

Freedas

The Complete Feminine Beauty Zone

1. THREADING

Threading is a unique art of hair removal, which originated in the Middle East/Asian countries centuries ago. Besides being a very quick and a precise technique it is very hygienic... It involves shaping and removal of unwanted hair with a cotton string.

1. EYE BROW SHAPING	HK\$ 30.00
2. UPPER LIP	HK\$ 20.00
3. EYE BROW WITH UPPER LIPS	HK\$ 50.00
4. LOWER LIP THREADING	HK\$ 10.00
5. CHIN	HK\$ 10.00
6. SIDES	HK\$ 50.00
7. FORE HEAD	HK\$ 20.00
8. CHIN WITH NECK	HK\$ 50.00
9. FULL FACE THREADING WITH EYEBROWS (WITHOUT NECK)	HK\$130.00
10. FULL FACE THREADING WITH EYEBROWS (WITH NECK)	HK\$160.00



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2. WAXING

Waxing is a form of semi-permanent hair removal which removes the hair from the root. New hair will not grow back in the previously waxed area for four to six weeks. Almost any area of the body can be waxed, including eyebrows, face, pubic area (called bikini waxing), legs, arms, back, abdomen and feet. There are many types of waxing suitable for removing unwanted hair.

Strip waxing (soft wax) is accomplished by spreading a wax thinly over the skin. A cloth or paper strip is applied and pressed firmly, adhering the strip to the wax and the wax to the skin. The strip is then quickly ripped against the direction of hair growth, as parallel as possible to the skin to avoid trauma to the skin.

Strip-less wax (as opposed to strip wax), also referred to as hard wax, is applied somewhat thickly and with no cloth or paper strips. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of the cloth. This waxing method is very beneficial to people who have sensitive skin. Strip-less wax does not adhere to the skin as much as strip wax does, thus making it a good option for sensitive skin as finer hairs are more easily removed because the hard wax encapsulates the hair as it hardens. The strip-less waxing method can also be less painful.

Caron-Renowned Australian Brand in Wax Industry
Pure Olive Oil wax

Natural Formula to Nourish & Calm the Skin

This natural formula with soothing olive oil instantly nourishes and softens the skin for a restoring wax treatment. A high performance and value for money, Olive Oil wax can be used on all skin and hair types but gives exceptional results when removing stubborn and coarse hair. Olive Oil Strip waxes unique formula glides on quickly and easily, won't leave any sticky residue on the skin.

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TEA TREE OIL WAX/HONEY/CHOCOLATE/PINK SENSITIVE /PURE OLIVE OIL WAX

	TEA TREE/ HONEY WAX	CHOCOLATE/ PINK SENSITIVE	AUSTRALIAN OLIVE OIL WAX
1. FULL ARMS, LEGS & UNDER ARMS	HK\$200.00	HK\$240.00	HK\$280.00
2. FULL ARMS	HK\$ 70.00	HK\$ 85.00	HK\$100.00
3. HALF ARMS	HK\$ 50.00	HK\$ 65.00	HK\$ 80.00
4. FULL LEGS	HK\$100.00	HK\$120.00	HK\$140.00
5. HALF LEGS	HK\$ 60.00	HK\$ 75.00	HK\$ 90.00
6. UNDER ARMS	HK\$ 50.00	HK\$ 65.00	HK\$ 75.00
7. FACE WAXING W/O EYEBROWS	N/A	HK\$160.00	HK\$190.00
8. FACE WAXING WITH EYEBROWS	N/A	HK\$220.00	HK\$260.00
9. NOSE WAX	N/A	HK\$ 30.00	HK\$ 50.00
10. FULL BODY WAXING	HK\$380.00	HK\$450.00	HK\$530.00
11. STOMACH WAXING	HK\$ 60.00	HK\$ 75.00	HK\$ 90.00
12. FULL BACK WAXING	HK\$ 80.00	HK\$100.00	HK\$120.00
13. FULL FRONT WAXING	HK\$ 80.00	HK\$100.00	HK\$120.00
14. HALF BACK	HK\$ 60.00	HK\$ 75.00	HK\$ 90.00
15. STOMACH & FULL BACK WAXING	HK\$140.00	HK\$160.00	HK\$190.00
16. FRONT & BACK WAXING	HK\$160.00	HK\$180.00	HK\$210.00
17. UPPER LIP WAXING	N/A	HK\$ 30.00	HK\$ 40.00
18. CHIN WAXING	N/A	HK\$ 40.00	HK\$ 50.00
19. FORE HEAD WAXING	N/A	HK\$ 40.00	HK\$ 50.00
20. BIKINI LINE WAXING	N/A	HK\$120.00	HK\$140.00
21. SIDES WAX	N/A	HK\$ 65.00	HK\$ 75.00
22. CHIN WITH NECK WAXING	N/A	HK\$ 65.00	HK\$ 75.00
23. EYE BROWS SHAPING BY WAX	N/A	HK\$ 65.00	HK\$ 75.00
24. HAND FEET WAX	HK\$ 40.00	HK\$ 50.00	HK\$ 60.00
<u>PEEL OFF WAX</u>			
1. FACE WAX PEEL OFF	HK\$250.00	N/A	N/A
2. NOSE WAX PEEL OFF	HK\$ 50.00	N/A	N/A
3. BIKINI LINE WAXING-PEEL OFF	HK\$140.00	N/A	N/A
4. BRAZILIAN WAXING-PEEL OFF	HK\$270.00	N/A	N/A
5. PEEL OFF SIDES WAX	HK\$ 70.00	N/A	N/A
6. EYEBROW SHAPING PEEL OFF	HK\$ 80.00	N/A	N/A
7. PEEL OFF WAX UNDER ARMS	HK\$ 70.00	N/A	N/A



