

chanelle

health & beauty spa

334 Southend Road, Shotgate,
Wickford, Essex SS11 8QS

01268 571946

www.chanellebeauty.co.uk

Chanelle Health and Beauty Spa offers the perfect answer for your health and grooming needs. Now in new premises with luxurious treatment rooms, shower facilities for body treatments and a wider range of treatments for both ladies and gents. Of course the same warm welcome and friendly atmosphere awaits you. Our team of therapists are qualified to the highest professional standard and continue to train to ensure you receive the very best and latest in treatments

The fact that most of our business comes from recommendation speaks for itself.

Taking time out for yourself is no longer a luxury in these stressful times, looking after yourself is an investment for the future and our menu of holistic treatments and new health related services will keep you in the peak of health.

Unwind in our dedicated Relaxation Area, read a magazine, enjoy a refreshing drink or just chill out. Day and half day Spa packages are available on request for pure pampering or why not try our Superior Dual room if you want to enjoy your treatments side by side with partner, friend or family member.

No time to spare but need to look good? - no problem, we have a range of express beauty treatments to suit your hectic lifestyle and ensure you are out of the door in time for that meeting or to pick the children up from school.

Welcome to Chanelle and enjoy your time with us...

Spa etiquette & conditions

Mobile phones – please be courteous to our guests who may be relaxing in the treatment rooms by switching mobile phones off or on silent while in the salon.

We request that small children are not brought into the salon due to strict Health & Safety Legislation and insurance requirements and also out of courtesy to our guests who may be relaxing in our rooms and treatment areas

Please arrive in good time for your appointment to allow consultation time with your therapist.

Deposits may be required on group bookings, certain treatments and treatment packages.

Payment is required in advance for all courses of treatments booked.

Method of payment includes debit or credit card (except American express), cash, cheque and gift voucher and loyalty card.

We are unable to accept liability for loss or damage to your personal items whilst you are on the premises.

Clients should be aged 16 and over. If younger clients wish to have treatments a parent is required to be present and sign a consent form.

Prices and treatments are subject to change and treatment times stated are approximate.

All personal details taken during consultation will be kept in the strictest confidence.

We may sometimes send you promotional material, special offers and events, new products and services, should you not wish to receive these please let us know.

24 hours notice would be appreciated if you need to cancel or change to a shorter treatment as we may be able to accommodate clients on our "waiting list". We reserve the right to charge for missed and cancelled appointments.

relax

unwind

rejuvenate

Hand & Foot Treatments

Keep those overworked hands and feet neat and tidy with the following treatments:

Manicure Programme

Treatment starts with an exfoliation treatment to cleanse and soften calloused hands followed by a cuticle tidy & neatenened nails.

£16.00 (25 mins)

Manicure Programme PLUS

All the advantages of the above with the added benefit of a paraffin wax treatment to really combat that hardened skin.

£21.00 (35 mins)

Pedicure Programme

Great feet start here with this treatment to remove hardened skin and tidy nails.

£22.00 (35 mins)

Pedicure Programme PLUS

Feet to be proud of. All the benefits of the above with the addition of a paraffin wax treatment to target toughened skin.

£27.00 (45 mins)

new!

health related & specialist services

We are introducing a range of health related services for the benefit and convenience of our clients. The following list includes details of both current and proposed services. Please ask at reception for more information and to make an appointment.

Foot Health

Treatment for foot related problems e.g. verrucas, corns, Callouses, bunions, chilblains, ingrowing toenails, nail & skin infections

First appointment £24.00 Following sessions £20.00

Counselling

For individuals & couples

Professional help for depression, relationship problems, lack of confidence, life changes, bereavement

50 min session £35.00

Nutritional Advice

for a healthier you

Ask at reception for details.

Mini Health Checks

A range of services including blood pressure, blood sugars, cholesterol and body mass index checks

Ask at reception for details of clinic times.

