



BUTTERFLY YOU

BEAUTY & HOLISTIC

Book an appointment with us
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BEAUTY | MASSAGE | SKINCARE

Holistic Treatments

Indulge and relax with the touch of holistic therapy.

Swedish Full Body Massage (60 minutes) £40

Swedish Full Body, Head and Face Massage (75 minutes) £47

Swedish Full Body, Head and Face Massage (90 minutes) £57

Back, Neck and Shoulder Massage (30 minutes) £27

Back, Neck and Shoulder Massage (45 minutes) £32

Aromatherapy Swedish Full Body Massage (60 minutes) £42

Specially blended essential oils for your particular needs.

Aromatherapy Warm Candle Massage (60 minutes)

Our warming Eve Taylor Aromatherapy Candle Massage will target all the senses. Blended with the unique aroma of geranium, sweet orange, lavender and ylang ylang essential oils, in a 100% plant wax candle for the ultimate feeling of luxury and self indulgence. Your skin is left feeling nourished whilst muscles are free of tension and your overall well-being uplifted.

Aromatherapy Warm Candle Back, Neck and Shoulder Massage (30 minutes) £32

Aromatherapy Warm Candle Back, Neck and Shoulder Massage (45 minutes) £37

Full Body Aromatherapy Warm Candle Massage (60 minutes) £45

Full Body Inc. Face and Head Aromatherapy Warm Candle Massage (75 minutes) £53

Seasalt and Seaweed Back Scrub and Massage (45 minutes) £37

Thoroughly removes cellular debris and dull skin leaving skin soft smooth and polished. Mineral rich salts nourish the skin providing vital nutrients. Increases circulation to assist in the detoxification process. Removed with warm mitts followed by a deeply relaxing Swedish back, neck and shoulder massage.

Indian Head Massage (30 minutes) £27

Reflexology (45 minutes) £30

Add aromatic essential oils to any holistic treatment to enhance your massage experience. **This is an additional £4.**

The Divine Escape Massage (90 minutes)

An unforgettable journey of holistic well-being. Every time you indulge in this experience, the journey will be unique, thanks to the use of multi-sensory techniques. The Divine Escape Massage harnesses the power of Koshi chimes, powerful crystal singing bowls, a calming and reassuring rose quartz crystals (which you can take home afterwards), lavender wheat eye pillow, ending with a mint green tea. Unique massage techniques are incorporated to deliver a connected experience that promotes feelings of warmth, self-love, deep inner healing, and a powerful sense of peace.

Lava Shells

Lava Shells is the world's first self-heating massage tool, a patented, biodegradable heat technology is incorporated into the Lava Shell which then emits heat for over an hour. Marine polished sea shells or hand crafted porcelain shells glide smoothly over your body providing a seamless massage of heat and touch.

Portable, eco-friendly and non-porous, Lava Shells can be used to treat a multitude of ailments, from easing aching muscles and joints to alleviating the suffering from IBS and bloating. The shells unique shape and angles allow them to become an extension of the therapist's hands, deploying deeply therapeutic relief to where it is needed.

Lava Shells Relax Body Massage

The indulgent and truly pampering Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress followed by wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress. Choose from:

Back, Neck and Shoulders (or tailor for your needs) (45 minutes)	£37
Full Body (60 minutes)	£49
Full Body Including Face and Head (90 minutes)	£62

Hands and Feet

Flyby Manicure

£18

File / re-shape and application of polish.

Beautiful Tidy Manicure

£22

File / re-shape, cuticle tidy and application of polish.

Butterfly Deluxe Spa Manicure

£42

File, reshape nails, cuticle tidy, skin exfoliation (removes dry/dead skin, resulting in smooth soft hands), and a relaxing hand/arm massage. Then your hands indulge in an essential oil-infused hand mask. Cocooned in heated mitts, the oils work to nourish your skin and the heat eases away muscle tension and joint stiffness. Your nails are finished with your choice of polish.

Flyby Pedicure

£18

Cut / file and application of polish.

Beautiful Tidy Pedicure

£22

Cut / file, cuticle tidy and application of polish.

Feet Retreat

£34

Includes foot soak, cut, file, cuticle tidy, hard/dry skin removal, ex-foliation, leg/foot massage and application of polish.

Butterfly Deluxe Spa Pedicure

£42

Clip / file toenails, cuticle tidy, skin exfoliation (removes dry/dead skin, resulting in smooth soft feet), and a relaxing foot massage. Then your feet indulge in an essential oil-infused foot mask. Cocooned in heated booties, the oils work to nourish your skin and the heat eases away muscle tension and joint stiffness. Your nails are finished with your choice of polish.

Detoxify Salt Spa Pedicure

£29

Our signature holistic foot treatment detoxifies and balances out the body. We use natural pink himalayan salt to cleanse, purify and soothe the skin whilst aiding the body's natural detoxification process. With added essential oils to promote your well-being. (Includes nail trimming, cuticle tidy, foot filing, exfoliation, pressure point massage).

