

ACACIA Xtra Programme 2011

This summer the Acacia Beauty Centre from Lymington is going out and about in the New Forest taking a varied programme of talks, workshops and treatments.



We will include talks on Aromatherapy and Reflexology, provide workshops focusing on skin care and cosmetics, and offer sessions for photographic and video archives. There is also a super Pamper Day when Acacia will bring the whole Salon to you.

The programme, in full or part, can be booked by calling Paul French at the Acacia Beauty Centre on 01590 683864 / 07525 405999 or e-mail paul@acaciabeautyacademy.co.uk when we can talk over dates, times and any costs, *talks are normally Free of Charge!*



Talk on AROMATHERAPY

Aromatherapy is the systematic use of volatile plant oils known as essential oils for the treatment or prevention of disease. It is a form of complementary therapy designed to treat the whole person and not just the symptom or disease by assisting the body's natural ability to balance, regulate, heal and maintain itself.

Essential oils consist of tiny aromatic molecules that are readily absorbed via the skin, and whilst breathing they enter the lungs. These therapeutic constituents next enter the bloodstream and are carried around the body where they can deliver their beneficial healing powers. Because they are highly concentrated, only a small quantity of essential oil is required to bring about results.

When using good quality essential oils correctly, the soothing combination of beautiful aromas, massage, aromatic baths and other treatments all work to regulate, balance, heal and maintain your entire being by working with nature, and not against it. A far cry from allopathic medicine, which tends to take a 'sledgehammer to crack a nut' approach.



Talk on REFLEXOLOGY

Whilst the art of reflexology dates back to Ancient Egypt, India and China, it wasn't until 1913 that Dr. William Fitzgerald introduced this therapy to the West as 'zone therapy'. He noted that reflex areas on the feet and hands were linked

to other areas and organs of the body within the same zone.

In the 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot is mirrored in the corresponding part of the body. Reflexology is complementary therapy, which works on the feet to aid healing to the whole person not just the prevailing symptoms.

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. Many people use reflexology as a way of relaxing the mind and body and counteracting stress. Some doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.

SKIN CARE & MAKE UP WORKSHOP



The Acacia Beauty Academy are certified as an Internationally recognised training school for Beauty, Holistic and Complementary therapies.

Acacia offer a range of workshops to cover the selection and application of skincare and makeup products.

An Acacia Consultant will look at your skin type / condition and suggest the type or product to suit you as an individual. The consultant will discuss what colours to use or NOT to use.

Acacia will talk about and offer advice on the Natural and Organic ranges and products we use at the Acacia Beauty Academy in our training programmes and in our Salon.

PAMPER DAYS



Acacia can bring to you a full day of indulgence, Acacia therapists will bring couches, equipment and all that is necessary to offer you a choice of treatments to either sample or fully

enjoy a range of treatments offered in our salon, these will include:-

- Manicure
- Pedicure
- Facial

- Indian Head Massage
- Eye Lash & Brow treatments
- Skin Care analysis
- Reflexology
- Aromatherapy
- Nail Treatments
- Make Up instruction



If you enjoy the treatments you will then be able to book personal appointments with your therapist either in your own home or at the Acacia Beauty Centre.

VIDEO NOSTALGIA



Memories can be lost forever if they are not recorded, traditionally they have been passed down by word of mouth from generation to generation! How many memories fade or get confused after a while? Some people have written their memories and secrets in diaries then they have been buried in drawers or left to decay in forgotten boxes in the loft.

VidiNostalgia will record your memories using either a Video Camera or a Digital Voice Recorder or a mixture of both, we can also copy your own photographs from family albums, take new photographs or convert your old family cine films and link them all together to create a permanent historic record of your memories to pass to your children, grand children and their children. Our digital media will not fade, tear, break or get lost.

Just imagine what it would be like to actually watch and listen to your great grandparents, see where and how they lived all those years ago. You could hear and see more than a faded photograph of their family at a wedding or birthday party, playing with their pets or enjoying their favourite activity – sailing, walking, gardening etc.

VidiNostalgia will help you to build your own “Time Machine” giving your family an accurate record of your personality and your memories, you will show them just who you are, where you live, what you do and give an insight to your personality, character and humour

PHOTOGRAPHIC PORTRAITS



Acacia work with a number of award winning photographers taking professional photographs of an individual person or group in a formal studio or informal setting such as your home, garden, on your boat or in a “Special Place” or at a Special Event, Anniversary or Wedding.

ACACIA WELLNESS & BEAUTY CENTRE

Silver Street Hordle Lymington Hampshire SO41 6DG

Phone: 01590 683864

Web Site: www.AcaciaBeautyAcademy.co.uk



ACACIA

The reasons for using a Skin Care Collection

We all go to the dentists to check the health of our teeth and gums, we sometimes have to have check-ups at the doctors to ensure our bodies are healthy and fully working order. So why not take care of our skin the largest organ of your body? After all, prevention is better than cure.

