



## TAMARIND

‘An escape from the ordinary’



**TAMARIND** takes its name from the sacred Tamarind Tree – a large symmetrical spreading tree noted for its Ayurvedic medicinal virtues. Every part of the tree is used to bring renewed life, balance and protection to the body.

Our Philosophy has always been to embrace a natural and ethical approach to skincare and beauty. We offer harmonious well being treatments that are not only kind to your skin and body but also to nature and the environment.

We are proud to be a Pinks Boutique Celebrated Spa. Pinks are an Organic Company that care as much about what we put on our skin as we put in our mouths. They are accredited by the Soil Association and are truthful about the percentages of organic ingredients in their products. Their treatments and products are free from skin irritants, hormone disrupting chemicals, harmful preservatives and artificial colours and fragrances. All their ingredients are bio degradable and their packaging is recyclable.

Our other product brands are also trusted and proven and our relationship with them fits strongly with our ethos.

We stock the following retail ranges:

Tri Dosha Ayurvedic Skincare (wild crafted & fair trade) Bare Minerals and Bare Essentials Make Up, MD Formulations, Guinot, Matis, Pinks Boutique, Tisserand Aromatherapy, Eve Taylor, Biodroga, LCN Nailcare.

## THE WELL-BEING BODY TREATMENTS



### Pinks Soul Sensation

1hr 40mins      £90

Once your taste buds have been awakened with an exotic welcome drink, let your feet be soothed and pampered in a traditional Eastern ritual. Then enjoy the delights of our organic sugar based body scrub before you are cocooned in soothing hot towels. Our powerful full body massage will immerse you in relaxation as you are treated to the healing and cleansing aromas of lemongrass and mandarin. Rich organic apricot and jojoba will leave your skin silky smooth and nourished from the inside out.

### Pinks Body Delight Scrub

40 mins    £40

A skin sensation that will leave you glowing. An all over organic sugar body scrub infused with balancing lemongrass, removed with hot towels and followed with a layer of melt in your mouth shea balm to nourish your new skin cells

### Pinks Power Massage

90 mins    £80

Enjoy the unique taste of our delightful welcome drink while your feet are cleansed, exfoliated and soothed. Your therapist will then perform a massage that combines Indonesian and Western techniques. This powerful massage will not only soothe aching and tired muscles, it will cleanse your body and soul and balance your being.

### Pinks Back and beyond.

45 mins    £40

They say that if you can relax through your back, the whole body benefits. After sipping our signature tea, your back will be spoilt and pampered with our luxurious organic and therapeutic products. Starting with a smoothing and detoxifying full back exfoliation, luxurious hot towels will tantalise your skin. Finally, a deep and powerful back massage will ease away tension leaving your skin feeling renewed and your body invigorated.

## THE WELL-BEING BODY TREATMENTS



### Tamarind Well being Treatment

60 mins £47

Our signature treatment- our most popular treatment for men and women- combining a stress relieving back massage with a balancing facial cleanse and massage

### Tamarind Lava Shell Massage

30 mins £30

55 mins £46

Experience this amazing Eco treatment using smoothed tiger clams from the south pacific. Warmed by natural minerals, the heat will ensure a complete stress busting treatment and promote deep relaxation.

### Tamarind Stone Therapy

75min-£67

45mins-£45

Our bespoke treatment using hot and cold stone application Great for stress, relief from aches and pains, and emotional well-being.

### Tamarind Signature Pinks Full Body Massage

55mins -£45

80mins- £67

Let our therapists use their expertise to give you a totally bespoke treatment - tailor made to suit your needs, using organic oils and either one or a variety of Swedish, Hot stones, Ayurvedic, Indonesian or Lomi-Lomi techniques

### Sports Massage

25 mins £26

55 mins £45

Tailor made deep tissue massage to specifically work on tense muscles, prevent injury and the build up of toxins.

### Tamarind Back, Neck and Shoulder

25mins-£26

A great old faithful treatment tailored to your needs

## THE WELL-BEING BODY TREATMENTS



### Tamarind Tri Dosha Four Hands Massage

55mins - £80

Two therapist performing a synchronized full body massage, using herbal ayurvedic oils to suit your dosha - a true nurturing indulgent treatment.

