product absorption</td>
<td>Sinuses</td>
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<td>Congestion</td>
<td>Headaches</td>
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<td>Sagging jaw or neck</td>
<td>Dark circles under the eyes</td>
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<td>Puffy eyes</td>
<td>Circulation</td>
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<tr>
<td>Collagen and elastin production</td>
<td>Plumping of the lips</td>
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60 minutes $155  
90 Minutes $180

Add on to any facial $10, but not using the Bellabaci products.

Gillian’s is the first to introduce facial cupping

Beautiful Kiss
Facials

Blueberry Supercharged Facial
*Types: Creping, thinning, dry to very dry skin*

90 Minutes  $175

Antioxidant packed with blueberry extract, peptides, and vitamin E to moisturize, smooth and regain plumpness and strengthening leaving a visible difference.

Raspberry Soothing Facial
*Types: Sensitive, Rosacea irritated, inflamed and redness of the skin*

90 Minutes  $175

Nourishing Shea butter, Aloe, multi vitamins, calms stressed reddend skins. Great post microdermabrasion, peels, dermaplaning, facial waxing or any sensitivity.

Soy Milk Anti hyperpigmentation Facial
*Type: Any Hyperpigmented, environmentally damaged, dark marks from breakouts, sun exposure, aging marks*

60 Minutes  $150

A blend of soy milk, vitamins A, C and D, amino acid and hyaluronic acid. Citrus extract to brighten and restore moisture, tone, texture and pigmentation.

Anti-Blemish Tea Tree Facial
*Type: Acne, oily, blemishes, welts under the skin*

60 Minutes  $150

Cooling, clarifying green tea extract, witch hazel, soothes irritated acne spots. Great for regaining a healthier complexion.
Dermaplaning Facial

*Exfoliate for new skin, no downtime and instant results.*

*“You will be amazed with the results, go ahead and try Dermaplaning. Gillian loves it”*

90 Minutes with a full facial and eyebrow shaping or chin or lip waxing included $225

60 Minutes with a full facial and eyebrow shaping or chin or lip waxing included $185

30 Minutes Dermaplaning with cleanse, toner and moisturizer only $75

* The procedure can be performed monthly, with no downtime.

**Dermaplaning** is a safe, pain free, simple and effective method of exfoliating the skin, removing dead skin cells. It requires the use of a sterile hand piece tool to gently remove the top-most layer of dead skin.

Dermaplaning triggers the cells of the skin to regeneration and is especially effective on those with dry or rough skin texture and oily skins to look and feel amazing new.

The purpose is to give your skin an immediate exfoliation for a luminous glow, dewy skin, faster cell turnover, and a smoother texture. It also allows any products you apply after to penetrate deeper. This means that makeup can be applied with far more ease and precision, and overall a better complexion finish.

The facial is very relaxing with the combination of different products, to give the maximum results, combined with eyebrow shaping and lip or chin waxing. This new facial is amazing and is a must try experience for all skin types and clients.

**Popular with the celebrities**

**Benefits:**

- Remove lines and wrinkles
- Reduce acne scars or general scarring
- Remove peach fuzz finally
- Works on all skin types
- Exfoliating dead skin cells
- Pain Free
- Reduce pigmentation and uneven skin
- Looks and feels totally fantastic
STEM CELL AND LED LIGHT INFUSION FACIAL

**Advanced Anti-Aging Non-Invasive**

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<th>Duration</th>
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<th>Course of 6</th>
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<td>60 minutes</td>
<td>$185</td>
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<td>90 minutes</td>
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Infusion of fruit stem cells and LED light therapy is a perfect facial, using Control corrective skin care products.

**Includes**

Deep cleansing, Steaming, extractions, lip and brow wax (optional) non-invasive peel, face, neck, shoulder massage and hand and foot massage, mask, serum’s, peptide plant stem cells, high frequency and LED light therapy (optional) moisturizers.

**Technology at its best**

**Stem cells** are superior in that they can go through numerous cycles and cell division and can renew and transform into other cell types. This replenishes dying cells that are lost due to shedding from internal or external stresses, life style, sun damage and genetics.

Without these stem cells to replenish the skin it will lead to deterioration, wrinkles, aging and discoloration of the skins surface.

Like humans, plants and fruits have stem cells as well to regenerate, heal and protect its self. Research has shown that 0.1% extract of these plant cells increase rapidly human stem cells by 80%, causing regeneration.

**LED LIGHT.** Non-invasive. Discovered by Nasa (light emitting diode) delivers optimized light wavelength to stimulate change within the skin.

Plants absorb light and convert it to energy to be able to grow and live heathy, as our skins can do the same, equally with the different wavelengths such as red, blue and other spectrums of light. This LED light will stimulate all the different enzymes of the skin to also respond the same way.
With Stem cell and LED light technology it is a perfect treatment blend to create the following benefits:

**Increases**
- Stem cell vitality and longevity
- Rejuvenation
- Plumping and smooth of the skin
- Visibly tightens the skin
- Amazing glow and feels fantastic
- Protects the skin against UV light and pigmentation
- Combats genetic aging and premature aging of fine lines and wrinkles
- Stimulates skin production of collagen, elastin and oxygenation
- Retains moisture
- Repairs scar tissue, acne scarring
- Reverses environmental damaged skin
- Anti-inflammatory, for acne, Rosacea
- Ant-bacteria for acne

**LED Light Therapy Facial**

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<th>Duration</th>
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<th>Course Price</th>
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<tbody>
<tr>
<td>60 Minutes</td>
<td>$150</td>
<td>$855.00</td>
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</table>

Deep cleansing, steaming, exfoliation, brow, lip wax (optional) face, shoulder massage, mask, LED light therapy. Hand and foot massage. Moisturizer

**Red LED light Therapy with Microdermabrasion**

**Anti-Aging**

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<tr>
<th>Duration</th>
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<td>60 minutes</td>
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**Blue LED light Therapy with Microdermabrasion**

**Anti-bacterial for acne and spots, large pores**

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<tbody>
<tr>
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<tr>
<td>90 minutes</td>
<td>$225</td>
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</table>
Your therapist will design your facial to suit your skin type. Please ask for advice on how to best care for your skin. All facials are based on cleansing, steaming, extractions, face and shoulder massage, mask, hand and foot massage, moisturizer.