How our skin stands the test of time is somewhat genetic as we are all predisposed in a certain way, but wrinkles and fine lines could be significantly reduced by making sure you cleanse tone and moisturise, drink plenty of water and avoid excessive exposure to the sun. The sun is particularly harmful and over-exposure can put you at great risks of suffering from skin cancers.



How you take care of your skin now will greatly affect you in later life, whatever your age!

You are never too young to safeguard your skin. you will reap the benefits of taking care of your skin as when you are older, that little bit of effort you put into your skin when you were younger, will show on the outside. A lot of people assume that when they are young they do not have to take care of their skin because until they are a lot older it does not matter. An older person may say 'it's too late to take care of their skin', 'why change their home care routine?'. This is the reason your skin is a reactive organ that is replacing itself on a regular basis thus many conditions we have in later life can be controlled and removed.

Well we must be thankful to modern facial skin care techniques and tips, the effects of aging on the skin caused by heredity, lifestyle, and environmental factors no longer have to be accepted as permanent.

Most of the facial skin care methods are based on just a **few specific processes and principles**, which will always lead to a better skin condition and appearance, when used properly.

Here we go with some interesting, simple and easy ways to take care of facial skin.

Cleansing is the single most important step in taking care of skin. It needs to be done twice a day. Never, never go to bed with your makeup on, no matter how tired you are, as the skin repairs and replaces itself you



do not want to compromise mitosis (replacement). Cleanse your skin with a face care product that is reliable, one face care tip is to make sure the face care product matches your face skin type (available – Acacia Beauty - skin analysis workshops)

Toners should always be used after ANY CLEANSING PRODUCT, they cool the skin, remove the dirty surface cleansers and ph balance the skin, all of which is a refreshing sensation. This is very important as it keeps intact your acid mantle (*see later*). Never mix match manufacturing ranges of cleansers and toners as they are developed to work together that includes foaming washes!

Exfoliating should be done once a week, after cleansing; unless no makeup is some exfoliators can act as a cleanser too. The same principle applies, follow



with toning. Every three weeks, our skin renews itself by replacing the dead surface cells with new, translucent ones. Exfoliating can keep the skin clear healthy and youthful by encouraging faster cell renewal. Do not exfoliate more than twice a week which is the optimum as your skin could be at risk of sun damage.

Simple moisturizing needs to be done.

Moisturising strengthens skin and protects it against moisture loss. Moisturisers come in day creams and night creams as they perform two different functions. Masques can be used weekly Deep cleanse or Sooth and Hydrate. Now you are aware that applying facial skin care daily can keep your facial skin, clean and neat, soft and smooth and moist. Facial Skin Care becomes quite essential for getting freedom from all kinds of facial skin disorders. See lets have some more information about the reasoning.

The Skins Acid Mantle

For your skin to be at its most healthy and operating at its maximum, therefore looking great, it needs to be kept *ph balanced*. This allows the skin to maintain its own natural protective shield, also known as the *acid mantle*. The pH level of your skin should be maintained at 4.5-6 to keep this acid mantle in tact. Scale of 0-14 , 7 is neutral, above 7 is alkaline and below is acidic.

If the acid mantle is disrupted the skin can become more prone to damage and infection. The acid mantle can be damaged through using products that are too alkaline such as some soaps, foaming washes, wipes and leaving water on skin (7). The alkaline builds up on the skin and can craze and crack the surface allowing your skin to be attacked by free radicals at worst and make it sensitive at best. The more alkaline on the skin the more sensitive it can become. The skin is able to recreate the acid mantle on its own but it takes up to eight hours to do this and can cause stress to the skin, thus exacerbating the ageing process.

Moisturising

We all know the importance of drinking water, this flushes out all the toxins and waste from the skin leaving it fresh, glowing and youthful. However, we must not neglect our skin on the outside; it needs a certain amount of moisture in order to retain its elasticity and suppleness. It is very important to invest in a good quality moisturiser that is suited to your skin type.

Even oily skin needs to be moisturised although dry skin has a tendency to line and wrinkle far quicker and earlier on than someone with exceptionally oily skin.

Dry skin is also more likely to be very sensitive in the winter; cold conditions can make the skin chapped, sore and inflamed and can lead to other skin conditions such as eczema or psoriasis. Cracked skin also has the potential to harbor germs and bacteria which will lead to infections.



HOW TO USE PRODUCTS



Example: Nutrimetics Heritage, Natural & Nutritional Cosmetics, suitable for all skin types.

Heritage is one of many ranges from Nutrimetics collections

This is the ultimate in Basic skin care programme to keep your skin in good condition and looking younger for longer.

CLEANSE, (both morning and night)

Skin Clean, which is enriched with natural Apricot Oil, Sesame Oil, Soya Bean Oil and Shea Butter. Massage the cleanser into the skin with your fingers then rinse off with water for a quick cleanse.

Tip -using dampened cotton wool pads to remove the cleanser is more effective as they provide a mild lifting and friction action.

Nutrimetics cleansing products clean deep down and draw out deep seated impurities in the skin.