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3. FACIAL

Our facials are customized, luxurious treatments that re-hydrate and rejuvenate restoring the glowing skin that you deserve.

Facials involve massaging of your face and neck, steaming of the face, exfoliation, extraction of black heads and white heads and application of a face pack to rejuvenate the skin, which makes the skin look healthier and youthful.

Some advantages of facial are:

Helps prevent formation of wrinkles and aging lines

Cleans the skin and increases blood circulation

Relaxes the nerves and strengthens weak muscle tissues

Softens and improves skin texture and complexion adding to your confidence



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1. FRUIT CLEANSING (REFRESHING)	HK\$250.00
2. HERBAL FACIAL (NORMAL SKIN)	HK\$280.00
3. FRUIT FACIAL (FOR OILY SKIN)	HK\$300.00
4. OXYGEN FACIAL (PH BALANCING & REJUVENATE SKIN)	HK\$380.00
5. WHITENING FACIAL (FOR GLOWING SKIN)	HK\$380.00
6. SKIN POLISHING FACIAL (PORE PURGING AND SKIN GLOW)	HK\$380.00
7. CASMARA 24K GOLD FACIAL (REJUVENATING AND ANTI AGING)	HK\$480.00
8. CASMARA FACIAL (HYDRATING & REJUVENATING)	HK\$400.00
9. STEM CELL APPLE FACIAL (LIFT & TIGHTNING)	HK\$380.00
10. CAVIER SMOOTHING FACIAL The caviar facial contains vitamins and minerals to help reduce fine lines and wrinkle.caviar facial treatment is designed for restoring, repairing and glowing the skin.	HK\$380.00
11. COLLAGEN FACIAL A combination of collagen and hyaluronic acid give the skin shine, hydration, nutrition and reduced wrinkles, through a refreshing, mild and gentle treatment.	HK\$380.00
12. SUNDARI AGE-DEFYING FIRING FACIAL ***** Enjoy the epitome of luxury with Sundri Gota Cola Properties. Using a concentrated Formula of powerful botanicals and purified Algae, your skin will be transformed from The inside out to smooth,sparkling,whitening, Youthful perfection.	HK\$580.00

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1. BLEACHES

Bleaching skin can prove effective remedy for many of you who might be fed up of your skin complexion and are craving to flaunt glowing skin. Using a bleaching face cream can not only help those who want to get rid of age spots and skin pigmentation, but also boost self-confidence. Bleaching has chemicals that merge into the skin and lighten facial hair. Technically it is not removal of superfluous hair but it makes it considerably less noticeable

1. FACE BLEACH FRUITS/WELLA/OXY	HK\$ 80.00
2. FACE FRUIT BLEACH WITH FRUIT PACK	HK\$120.00
3. UPPER LIP BLEACH	HK\$ 30.00
4. ARMS BLEACH	HK\$140.00
5. LEGS BLEACH	HK\$180.00
6. FRONT BLEACH	HK\$120.00
7. BACK BLEACH	HK\$120.00
8. HALF BACK BLEACH	HK\$ 80.00
9. UNDER ARMS BLEACH	HK\$ 70.00
10. FULL BODY SCRUBB	HK\$380.00
11. FULL BODY BLEACH	HK\$580.00
12. HALF BACK SCRUBB WITH PACK	HK\$100.00
13. HALF BACK SCRUBB WITHOUT PACK	HK\$70.00
14. FULL BACK SCRUBB WITH PACK	HK\$160.00
15. FULL BACK SCRUBB WITHOUT PACK	HK\$120.00
16. FEET BLEACH	HK\$ 80.00



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1. HANDS & FEET TREATMENT

MANICURE & PEDICURE:

A manicure is a cosmetic beauty treatment for the fingernails and hands performed in a nail salon. A manicure consists of filing, shaping of the free edge, pushing (with cuticle pusher) and clipping (with cuticle nippers) any nonliving tissue (limited to cuticle and hand nails) from the nail plate, treatments, massage of the hand and the application of polish.

