

## DERMALOGICA FACIALS

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Therapeutic Facial treatments are tailored to all skin types to restore your skin optimum health. A relaxing scalp and facial massage is included with each facial.

## EXCLUSIVE FACIAL

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A relaxing back massage is the perfect way to start this facial. The skin is purified to leave a healthy glow, followed by aromatherapy pressure point facial massage to stimulate the facial circulation revitalising the surface tissue.

**1 hr 15 mins £65 course 6 £295**

## PRESCRIPTIVE FACIAL

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This revitalising treatment begins with a deep cleanse to reveal a clean smooth skin. The skin is warmed with hot towels to relieve the skin of congestion. A relaxing massage a soothing mask leaves you feeling relaxed and final finishing touch a light moisturiser to restore the skin natural balance.

**60 minutes £50 course of 6 £250**

## MULTIVITAMIN POWER TREATMENT

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Antioxidant vitamin treatment with a hydroxy acid exfoliation to treat photo-damaged skin. This will noticeably improve the skin texture and help tone the skin.

**60 minutes £50 course 6 £250** (We recommend a course of six.)

## BRIGHTENING FACIAL

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Hyper-pigmentation is a common problem with sun lovers. Dermalogica multivitamin power exfoliant dispels the pigment lightening and brightening the skin. A course of six treatments is recommended.

**45 minutes £45 course 6 £200**

## MEDICATED CLEARING TREATMENT

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An intensive balancing treatment for oily and open pores and acne skins. This medicated treatment will purify the skin specially targeting breakout and blemishes.

**50 minutes £45 minutes course 6 £200** (We recommend a course of six.)

## ENVIRONMENTAL CONTROL FACIAL

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Ideal treatment for sensitive irritated skin, our super-soothing cleansing gently removes impurities. Skin relaxes with the specialised pressure point massage and oatmeal mask to heal and calm the skin.

**30 minutes £30 course 6 £150**

## SKINCEUTICALS SPECIALIZED FACIAL TREATMENTS

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### SKIN-C ANTIOXIDANT

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Using a combination of powerful antioxidants and botanical actives which are scientifically proven to correct and repair the skin daily damage. Free radical scavenger and collagen stimulator.

**Facial 60 minutes £50**

### SKIN -C FACIAL

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For all skin types gentle cleansing and exfoliation massage and mask to suit your skin type.

**30 minutes £30**

### ACNE CONTROL TREATMENT

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Suitable for problematic skin which is congested with excess sebum, Skin-C a gentle exfoliant which dissolves and removes dead cell and bacteria. Added cucumber extracts which have anti-inflammatory properties which cool and soothe and thyme's anti bacterial properties, treat the skin imbalances.

**45 mins £40**

### MICRO-DERMABRASION

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Get a smooth skin, by deep exfoliation which removes dead cells leaving your skin with a healthy complexion

**30 mins £40 per treatment or Course 4 £120**

### SUPERFICIAL MILD PEELS

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These are superficial light peels using fruit acids to gently exfoliate the skin's surface. SkinC peels are especially suited for photo-damaged or dry skin. Also we treat oily and acne skin with gentle plant acid.

**30 minutes £40 Course 4 £120**

Please book for a **Free Skin Analysis** and test patch before any peel.

## MEN'S SKINCARE TREATMENTS

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### MEN'S EXCLUSIVE FACIAL

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Deep cleanse to remove congestion followed by relaxing massage to release tension. Leaves skin hydrated.

**1 hour £50 course 6 £250**

### MENS SPORT'S SPECIAL

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Skin consultation cleanse and pressure point facial and scalp massage.

**30 minutes £30 course 6 £150**

We also have Gift Vouchers for all our treatments and products

# ISPA TREATMENT ROOMS



## ISPA OPENING HOURS

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|           |        |     |
|-----------|--------|-----|
| MONDAY    | 9.30am | 6pm |
| TUESDAY   | 9.30am | 9pm |
| WEDNESDAY | 9.30am | 9pm |
| THURSDAY  | 9.30am | 9pm |
| FRIDAY    | 9.30am | 7pm |
| SATURDAY  | 9.30am | 6pm |
| SUNDAY    | 10am   | 4pm |

Health Club Extension 8265  
Telephone 01344 307217

## DEEP TISSUE BACK MASSAGE

Relieve tension in the back neck and shoulders  
**30 minutes £30**

## AROMATHERAPY BACK MASSAGE

Relieve tension in the back neck and shoulders  
**40 minutes £40**

## AROMATHERAPY FULL BODY MASSAGE

Using a special blend of essential oils,using pressure points and relaxing massage.This treatment is used to rebalance the mind body and soul leaving you stress free.  
**70 minutes £65 course 3 £150**