TONE (always after toning or exfoliating or removing a face masque)

Skin Fresh is an alcohol free, ph balance toner with natural extracts of Apricot Papaya, Kernel, Vitamin E, Witch Hazel, Chamomile, Yarrow, Lime Blossom, Sage Fennel, Balm Mint, Coltsfoot and Arnica.

Apply 5-6 drops of toner onto a dampened cotton wool pad, wipe over your face to remove residue dirt and pollution brought to the surface of the skin by the cleanser. Using Skin Fresh Toner will also help restore your skins ph balance and keep the acid mantle in tact.

MOISTURISE Depending upon your skin type and preference



Day—**Nutri-Most Extra Light** (oily, young skin), **Nutri-Moist** (normal-combination skin) or **Nutri-Moist Intense** (Dry, dehydrated skin, stressed and sensitive).

All these moisturisers are enriched with natural anti-oxidants including Apricot Oil (rich in Vitamins A, E and natural sunscreen), Evening Primrose Oil, Shea Butter and Carrot Oil.

Evening - Nourish with either **Nutri Rich Oil** (45% pure Apricot Kernel Oil) or **Nutri Rich Oil Extra Light** (26%

pure Apricot Kernel Oil).

Nutri-Rich Oil is rich in Vitamins A, C and E (anti-oxidants) and Retinyl Palmitate – both Clinically proven to help keep lines and wrinkles at bay. Firming, softening and smoothing the skin





WEEKLY TREATMENTS

Additional treatments can be used on their own or in conjunction with each other for maximum benefits.

Exfoliation

Please note *You may use this as a cleanser in the morning when you have no makeup on the surface of the skin*

After cleansing your face, apply a small amount of **Honey and Almond Scrub** onto your finger tips and gently massage into the skin with a little water, for approximately one minute, avoiding the eye area, then rinse off. Tone, as before, then moisturise. Your skin will be left with a radiant healthy glow.

Honey and Almond Scrub contains Honey to soften, Ground Almonds to polish, Oatmeal to soothe, Apricot Oil to condition and Peppermint Oil to stimulate the skin.

Masques

Once a week treat yourself to a deep cleansing clay **Mineral Masque** containing Colloidal Clay and Soya Bean Oil to help rid your skin of deep-seated impurities and blackheads.

Dampen the skin and apply the clay masque with fingertips or with a masque / blusher brush in a thin layer all over, avoiding the eye area. Leave for 10-15 minutes until dry. Rinse off, tone and moisturise.

Nutrimetics... Nutrimetics has been producing NUTRItional cosMETICS for over 40 years with products that are renowned and loved worldwide. Their heritage began deep in the Himalayan Mountains where their founder discovered the youthful secret of the people of the Hunza Valley... the precious Apricot Kernel Oil, which they applied to their skins. This key ingredient is the base of their best selling product; Nutri-Rich Oil and is still used in many products today.

Nutrimetics provides naturally enriched skincare, body care and cosmetics using nature's finest ingredients, that nurture and care for you and your skin giving you great results, naturally.

Nutrimetics provides complete skin care programmes to keep your skin looking its best. When brought as a Collection you can save up to 30% off the Normal Retail Price:

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See the Nutrimetics Full Catalogue for all the skin products, benefits and ingredients.

Nutrimetics Skin Care Workshops are fun and available to all, so that you and your friends can receive a professional skin analysis, trying the products for yourselves, in the comfort of your home. You may wish to Visit Acacia Beauty and Wellness Centre for a Free Skin analysis or to book to be a model for skin care treatments with one of our students

www.AcaciaBeautyAcademy.co.uk Tel: **01590 683864**

See the Price List (below) and collections catalogues for full details



Code	Nutrimetics Product Description	Special Set Price	Individual Product purchases Valued at (rrp)
5233	Heritage 3-Step Collection	£41	£51.40
5524	Heritage 4-Step Collection (Nutri-Rich)	£66	£86.65
5526	Heritage 5-Step Collection (Nutri-Rich)	£79	£106.15
5236	Restore 3-Step Collection	£46.50	£57.90
5527	Restore 4-Step Collection (Intense / Night)	£64	£83.40
5528	Restore 4-Step Collection (Nutri-Rich)	£71	£93.15
5529	Restore 5-Step Collection (Intense / Night)	£77	£102.90
5530	Restore 5-Step Collection (Nutri-Rich)	£84.50	£112.65
5540	Hydrafinity 3-Step Collection (Hydrator)	£41.50	£51.90
5541	Hydrafinity 3-Step Collection (PM Moisture)	£44.50	£55.40
5542	Hydrafinity 4-Step Collection (Day & PM)	£59.50	£77.40
5543	Hydrafinity 4-Step Collection (Day & Nutri-Rich)	£67	£87.15
5544	Hydrafinity 4-Step Collection (PM & Nutri-Rich)	£70	£90.65
5545	Hydrafinity 5-Step Collection (Day & PM)	£72.50	£96.90
5546	Hydrafinity 5-Step Collection (Day & Nutri-Rich)	£80	£106.85
5547	Hydrafinity 5-Step Collection (PM & Nutri-Rich)	£82	110.15
4600	Comfort 3-Step Collection (Day)	£40	£49.85
4601	Comfort 3-Step Collection (Intense)	£43	£53.90
5531	Comfort 4-Step Collection (Day & Intense)	£57	£73.85
5532	Comfort 4-Step Collection (Day & Nutri-Rich)	£65.50	£85.10
5533	Comfort 4-Step Collection (Intense & Nutri-Rich)	£68.50	£89.15
5534	Comfort 5-Step Collection (Day & Intense)	£70	£93.35
5535	Comfort 5-Step Collection (Day & Nutri-Rich)	£78.50	£104.6
5536	Comfort 5-Step Collection (Intense & Nutri-Rich)	£81	£108.6
5537	Clear 3-Step Collection	£32.50	£40.45
5538	Clear 4-Step Collection	£39	£50.70
5539	Clear 5-Step Collection	£52.50	£70.20