**By purchasing a series of any 10 facial courses you will receive your tenth facial free.**

**Gillian’s Signature Facials**

**Deluxe Facial**  
**All skin types**

60 minutes $140.00  
Our classic signature facial is suitable for men, woman and young adults. The treatment will be tailored to your skin type. It includes deep cleansing, eyebrow and lip wax, steaming, extractions, face and shoulder massage, mask, hand and foot massage, moisturizer.

**Deluxe Facial with a Back Massage**  
**All skin types**

75 minutes $165.00  
This is one of our most sought after treatments! This treatment will be tailored to your skin type and includes deep cleansing, eyebrow and lip wax, steaming, extractions, face and shoulder massage, mask, hand and foot massage, moisturizer, with a 15 minute back massage.

**Non-Botox Facial**  
**Non-invasive**

60 minutes $168.00  
A resurfacing peel for *all skin types - acne, scarring, pigmentation, age spots to reduce wrinkle depth and increasing cell renewal, vitality and radiance.* This includes facial waxing, steaming, cream mask, extraction massage, hand mitts and booties.

See Page 14 for more peels and treatments
Watermelon Pore Minimizing Facial
60 minutes $150.00

**All skin/enlarge pores.** This helps contract the pores, even the skin tone of pigmentation whilst firming the skin and reducing inflammation. A great all round facial for every skin concern.

Eucalyptus Collagen Facial
60 minutes $150.00

**Acne prone/irritated skin.** An antibacterial facial that helps prevent acne and blackhead formation. Super hydrating, soothes inflammation, diminishes recovering scar tissue and balances oil production.

Acne Decongestive Facial
From 45 minutes to 90 minutes from $90.00 to $185.00. This is a very effective treatment for irritated, spot prone skin. A consultation is recommended. Prices and length of time for this treatment will vary depending on the individual's skin condition. Discuss with your therapist at the start of your facial, or at the time of booking.

Algae Purifying Facial
**Purifying, oily, acne**
60 minutes $150.00

Made from algae powder this all natural “peel off” facial has exceptional decongestive purifying and soothing qualities, incorporated into a full facial.

Charcoal Collagen Facial
**All / Acne Prone / Irritated / Oily Skin**
60 minutes $150.00 90 minutes $175.00

Bamboo charcoal has a deep cleaning effect. Absorbs impurities and excess oil, balancing PH and minimising pores while increasing hydration with the marine collagen to preserve a healthy skin.

Rosacea Facial - *(redden skin types)*
60 minutes $150.00

This specially formulated facial will assist in soothing and calming skin prone to redness and rosacea. Also good for eczema and very hyper-sensitive skin.
Diamond Anti Fatigue Stress Facial

90 minutes $170.00

Diminishes fine lines and wrinkles, improves elasticity and reduces the signs of fatigue and stress.

4-in-1 Full Face Collagen Crystal Facial

*All skin types. Anti-wrinkle / Hydrating.*

- 60 minutes $150.00
- 90 minutes $175.00

Aqua Visage Facial

*All skin types / Tightening*

- 60 minutes $150.00

A serum mask is the finest and most pure and deep penetrating of all other creams and oils that absorb easily into the skin. This is incorporated into a full facial. (An expression) “Once the skin is full it is full, no more is needed!!”

Cryogenic Facial

*All skin types/ Dull / Sensitive*

- 60 minutes $150.00

A lactic, cooling and firming mask that uses abstracts of detoxifying seaweed minerals that is blended into a full facial. To stimulate sluggish dull skin revitalizing the skin’s metabolism to regain its glow.

Dead Sea Facial

*All skin types / Deep Cleansing*

- 60 minutes $150.00

With the properties of tea tree and lemon essential oils, this cooling green algae and seaweed “peel away” mask will remove impurities, heal blemishes and brighten dull skin. Wonderful anti-aging treatment from the depths of the natural ocean to you. Incorporated into a full facial.
Wet Jasmine & Collagen Facial
All skin types - Sensitive / dehydrated / fatigued

60 minutes $150.00

This mask is specially formulated for sensitive, dehydrated and fatigued skin conditions. Soothes and calms swelling, dryness, irritation and redness. Returns the skin to its normal moisture level and helps replenish the healthy collagen tissues of the skin to prevent premature aging. Incorporated into a full facial.

Enzyme Whitening Collagen Facial - Hyper-pigmentation

60 minutes $150.00

This treatment is recommended for hyper-pigmentation and environmentally damaged skin conditions i.e. sunspots, age spots, freckles. Revitalises, nourishes and restores moisture. Tones and balances the skin leaving it refreshed and radiant. Incorporated into a full facial.

Exfoliating Papaya Facial - Dead Skin cells / Dull

60 minutes $150.00

A facial mask containing papaya a natural fruit enzyme that is perfect for assisting in the elimination of dead skin cells. A wonderful facial for rejuvenating and regenerating the skin.

24 Carat Gold Collagen Facial
All / Hyper Pigmentation / Aging Skin

90 minutes $175.00

Gold powder and silk extract. This treatment does not come any richer. An anti-aging facial that hydrates and whitens the skin to reduce melanin and increases firmness.