Hypnotherapy

Can help stop smoking, boost self esteem, beat phobias dietary problems, and much more.

Past life regression available.

Ask at reception for details.

Sauna

The latest infra red sauna system that can help ease skin related problems such as acne, eczema and psoriasis, eases arthritis, joint stiffness and muscle spasm, aids wellbeing by expelling toxins from the body as well as improving skin tone and fighting cellulite.

Botox, Mesolift & Dermal Filler Clinic

Treatment from fully qualified Harley Street trained professional.

Initial consultation FREE

Prices on application.

Facial Treatments

dermalogica®

We have chosen to use the **dermalogica®** product range for our facials because of their reputation for excellence in skincare and commitment to improving skin condition for both men and women.

All **dermalogica®** facials include "face-mapping" a unique concept that allows the therapist to identify problem areas on the face and ensure that products are selected to target specific conditions.

Your therapist will recommend a daily skincare regime and give advice on prolonging the benefits of your salon treatment. We have a full range of **dermalogica®** products in our retail area and our Skinbar is available for you to try products before you buy.

The Face Treatment

Double cleanse, steam, face mapping, exfoliation, extractions (if desired), facial massage, mask and moisturise. Incorporating tailored serums, botanical mixers, and additives to suit your personal skin requirements.

See separate section for range of male facial treatments

30 minute introductory facial

(1st appointment only) **£23.00 (30 mins)**

30 minute express facial

(incl 10min masque) **£26.00 (30 mins)**
Improve your skin's condition even with a hectic lifestyle.

45 minute facial including neck and shoulder massage tailored to your personal skin's needs.

£32.00 (45 mins)

You may add on any one of these mini treatments which will be incorporated into your facial whilst you relax under a masque @ £6.00 per add on.

- Foot and leg massage
- Extra neck and shoulder massage
- Eye mask
- Hand and arm massage
- Scalp massage

60 minute facials including foot and leg massage...

Your therapist will recommend the facial that is right for you...

£42.00 (60 mins)

Skin Brightening facial

Balances areas of uneven pigmentation caused by hormonal imbalance, UV exposure and pregnancy. This facial will regulate melanin production.

Environmental Control Facial

This super soothing facial calms redness, inflamed or itchy skin whilst protecting the skin from environmental stress.

Facial Treatments

Our **dermalogica®** skincare range offers specialist products for male skincare. Your therapist will choose the facial treatment that is right for you...

60 minute facials including neck and shoulder massage tailored to your personal needs. **£42.00 (60 mins)**

Environmental Control facial

Helps improve the condition of environmentally damaged skin and helps prevent premature ageing.

Medicated Clearing treatment

For acne prone skin and control of occasional breakouts.

Sensitised Control

Helps soothe sensitized skin caused by shaving and helps in preventing ingrowing hairs.

Massage & Body Treatments

Includes remedial swedish massage, aromatherapy and Hot Stone plus we have a menu of specialist massage therapies especially for our male clients.

Choose the massage to suit your lifestyle:

Golfers Tonic Massage

Specialist massage concentrating on back, shoulders and legs using specially selected essential oils to help soothe and loosen muscular tension. **£35.00 (60 mins)**

Pre-Sport Revitaliser

Invigorating massage using specially selected essential oils to help revitalise and prepare muscles before sporting activity.

Back, neck & shoulder £22.00 (30 mins)
Full Body £35.00 (60 mins)

Muscle Ease

Remedial using specially selected essential oils to help ease those overworked muscles and release toxins. Includes stretches and deep tissue work.

Back, neck & shoulder £22.00 (30 mins)
Full Body £35.00 (60 mins)

Stress Buster

Unwind after a busy day at work with a soothing massage using specially selected essential oils to induce deep relaxation and help you sleep.