Reference Table: Nutrimetics Collections Price List

- Three step: Cleanser, toner and Moisturiser
- Four Step: Cleanser, toner, Moisturiser and Night cream
- Five Step: Cleanser, toner, Moisturiser, Night cream with a choice of any Masque

AROMATHERAPY

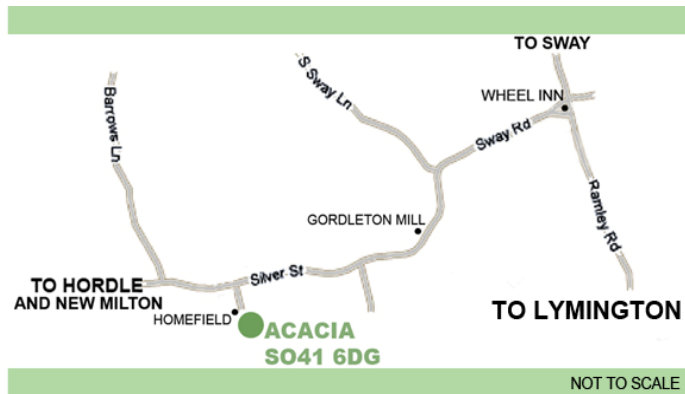
An Introduction by the Acacia Beauty Centre

Who are the Acacia Beauty Centre?

The Acacia Beauty Centre opened in the summer of 2010 to provide a comprehensive range of Beauty and Holistic treatments.

Situated on Silver Street, close to the Sway Towers, half way between Lymington and New Milton, the

Acacia Centre is situated in a quiet and secluded space that allows for complete privacy within our treatment rooms, with ample on-site parking.



The Acacia Beauty Academy is internationally recognised as a Training Centre for the delivery and assessment of qualifications up to level 3 in the Beauty Industry, in addition to our special Home and Personal Care classes.

Pauline Crates is our Director of Education, with over 30 years experience in the beauty industry. Pauline is an expert in skincare and makeup and heads our team of therapists and consultants.

What is Aromatherapy?

Aromatherapy is the systematic use of volatile plant oils known as essential oils for the treatment or prevention of disease. It is a form of complementary therapy designed to treat the whole person and not just the symptom or disease by assisting the body's natural ability to balance, regulate, heal and maintain itself.



Essential oils consist of tiny aromatic molecules that are readily absorbed via the skin, and whilst breathing they enter the lungs. These therapeutic constituents next enter the bloodstream and are carried around the body where they can deliver their beneficial healing powers. Because they are highly concentrated, only a small quantity of essential oil is required to bring about results.

When using good quality essential oils correctly, the

soothing combination of beautiful aromas, massage, aromatic baths and other treatments all work to regulate, balance, heal and maintain your entire being by working with nature, and not against it. A far cry from allopathic medicine, which tends to take a 'sledgehammer to crack a nut' approach.



A holistic approach

Today, aromatherapy is one of the most popular of all complementary therapies, offering a wide range of highly effective treatments to both the acute and chronic stages of illness and disease. At the same time, regular use of aromatherapy treatments and home-use products can help to strengthen the immune system, thereby establishing a preventative approach to overall health.

One of the reasons that aromatherapy has been so hugely successful is because it uses a holistic approach, whereby the aromatherapist takes into account a person's medical history, emotional condition, general health and lifestyle before planning a course of treatment. The whole person is treated - not just the symptoms of an illness - and this is in direct opposition to the modern trend of just treating the presented condition.

Backache, irritable bowel syndrome or headaches, for example, are often the result of stress and not actually a physical problem. Therefore no amount of pill-popping is really going to provide a long term solution since it only masks the symptoms without addressing the problems. By looking at the causes of the stress and providing treatments to ease and manage it, the aromatherapist will alleviate the condition in a much more efficient manner.

Stress makes you sick



It has long been known that stress accounts for a staggering amount of illness in modern society, and aromatherapy offers one of the finest ways of combating the ravages of stress without having to resort to drugs which can be habit forming and damaging to your health. This is yet another reason that aromatherapists believe taking an holistic approach with aromatherapy promotes positive physical and mental balance.