Chocolate Facial - All / Aging / Dry / Scrumptious

90 minutes $175.00

Rich chocolate moisturises and improves elasticity and firmness.
*Non-fattening with a delicious aroma

Olive Oil and Leaf Facial - Hydrating

90 minutes $175.00

Excellent for age control! This treatment’s olive oil and antioxidant properties will improve the skin’s elasticity and olea europea leaves stimulate tired and aging skin. Incorporated into a full facial.
The Caviar Collagen Facial
- All / Mature / Loss of Moisture
  90 minutes $175.00
The Caviar facial is suitable for all skin types including aging skin. The mask provides vitamins from roe extract and marine DNA. Collagen and quince extract will leave the face supple. Quince is a tree, about the size of an apple tree, which grows wild in Persia and produces a soothing and toning affect when applied to the skin.

Firm and Lift Derma Facial
- All / Sagging / Wrinkles
  90 minutes $175.00
A highly effective mask that is suitable for all skin types. Containing 100% all natural ingredients, the mask utilizes nano technology and has excellent absorbing capacity providing immediate results.

Aromatherapy Facial
- All / Relaxing / Headaches / Tension
  90 minutes $175.00
Your therapist will add pure essential aromatherapy oils to our classic facial to soften and moisturize the skin while providing a natural way to relax and enhance the senses with a “never-ending” effleurage of massage to the face, scalp, shoulders, hands and feet with the essence of aromatherapy in the air for total heaven on earth!

Sa Wan Thai Facial - All / All Natural Products
  60 minutes $150.00  90 minutes $175.00
An exotic Thai experience with natural indigenous ingredients fused together to create balance and vitality to you and your skin. Hot herbal poultice performing a relaxing face and shoulder massage.

Q10 Facial - All/Aging Skin
  90 minutes $175.00
Plumping, tightening, hydration.

Hyaluronic Facial - All/Aging Skin
  90 minutes $175.00
A great plumper to smooth out fine lines. Mature dull thin skin.
Derma Rolling Facial
- All skin / Deep Penetration of Products and Regenerating / Plumping / Anti-Wrinkle

The new amazing treatment everyone is talking about - it’s a must! The derma rolling facial is the leading facial recommended by therapists.

The derma roller instrument has hundreds of fine titanium probes that roll over the skin, creating controlled, open, micro-pores to allow fast and easy delivery of serums into the deeper layers of the skin. Other facials tend to only benefit the upper top layers of the skin, which result in shorter-term results. Until now, lasting results were not possible without the use of laser therapies or injectables.

As a result, the derma rolling facial creates and maintains healthy, glowing skin of the face, neck and eyes by correcting and preventing fine lines, wrinkles, acne scarring and other minor scarring imperfections.

*Facial includes facial waxing, mask, and moisturizer

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<td>60 minutes course of 6</td>
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Iontosonic Facial - All skin

The Iontosonic is an extremely versatile, multifunctional skincare system for the face and upper chest and neck. It is the ultimate skin resurfacing tool and can be used on all skin types. It is as effective as microdermabrasion without the associated use of crystals. Additionally, the Iontosonic is not abrasive and does not harm live skin cells. This state-of-the-art machine, designed by dermatologists and plastic surgeons uses 23,300 pulses of ultrasound per second to deep cleanse, exfoliate, massage, lift and infuse vitamin C deep into the skin.

It gets rid of waste materials that accumulate on the skin while promoting metabolism by increasing blood circulation. The client will see a dramatic improvement after only four treatments, a series of six treatments once or twice per week is recommended. There is no limit to the number of treatments that the client can receive. Iontosonic is fantastic as a monthly facial routine, or as a pick-me up treatment at any time.

Benefits of the Iontosonic Facial

Ultrasonic deep cleansing, sonophoresis, is used to deep cleanse the skin. Ultrasonic energy is transmitted through the skin pores to the deepest area of the skin to remove residual make-up and deep-seated waste materials.

Includes ultrasonic scaling of the dead cells. Working on a high frequency of ultrasound, the scaling mode exfoliates the face, removing dead skin build up and sebum while disinfecting and massaging the skin. With
repeated treatments, superficial irregularities will be removed causing the skin to look younger and healthier.

Galvanic lifting, increases the blood and lymphatic flow by sending pulsed ultrasonic wavelengths combined with positive and negative electrical charges to the skin. This creates a deeper level of stimulation giving a maximum massage affect and resulting in healthier, younger skin that is smooth and elastic.

- Reduces pigmentation
- Reduces fine lines and wrinkles
- Reduces dead skin build up
- Reduces acne
- Reduces blackheads, amiliers, in-growing hairs, foreign matter
- Deep hydration
- Regeneration of collagen and elastin
- Fantastic for mature or menopausal women
- Stimulation of the epidermal cells turnover
- Increased muscle tone

Contraindications

- Pregnant women
- Persons with pacemakers or electrical implants
- Heart conditions
- Epilepsy
- Open wounds or lesions
- Patches of eczema or other diseased areas of the skin
- Persons with metal implants on their face
- Persons with metal braces may experience a metallic taste in their mouth during treatment.

If there is any doubt, please consult your Physician.

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<td>$1054.50</td>
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Save money on courses

*includes, face, upper shoulders, neck, facial massage

Gentlemen’s Facial

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Express Facial - Quick In and Out!!!!

