

## THERAPEUTIC MASSAGE & BODY TREATMENTS

(Massage treatments are for men & women aged over 16)  
Aromatherapy style massage movements rebalance the whole body helping you to relax & unwind. Using warm massage oils to melt away all feelings of tension, whilst concentrating on your bodies pressure points.

<b>Stress Reliever Back Massage</b>	25mins	£25
De-stress with a back, neck & shoulder massage.		
<b>Aroma Full Body Massage</b>	55mins	£36
A full body massage using pre blended plant oils to calm & restore.		
<b>Aromatic Full Body Massage</b>	1hr 10 mins	£45
This treatment includes a full body, scalp & face massage to soothe away all stresses.		
<b>Tranquillity Scalp Massage</b>	25mins	£20
Specifically for the scalp, nape of the neck and shoulders. This massage is guaranteed to boost inner well-being. (Suitable for mother to be).		
<b>Mother To Be</b>	40 mins	£35
Lie back & totally relax. This treatment includes shoulder, scalp & face massage, hand & arm massage & finishes with a foot massage.		
<b>Back &amp; Scalp Massage</b>	40 mins	£35
Combining both the stress reliever back & tranquillity scalp massage into one treatment, relieving all signs of tension & stress.		

## HOT STONES MASSAGE THERAPY

This speciality massage combines traditional methods with the healing properties of heated stones to relieve muscle tension & pain, ensuring total relaxation. Please note we do not recommend a hot stones massage during hot weather.

<b>Hot Stones Back Massage</b>	25 mins	£27
<b>Hot Stones Full Body Massage</b>	1hr 10mins	£47

## BODY TREATMENTS

<b>Back Pack Treatment</b>	40 mins	£30
This is a facial for the back helping to clear congestion, detoxing the tissues & brightening the skin, finishing with a back massage.		
<b>Action Man</b>	55 mins	£34
Designed for him as a perfect treat, this treatment focuses on exfoliation & massage on both legs & back.		
<b>Mineral Salt Scrub Therapy</b>	40 mins	£32
This therapy exfoliates the skin to a soft glow whilst providing the critical hydration & nourishment your skin needs.		
<b>Body Foliation Therapy</b>	40 mins	£32
A gentle oatmeal & rice bran powder that creates an exfoliant that whisks away dead skin cells & brightens the skin.		
<b>Full Body Combination</b>	1hr 25mins	£60
Combine a mineral salt scrub with an aroma full body massage for the ultimate in skin therapy.		

## EYE TREATMENTS

Enhance your eyes to make them appear bigger & brighter. (24hr patch testing for tinting).

Eye Lash Tinting	£9
Eyebrow Tinting	£6
Eye Lash & Eyebrow Tint	£12
Eyebrow Tint & Wax	£11
Eyebrow Tidy or Wax	£7

## WAXING

Hair removal using a cream based wax for sensitive skin.

Ankle to Knee	£15
¾ Leg	£18
Full Leg	£20
Full Leg & Bikini Line	£25
Bikini Line	£10
Under Arms	£8
Upper Lip	£6
Chin	£6
Upper Lip & Chin	£10
Men's Back/Chest	£20



## DERMALOGICA FACIAL TREATMENTS

### Signature Facial

55mins | £42

Choose from the following personalised facial treatments that target an individual's specific skin requirements. This deluxe treatment includes both a pressure point facial massage and a shoulder massage to help you totally relax.

**Age Smart Facial** - This powerful treatment is aimed at prematurely ageing, dry or sun damaged skin by using powerful hydroxy acid exfoliation & deep penetrating vitamins to re-stimulate the skin.

**UltraCalming Facial** - Treating the multiple triggers behind inflammation for lasting relief from sensitivity flare ups such as eczema and rosacea.

**Medibac Clearing Facial** - This facial works to treat, clear & help prevent adult acne, soothing inflamed skin whilst helping to control breakouts.

**Powerbright Facial** - Suitable for ageing, acne or sensitive skin. This is a highly potent skin treatment that accelerates skin brightening, improves texture & balances skin tone. The facial uses a unique combination of advanced exfoliation & penetration of peptide ingredients resulting in clearer, brighter & luminous skin.

### Personalise Your Facial Treatment

Depending on how long you want to relax, simply add one or more of our customised touch therapies to your facial treatment.

Choose from:

Scalp Massage • Foot Massage • Hand & Arm Massage

Facial plus 1 treatment	1hr 10 mins	£48
Facial plus 2 treatments	1hr 25mins	£53
Facial plus 3 treatments	1hr 40mins	£58

**Mini Facial** 25mins | £25

The ideal taster for those who have never tried a facial or are short on time.

**Mini Facial & Back Massage** 50mins | £42

**Mini Facial & Scalp Massage** 50mins | £42  
(Suitable for mother to be).

**Tailor Made Facial** 25mins | £25

Designed just for him, tailored to suit his individual needs depending on the season.

**Tailor Made Facial & Back Massage** 50mins | £42

**Tailor Made Facial & Scalp Massage** 50mins | £42

**Fresh Faced Teen** 25mins | £25

Using Dermalogica Clear Start products designed for teenagers to help clear breakout prone skin fast, deep clean pores & speed up the healing of inflamed breakouts. We also provide helpful advice on a daily skin care routine.

**Clearing Back Treatment** 25mins | £25

This is a facial for the back that helps to clear and treat breakouts on the back. Ideal for teenagers.

## JESSICA NAIL TREATMENTS

Combining natural nail care with the latest nail colour system Phenom which is quick drying with a high shine.

**Jessica Manicure** 50 mins | £23

Cuticles are cared for with oils & creams, nails are shaped & perfectly polished.

**Jessica le Remedi Deluxe Manicure** 1hr 10 mins | £28

A luxury & effective treatment using thermal mittens for deeper penetration of oils & creams. Includes nail painting.

**Le Remedi Hand Treatment** 30 mins | £14

A luxury hand treatment incorporating hand exfoliation, masque and liposomes to condition & firm leaving hands feeling softer & smoother.

**Zen Spa Pedicure** 55 mins | £24

A luxury treatment for the feet. Awaken your senses & discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe & calm, finishing with perfectly polished toes.

**Deluxe Zen Spa Pedicure** 1hr 10 mins | £30

The ultimate luxury for the feet using heated booties for a little extra pampering. Includes nail painting.

**Little Hands Manicure** 30 mins | £12

Specifically for young skin (11 & under). It includes a nail tidy, hand massage & polish

**Shape & Polish** 30 mins | £14

Hand or toe nails are filed to shape & polished.

**Perfect Nails** 1hr | £25

A shape & polish on both hands & toes for the perfect nails. (Ideal for under 16).

**Footcare for Men** 30 mins | £16

Nails shaped, cuticles conditioned and a foot massage to finish.

## GEL NAILS

The latest in a soak off gel polish to give you a glossy yet natural finish that is non-chip, smudge free & lasts longer than normal polish. (Please note we do not do nail extensions).

**Gel Manicure** 50mins | £25

**Gel Pedicure** 1hr | £25

**Gel Soak Off** 30mins | £8

**Soak Off & Re-do Gel Nails** 1hr 15mins | £30

**Deluxe Treatment** 15mins | £5

Add a deluxe treatment to your gel manicure or pedicure for an extra treat, using the thermal mitts or booties.

## MINX NAILS

This heat activated nail foil comes in many designs and is perfect to add a little bling to your toes. 1hr | £25