Scientists and doctors have known for a long time that negative and positive emotions really can change the complex chemistry of our bodies, and these changes can

have a negative or positive effect on the immune system. For example, research has shown how prolonged stress can cause the body to over-produce cortisol and adrenalin which are hormones produced by the adrenal glands.



These two hormones are normally secreted to produce a burst of energy as part of the 'fight or flight' response, and of course this response is an essential tool for survival. Prolonged periods of emotional and psychological pressures however, means that the over-production of these hormones can begin to weaken the integrity of the immune system because they reduce the level of T-helper cells, and inhibit the production of natural killer cells.

Evidence based results

Research is continually re-affirming the efficacy of aromatherapy treatments, and the results are now very hard to dismiss. A recent study in the USA has confirmed the long held belief of aromatherapists that Jasmine is a powerful relaxant and an effective aid to restful sleep. The researcher explained that the purpose of the study was specifically to investigate some of the beliefs behind aromatherapy.

Dr. Bryan Raudenbush and his colleagues at the Wheeling Jesuit University in Wheeling, West Virginia, found that people who slept in rooms fragranced with Jasmine appeared to sleep more peacefully and reported higher afternoon alertness than when spending the night in a Lavender-scented room, or one with no added fragrance at all. Similar research around the world has proven time and again the wide range of benefits that can be received from the multifaceted art of aromatherapy.

Cruelty-free therapy

This natural form of complementary therapy dating back to ancient times is being warmly embraced by today's environmentally conscious and caring society, in which people are increasingly unwilling to accept the cruelty inflicted on animals in the unnecessary testing of drugs and beauty products.



The essential oils used by the Acacia team within aromatherapy have been tried and tested on humans for thousands of years, and with great success. Therefore, when used correctly we can be absolutely sure of their safety and efficacy without the need to test them further on animals.

How Aromatherapy Works

When applied to the body, essential oils penetrate the skin via the hair follicles and sweat glands and are absorbed into the body fluids, where they not only help to kill bacteria and viruses but also stimulate the body's immune system, thereby strengthening resistance to further attack.

Some essential oils increase the circulation and help with the efficient elimination of toxins, others promote new cell growth and encourage the body's natural ability to heal itself. Each essential oil has its own character and aroma, exhibiting a varying number of properties and benefits which are unique to itself, since no two essential oils are quite the same.

The minute molecules of essential oils are readily absorbed into the bloodstream when they are inhaled and the lungs work to oxygenate the blood. This form of absorption is most efficient when inhaling essential oils from a tissue, diffusing them in a vaporizer, or adding them to your bathwater. The aroma sends a signal directly to the Limbic System in the brain which is the centre of emotions, memory and sexual arousal. This is why essential oils have such a powerful effect on our moods and general state of mind, as we will see later.

Magical combination



Massage is one of the best ways to enjoy aromatherapy because you not only receive the therapeutic properties of the essential oils, but you also get the wonderful benefits of the massage itself. The therapeutic action of the essential oils when brought together with the revitalising effects of massage stimulate all of the organs in the body, plus the skin, muscles, nerves and glands. The increased circulation of the blood and lymph flow also assists with the clearing away of body toxins.

Because essential oils can influence our emotions, aromatherapy can help to lift depression, soothe irritable nerves and generally encourage a better state of mind. It has been discovered that relaxing oils such as Lavender, Sweet Marjoram, Clary Sage, Sandalwood, Frankincense and Ylang Ylang work by stimulating a neuro-chemical called serotonin that is naturally produced by the body to help relaxation and induce sleep. It is this action that makes these oils so invaluable in helping long-term conditions such as insomnia, stress and tension.

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01590 683864**

REFLEXOLOGY

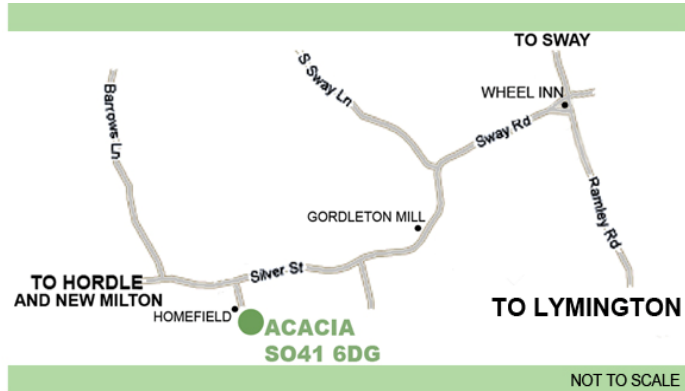
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What is reflexology?

Whilst the art of reflexology dates back to Ancient Egypt, India and China, it wasn't until 1913 that Dr. William Fitzgerald introduced this therapy to the West as 'zone therapy'. He noted that reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone.

In the 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot is mirrored in the corresponding part of the body.



Reflexology is complementary therapy, which works on the feet to aid healing to the whole person not just the prevailing symptoms.

How may Reflexology help me?