### Tamarind Tri Dosha Shirobhyanga

45mins - £45

Our detoxifying specialized indian head and shoulder massage, focusing on marma points, great for stress, stains and migraines.

### Hopi Ear candles

40mins - £40

This treatment soothes pressure and pain in the ears and head, great pre and post flying, and to help with tinnitus and sinusitis.

## THE BODY WRAPS

Delicious blends of products to give your body a facial!

Any of our Body Wraps are fantastic for a one off 'quick fix', although for optimum results a course is recommended.

### Snug as a Bug

80 mins £70

A relaxing, delicious skin conditioning wrap including a deep exfoliation, relaxing massage and skin conditioning body mask for intensive hydration and nurturing.

### Fit 'n Firm

80 mins £70

An aromatic figure firming and detoxing wrap including specific exfoliation and body sculpting mask for those problem areas.

### Little Black Dress

90 mins £80

A fantastic immediate inch loss wrap for that special 'do', also an ideal boost to any diet or detox programme.

## THE ESSENTIALS



### Organic Waxing

Using Pinks Boutique Soil Association certified Pre and After wax lotions to ensure that your skin has no paraben preservatives, GM or toxic chemicals added to it during your waxing treatment.

Half Leg	£18
3/4 Leg	£23
Full Leg	£26
Underarm	£11
Lip or Chin	£11
Arms	£18
Back	£25
Chest	£25
Bikini	£11
G-string	£15
Brazilian (landing strip)	£25
Hollywood (all off!!)	£30

Ask us for our waxing savvy leaflet for aftercare information.

### Epil Pro Hair Removal Treatment

Epil Pro is a safe hair removal technology. It is designed in such a way that sound energy travels precisely down the hair shaft, striking and disintegrating the papillary cells. For guaranteed results it is important to follow your Therapist's recommendations on the frequency of your treatments and the Epil Pro Lotion must be applied two days before and four days after each treatment.

Per Minute	£1.50
Course of 60 minutes	£72.00
Epil Pro Lotion	£20.00

## THE ESSENTIALS



### Eye Treatments

(if you have never had a tint before at Tamarind, a patch test is required 48 hours before your treatment)

Eyelash perm and tint	£45
Eyelash perm	£40
Eyebrow tint	£10
Eyelash tint	£15
Eyebrow Shape	£15
<i>(this could be using either tweezing, threading or waxing)</i>	
Eye Trio	£30

Includes an eyebrow tint, eyebrow shape and eyelash tint.

### SELF-TANNING TREATMENTS

Fake Bake- The ultimate preservative free Self-Tanning Treatment

Full Body Application

60 mins £45.00

Legs Only

30 mins £35.00

## THE HANDS AND FEET



### Tamarind Signature Pinks Boutique Indonesian Manicure

75mins £45

More than just a manicure! The journey begins with a tea ceremony and aroma welcoming. Once reclined, hot towels sanitise the feet and hands before the nail work begins. The hands soak amongst an Indonesian mineral crystal soak and fresh petals whilst pressure points are applied to the head. A full hand and arm organic scrub leads into a massage with a difference. Using Indonesian massage techniques the arms, shoulders and head are worked upon in our signature massage trail.

To end the hands are always coated in our super hydrating Shea balm with a tea to finish, completing the journey.

(Application of Beautiful LCN Varnish- optional- please note this cannot be organic)

### Pinks Boutique Eco Chic Organic Manicure

55mins £32.50

With this treatment you can not only enjoy a superb manicure but also take comfort in knowing that only natural and organic ingredients will be going onto your skin.

Performed whilst seated, enjoy a sample of the signature touches and the delicate smells of the oils which result in a hydrating and indulgent manicure.

(Optional application of Beautiful LCN Varnish!- please note this cannot be organic)

### Tamarind Signature Pinks Boutique Himalayan Pedicure

90mins £55

This journey begins as the Indonesian, with a tea and aroma welcoming. Following hot towels to the feet they are placed in a large wooden soaking bowl and showered with Himalayan 100% natural mineral crystals. We always treat the 'top and tail' and whilst this is happening the head is massaged. When all the wet work is complete the client is transferred to the couch and is grounded with a crystal journey trail around the body. The nail and cuticle work is carried out and leads into a reflex influenced stick foot massage with our signature massage trail . To end the feet are coated in our super hydrating balm, perfect for dry heels and a tea completes the journey.