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This treatment is ideal for any skin type including men and teenagers. A good basic cleansing facial including an eyebrow and lip wax.
* ADD EXTRAS OR ANY UPGRADE TO ANY FACIAL *

Some treatments may need additional time

**Advanced Mask**
Your therapist will advise you on the mask
Upgrade from a basic cream mask
- **Superior Advanced Mask**
  Your therapist will advise you on the mask
- **Eye Collagen Mask**
  - **Neck Lift Collagen Crystal Mask**
    For loose textured necks. This mask fights sagging, wrinkles and aged rough skin. Designed to firm, lift and moisturise.
- **Non Botox Peel**
  - **Peels such as Glycoic, lactic Acid, Zyme, Beta can be added**
  - **TCA.**
    Localized areas only (very strong peel) Patch test required
- **LED Light Therapy**
  Red - Anti-aging / Green - Pigmentation / Blue - Acne
- **Electrical High Frequency**
  Oxygenates and aids in spot reduction, breakouts or spot inflammations under the skin or can be used as a quick fix by itself in a 15 minute appointment when you do not have time for a full facial.
- **Eye Brow Tinting**
- **15 minute Back Massage**
Microdermabrasion
…small particles removed, by abrasion, from the skin
Non-invasive and for all skin types

Microdermabrasion Facial

60 minutes $185.00  Course of 6 $1054.50

After cleansing and toning the skin microdermabrasion is then carried out. A mask is applied and calming glass globes are rolled over the skin including a facial and shoulder massage. Skin balm, sun block, skin lightening, anti-aging or acne cream depending on skin can be applied.

Back Microdermabrasion including the Neck

60 minutes $185.00  Course of 6 $1054.50

Excellent for acne or dry rough skin. Includes cleansing and toning, microdermabrasion, cold compress application, mask, mini back massage, completed with skin hydrating or antibacterial products.

Hands and Arms to the Elbow Microdermabrasion

45 minutes $100.00

Includes gentle wash and toning, microdermabrasion and mask, followed by hand and arm massage, sun block or skin lightening cream application.

Microdermabrasion for under 18 years

60 minutes $140.00

For young acne prone skin, this treatment will be designed exclusively for each young adult. Parental permission is required for persons under the age of 18 years old.

Dead skin cells cause the skin to look dull and lifeless. Gentle abrasive crystals that are passed through an air stream can remove the upper layer of dead skin cells thereby bringing the healthy under layer of skin to the surface that will encourage cell rejuvenation.

This treatment is offered in a series of 6 to achieve maximum results. We recommend 1 treatment every 7 days followed by once per month as part of your normal facial routine.

The benefits of microdermabrasion:

- Reduction of age spots
- Reduction of enlarged pores
- Decreased appearance of scars related to acne, chickenpox or other trauma
- Skin damage caused by long term exposure to the sun
- Minimising of fine lines and wrinkles
- Acne prone skin

This facial is recommended for the client who would like to achieve the deepest, maximum and concentrated results without cosmetic surgery being performed!!
PEELS
For all skin types

Non-invasive

33% Glycolic Acid Peel - (resurfacing) / Exfoliating

60 minutes $150.00 Course of 6 $855.00

This is a safe intensive treatment that will rapidly exfoliate the epidermal cells thereby reducing scars and fine lines to clarify the skin and improve pigmentation. A resurfacing, stimulating peel, not for hypersensitive skin types. Incorporated into a full facial.

Your skin will feel alive and renewed!!

Skin Lightening Peel - Lactic Acid - Pigmentation

This peel is designed to reduce hyper-pigmentation caused by sun damage, hormones or acne.

60 minutes $150.00 Course of 6 $855.00

Please note this treatment can cause the face to darken, however will lighten as it heals over time resulting in an even appearance.

Beta Peel - Pigmentation / Exfoliating

60 minutes $150.00 Course of 6 $855.00

A salicylic peel that penetrates inside pores assisting the exfoliation process. Results in the reduction of the signs of aging without over-drying the skin leaving a smooth look and feel.

Zyme Peel - Gentle / Exfoliating

60 minutes $150.00 Course of 6 $855.00

An excellent treatment for dull and lifeless skin. This peel uses a dynamic biological enzyme that digests surface debris and prepares the skin for extractions.

Glycolic, Lactic acid, Zyme and Beta Peels can be applied to any Facial at a cost of $35.00.
TCA/Vitamin A Deep Peel Treatment $200.00

Visible peeling and flaking will occur

Are you looking for younger, firmer, healthier rejuvenated skin? No matter what your skin type or concern this advanced TCA / Vitamin A treatment is considered to be a superficial peel, but is typically deeper than glycolic, salicylic, or lactic peels and it produces results that last longer than AHA Peels. Also, if the client is contraindicated to the Jessner peel treatment this is a fantastic alternative! The TCA peel progressively exfoliates, lifts and smooths hyperpigmented ageing, mature, acne scarred, poor textured skin types. There is no down time required and make-up application may be applied the following day. The Peel is suitable for all ethnic African, Hispanic, Middle Eastern, Indian, Caucasian skin types.

The Benefits of the Peel

- Designed to progressively lift, smooth and exfoliate the skin
- Suitable for most skin types - particularly ageing, menopausal sluggish skin
- Can be performed on all ethnic skin types
- Improves skin texture and lightens pigmentation
- Reduces thick epidermal skin build up
- Reduces hyperpigmentation and photo damage
- Deeper peel than glycolic, salicylic or lactic peels
- Reduces fine lines, and wrinkles
- Reduces pore size and peels the upper most layers of the skin
- Tightening, firming effect
- Increases circulation to the skin, improving natural collagen and elastin production.

Localized TCA/Vitamin A Peel Application $50.00
applied to small areas only

Back Peel (TCA) $200.00
All the way from South Africa!

Using an array of the Bellabaci oils the cups glide over the body. The techniques of Swedish, deep tissue massage or static cupping will be recommended to you by your therapist. The technique of body cupping massage is designed on how gentle, deep. Static cupping is used to target deeper muscles in the back. Your therapist will place silicone cups on the affected areas and leave them in one place from 3 minutes to 10 minutes. Coloration of this mark will last from a couple of hours to a week, or not at all. This is just blood flow and toxins that has been released to the surface of the skin. This is not bruising but a normal, healthy cupping technique.