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

There is some suggestion that reflexology may aid:

- Stress-related conditions
- Back Pain
- Migraine
- Fertility
- Sleep disorders
- Hormonal Imbalances

Reflexologists do not claim to cure, diagnose or prescribe. Each session of reflexology works on an individual basis.

Many people use reflexology as a way of relaxing the mind and body and counteracting stress. Some doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.



With every increasing levels of stress, it is important people take more responsibility for their own health care needs.

Reflexology helps us to cope on a physical, mental and emotional level there by encouraging us to heal and maintain health in all areas of our lives.

Reflexology should not be used as an alternative to seeking medical advice

Who can benefit from reflexology?

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions.

After having completed a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

What happens when I go for a treatment?



On the first visit, the reflexology practitioner will have a preliminary talk with you to determine your present and past health and lifestyle.

The reflexologist will then use their hands to apply pressure to the feet. The application and the effect of the therapy are unique to each person.

A professionally trained reflexologist can detect subtle changes in specific points on the feet, and by working on these points may affect the corresponding organ or system of the body.

A treatment session usually lasts for about one hour. A course of treatment may be recommended depending on your body's needs.

How will I feel after a reflexology treatment?

After one or two treatments your body may respond in a very definite way. Most people note a sense of well-being and relaxation; sometimes people report feeling lethargic, nauseous or tearful, but this is transitory and is part of the healing process.

This is vital information to feed back to the reflexologist as it shows how your body is responding to treatment. This will help the reflexologist to tailor a treatment plan specific to your needs.

Is it a medical treatment?

No but it helps maintain and restore health. The reflexologist can detect imbalances in the body by working on problem areas accordingly to help correct them.

To book a personal consultation or treatment in the Acacia Centre or at your Home at a time convenient to you please telephone the Acacia Beauty Centre 01590 683864



Share your memories with Video Nostalgia



.....let us help tell your family of the future who you are!!

Memories can be lost forever if they are not recorded, traditionally they have been passed down by word of mouth from generation to generation! How many memories fade or get confused after a while? Some people have written their memories and secrets in diaries then they have been buried in drawers or left to decay in forgotten boxes in the loft.

VidiNostalgia will use digital technology to sensitively record memories and family functions, weddings and events keeping them secure and safe for the future.

We will permanently store these sensitive and valued memories and bring them to life whenever your family or friends want to share them.

VidiNostalgia will record your memories using either a Video Camera or a Digital Voice Recorder or a mixture of both, we can copy your own photographs from family albums, take new photographs or convert your old family cine films and link them all together to create a permanent historic record of your memories to pass to your children, grand children and their children. Our digital media will not fade, tear, break or get lost.

Using the latest digital media to record your memories we will ensure that any pictures and voice recordings will always be available at the highest quality for future enjoyment.

Just imagine what it would be like to actually watch and listen to your great grandparents, see where and how they lived all those years ago. You could hear and see more than a faded photograph of their family at a wedding or birthday party, playing with their pets or enjoying their favourite activity – sailing, walking, gardening etc.

VidiNostalgia will help you to build your own “Time Machine” giving your family an accurate record of your personality and your memories, you will show them just who you are, where you live, what you do and give an insight to your personality, character and humour.

HOW DOES IT WORK?

VidiNostalgia will arrange to meet you at your home or a special location or venue that you select, we will set up the recording equipment and talk through what you want to say, we will only record what you want us to and when we have edited the material you will be able to check the content before we send it out to your family using either the internet or a DVD.

WHAT ARE THE OPTIONS?

Any mix of Photographs (old and/or new) – Video Film – Audio Recording – Internet - DVD

WHAT DOES IT COST?

This ultimately depends on how long we spend working with you to complete the project but we will always make sure you are given a brief outline of the planned recording and a price in writing for you to approve before we start working with you.



Please phone 07525 405999 to arrange a meeting to talk over your project.





Options to consider:-

Audio: Using a Digital Voice Recorder to record your memories to play back in sound only, called a "podcast" just like your very own radio show.



AudioPix: In addition to the basic Audio Package we will scan your old photographs and using any digital pictures you may already have, or we can take some more, we will create an audio / visual montage of pictures with your narrative description as a Voice Over.



Video: We record your memories using High Definition video and audio, maybe using a relative to prompt you or one of our own production assistants helping you recall your memories.

VidiPix: A mixture of Video / Audio and Photographs making a complete Digital Nostalgic memory for family and friends to enjoy in the future.



