

# Pre-Wedding tips

Start your skincare at least a month in advance as this is approximately how long it takes for a new layer of skin cells to reach the surface epidermal layer. Cleanse, tone and moisturise morning and night, exfoliate 2-3 times per week and apply a treatment mask to suit your skin once per week.

Drink plenty of water and make sure your getting your 8 hours sleep, also regular exercise is great to remove stress and keep in shape.

Why not treat yourself and your bridal party to a day at Wickwoods. With our new treatment rooms open come and enjoy the relaxing atmosphere we have to offer. Our facilities include jacuzzi, sauna, steam room, heated indoor swimming pool, gymnasium and outdoor tennis courts.

Please contact the beauty team at wickwoods so we can tailor the day to suit you.

*Wickwoods*  
COUNTRY CLUB, HOTEL & SPA

# Wedding Packages

*from beauty at Wickwoods*



For appointments ring reception on 01273 857567  
or email: [beauty@wickwoods.co.uk](mailto:beauty@wickwoods.co.uk)



Wickwoods Wedding Packages V1 01/11

*Where wedding  
dreams come true...*

Tel: 01273 857567

[beauty@wickwoods.co.uk](mailto:beauty@wickwoods.co.uk)

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

# Bride



Li'tya mikiri facial to be had two weeks prior containing two treatment masks to give your skin all the nourishment it needs giving you a healthy glow.

Manicure and pedicure the day before the wedding to insure nails are immaculate, removing unwanted cuticles, shaping of the nail, removal of dead skin, finished with a relaxing hand a foot massage and the colour of your choice.

Eyebrow shape prior to the day to frame the eyes.

Miji Susu Dew massage the day before using Australian aboriginal techniques to help you unwind and relax ready to enjoy your big day.

£130 Treatment time 3 hr

*Added treatments you may require:*

## Sienna x spray tan

A trial is advised one month prior to get the correct colour, and then application of the tan 2 days before your day to make sure the tan is at a perfect glow. Sienna x is full of natural ingredients.

## Waxing

Should be done two days before to ensure skin has completely calmed.

## Eyelash tint

No need to worry about mascara on your honeymoon an eyelash tint colours your eyelashes making them appear thicker and longer. A patch test required 24 hours before treatment. Treatment can be carried out the day before the wedding.

## Full set of acrylic nails

Wanting longer length nails for your big day? Using nail harmony technology to create an enhanced natural looking nail.

## Gelish

Perfect nails for the duration of your honeymoon, Gelish is a gel nail polish that lasts for 3 weeks keeping nails looking perfect at the same time treating you nails making them grow strong and healthy.

## Crystal Clear

Flawless looking skin for those perfect photos. Crystal clear is recommended 14 weeks before having one a week for ten weeks. Great for fine lines, open pores, blemished skin and acne scarring. Also stimulates blood flow promoting new collagen and elastin creating an instant lift. A celebrities favourite.

## Make up

A make up trial is needed 2 weeks prior to the day. We require you to bring you own make up this is to make sure the products and colours suit your skin and colouring, also great so you can top up for the evening celebrations. On the day full cleanse and application as decided on trial day.

When creating your own treatment package of 5 or more treatments you receive a discount of 10%.

# Groom

Miji Susu Dew Massage working on the back, neck and shoulders removing muscular aches and pains.

Men's facial a week prior to give skin a deep cleanse for tired stressed skin.

Men's manicure to be had a day prior to make sure nails are nice and tidy.

£80 Treatment time 1 hr 50 mins

# Mother of the Bride

Club spa facial customised for your skins needs. Hot stones will be used to add that extra relaxation factor. Followed with an eyebrow shape.

Full Manicure to tidy the cuticles and nail, relaxing hand massage, finished with the colour of your choice.

Mini Pedicure- New shoes, new feet! Removal of skin, tidy of cuticles and nails finished with colour.

£70 Treatment time 2 hr 30 mins

# Bridesmaids

Mini Manicure and pedicure the day prior making sure nails are shaped and polished.

Eyebrow shape 1-2 days prior.

£35 Treatment time  
1 hr 15 mins