- Deep Tissue with plumping of the skin
- Therapeutic Non Invasive, relaxing
- Sports Injuries, tight joints
- Poor circulation or lymphedema
- Swelling of the feet and ankles

• Stress, knots, tight muscles
• Muscle tension and Knots
• Cellulite
• Sinus and headache relief

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<td>lower legs and Ankles</td>
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<td>60 minutes $145</td>
<td>90 Minutes $185</td>
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<td>15 Minutes pedicure add on only $40</td>
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</table>

Pre pay for a Series of 10 for 60 minute or 90 minutes you will receive your tenth one free.

For men and women!
By purchasing a series of 10 massage courses you will receive your tenth massage free.

Classic Massage
You can have your therapist provide you with a relaxing massage and/or deep tissue techniques can be used to restore your sense of well being.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Course of 10</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td>$90.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45 minutes</td>
<td>$110.00</td>
<td></td>
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</tr>
<tr>
<td>60 minutes</td>
<td>$145.00</td>
<td>Course of 10</td>
<td>$1305.00</td>
</tr>
<tr>
<td>90 minutes*</td>
<td>$185.00</td>
<td>Course of 10</td>
<td>$1665.00</td>
</tr>
</tbody>
</table>

*Add an additional 30 minutes for only $75

Don’t forget couples massages are available as well.

Aromatherapy Massage
A special blend of aromatherapy oils are used to detoxify and relax the body and mind while strengthening the immune system.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 minutes</td>
<td>$195.00</td>
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</table>

Indian Head Massage
Immensely popular for sinus congestion and headaches. It promotes total relaxation and a means of de-stressing by using warm oil on the upper shoulders, face and scalp. Gillian’s performs this treatment using the relaxing “lay down” method.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 minutes</td>
<td>$105.00</td>
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</tbody>
</table>

Hot Stone Therapy Massage
A luxurious massage that combines deep heat therapy using smooth polished lava stones that are heated to your comfort zone to allow an overall wellness of body and mind...just melt away.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 minutes</td>
<td>$155.00</td>
</tr>
<tr>
<td>90 minutes</td>
<td>$190.00</td>
</tr>
</tbody>
</table>
Hot Poultice Therapy Massage

Hot cotton muslin bags are filled with a blend of roman chamomile, lavender and marigold flowers to provide a deep penetrating massage to release and relax sore muscles and bones. The Hot Poultice is blended into a full massage of your choice.

- 60 minutes $155.00
- 90 minutes $190.00

Bamboo Fusion Warm Massage

A treatment which utilises hand crafted warmed and oiled bamboo sticks of different sizes. This treatment involves long, soothing rhythmic strokes and deep pressure application. The combination provides very deep relaxation while soothing muscle tension and pain.

Benefits include: Extreme relaxation for the body & mind. Reduces tension, anxiety & stress. Makes skin more supple, relieves tightness in muscles & tendons and increases circulation.

- 60 minutes $155.00
- 90 minutes $190.00

Mother To Be (prenatal & postnatal massage)

- 30 minutes $90.00
- 45 minutes $110.00
- 60 minutes $150.00
- 90 minutes $175.00

Gillian’s favourite Beauty Ritual ...Go Ahead...Get Muddy!!

Body and Face Detoxifying Mud Treatment

120 minutes $190.00

A dry exfoliating loofah is gently applied to the face and body, followed by a warm rich mud that is applied to the face and body. A head and foot massage is performed while you are cocooned in warm blankets. The mud is removed from the body with warmed French mitts and the rich face mud is removed with sea sponges then warm soothing aroma oil is massaged from top to toe over your whole face and body until you melt away. Finishing with a light lavender shea butter spray, misted over the body. Disposable under garments will be supplied.

Body Exfoliate and Hydration

- 60 minutes $120.00

A salt lavender scrub is applied all over the body to exfoliate dead skin cells and then removed with warm moist French mitts. A hydrating oil is massaged to then nourish and hydrate the skin. Includes facial exfoliation and hydration. Disposable under garments will be supplied.
Decongestive Back Treatment

60 minutes  $145.00

Adapted to back concerns such as: acne, dead skin build up, blackheads, excess oiliness or dryness.

Cellulite Success Treatment

This treatment enhances the skin tone and treats cellulite at the source, smoothing out the spongy orange peel look and offering maximum results with continued use. The treatment improves the appearance of stretch marks and normalizes and balances the skin’s conditions. It is immediately hydrating and promotes youthful looking body beauty.

60 minutes  $135.00  Course of 6  $769.50

For difficult cellulite Gillian’s recommend one session every 7 to 10 days for total of 6 treatments.

Contraindications: Due to the seaweed gel, this treatment is not suitable for clients who are allergic to iodine or seafood.

Duo treatment room available, please enquire.

NEW  Bye Cellulite Cupping Massage Therapies  NEW

Goodbye cellulite, detox, feeling bloated, constipation, stomach cramps, stretch marks

30 minutes  $90  Course of 6  $513
45 minutes  $110  Course of 6  $627
60 minutes  $145  Course of 10  $1305

Purchase a course of 10 and receive your tenth one free.
Hair Removal

Retail numbing cream is available.