VidiNostalgia

Vidibiz Productions

12 Greenways Milford on Sea Lymington Hampshire SO41 0RU

07525 405999

paul@vidibiz.co.uk

www.VidiNostalgia.co.uk





ACACIA WELLNESS & BEAUTY CENTRE Silver Street - Hordle -Lymington - Hampshire - SO41 6DG

Phone 01590 683864 e-mail: admin@acaciabeautyacademy.co.uk

<i>Prices from Summer 2011</i>		Time	LIST PRICE	DESCRIPTION OF TREATMENT
MAKE-UP	LESSON	90	£ 49.50	Your makeup includes instruction specific to individual needs with up to date makeup techniques
	CLEANSE AND MAKE UP	30	£ 37.50	
	Young persons introduction to the use and care of makeup and skincare products			Normally provided during school holidays when with a parent who is having a treatment in the Acacia Centre
	MakeUp Workshops		p.o.a.	For groups to have fun learning skincare, using makeup and new techniques
SPECIAL EVENT MAKEUP				
<i>These prices are for work carried out in the Acacia Centre (Mon-Fri)</i>				
	PHOTOGRAPHIC Makeup		p.o.a	Acacia can arrange for a photographer if required
	Film & Theatrical Makeup		p.o.a	Our makeup artist is trained by an award winning Film, TV & Theatrical Makeup Academy
	PROM *	90	£ 45.00	
	SUMMER BALL *		£ 55.00	
WEDDING	MAKEUP TRIAL *	90	£ 39.00	
	BRIDE ON THE DAY *		£ 75.00	
	PER EXTRA PERSON ON THE DAY *		£ 40.00	
	MOTHER OF THE BRIDE		£ 45.00	
	OFF SITE CHARGE PER THERAPIST		£ 35.00	<i>plus £0.50 per mile</i>
WAXING				
<i>Temporary hair removal.</i>				
	UNDER ARM	15	£ 9.00	
	BIKINI	15	£ 9.95	
	LIP WAX	15	£ 10.50	
	LIP AND CHIN	25	£ 17.50	
	FOREARM	25	£ 15.50	
	1/2 LEG	30	£ 16.50	
	FULL LEG WAX inc. Bikini	60	£ 39.50	
	INTIMATE WAXING	from	£ 25.00	<i>Hollywood / Brazilian etc</i>



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<i>*Patch test required min 24h before 1st session.</i>				
SMALL TREATMENTS	EYELASH,BROW TINT&TRIM	30	£ 25.00	
	EYELASH PERMING	60	£ 39.00	
	EYEBROW SHAPE	20	£ 19.00	
	EYEBROW TRIM	15	£ 15.00	
	EYELASH TINT	20	£ 14.00	
	EYEBROW TINT	15	£ 9.00	
	EYELASH EXTENSIONS	from	£ 25.00	
	SEMI-PERMANENT LASH EXTENSIONS	from	£ 45.00	
	THREADING	from	£ 10.00	
EAR PIERCING	14 Kt Solid Gold	from	£ 29.50	Ears pierced free with earrings purchased.
	Gold Plated	from	£ 15.00	
FACIALS	PICK ME UP	45	£ 39.00	Using Biophytox products we can revive, relax,lift and firm your skin in just half an hour
	PRESCRIPTIVE PAMPER	75	£ 47.00	The skin is a reactive organ and no two faces are the same, so this pampering facial is personalised to the individuals needs. Most skin conditions can be addressed during this facial
	HOT TOWEL THERAPY	75	£ 47.00	A popular treatment with both men and women. Skin is cleansed and buffed, finished with oils and hot towels. Leaving the skin matt in appearance
	COSSETING SKIN CALMER	75	£ 47.00	The perfect companion to sensitive skin. Gentle buffing of the skin using honey and oatmeal products to leave the skin feeling soft, calm and balanced.
	HARD CORE CLEANSE	75	£ 52.00	Deep cleanse steaming treatment, your skin will never feel so clean and soft
	ULTRADERM	80	£ 62.00	High Frequency and Galvanic, deep cleanse to saponify and infuse the skin
	ENZYME PEEL - Courses available at 10% discount if pre-paid	75	£ 65.00	Cleopatra's secret. Alpha Hydroxy products are used in phases throughout this treatment programme to clear,refine & firm the skin.
	ABSOLUTE AROMA	90	£ 72.00	Time spent in absolute heaven, warm aromatherapy oils are poured and massaged on your back to start this treatment.
	VITAMIN C - ANTI AGING	75	£ 75.00	Synergistic products using Collagen patches and active solutions to firm, lift and smooth.
	CHILDRENS FACIAL	60	£ 35.00	Deep cleanse and hydrating facial, tuition on how to maintain healthy skin