(Optional application of beautiful LCN Varnish- please note this cannot be organic.)

### Pinks Boutique Eco Chic Organic Pedicure

60 mins £35

A full detailed pedicure with only Soil Association organic products to nourish and soften tired feet. Sample the special touches of the Signature Himalayan pedicure whilst your feet are treated with the revitalising aromas of peppermint, lavender and geranium. Includes nail, cuticle work and hard skin removal.

(Optional application of beautiful LCN Varnish- please note this cannot be organic.)

Please bring open toe sandals for after your pedicure treatment.

## TAMARIND TRUSTED FACIALS



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### Biodroga-Aqua Marine Facial

70mins £48

### Eve Taylor Aromatherapy Facial

70mins £48

Leave the hectic everyday routine behind you with one of our Tamarind Signature holistic facials Both these facials have our special Tamarind touch and include a bespoke exfoliation, soothing hands-on massage of the face, shoulders, scalp, hands and feet including cooled quartz crystals, warm basalt stones and comforting warm towels.

## GUINOT CLASSICS



Hydradermie Lift Express  
50 mins    £50.00

The ultimate lifting facial. This is a high tech professional skincare treatment that tones the complexion, smoothes fine lines and wrinkles and refines the facial contour.

Hydradermie Facial  
75 mins            £50.00

A luxurious classic facial with a superior, world-wide reputation that is effective at deep cleansing, re-hydrating and rejuvenating the skin.

Hydradermie Facial with a Hydradermie Lift  
1 hour 40 mins    £77.00

Our most popular facial treatment – combine the full benefits of a deep cleansing facial with the instant results of an anti-ageing treatment.

Hydradermie Lift Yeux  
45 mins            £45.00

A specialised treatment - to lift, tone and revitalise the delicate eye area. Gives an excellent instant result to tired, puffy eyes.

## THE FACIAL WELL BEING



### The Tamarind Ultimate Anti-Ageing Treatments

Our Tamarind ultimate anti-aging treatments use specialized products and electrical applications. Your facial will be tailor made to suit your needs and preferred booking time on the day of your treatment and could include one or several of the following professional systems depending on your specific needs on the day.

### Light Therapy,

LED lights of yellow, red, blue and green each promote different properties for different skin types. Including anti-aging, firming, soothing redness/irritation, improving pigmentation, increasing circulation and radiance.

### Microdermabrasion (MDA)

A gentle skin refining treatment using either crystal or diamond- head method. This technique promotes product penetration and a healthy rejuvenated appearance.

### Glycolic Peel

A unique treatment which eliminates dead skin cell build up, deep cleanses, brightens and improves natural collagen production.

### Oxyjet,

An alternative to dermal fillers this no-needle oxyjet technique improves fine lines and wrinkles, pigmentation, sundamaged skin, loss of elasticity, acne and devitalised polluted skins.

### CACI/Microcurrent

This non-surgical face lift treatment offers a viable alternative to surgery. It smoothes and refines the appearance of fine lines, tightens and tones sagging muscles, and gives a glowing youthful complexion.

### Iontophoresis,

Using this system products can be penetrated into the skin as well as deep cleansing, re-hydrating and rejuvenating.

## THE FACIAL WELL BEING



### Treatment Mask

Choose from Collagen, Caviar, or Hydratone to help re-hydrate, firm and rejuvenate

40mins Ultimate anti ageing £45

55mins Ultimate anti ageing £55

75mins Ultimate anti ageing £75

90mins Ultimate anti ageing £85

*Pay for a course and receive 6 treatments for the price of 5*

*Pay for a course and receive 12 treatments for the price of 10.*

### MD Formulations Glycolic Facials

An exciting clinically proven professional skincare brand which offers immediate long lasting results for younger looking skin. Suitable for all skin types, it does what is says on the tin!

#### Classic Glycolic Peel

40 mins £45

A rejuvenating, deep instant radiance peel

#### Alpha Beta Peel

40mins £45

A more powerful peel for specific concerns. Ideal for sun damage, acne, congestion and pigmentation.

