Blushington

Beauty co

1 King Street, Sudbury, Suffolk, CO10 2EB
Bookings@Blushingtonbeautyco.co.uk
www.Blushingtonbeautyco.co.uk
01787584994

OUR ETHOS

Beauty is not in the face, beauty is the light in the heart

Blushington Beauty Co was born out of the love for bespoke beauty services and the need for a luxurious, local beauty space that women could trust and feel comfortable in. We believe in a way of living that focuses on finding beauty in everything and having acceptance of who we are. We encourage you to embrace your natural gorgeousness, enhancing self-love with beautiful treatment experiences.

All of the treatments at Blushington Beauty Co are performed with heart, bespoke to your needs of the day and you will always be given the time and attention you deserve.

Wellbeing your way

At Blushington we adopt the philosophy of treating you holistically, this means treating you as a whole and not just the symptoms you may be experiencing; for this reason all treatments with us begin with a consultation.

During your consultation we will ask questions about your lifestyle, how you are feeling on the day, physically and emotionally and what you hope to achieve from your treatment with us – these questions deepen our ability to provide a path for better wellness and enable us to provide you with a truly personalised treatment experience so you get the most out of the time you are paying us for.

Sit back, relax and allow your path to wellness begin.

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NATURAL BEAUTY, INNER CALM - BY ESPA

ESPA are guided by a holistic philosophy, caring for your whole wellbeing, focusing on creating naturally effective skincare products which deliver results you can see and feel. Expertly formulated products are not only beautiful to use, with luxurious textures and sensorial mood enhancing aromatics, but they also protect the long term health and beauty of the skin.

Loved by customers all around the world, ESPA formulations contain unique combinations of plant extracts, marine actives and essential oils to create the most effective, natural products. Biochemists carefully select and distill the highest quality, purest ingredients from nature, using them at their optimal levels to create products which work in harmony for healthy skin.

Every product is expertly crafted to deliver an ESPA sensory experience through the beautiful aromatherapy blends and the unique formulation textures.

Our aim is to help you to look and feel your best every day, by offering natural products for beautiful skin and a renewed sense of inner calm

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FACE, BODY + MASSAGE THERAPY

ESPA Mindful Facial - 75 Mins £85

Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualization techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours. You emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.

ESPA Inner Beauty Facial - 50 Mins £47

Visibly revive skins natural beauty, balance and health. Achieving instant results with long lasting benefits, this personalised facial harnesses natures most potent actives alongside high performance massage techniques to deeply cleanse, refine and hydrate the skin, You emerge with a smooth, nourished complexion, glowing with health.

Blushington Radiant Eyes - 30 Mins £27

Restore your youthful sparkle with this rejuvenating eye treatment. Smooth, firm and hydrate tired or lack-luster eyes using highly effective lifting massage techniques, nourishing masks and cooling rose quartz lymphatic drainage.

ESPA Natures Lift - 75 Mins £80

Reveal visibly firm, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Rose Quartz Gua Sha give instant results, leaving the skin firm, lifted and beautifully radiant.

FACE, BODY + MASSAGE THERAPY

Blushington Restorative Massage

Quieten your mind, release tension and nourish your skin with this ultimately restorative aromatherapy experience. Personalised to your physical and emotional needs, carefully selected aroma-therapeutic blends from ESPA help to relieve symptoms of modern day stress. Advanced pressure point techniques alleviate muscular tension and promote profound relaxation. Mind and body feel balanced, energy renewed and inner calm is beautifully restored.

25 MINS £27

50 MINS £47

80 MINS £75

Blushington Muscle Release - 50 Mins £55

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching, warming volcanic stones and expertly blended essential oils alleviate deep seated tension in the key areas of the body with an instant and lasting effect. Muscular pain is diminished, leaving you refreshed and more energised.

Blushington Bloom with Grace - Pre & Post Natal Massage

Nurture your body and calm your mind with this beautifully comforting body treatment.
Personalised to your needs and stage of pregnancy, the purist, most gentle formulas are selected to smooth and nourish skin while expert massage soothes tight muscles and invokes a state of blissful relaxation.

50 MINS £50/80 MINS £70

WELLBEING TREATMENTS

ESPA Mindful Positivity Massage - 80 Mins £85

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Blushington Glow Candle Massage - 50 Mins £75

Indulge your skin in our Glow Massage. A soothing 50 min Body Massage Using the Intensive Skin Treatment Candle by Neom. The wonderfully-warming oils of baobab, sweet almond oil & cocoa seed butter,give you that ahh moment, whilst your skin is deeply nourished, hydrated and repaired. The candle is yours to take away.

ESPA Sleep Ritual - 80 Mins £85

Performed in a peaceful candlelit room, the treatment begins with tailored breathing and meditative techniques to release anxiety. You are then treated to a hot stone massage that focuses on Indian energy points to release deep muscular and emotional tensions, clearing stored toxins. The experience concludes with a relaxing scalp massage.