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BIO SMOOTHER MICRO CURRENT	FULL MICRO-CURRENT FACIAL	65	£ 65.00	
	10 WEEKLY PROGRAMME (Complete programme booked in advance)	30	£ 300.00	
	Additional sessions	30	£ 35.00	
MANICURE AND PEDICURE				Treatments to improve the hand, nail and foot condition
MANICURE	FILE AND POLISH	20	£ 15.00	
	NAILS & CUTICLES	45	£ 19.50	
	LUXURY MANICURE & VARNISH	60	£ 24.00	
ALPINE HERB PEDICURE	SKIN, NAILS AND CUTICLES	60	£ 30.00	
	FULL PEDICURE & VARNISH	75	£ 35.00	
	CLINICAL PEDICURE	75	£ 42.00	
	PARAFFIN WAX BATH	20	£ 15.00	
NAIL TECHNOLOGY	<i>Nail Technology LCN Products</i>			
	FULL SET OF ACRYLICS	90	£ 37.00	Artificial nails are a good option if you bite your nails or have trouble growing them. Some women try artificial nails strictly to kick their habit, while others simply want beautiful, low maintenance nails that can endure the wear and tear of daily tasks.
	FULL SET WITH GLITTER/COLOUR TIPS	90	£ 40.00	
	INFILLS / RE-BALANCE	60	£ 24.00	As the natural nail grows out, your manicurist will fill in the base and file down the artificial tip. Recommended every 2-3 weeks
	GEL NAILS	45	£ 22.00	Popular solution to adding strength to your natural nails. A layer of gel is applied to your natural nail as an overlay. You can choose from clear acrylic/gel then use a polish. Which is changeable, or you can have a permanent colour.
	EXPRESS NAILS - Tips	30	£ 18.50	Quick and simple treatment to add length to your natural nails for a night out. A tip is applied to your natural nail, filed in then buffed to a high shine. You can add a polish of your choice or leave them clear. Not permanent, lasts 2 - 7 days.
	SOAK OFF	30	£ 10.00	Safely removes acrylic nails. This treatment includes file, nourishing oil with buff and polish of your choice.
	NAIL ART		ask	
NAIL PIERCING		ask		



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BRONZING TREATMENTS				Tan Organic Bronzer. This tanning treatment also encourages natural tanning at a faster rate.
	Full body with face and body brush	40	£ 35.00	
	Full body and face	20	£ 25.00	
	Legs only	10	£ 15.00	
	Legs, Arms, Back and Chest	15	£ 20.00	
BODY TREATMENTS	QUICKSLIM, SLIM WRAP	90	£ 47.00	Toning gels applied with wraps.
	FARADIC TONE	45	£ 25.00	Muscle toning through mild electric pulses. Excellent after injury or in a slimming programme
	BODY DRY SKIN TREATMENT	60	£ 47.00	The body is buffed from head to foot and then smoothed with emolient creams
	BACK CLEANSING	40	£ 39.00	Back cleanse, steam and masque treatment.
ELECTROLYSIS	Permanent hair removal to include initial Consultation	15	£ 25.00	
	Permanent hair removal	15	£ 25.00	Occasional Treatment
	Permanent hair removal *	15	£ 19.00	* Special price when booked weekly
ADVANCED COSMETIC PROCEDURES	Cost per minute	1	£ 4.00	<i>Basic charge per additional minute</i>
	Thread Veins from 15 mins	15	£ 60.00	A wide diversity of skin blemishes can be quickly and easily treated and permanently removed with immediate and effective results offering an eventual blemish free smooth skin. ACP uses modern technology, that has been proven to be safe and comfortable.
	Milia from 5 mins	5	£ 20.00	
	Skin tags from 5 mins	5	£ 20.00	
	Blood Spots from 5 mins	5	£ 20.00	
	Common Warts from 15 mins	15	£ 60.00	
	Plane Warts from 15 mins	15	£ 60.00	
	Seborrhoeic Warts from 10 mins	10	£ 40.00	
	Planter Warts from 15 mins	15	£ 60.00	
Age Spots from 15 mins	15	£ 60.00		
HOLISTIC	REFLEXOLOGY (10% discount for prepaid course of 6 treatments)	60	£ 39.00	Manipulations of body tissues performed with the hands for the purpose of affecting the nervous and muscular systems and the general circulation



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MASSAGE	BACK, NECK & SHOULDER	45	£ 38.00	
	FULL BODY	60	£ 47.00	
	MECHANICAL & HEAT (Extra over)	15	£ 15.00	
AROMATHERAPY	BACK, NECK & SHOULDER	30	£ 48.00	Aromatherapy is the practice of using volatile plant oils including essential oils with a specific massage, for psychological and physical wellbeing
	FULL BODY	60	£ 59.00	
	HEALING HANDS MASSAGE	140	£ 85.00	Aromatherapy clinical massage to back, feet, face and back of legs. Reflex pressure point massage to balance and improve general wellbeing
HOPI	(AURICULAR THERAPY)	40	£ 29.00	The ear candle generates a massage like effect on the ear drum, includes pleasant feeling of warmth, balance of pressure in the ears, forehead & sinuses. It is soothing and helpful for ear ache, headache, ear noise, stress and nervousness.
AYURVEDIC	INDIAN HEAD MASSAGE	45	£ 32.00	A popular treatment based on Ayurvedic techniques involving work on the upper back, shoulders, neck, scalp and face. It can ease tension, headaches, anxiety, stress, neck/shoulder stiffness, sinusitis, mental tiredness, insomnia, tinnitus and other ear problems.
ACACIA BEAUTY ACADEMY	Models for Case Studies	<i>from</i>	£ 10.00	
	Models for Assessments	<i>from</i>	£ 5.00	
	Treatments by Competent Students		List less 50%	<i>subject to product content!</i>
	Models used for filming of training material		Free of Charge	<i>You will need to sign a standard form giving approval to use you in our video</i>