When applied to the toenails and feet, this treatment is referred to as a pedicure.

SOAK-OFF GEL NAIL:

Soak-off gel nails are often otherwise known as "soft" gel nails. Traditional nail polish is paint, wait forever, and go. It chips easily and can be a pain to remove. Soak-off gel nail polish is painted on as well, but after each layer, it is "cured" with a UV light. This means that the nails are placed under the light to dry before adding another layer. Soak-off gel polishes can be soaked in acetone for removal. They are more flexible and lightweight, which sounds better to most because they seem more natural

PARAFFIN WAX TREATMENT:

The hands or feet are typically dipped into a tub of warm paraffin wax -- often two or three times -- to create a thick coating that will retain heat for several minutes. As the wax hardens, the paraffin's natural emollient softens skin and the heat opens pores. When the cooled wax is pulled away from the skin, it also removes dead skin cells, leaving skin smoother.

Paraffin wax treatments are also beneficial to dry, cracked hands and feet. Paraffin is an excellent moisturizer because it forms a light waterproof coating over your skin that helps it retain the oils produced by your body. This "waterproofing" makes paraffin treatments great for soothing and healing dry, cracked skin - particularly winter-worn hands and feet - because it offers protection from external elements.

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1. BASIC MANICURE	HK\$100.00
2. DELUXE MANICURE	HK\$150.00
3. BASIC PEDICURE	HK\$140.00
4. DELUXE PEDICURE	HK\$190.00
5. FRENCH MANICURE	HK\$130.00
6. FRENCH PEDICURE	HK\$160.00
7. NAIL PAINT ONLY	HK\$ 50.00
8. SHELLAC SOFT GEL MANICURE	HK\$180.00
9. SHELLAC SOFT GEL PEDICURE	HK\$220.00
10. SHELLAC SOFT GEL FRENCH MANICURE	HK\$220.00
11. SHELLAC SOFT GEL FRENCH PEDICURE	HK\$250.00
12. SHELLAC REMOVING	HK\$ 60.00
13. SHELLAC GEL PAINT ONLY	HK\$100.00
14. EXPRESS MANICURE (CLIP, SHAPE AND POLISH)	HK\$ 70.00
15. EXPRESS PEDICURE (CLIP, SHAPE AND POLISH)	HK\$ 90.00



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1. OIL TREATMENT

Oil Massage with Steam

Reduces stress and tension in the head and neck region, using a combination of Therapeutic massage oils and steam.

Hair Spa

Hair spa treatment is a perfect choice for rejuvenating your hair. Hair spa is one of the best ways of maintaining and enhancing the beauty of your hair. A hair spa will help your hair to become more healthy and beautiful. This treatment will moisturize the hair and helps to prevent dandruff.

Our hair spa treatment is a combination of a deep nourishing hair mask, conditioner & oil massage.

Indian Herbal Oil Treatment

Herbal oil made of natural herbs effectively reduces hair loss by improving blood circulation to the scalp.

Dandruff & Falling Hair treatment

Our herbal anti Falling Hair & anti dandruff Oil massage supplies the necessary nourishment to the roots of hair and cures the root cause of hair fall. It's a combination of treatment with a high frequency machine on the dry hair and a hair pack & message.

1. OIL MASSAGE WITH STEAM	HK\$150.00
2. HAIR SPA	HK\$240.00 up
3. INDIAN HERBAL OIL TREATMENT	HK\$200.00
4. DANDRUFF & FALLING TREATMENT	HK\$250.00



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1. MESSAGES

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress.