ESPA Strength & Resilience - 75 Mins £70

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, foot reflexology, yogic stretches and invigorating massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

WELLBEING TREATMENTS

Blushington Ultimate Body Cocoon £80

A full body experience using the beautifully uplifting aroma-therapeutic oils to restore equilibrium. Beginning with a flowing, rhythmic, full body massage the body and mind lets go of stress and tension. The skin is cocooned in a rich conditioning mask blended with special selected oils to balance your mood, you are then wrapped in warmth whilst you receive a truly rejuvenating facial massage. This treatment is ideal for hormonal imbalance, menopause, low mood or for those with out of condition skin.

ESPA Brush & Polish Exfoliation £35

An exceptional skin softening body exfoliation. Using a stimulating body brushing technique followed by an invigorating spearmint and aloe body scrub. The perfect partner to a body massage.

Blushington Foot Reflex-Zone - 30 Mins £45

Restore mind and body and discover a sense of wellbeing with this Reflexology inspired foot treatment. This revitalising experience begins with a deeply restorative foot ritual and follows with a pressure point massage to the feet to balance both mind and body.

Blushington Body & Mind Recovery - 30 Mins £40

Using a combination of ancient healing techniques this gentle treatment allows the mind and body to rest and reset. A combination of guided meditation, yoga-nidra, crystal therapy and Reiki may be used depending on your needs that day.

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MANICURE & PEDICURE

Blushington Tickled Pink Pedi £17

Shape/Polish. You'll be tickled pink with our express pedicure treatment. Perfectly polished nails in a flash.

Blushington All Rosie Pedi £32

Shape/Prep/Hard skin removal/Massage/Polish. Life's Rosie with this signature pedicure treatment which includes nail shaping, hard skin removal, tending to cuticles and application of shiny polish.

Blushington Blooming Lovely Pedi £45

Shape/Prep/Soak/Exfoliation/Massage/Primp/Polish. Feet primped to perfection with our blooming lovely luxury pedicure treatment. The nails are prepped before the feet are treated to absolute bliss; Oil exfoliation, warm Himalayan salt bath, indulgent foot massage, hydrating mask and indian head massage. This Treatment will leave you uplifted, focused and with super pretty feet.

Blushington Tickled Pink Mani £15

Shape/Polish. You'll be tickled pink with our express manicure treatment. Perfectly polished nails in a flash.

Blushington All Rosie Mani £27

Shape/Prep/Massage/Polish. Life's Rosie with this signature Manicure treatment which includes nail shaping, tending to cuticles, massage and application of shiny polish.

Nail Extras

Gel Colour £5 / Builder Gel £10

Gel Removal £10

French £5

Nail Art £2.50 per nail

GROOMING

HD BROWS

Blushington Brow Groom - HD Brow £32

A bespoke brow treatment thats totally tailored to you, so much more than a standard eyebrow shape and tint. We combine HD Brows unique design formula with custom blended colour, hair removal threading and waxing techniques and finish with expert makeup application for brows that suit you. We work with you to create your perfect look, whether you wish to tame bushy brows or regrow over-plucked brows.

HD Brow Sculpt Lamination - £45

Brow Sculpt is brow lamination with a bespoke HD Brows twist. Whether you dream of achieving that full, fluffy eyebrow look, want to create symmetry in uneven brows or tame unruly hairs, our BrowSculpt brow lamination treatment is for you. This corrective treatment helps you to achieve your desired position for up to 6 weeks.

LYCON WAXING

Upper Lip £8
Chin £8
Under Arm £15
1/2 Leg £22
3/4 Leg £27
Full Leg £30
Basic Bikini £20
Brazilian £30
Hollywood £35

EYE TREATMENTS

Brow Shape - Threading or Waxing £12 Brow Tint £10
Brow Shape & Tint £20
Lash Tint £12
Nouveau LVL Lash Lift & Tint £45
Nouveau Extend Individual Lash Extensions £65
Nouveau Extend Infills £35

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CANCELLATION POLICY

We understand things come up, life challenges us and its not always possible in all circumstance to attend your appointment, but please give us where possible 48 hours notice to make changes to your appointment.

To protect our business we apply a cancellation policy at our discretion.

All treatments are subject to a 50% booking fee to reserve your service, this fee will be taken off the final price of your treatment. You can amend or cancel your appointment up to 48 hours in advance with no additional charge, if you cancel or amend your treatment less than 48 hours notice we charge the remaining balance.

ASK US ABOUT OUR LOYALTY SCHEME

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1 King Street, Sudbury, Suffolk, CO102EB

MONDAY 10:00 am - 5:00 pm
TUESDAY 10:00 am - 9:00 pm
WEDNESDAY CLOSED
THURSDAY 10:00 am - 5:00 pm
FRIDAY 10:00 am - 4:00 pm
SATURDAY 9:30 am - 7:00 pm
SUNDAY CLOSED

Gift Vouchers & Treatment packages available - ask in store for details