## SWEDISH FULL BODY MASSAGE

Using Swedish massage techniques that relax muscle tension and increases skin suppleness.  
**55 mins £50 course 3 £120**

## HEAVENLY STONE MASSAGE

Transport yourself to spa heaven as stress is realised and the body balanced with hot Basalt and cool marble stones. Using the stones natural energy to relieve tension and stress.  
**60 minutes £60 course 3 £140**

## BODY SCRUB

This treatment fits well with other body treatments or on its own.The body polish, exfoliates the dead skin, leaving the skin really soft smooth and silky.  
**20 minutes £20**

## REFLEXOLOGY TREATMENTS

A specialised foot treatment using pressure points and massage, to help release tension sufferers with migraines, PMS, Chronic fatigue, stress, depression and anxiety.  
1st treatment includes consultation allow 1 hr  
**45 minutes £35**

## INDIAN HEAD MASSAGE

Using specific massage technique and drainage movements. Aids tension relief of scalp neck and shoulders.  
**25 minutes £28**

## DUAL TREATMENTS Available for all treatments

Two people can have their treats together and a free complimentary foot bath or manicure,

## SPA DAY PACKAGES

Includes a 75 minutes of Facial & Body treatments of your choice and a lunch voucher worth £10  
**Full Day £75**

## SPA PAMPER AND ESCAPE

Includes 30 minutes of treatment of your choice, and a Lunch Voucher worth £10 is an ideal way to relax and feel pampered.  
**£55**

## EVENING INDULGENCE

A perfect way to unwind at the end of the day 75 minutes Includes Facial and Body massage.  
**£65**

## TWILIGHT THERAPY SPA

Includes Back & Neck massage and Mini Facial treatment.  
**50 minutes £45**

## MOTHER & BABY MASSAGE

Pregnancy massage consists of specialised massage techniques which focus on the special needs of the mother to be. Relieves muscle tension and aches and pains. Helps reduce the swelling of hands and feet as well as lowering the blood pressure.  
**60 minutes £55**

## WEDDING MAKEUP PACKAGE

Includes free consultation, to discuss your tailor made packages for your special day.  
**from £80**

## FALSE EYE LASHES

Free Consultation on lash extensions that look totally natural. Last for several weeks.

## MAKEUP LESSON

Full makeup and advise for day and evening, also covers cleanse tone and skin hydration.  
**40 minutes £40**

## PERMANENT COSMETICS

Micro-pigmentation eyes & lips by a qualified Nouveau Contour technician, you will always look your best. Free Consultation

## DERMAL FILLERS AND WRINKLE FREE TREATMENTS

By appointment only,ask the therapist for your Free Consultation.

## EYE TREATMENTS

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| EYE LASH TINTING<br>Black, Blue//Black, Blue or Brown | <b>15 minutes £12</b> |
| EYEBROW TINTING<br>Black or Brown                     | <b>10 minutes £9</b>  |
| EYE LASH AND EYE BROW TINT                            | <b>20 mins £15</b>    |
| EYEBROW SHAPING                                       | <b>15 minutes £12</b> |

## WAXING

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|-----------------------|-----------------------|
| HALF LEG              | <b>20 minutes £16</b> |
| THREE QUARTER LEG     | <b>30 minutes £22</b> |
| FULL LEG              | <b>45 minutes £28</b> |
| FULL LEG AND BIKINI   | <b>1 hour £38</b>     |
| UNDERARM              | <b>15 minutes £11</b> |
| LIP AND CHIN          | <b>10 minutes £9</b>  |
| EYEBROWS              | <b>10 minutes £9</b>  |
| BACK WAX OR CHEST WAX | <b>30 minutes £25</b> |
| BIKINI                | <b>15 minutes £15</b> |
| HIGH BIKINI           | <b>20 minutes £20</b> |
| FULL ARM WAX          | <b>25 minutes £25</b> |
| HALF ARM WAX          | <b>15 minutes £15</b> |
| BRAZILIAN WAX         | <b>25 minutes £25</b> |
| HOLLYWOOD WAX         | <b>30 minutes £30</b> |

Get ready for the summer and have a Brazilian we use natural bees wax that reduce the risk of ingrown hairs and we use aloe Vera gel to reduce any skin irritation.

## MANICURES & PEDICURES

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| CLASSIC MANICURE<br>Full nail analysis, and nail treatment, nail shaping cuticle care and hand massage. Nail polish of your choice                              | <b>30 minutes £25</b>                          |
| FRENCH MANICURE<br>LUXURY PEDICURE<br>Full nail analysis and treatment, nail shaping followed by a nourishing massage and nail paint and dead skin exfoliation. | <b>30 minutes £30</b><br><b>45 minutes £30</b> |