Eyebrows $28.00
Lip $25.00
Cheeks $28.00
Chin $25.00
Lip and Chin $38.00
Chin, Neck, Cheeks $50.00
Chin, Neck, Cheeks, Lip $60.00
Neck $25.00

* Threading optional for the above hair removal treatments

Back $68.00
Under Arm $38.00
Full Arm $50.00
Half Arm $45.00
Full Leg $80.00
Three Quarter Leg $70.00
Half Leg $55.00
Full Leg and Basic Bikini $100.00
Upper leg only $60.00
Upper Leg and Basic Bikini $95.00
Upper Leg and French Bikini $120.00
Upper Leg and Brazilian $140.00
Basic Bikini $45.00
French Bikini $70.00
Brazilian Bikini $80.00
Bottom Cheeks $30.00
Definitions of Bikini Waxing

**Basic Bikini** is removal of hair only from around the sides of the underwear line or tan line

**French.** A narrow strip of hair left down the centre - does not include behind

**Brazilian.** Take it all off, inner, out and around the behind

**Bottom Cheeks.** Hair removed from the cheeks that extend beyond the central behind area.

**Pricing may vary slightly due to individual’s specific hair removal needs.**

**Retail numbing cream is available.**

Electrolysis

An effective method of removal of hair, skin tags and thread veins on the face and body. A consultation is recommended.

**Removal of Hair**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>$30.00 (minimum)</td>
</tr>
</tbody>
</table>

$5.00 is added to every additional 5 minutes of treatment

**Skin Imperfection Permanent Removal by Electrolysis**

$75.00 – $150.00

*We can treat the following:*

- Skin tags
- Spider veins / Broken capillaries
- Warts
- Age spots / Brown spots
- Freckles
- Keratinosis
- Liver spots
- Moles (only after a consultation with a doctor first)

Please book a complimentary consultation regarding any skin imperfections of concern so as to gauge the required time and cost.

All removal treatments differ in the length of time required. We recommend booking a complimentary 15-minute consultation prior to your treatment.
## Nail Care


<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manicure</td>
<td>$68.00</td>
</tr>
<tr>
<td>Manicure with no polish</td>
<td>$65.00</td>
</tr>
<tr>
<td>French Manicure</td>
<td>$75.00</td>
</tr>
<tr>
<td>Paraffin Thermal Wax Manicure</td>
<td>$85.00</td>
</tr>
<tr>
<td>- with French Polish</td>
<td>$90.00</td>
</tr>
<tr>
<td>- No Polish</td>
<td>$80.00</td>
</tr>
<tr>
<td>Polish Change</td>
<td>$35.00</td>
</tr>
<tr>
<td>Manicure with Shellac</td>
<td>$75.00</td>
</tr>
<tr>
<td>Manicure with French Shellac</td>
<td>$80.00</td>
</tr>
<tr>
<td>Shellac Removal</td>
<td>$25.00</td>
</tr>
<tr>
<td>Shellac - polish only</td>
<td>$45.00</td>
</tr>
<tr>
<td>French Shellac - polish only</td>
<td>$50.00</td>
</tr>
</tbody>
</table>

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### Express Manicures and Pedicures

*In a rush? Not enough time? Would like to be in and out fast?*

Please enquire about our express nail services.
Gillian’s Signature Pedicure

**Pedicure Supreme**  $125.00

The ultimate of Pedicures is our Pedicure Supreme, using green tea mint products for foot exfoliation and removal of dead skin, dry cuticles, softening of cracked heals and dead skin on the soles of the feet. A foot mask and heel recovery cream is applied. The treatment includes a hydrating foot and lower leg massage, mini hand, shoulder and scalp massage and polish.

- **Pedicure** $88.00
- **Pedicure with no polish** $85.00
- **French Pedicure** $90.00
- **Paraffin Wax Pedicure** $100.00
- **- with French polish** $110.00
- **Polish Change** $40.00
- **Pedicure with ½ hour Reflexology** $145.00
- **- with French polish** $152.00
- **Pedicure with Shellac** $103.00
- **Pedicure with French Shellac** $108.00
- **Shellac - polish only** $45.00
- **French Shellac - polish only** $50.00
- **Shellac Removal** $25.00

**Cupping Foot Massage Add On - NEW**

15 minute cupping massage for the feet - add to any pedicure  $40.00

Benefits: Plantar fasciitis, swelling, sore feet, bad circulation, lack of sensation, relaxing
Reflexology

Reflexology is a safe and effective therapy which is capable of activating the natural healing of the body through pressure being applied to specific areas of the feet. The treatment improves circulation and cleanses the body of toxins. A fantastic experience for people of all ages resulting in total relaxation. A series of treatments are recommended which will significantly improve a condition. A consultation will be given on your first treatment.

60 minutes $110.00
Course of 6 $627.00
Course of 10 $990.00

Deluxe Reflexology

75 minutes $140.00

Soak away your troubles in a luxurious aroma oil footbath. The lower leg and foot is exfoliated to a hydrated finish to prepare you for reflexology, the ancient art of healing using the pressure points of the feet. A hand neck and shoulder massage is included.

ION Cleansing Treatment

In today’s busy world the body is constantly absorbing toxins through pollutants and diet. This treatment emits ions through the foot bath into the body, withdrawing toxins from different areas of the body. Your therapist will explain the results to you and share how you may adjust your lifestyle.

30 minutes $50.00
Prepaid course of 6 is recommended $270.00

Gillian’s Gift Certificates

are the perfect gift for your special occasion!
Ear Candling
“A Home Remedy Worth Hearing About”

Where did it come from?
It is a technique that has been around for centuries. It dates as far back as biblical times when hollow reeds from swamp areas were used. It has been passed down from many generations by the Egyptians, the Oriental and European cultures. Unfortunately, it is almost unknown today. The process had been basically lost to common knowledge for many years but has come into practice again and is being used by a wide cross-section of people.

What is it?
It is an alternative aide for Ear Health. It is a simple but effective Home Remedy. It involves the use of a hollow candle which resembles a straw coated with special wax. The small end of the candle is placed on the edge of a persons’ ear and the large end is lit with a match. It is a non-medical procedure for ears.

Why use it?
It is merely used as a Home Remedy for your better health! It is not intended to be used for medical purposes or in place of proper medical attention.

Does it hurt?
There is absolutely no discomfort to the person receiving this technique. Most people enjoy the process and find it to be relaxing; some to the point of drifting off to sleep.

