



Preen's

Beauty and Aesthetics Centre

.... for your feet

Leg And Foot Treatments

Complimentary mechanical back massage in our leather massage chair whilst you sit back and relax.

Pedicures

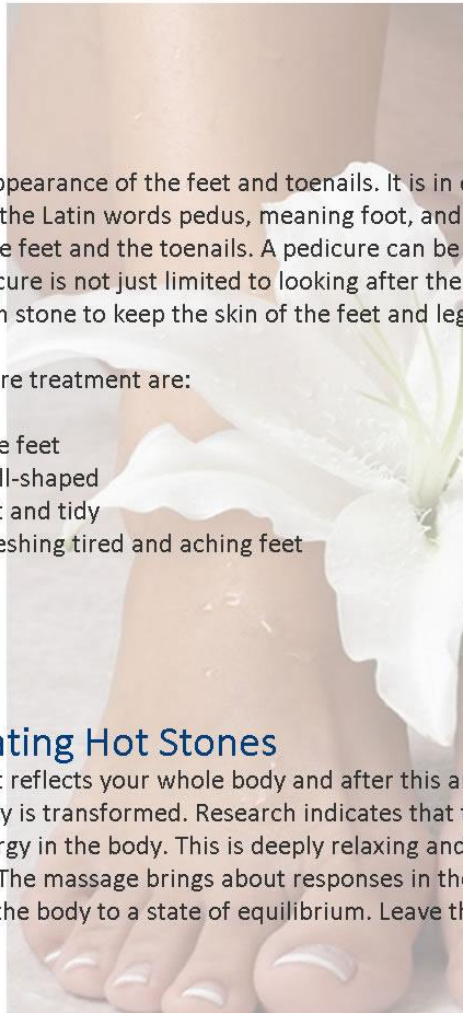
A pedicure is a way to improve the appearance of the feet and toenails. It is in essence a manicure for the feet. The word pedicure comes from the Latin words pedus, meaning foot, and cura, meaning care. Pedicure simply means the care of the feet and the toenails. A pedicure can be a helpful way to prevent nail diseases and nail disorders. Pedicure is not just limited to looking after the toenails; usually dead skin of the feet is rubbed off using a rough stone to keep the skin of the feet and legs soft.

Other reasons to have regular pedicure treatment are:

- * To improve the appearance of the feet
- * To keep the nails smooth and well-shaped
- * To keep the cuticles healthy, neat and tidy
- * For pampering, relaxing and refreshing tired and aching feet

Reflexology – Incorporating Hot Stones

This treatment is sheer bliss. The foot reflects your whole body and after this amazing deep foot massage you will leave feeling your whole body is transformed. Research indicates that the zones of the feet affect the levels of stress, wellness and energy in the body. This is deeply relaxing and pleasurable treatment to soothe away the stresses of the day. The massage brings about responses in the body, reducing tension and promoting relaxation, returning the body to a state of equilibrium. Leave the session literally walking on air!



Minx Nails

Do you want to be a Little Minx?

Minx nails have become the latest must have fashion accessory that has taken the States by storm, with celebs such as Victoria Beckham, Christina Aguilera, Rihanna and Beyonce appearing in glossy fashion magazines showing off their new Minx nails

Minx is the very latest trend as an alternative to nail varnish that doesn't chip or smudge. There is a huge choice of designs, from solid colours and metallics to wild animal prints and funky patterns - something totally unique extending your personal style right down to your fingertips.

Minx nail fashion can be applied to both natural and enhanced nails, lasts up to 10 days on fingers, and as long as 8 weeks on toes.

Minx is for the diva who loves to stand out from the crowd!

