



## Opening Hours

MONDAY	by appointments only.
TUESDAY	by appointments only.
WEDNESDAY	10.00 a.m. - 6.00 p.m.
THURSDAY	10.00 a.m. - 6.00 p.m.
FRIDAY	10.00 a.m. - 6.00 p.m.
SATURDAY	10.00 a.m. - 6.00 p.m.
SUNDAY	10.00 a.m. - 6.00 p.m.

Treatments available out of hours by appointment only  
To make an appointment please call **01723 373 843**

## Treatment Menu

### MANICURES

Royal Polish	<b>£6.00</b>
French Polish	<b>£10.00</b>
Royal Shape & Polish	<b>£12.00</b>
Creative Spa Manicure	<b>£25.00</b>

Using the creative spa range, hands and lower arms are exfoliated and placed into heated mitts. Cuticle work and nail shaping are followed by a hand and arm massage using a moisturiser, finished with an application of polish.

### CREATIVE NAIL EXTENSIONS



French Style Acrylic	<b>£25.00</b>
Playful Pink Natural Acrylic	<b>£25.00</b>
Extra Nails	<b>£3.00</b>
In Fills	<b>£15.00</b>
Extension Removals	<b>£10.00</b>
Nail Crystals & Gems	from <b>£1.00</b>

### PEDICURES (all pedicures include complimentary flip-flops)

Royal Polish	<b>£6.00</b>
French Polish	<b>£10.00</b>
Royal Shape & Polish	<b>£12.00</b>
Creative Spa Pedicure	<b>£25.00</b>

Using the creative spa range, feet are soaked and exfoliated then placed into heated booties followed by hard skin removal, cuticle work and nail shaping. Followed by a relaxing feet and lower leg massage and finished with polish.

### DERMALOGICA FACIALS

Mini Facial	<b>£28.00</b>
An introduction to Dermalogica products and treatments, includes consultation, face mapping, mini cleanse, tone and moisturise.	
Dermalogica Skin Performance Facial	<b>£45.00</b>
After a thorough consultation and facial analysis using face mapping, products are chosen to suit your skin type and needs.	
Dermalogica for Men	<b>£45.00</b>
Glowing facial cleanse, tone and massage that eliminates blocked pores and reduces skin sensitivity.	

### BODY TREATMENTS

Body Mapping SM is a thorough diagnosis of the skin and an extension of Dermalogica's unique Face Mapping SM analysis. The body is divided into 14 zones, front and back, to collect two kinds of information: body considerations (eg fluid retention) and skin considerations (eg keratosis pilaris), to better tailor the body treatment to the clients individual needs.

Dermalogica Body Treatment	<b>£50.00</b>
Get ready to take on the world again with our revitalising and energising body treatment. We start with exfoliation to remove dulling skin cells, and then move on to specialised aromatherapy and pressure point massage session. Customised mud or gel packs are applied from head to toe to hydrate and detoxify skin, and to wrap it all up, you will receive a deeply relaxing acupressure scalp massage. Mind and body will feel relaxed, regenerated and renewed.	

### Body Foliation Therapy **£30.00**

Give your body the customised exfoliation it needs coupled with the warming sensation it craves! You'll leave this therapy with silky, healthier skin. Recommended for all skin conditions.

### Deep Cleansing Back Purification **£25.00**

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply-cleansing scrub sloughs off dead skin cells, readying skin for the removal of toxins. Your hardest parts to reach will be cleaned, polished, hydrated and refreshed!

### Back Treatment **£25.00**

Back exfoliation and massage.

### Mud Massage Therapy **£20.00**

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils.

### Deep Thermal Therapy with Thermal Stamp **£60.00**

Inspired by the practices of Thai Therapy of the 14th century, this Thermal Body Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralize, de-stress, exfoliate and relax. Natural earth clays draw out impurities while Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

### Mineral Salt Scrub Therapy **£30.00**

Completely customised to either energise or reduce stress. This mineral salt scrub therapy polishes the skin to a soft glow while providing critical hydration and nourishment skin needs. Not recommended for sensitive or sensitised skin.

### MASSAGE (all massages include initial consultation)

#### Foot Spa & Massage **£20.00**

Take the weight off your feet & enjoy a foot pampering.

#### Indian Head Massage **£25.00**

Calming & soothing massage designed to unblock tensions in the shoulders, neck & scalp. Helps to relieve headaches, eye strain and sinus problems.

#### Luxury Back Massage **£28.00**

Alleviate those tense & aching muscles. Perfect for relaxing and unwinding after a long stressful day.

#### Deep Tissue Massage **£35.00**

An invigorating yet relaxing massage for the whole body. Using essential oils and deep pressure to ease stress & muscle fatigue.

#### Full Body Massage **£45.00**

Take a break from the hustle and bustle of everyday life and indulge yourself for an hour of blissful full body massage. Ideal for those needing to unwind and relax.

#### Take Two (Massage for Two) **£90.00**

This is a flowing massage available for two people e.g. couples, friends, husband and wife etc. who can enjoy time together.

#### Duo Back, Shoulder and Neck Massage (Massage for Two) **£60.00**

A flowing back, shoulder and neck massage for two people to unwind in a relaxing atmosphere.

### All treatments include an initial consultation.



**CREATIVE**  
NAIL DESIGN™

**dermalogica**  
A skin care system researched and developed by The International Dermal Institute

GIFT VOUCHERS ARE AVAILABLE FOR ALL OUR TREATMENTS & MASSAGES.