Tinting

Brows and lashes
Eyebrows $35.00
Eyelashes $35.00
Eyebrows/lashes $60.00
Permanent cosmetics are one of the easiest and gentlest ways to implant permanent color into the skin. Gillian’s uses the SofTap system of permanent cosmetics, which is designed to provide maximum comfort, fast healing and complete control, with little to no touch ups after. Most important of all, the SofTap permanent cosmetics system offers the most natural look in the world. All tools are pre-sterilized and single use.

The SofTap system uses the hand method, which provides you with much more versatility so that your end results will be completely soft and natural looking. Many of the procedures that can be done are as follows: You can design individual hair strokes in the eyebrows, fill in brows lightly, fill them in solidly, do thin, fine lines for eyeliner and lash enhancement, create a smudging effect for eyeliner, a combination of smudgy liner and lash enhancement, thick upper and lower eyeliner, and full lip color, lip liner and lip extension, or any combination of these for the lips. Permanent make-up can also be used to improve and camouflage scars, create/fix a beauty mark, or to reconstruct the nipple or areola.

*Please ask for more information. A half-hour complimentary consultation is required.*

**Eyebrows**

Time: 2 hours

**Includes** consultation, home care product

Touch up between 21 days to 6 weeks

*All touch ups take about 1 hour*

- Touch up after 6 weeks and before 6 months $125.00
- Touch up after 6 months $150.00
- Touch up after 3 years $450.00
Eyeliner

Time: 2 hours

Includes consultation
Home care product
Touch up between 21 days to 6 weeks

Bottom Eyeliner

Time: 2 hours

Includes consultation
Home care product
Touch up between 21 days to 6 weeks

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**EAR PIERCING**

New diamond studs available

We offer piercing to the lower drum and the upper cartilage and around the outer rim of the cartilage. The gold studs and diamond studs are of the highest quality and hypoallergenic, all sterilized and individually packaged.

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<tbody>
<tr>
<td>1 ear</td>
<td>$50.00</td>
<td>Both ears</td>
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</table>
NEW  Russian Lash Extensions  NEW

3 to 8 lashes are applied to one single natural hair!
Longer lasting!

Perfect for overhanging eyelids!

<table>
<thead>
<tr>
<th>Custom made Russian Lashes</th>
<th>Pre–made Russian lashes</th>
</tr>
</thead>
<tbody>
<tr>
<td>set $250</td>
<td>set $220</td>
</tr>
<tr>
<td>2 weeks touch up</td>
<td>Pre –made 2 weeks touch up $80</td>
</tr>
<tr>
<td>$90</td>
<td>Pre – made 3 weeks touch up $90</td>
</tr>
<tr>
<td>3 weeks touch up</td>
<td>4 weeks will require a new set $220</td>
</tr>
<tr>
<td>$125</td>
<td>6 fan lashes on the outer corner of the eyes $40</td>
</tr>
<tr>
<td>4 weeks will require a new set $250</td>
<td></td>
</tr>
<tr>
<td>6 fan lashes on the outer corners of the eyes $60</td>
<td></td>
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</tbody>
</table>

Removal of lashes $45
Your therapist will recommend how often for your touch ups and pricing if differs from the above.

Russian lashes or volume lashes are the same.
**Longer lasting / Everyone is having them done.**

Russian lashes are ultra-fine synthetic, softer fiber lashes. More lashes can be applied to each natural lash – anything between 2-8 creating a FAN...

*Plus*, because they’re so lightweight. They can often last up to 50% longer than classic lashes.

Russian lashes have a stronger bond as they wrap around the natural lash due to being light weight. The lashes need less maintenance and less touch ups.

Do not have to be as often, which means less expense and less time for the touch ups.

**If you have naturally thick lashes,** this look creates more volume and a luscious open look due to the curl.

**If you have very few natural lashes, or thin. Russian lashes** are the choice for you.

**Classic lashes,** only one single lash is applied to the natural lash and they are a thicker lash. This is way the touch ups are more frequent or you lose more due to the weight. The Russian fans give a fuller look, but at the same time are still lighter in weight.
Individual Eyelash Extensions

Gillian’s has one of the largest selections of different eyelash extension looks to choose from!

Set of Individual Eyelashes $200
Set of Ombre coloured eyelashes blue or purple. They go from black to a beautiful blue or purple on the ends of the lash or mix the shades. give them a try - Gillians Love them! $200
2 week touch up $70
3 week touch up $95
4 weeks will require a new set $200
Removal of lashes $45

Please ask for Miscencil home care products and maintenance guide

Flares Temporary Lashes $85
These are lashes that only last about a week. The texture of the extension is thicker and also at the base of the hair. Good for a very temporary look for a party or christmas, out for dinner or just because you can!

There are no touch ups with flares.
Lash Repair

Taking a break from lash extensions?

Inlei Lash Lift Volumizer and Nourishing Treatment $110

*The first lash lifting treatment that has clinically proven results!*

Treating sparse, damaged or healthy lashes and great for taking a break from lash extensions. Lash Filler is a treatment, that will not only lift your lashes and add a curl to them, but will improve the condition and health of your natural lashes. It is the first treatment in the world that, by its clinical test, has proven to increase the thickness of natural lashes by 24%! Your lashes will be lifted, appear longer and visibly thicker! Inlei products have the ability to go into hair structure and work from the inside. Includes eyelash tinting. No mascara needed!

Gillian’s Gift Certificates

*are the perfect gift for your special occasion!*
Whiter Image Premium Teeth Whitening Sessions
“Something To Smile About”

Everyone loves a beautiful smile. There is something unique about having a radiant smile that increases your level of confidence, your self esteem and most definitely a desire to share your smile with others.