This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

1. DEEP TISSUE MASSAGE Deep tissue massage is designed to relieve pain and muscle tension throughout the body. This type of massage is extremely beneficial because it reaches the deepest layer of muscles	HK\$300.00
2. LYMPHATIC BODY MASSAGE The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your Body.	HK\$280.00
3. AROMA THERAPY MASSAGE Aromatherapy massage uses the restorative properties of essential oils to relax and heal your body and mind.	HK\$320.00
4. FOOT MASSAGE (20 MINS)	HK\$ 90.00
5. ARM (OR) SHOULDER MASSAGE (20 MINS)	HK\$ 90.00
6. HEAD MASSAGE (20 MINS)	HK\$ 90.00



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EYES TREATMENT

Eyelash & Eyebrows tinting involves carefully dying the lashes with safe, high quality tints, to give them a natural, luscious, darker appearance. Many different eyelash and eyebrow tint colours (including blues, browns, blacks and greys) are available so we can complement your skin and hair colouring perfectly.

Eyelash tinting: "Strictly professional" from UK (3 shades)
(Brown, Black and Blue Black)

Professional quality eyelash and eyebrow tint creates definition and the appearance of longer, thicker lashes so that a natural look is achieved

Eyebrows Tinting: Sexy Brow Henna (3 natural shades)
(Classic brown, light brown and dark brown)

Natural dye for eyebrows with tattoo effect for 2 months

- Beautiful effect of "powder eyebrows"
- 2 weeks with beautiful tattoo effect on your eyebrow skin and 2 months on their hairs
- 97% natural components
- Unique package in capsules, more clean and hygienic.

1. EYE LASH TINTING	HK\$140.00
2. EYES BROWS TINTING	HK\$120.00
3. EYE LASH PERMING	HK\$ 180.00



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1. HAIR

We use Indian traditional herbs from henna plants, to colour/condition your hair. Herbal henna gives a reddish brown colour to the hair, blending the grey hair into ones natural dark hair, giving it a highlighted effect. We also recommend this treatment as a conditioner and to bring extra shine and lustre to one's natural hair colour.

2. Herbal Hair Colour

These are the total natural colours. It contains natural henna and natural herbs only. These are herbal based hair colours. It contains natural henna and very low percentage of permitted chemicals

3. Hair Colouring

Nothing can lift your looks and your spirit like a new colour for your hair! A sassy new hair colour changes the way you look at yourself. There are many, many ways to add hair colour for hair:

4. Hair Cut

We do various kind of haircuts to suit your personality.

5. Shampoo & Blow Dry

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6. Hair Styling

1. HENNA APPLICATION ON HAIR	HK\$200.00 up
2. HERBAL HAIR COLOUR	HK\$300.00 up
3. HAIR COLOURING WITH YOUR CUSTOMER'S OWN COLOUR	HK\$200.00 up
4. HAIR CUT	HK\$180.00 up
5. SHAMPOO AND BLOW DRY	HK\$100.00 up
6. HAIR STYLING	HK\$350.00 up
7. LOREAL /INOA HAIR COLOUR	HK\$300.00 up
8. HAIR CUT WITH WASH	HK\$200.00 up
9. NALO HAIR COLOUR	HK\$250.00 up



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1. HENNA PAINTING

Henna has been used for hundreds of years and is a natural plant dye. When applied to the skin, the henna produces a temporary stain - it is similar to a tattoo, but not permanent. Henna is completely natural, perfectly safe and painless.

Henna can be painted almost anywhere on the body and is applied directly onto clean, sanitised skin where the paste hardens as it dries. Once the paste hardens, a mixture of lemon juice and sugar will be applied to the design to help darken the stain and keep the paste on for longer.

Henna is traditionally placed on the hands, feet, ankle, shins, and wrists. You need thick skin in order to get a good dark stain. That is why you see it on hands and feet as this is where your thickest skin is. The farther up your body you go the thinner your skin gets. Less skin, less stain.

1. ARABIC ONE PAINTING	HK\$ 80.00
2. INDIAN TRADITIONAL FULL PALM	HK\$150.00
3. TATOOS EACH	HK\$ 40.00
4. BRIDAL ARMS ONLY	HK\$2000.00
5. BRIDAL FEET ONLY	HK\$1500.00



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1. MAKE UP

Contouring your face helps define your features, creating the appearance of higher cheekbones and a slimmer nose and chin. It's a technique that we use, with the right products and equipment.

The goal of makeup is to compliment your natural beauty, not give you a different face!

Makeup isn't about rule—it's about experimenting and having fun with look that complement your features.

1. EVENING MAKE UP	HK\$350.00
2. PARTY MAKE UP WITH LASHES	HK\$600.00
3. BRIDAL MAKE UP	HK\$2000.00



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12A. HALF DAY PAMPERING

A. FACIAL+HEAD MASSAGE+MANICURE+
PEDICURE+EYEBROWS SHAPING

HK\$690.00

B. PACKAGE
(FACIAL, BODY MASSAGE AND BODY SCRUBB)
(TWO HOURS)

HK\$600.00