#### MD Medi Spa Facial

75 mins £60

Using specific products to suit your skin type, containing advanced ingredients such as Antioxidant vitamins C & E, Pure retinol Vitamin A, Essential lipids and soothing botanical extracts. Ideal to treat rosacea, pigmentation, acne, sun damage, ageing or dry, sensitive skin.

#### Make-up

Using 100% Bare Minerals Make-up – Make up that works with your skin, not against it – using formulas which are completely free of preservatives and irritants

Get Started Consultation 30mins £25

Fresh and Finished Make-over 60mins £45

*Ask us about our 'girls night in' make over sessions*

*Wedding Make Up by request*

## THE MEN



You'll enjoy the simplicity and effectiveness of our popular Male treatments – there's nothing at all 'girlie' about them!

Matis Skin Fix  
55 mins £45.00

Tank up your skin with a skin boosting, de stressing treatment including a skin boosting scrub and deep massage of the face and shoulders.

Guinot Hydradermie Facial  
75 mins £50.00

A deep cleansing electrical treatment using gel based products tailor made to your skin type.

Tamarind MOT Well Being Treatment  
55 mins £45.00

Combine a 30 minute back neck and shoulder massage with a balancing facial cleanse and massage

Back Neck and Shoulder Massage  
25 mins £25.00

Unwind and refuel with our tailor made back treatment

Sports Massage  
55 mins £40.00  
25 mins £25.00

Tailor made deep tissue massage to specifically work on tense muscles, prevent injury and the build up of toxins.

Back Waxing/ Chest Waxing  
25 mins £25.00

## THE PACKAGES



Tamarind Signature Morning Coffee or Afternoon Tea

2 hours 30 mins £85

Ideal for a 'girly get together' - Enjoy a Tamarind Wellbeing Treatment followed by complimentary Coffee/Tea/Wine, biscuits/cake whilst enjoying a natter and a Pinks Organic Manicure or Pedicure

Tickled Pink!

3 hours £155

Enjoy our delicious Pinks Boutique Soul Sensation Body Treatment and Anti Ageing Facial

Prepare to Bare

3 hours £140

Pre holiday package including a Body Scrub, Organic Pedicure, Eyelash Tint and Full Body Massage or Self Tan Application

Mother-to-be

2 1/2 hours £100.00

(Available after 1st trimester)

A bespoke pamper specifically for this special time to help relieve related 'niggles' such as blocked sinuses, back ache, swollen ankles and heavy legs. Includes a Skin Balancing Facial, Back Massage and Pinks Organic Pedicure

\*\*We are happy to tailor make packages or courses of treatments to suit your specific needs.

\*\* Tamarind Gift vouchers offer the perfect gift solution- presented in a Tamarind gift box co-ordinated for man or women.

## IMPORTANT TIPS TO ENHANCE THE TAMARIND EXPERIENCE



At the time of booking any treatments we would ask that you make us aware of any health issues, medical conditions or allergies, so we can consider contra indications and recommend an alternative treatment if necessary.

Please do not arrive late as this will result in a reduced treatment time available

Any treatment can be booked as a course. (unless stated otherwise) Most clients find it convenient to book a course of six treatments, whereby they pay for five treatments and receive the sixth free.

### Booking and cancellation policy

To secure appointments of more than 1 hour, a credit card deposit will be required at the time of booking. Please note that we require 24 hours notice to cancel or re schedule appointments, otherwise a 50% charge will be made. Clients that give no notice will be charged the full listed price. We hope you will respect this policy as if we are given sufficient notice we can fill appointments for clients on our waiting list.

### Loyalty bonus scheme on retail purchases

For every £12 spent on retail purchases, we issue a bonus point. Collect points to certain monetary values to redeem against complimentary treatments.

### Gift vouchers

If you are thinking of treating family or friends to a well deserved pampering. They are valid for six months.

### Our Opening Hours

Monday 9.30 - 2.00

Tuesday 10.00 - 8.00

Wednesday 9.00 - 5.00

Thursday 10.00 - 8.00

Friday 9.00 - 4.00

Saturday 9.00 - 1.00

All our information is on our website:

[www.tamarindtherapies.co.uk](http://www.tamarindtherapies.co.uk)

Interested in Beauty Training?

Check out our sister company

[www.sussexbeautytraining.co.uk](http://www.sussexbeautytraining.co.uk)