Nail Enhancements and Builder Gel

Builder In A Bottle™, aka BIAB or Cover Nude Builder. A range of soak off gel builders ideal for creating strong overlays and as a strengthening barrier for natural nails.

BIAB Gel Extensions	£42
BIAB Manicure (finished with your choice of a Gel Bottle Colour)	£32
BIAB Infills (finishing with your choice of a Gel Bottle Colour)	£35
Gel Removal and Mini Manicure	From £13
BIAB Removal and Mini Manicure (or £10 if BIAB is being reapplied)	£17
Removal of Gel Extensions	From £21
The Gel Bottle Manicure (VE and CF)	£28
File, re-shape and cuticle tidy with application of your chosen Gel Bottle colour (incl removal of previous gel +£3)	
Nail Art (including stamping, blooming gel and foil)	£1 per nail
Various designs available.	
Nail Glitter / Embellishments	From 50p per nail

The GelBottle Inc™ is a vegan and cruelty free gel nail product (something that is extremely important to us at Butterfly You). It is a high quality gel polish and all colours are rich, highly pigmented, chip-resistant and offer extremely long lasting shine. TGB are recognised globally and are an award winning brand.

Treatment Packages

Indulge Your Senses

£99

Saving £22

An exclusive pamper package at Butterfly You Beauty and Holistic. Let your mind escape the fast pace of life. Feel mentally and physically revitalised and allow us to melt your tension away with a warm oil candle aromatherapy back, neck and shoulder massage, an Aroma Spa Facial, a Feet Retreat Pedicure and The Gel Bottle Manicure.

Nouvatan / Spray Tan

Nouvatan has been lovingly created with 100% natural, organic ingredients, with no parabens, alcohol or oils, leaving you with a perfect natural looking sunless tan.

Full Body

£25

You have the choice of what part you would like tanned, if you prefer not to have the whole body.

Spray Tan Party

Book a party of 6 for the price of 5

See our website, Facebook or Instagram for our special seasonal pamper packages.

Waxing and Hair Removal

A specialised wax is applied during certain treatments to make it a more gentle experience.

Full Leg Wax	£28
3/4 Leg Wax	£25
1/2 Leg Wax	£20
Lip	£6
Chin	£8
Lip and Chin	£12
Face (Sides of face, lip and chin)	£20
Full Arm	£20
Forearm	£18
Underarm	£10
Bikini	£16
Thong	£20
Brazilian	£26
Hollywood	£30
Back Wax	£26
Chest Wax	£24

Eye and Eyebrow Treatments

Have your eyebrows perfectly shaped to suit you and add a tint for higher definition.
(A tint test is required at least 24 hours prior to treatment).

Henna Brows (Includes wax)	£30
Henna Brows are a more in depth and longer lasting form of eyebrow tinting. It includes eyebrow mapping and drawing on your desired shape prior to the application of your chosen Henna colour. The Henna creates depth and fullness in the area, visually filling in any sparseness. Henna can last up to 6 weeks on the hair and 14 days on the skin.	
Eyebrow Re-shape	£11
Eyebrow Re-shape and Tint	£16
Eyelash Tint	£14
Eyebrow Tint	£9
Eyebrow Re-shape / Tint / Eyelash Tint	£24 Saving £6
Airlift Brow Lamination (Includes wax, tint and trim) (40 minutes)	£30
This treatment will restructure how your eyebrow hairs lay ensuring they're all positioned in the same direction. It's ideal for hair that is sparse in places, unruly and untamed but also perfect for anyone looking to have their brow shape corrected, with a higher arch and more desirable thicker shape.	
AirLift Lash Lift (Vegan and Cruelty Free)	£36
AirLift is the most advanced and accurate dual lifting system. The key of Lash Lift treatment is to boost and lift each lash to the desired curl. Featuring 8 different shield sizes, AirLift Lash Lift covers natural lash lengths from 6mm to 12mm and works magic on short stubborn lashes. AirLift Lash Lift requires no maintenance and lasts for 6-8 weeks.	
	- £29 without tint
The Dreamy Duo:	
Henna Eyebrows and Airlift Lash Lift (Save £10 when booked together)	£56
Airlift Brow Lamination and Airlift Last Lift (Save £10 when booked together)	£56

patch test required 48 hrs prior to treatment

Specialised Facials

The Eve Taylor skincare range has been designed to tackle and treat most skin concerns, from anti-ageing to teenage blemishes. Eve Taylor has been harnessing the power of essential oils and botanical extracts for over six decades to enhance your skin and well-being. Essential oils are the planet's purest ingredients, derived from plants, including flowers, leaves, roots, bark, and fruit peel. Not only do they smell incredible, but they can also restore balance to the skin and mind.

Aroma Spa Signature Facial (75 minutes)

£46

The Eve Taylor® Aroma Spa Signature Facial is the ultimate aromatic experience. You are wrapped and cocooned in warm, comfortable security while pre-warmed products are applied using expertly developed tactile techniques. Your mind will be soothed, and you will drift away into the deepest feeling of relaxation.