The Whiter Image Gel is an advanced 8% stabilized Hydrogen Peroxide paste that stays on the teeth evenly and starts working immediately. It also contains an accelerating agent to speed up the whitening process and essentially eliminates teeth sensitivity. When you combine the advanced whitening paste with L.E.D whitening blue light, you will soon experience whiter teeth in as little as 15 minutes. There have been numerous studies over the years showing that Hydrogen Peroxide teeth whitening systems are safe and effective.

**Does it really work and how long will the results last?**

Depending on the number of sessions, using one prefilled tray will be 2-4 shades lighter after 15 minutes and up to 6 + shades lighter with 2 / 3 prefilled trays sessions repeated. The client may follow-up as often as needed as there is no down time or sensitivity caused to the teeth. This will be determined by the type of discolorations you have from lifestyle habits such as coffee, tea, wine or tobacco consumption. Every client is different therefore the level of results desired will vary from client to client. You can choose how many sessions and how often pending your result.

After whitening your teeth, the results can last 4 - 6 months or longer.

Using the Whiter Image TO GO maintenance Whitening Pen is an ideal way to maintain your whiter, brighter smile!

**Is Whitening for everyone ?**

Almost everyone can experience Whiter Image sessions. However, teeth whitening is not recommended for children under 16 years or pregnant or nursing mothers. Artificial teeth, caps, crowns, veneers, porcelain and or other restorative materials will not whiten.

**Do you have to be a dentist to offer teeth whitening ?**

No because we never touch the mouth or put anything into the mouth.

A Prefilled Gel-Mouthpiece Tray is given to the client to self administer
easily into position. Dental professionals are “hands-on”, using higher strength products, more lengthy approach and more expensive. Whiter Image system is a far more affordable price and offers outstanding results, experiencing virtually no sensitivity due to the hallmark advanced whitening paste!

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>15 min</td>
<td>$125.00</td>
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<tr>
<td>30 min</td>
<td>$200.00</td>
</tr>
<tr>
<td>45 min</td>
<td>$295.00</td>
</tr>
<tr>
<td>60 min</td>
<td>$350.00</td>
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</table>

The more trays .... the more you save!

Spray Tanning

Spray tanning is great for all skin colours, shape and sizes. For men and women a like

We all have flaws and skin imperfections we do not like. Uneven skin tone, stretch marks, scar tissue. Perfect to camouflage and create a body stocking look. You will feel more confident in swimwear and in your clothing for any special occasion. Spray tanning will contour your body and your shape.

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face and Decolléte</td>
<td>$60.00</td>
</tr>
<tr>
<td>Face and Body</td>
<td>$110.00</td>
</tr>
<tr>
<td>Legs</td>
<td>$65.00</td>
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</tbody>
</table>
PAMPER PACKAGES

Luxury Top to Toe

“Can’t decide what to have?”

Have the best of both Face and Body together. A total Face and Body circuit catered to just what you need - all in one session! Let your therapist take control!

A luxury treatment for stress induced conditions. A facial will be designed for your skin type and a body of massage either therapeutic or deep tissue in an alternating circuit sequence.

120 minutes $285.00

Day of Beauty

Created to pamper the face and body - classic massage relaxing or deep tissue, deluxe facial, manicure and pedicure. A complimentary lunch is served in a bento box. Please ask our receptionist for our menu.

4 ½ hours $441.00

Pure Heaven Day of Beauty

An entire day of the best of pampering that will leave you feeling relaxed and rejuvenated. An hour and half of a full body massage, advanced facial adapted to your skin’s needs, paraffin manicure and paraffin pedicure. A complimentary lunch is served in a bento box. Please ask our receptionist for our menu.

6 hours $545.00

*Pamper packages must be used in their entirety. A credit card is required at the time of booking and 72 hours notice must be given should you decide to cancel or 50% will be added to your account.*

*Duo Treatment Room Available - please enquire*
Our Products

Retail / Professional lines used at

Gillian’s

“MONU”
European aromatherapy natural based product.
BY SUSAN MOLYNEUX

“CONTROL”
U.S.A. California based on natural elements and acids

All products at Gillian’s compliment each other. Your therapist will advise you.
IMPORTANT

Gillian’s Skin Clinic, and all of its employees, are not liable or responsible for any personal injury, or accidents to any clients that may occur on these premises. This includes any treatments, electrical equipment, product usage or negligence from any party involved while attending these premises.

Gillian’s is not liable for injury to persons or belongings of any form, or vehicles in the car park or surrounding area. Please be observant of walking to and from your car. Flat shoes are recommended to bring with you to prevent any injury of falling. If assistance is required for any reason please do not hesitate to ask and we can walk you to and from your car for safety or security, especially at night if you in any way feel a little nervous in the dark.

Ask about our handicapped parking. We are here to make your experience at Gillian’s the best we can so please inform us of any assistance you may need.

ALSO

It is in your best interest to advise your therapist of any medical conditions and/or allergies prior to receiving a Gillian’s treatment.

Please make sure that you have read and completed our waiver forms.
HOURS OF OPERATION
Monday to Friday 8:45 am to 9:00 pm
Saturday and Sunday 8:45 am to 5:00 pm

Please arrive early to fill out any forms and to relax with a complimentary beverage and a heated neck collar, before your treatment.

COMPLIMENTARY BEVERAGES AVAILABLE

GIFT VOUCHERS AVAILABLE
Valid for one year from date of purchase

DUO ROOMS AVAILABLE
For any treatment upon request

PARKING AVAILABLE BEHIND THE BUILDING
Handicap parking available right outside. Ground level treatment rooms for clients with disabilities. Advance notice must be given for these treatment rooms.

CANCELLATION POLICY
24 hours cancellation is required for all appointments made. 50% of the service will be charged if appropriate notice is not given.

We trust that your experience has been enjoyable and invite your comments.