



The Essentials
Beauty Salon

The January Reset

Relax & Renew

Rejuvenating Body Scrub
Relaxing Full Body Massage
Tranquil Scalp Massage
Soothing Heated Eye Mask

£99 85 mins

The Glow Reset

Deep Facial Cleansing
Resurfacing Peel
Lifting Face Massage
Repairing Mask
Scalp Massage
Hydrating Treatment Cream

£69 40 mins

Call the salon or book online

0121 749 7000

the-essentials.co.uk

Packages available throughout January 2026, subject to availability. Booking deposit required.