Age Resist Facial (60 minutes)

£54

The Age Resist facial refines and resurfaces prematurely aged skin to reveal a smooth, soft complexion. Potent antioxidants defend and protect against environmental aggressors while stimulating fresh new healthy tissue. Your skin is left looking radiant and beautiful regardless of age.

Clear and Clarify Facial (60 minutes)

£42

An effective deep cleansing facial treatment that is perfect if you experience oiliness, congestion and breakouts. Professional formulations are customised to treat your skin with positive and noticeable results by offering deeply purifying, clarifying properties, fighting congestion and breakouts from the inside out.

Cryogenic Facial (60 minutes)

£56

The cryogenic facial offers the ultimate in skin firming and nourishment. Professional resurfacing smooths and refines your skin surface while expertly blended age-defying formulations and speciality masques tone your skin's surface leaving it smooth, soft and rejuvenated.

Skin Quenching Facial (60 minutes)

£45

Restore hydration to your skin with our Skin Quenching Facial. This facial plumps the skin and softens fine lines with moisture-infusing hydrators. Ideal for parched post-holiday skin or to prepare your skin before summer getaways.

Skin Rescue Facial (60 minutes)**£42**

The Skin Rescue Facial gives instant relief to sensitive complexions. Therapeutic Oatmeal instantly soothes and calms your skin, targeting irritation. The botanicals support and ease redness for happy and soothed skin that is resilient to environmental aggression.

Ultra Bright Facial (60 minutes)**£50**

Illuminate dull, lacklustre, pigmented skin with this brightening facial. Professional resurfacing smoothes and softens your skin, ready for Vitamin C-rich serums and speciality masques. Illuminating moisturiser protects and re-energises, leaving your skin flawlessly radiant, bright, and glowing.

Target+ Facials

We know you may be short on time but still want to see results fast! That is why we offer the Target+ facials. These 30-minute treatments are results-focused and use key formulations in the Eve Taylor range along with the supreme technology of the Eve Taylor Ultrasonic Micro-therapy Device for increased effects and results.

Target+ Decongest (30 minutes)**£30**

Clear oiliness and congested skin with this targeted results-focused treatment. Purifying botanicals and supreme technology clarify and decongest your skin for a fresh-faced complexion.

Target+ Eye Bright (30 minutes)**£30**

Refresh and revive the delicate eye area with this brightening eye treatment. Using supreme technology and expertly created massage techniques, your eyes will be soothed, brightened, and revitalised.

Target+ Glow (30 minutes)**£30**

Get your glow with this results-focused treatment. Professional resurfacing brightens the complexion while illuminating botanicals combined with supreme technology offer your skin radiance and a naturally beautiful glow.

Target+ Quench (30 minutes)**£30**

Quench thirsty skin with this ultra-hydrating mini treatment. Supreme technology pushes hydrators into deeper skin layers for maximum moisture levels. Your skin is left feeling hydrated, soft, and supple.

Target+ Resurface (30 minutes)**£30**

Defy the hands of time with this professional resurfacing treatment. Potent formulations and supreme technology work hand-in-hand to slough away dulling skin cells revealing a bright, youthful complexion.

Target+ Soothe (30 minutes)**£30**

Soothe sensitive, reddened skin with this advanced treatment. Powerful oatmeal and botanicals are infused into your skin with ultrasonic technology to calm and condition, leaving skin that feels relieved and rescued.

Semi-Permanent Eyebrows

Microblading and Eyebrow Tattooing has become extremely popular in the beauty industry and is the ideal treatment if you have very sparse eyebrow hair, no hair at all, the wrong eyebrow shape for your face, patchy eyebrows, or if you'd just prefer to have thicker and fuller eyebrows.

It will last 1-3 years depending on your skin and lifestyle. You will need a touch up during this period.

Both treatments work by implanting pigment into the skin. Becki can offer different styles depending on your preferences. This is discussed during the consultation, as well as choosing the perfect colour for you. Becki will carry out what's called 'Brow Mapping', which is an in-depth shaping process to give you your desired shape of eyebrows.

Semi-Permanent Eyebrows**£180**

Styles include, hairstrokes, combination, soft powder and ombre. Treatment includes consultation, first, and final session.

Semi-Permanent Retouch**From**

Reviving your faded Semi-Permanent Eyebrows to make them look brand new again.

£80

71 Ninfield Sidley Bexhill-On-Sea, TN39 5BA

Gift vouchers are available

Opening times

*Alternate Mondays 9-4pm
(please check with us first)*

Tuesdays 9:30-8pm

Wednesdays 9:30-6pm

Thursdays 9:30-4pm

Fridays 9:30-6pm

Saturdays 9-4pm



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Cancellation Policy

A 50% deposit is required upon booking your appointment. If you need to amend or cancel your appointment, please inform us at least 24 hours before.

Otherwise, your deposit is non-refundable. Thank you.

BEAUTY | MASSAGE | SKINCARE