



THE  
*Beauty Rooms*

AT EVOLUTION

To make an appointment  
please telephone

**01629 736222**

or book online at  
[www.evolutionhf.co.uk](http://www.evolutionhf.co.uk)

Evolution Health & Fitness  
Landal Darwin Forest, Darley Moor, Two Dales,  
Matlock, DE4 5PL

Email: [evolution@pinelodgeholidays.co.uk](mailto:evolution@pinelodgeholidays.co.uk)

## DERMALOGICA FACIAL TREATMENTS

**Signature Facial** 55mins | £45

Providing a personalised Facial treatment targeting specific concerns such as ageing, sensitivity, acne or pigmentation customised for your individual needs. This deluxe treatment includes a pressure point facial massage and shoulder massage to help you totally relax.

### 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 10mins | £55

Facial plus 2 treatments 1hr 25mins | £60

Facial plus 3 treatments 1hr 40mins | £65

**Mini Facial** 25mins | £30

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

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

**Mini Facial & Scalp Massage** 50mins | £50

**Tailor Made Facial For Him** 25mins | £30

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

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

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

**Fresh Faced Teen** 25mins | £25

Using Dermalogica's Clear Start products to help clear breakout prone skin.

**Clearing Back Treatment** 25mins | £30

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

## MOTHER TO-BE TREATMENTS

All treatments below are specially designed for pregnant ladies.

**Tailor Made Facial** 25mins | £30

Tailored to suit your individual needs, we can personalise your facial treatment just for you.

**Mum to-be Massage** 40mins | £36

Lie back and totally relax! This treatment includes massaging the shoulders, scalp, face, hands, arms & finishes with a foot massage.

**Tranquility Scalp Massage** 25mins | £26

Includes a shoulders, face & scalp massage.

**Tailor Made Facial & Scalp Massage** 50mins | £48

Lie back, relax and let your mind unwind.

**Tailor Made Facial & Mum to be Massage** 1hr | £55

Blending the two treatments together for a more relaxing experience.

## JESSICA NAIL TREATMENTS

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

**Jessica Manicure** 50mins | £25  
Cuticles are cared for with oils & creams, nails are shaped & perfectly polished.

**Jessica le Remedi Deluxe Manicure** 1hr | £30  
A luxury & effective treatment using thermal mittens for deeper penetration of oils & creams. Includes nail painting.

**Shape & Polish** 30mins | £15  
Nails are filed to shape & polished.

**Perfect Nails** 1hr | £28  
A shape & polish on both hands & toes for the perfect nails.

**Mini Manicure** 30mins | £25  
Relax with a hand and arm massage and a shape and polish.

**Le Remedi Hand Treatment** 30mins | £15  
A luxury hand treatment incorporating hand exfoliation, masque and liposomes to condition & firm leaving hands feeling softer & smoother.

**Little Hands Manicure** 30 mins | £12  
Specifically for young skin (11 & under). It includes a nail tidy, hand massage & polish.

**Mini Pedicure** 30mins | £25  
Relax with a foot massage and a shape and polish.

**Zen Spa Pedicure** 50mins | £25  
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 5mins | £30  
The ultimate luxury for the feet using heated booties for a little extra pampering, includes nail painting.

**Footcare for Men** 30 mins | £18  
Nails shaped, cuticles conditioned and a foot massage to finish.

## GEL NAILS

The latest in a soak off gel polish Jessica Geleration to give you a glossy yet natural finish that is non-chip, smudge free & lasts longer than normal polish. (N.B we don't do nail extensions).

**Gel Application on Hands or Toes** 45mins | £25

**Gel Soak Off** 30mins | £8

**Soak Off & Reapply Gel Nails** 1hr 15mins | £30

**Add a Manicure or Pedicure Treatment** 1hr | £30

**Deluxe Treatment** 1hr 15mins | £35

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

## 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. Warm massage oils will melt away all feelings of tension whilst concentrating on your bodies pressure points.

<b>Stress Reliever Back Massage</b> Destress with a back, neck & shoulder massage.	25mins	£30
<b>Hot Stone Back Massage</b> Hot stones help to relieve muscle tension and pain, ensuring total relaxation.	25mins	£30
<b>Aroma Full Body Massage</b> A full body massage using pre blended plant oils to calm & restore.	55 mins	£40
<b>Aromatic Full Body Massage</b> This treatment includes a full body, scalp & face massage to soothe away all stresses.	1hr 10mins	£55
<b>Deluxe Full Body Massage</b> Incorporating the hot stone back massage into the aromatic full body with face & scalp massage for an extra special treat.	1hr 15mins	£60
<b>Tranquility Scalp Massage</b> Specifically for the scalp, nape of the neck and shoulders. This massage is guaranteed to boost inner well-being.	25mins	£26
<b>Back &amp; Scalp Massage</b> Combining the stress reliever back & tranquillity scalp massage into one treatment, relieving all signs of tension & stress.	40mins	£38
<b>Back, Legs &amp; Shoulder Massage</b> Relieve stress and tension from the back, legs and shoulders.	40mins	£38

## BODY TREATMENTS

<b>Back Treatment</b> This treatment starts with a salt scrub of the back then finishes with a relaxing back massage.	40mins	£35
<b>Action Man</b> Designed for him as a perfect treat, this treatment focuses on an exfoliation & massage on both legs & back.	55mins	£40
<b>Mineral Salt Scrub Therapy</b> This therapy exfoliates the skin to a soft glow whilst providing the critical hydration & nourishment your skin needs.	40mins	£35
<b>Full body Combination</b> Combine a mineral salt scrub with an aroma full body massage for the ultimate in skin therapy.	1hr 25mins	£65

## EYE TREATMENTS

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

Eye Lash Tinting	£10
Eyebrow Tinting	£8
Eye Lash, Eyebrow Tint & Eyebrow Shape	£20
Eyebrow Tint & Wax	£15
Eyebrow Tidy or Wax	£8

## WAXING

Hair removal using a cream-based wax for sensitive skin. (over 16's)

Ankle to Knee	£15
¾ Leg	£18
Full Leg	£22
Full Leg & Bikini Line	£28
Bikini Line	£10
Under Arms	£10
Upper Lip	£8
Chin	£8
Upper Lip & Chin	£14
Sides of Face	£10
Forearms	£10
Men's Back/Chest	£20