Back, neck & shoulder £22.00 (30 mins)
Full Body £35.00 (60 mins)

Back Cleanse & Deep Massage

Exfoliating body scrub and deep massage to eliminate toxins and promote healthy skin. **£24.00 (30 mins)**

Especially for Him... Male Grooming and Body Treatments

Waxing

Back	£21.50
Chest	£12.50
Stomach	£12.50
Full leg	£20.00
Full leg & buttock area	£27.50
Mid brow	£4.50
Feet & toes	£10.00
Forearm	from £12.00
Full arm	£18.00
Full body wax	£90.00
<i>(incl full leg, back, chest, stomach, forearms, feet & toes, hands and fingers)(incl. buttock area)</i>	£95.00



75min Advanced Facials including foot
and leg massage... £52.50 (75 mins)

Medicated Clearing Treatment

This treatment is the ultimate in acne management. Targeting current break-outs and helping to prevent future break-out activity.

Power Regeneration Treatment

Concerned with signs of ageing on your skin? Feel like your skin needs a rejuvenating boost? Then this is for you! **dermalogica**[®] specialised control masque makes this the ultimate in skin therapy for prematurely ageing, dry or dehydrated skin.

Luxury Spa Facials

Chocoholics Indulgence Facial

For a truly pampering experience, drift into chocolate heaven with this luxurious facial that will hydrate and firm your skin, leaving it feeling like silk. Chocolate is proven to be packed with essential minerals and vitamins to help cell renewal, soothing sensitive and environmentally stressed skin while the heavenly chocolate aroma help releases endorphins in the brain to help calm and soothe the mind. £46.00 (60 mins)

Spa Ritual Rainforest Facial

Let us take you on a magical trip through a fragrant rainforest beginning with a fragrant blend of woody notes of refreshing pinewood & herbal extracts, followed by a fresh forest downpour. The fragrances slowly change on your skin over time as you walk through the freshly soaked ferns and green orchids of the forest. This amazing facial uses a unique skincare range of naturally active blends of botanical essences and extracts known for their numerous therapeutic benefits and free from all synthetic fragrances, colourings and preservatives. Rich in minerals, vitamins and antioxidant compounds, fantastic for brightening complexions, reducing fine lines, slowing the ageing process and leaving your skin with a fresh healthy glow. Includes relaxing foot soak, cleanse, exfoliation, massage, mask and moisturise. £50.00 (1½ hour)

Facial Packages

45 minute **dermalogica**[®] tailored facial

plus 15 minute back, neck and shoulder massage. Targeted skin care and relaxation in one treatment. £40.00 (1 hour)

Hand, Foot and Facial treatment

45min facial and a multivitamin hand and foot treatment soothing away dull, rough skin. £45.00 (1 hour)

Occasion Facial Package

30 min facial, mini manicure, mini pedicure and eyebrow tidy. £48.50 (75 mins)

Specialist Anti-Ageing and Cosmetic Enhancement Treatments

Botox, Mesolift & Dermal Filler Clinic

Initial consultation with a qualified Harley Street trained medical professional free of charge. Speak to one of our therapists who will be happy to arrange an appointment for you.

Price on application

Non Surgical Facial Treatment

The globally renowned "Body Ultimate Facial Toning System" available at Chanelle, a treatment designed to improve the texture and tone of your skin, providing muscle lift and reducing fine lines. This enhanced facial treatment uses Body Ultimate Intenration Skincare products. The combined effect of glycolic acid with micro-current therapy improves the tone and texture of the skin.

£37.00 (1 hour)

**Course of 6 £185.00
last treatment FREE.**

A course of 6-10 treatments is recommended followed by a monthly maintenance programme to maintain results.

Facial Rejuvenation Massage

A deeply relaxing and non invasive facelift through massage based on holistic eastern massage techniques. By freeing tension within the facial muscles expression lines can be softened and the complexion appears fresher. Most people notice some difference after one session although a course of 6 treatments is recommended for best effect. A great boost before a special occasion.

£25.00 (45 mins)

**Course of 6 £125.00
last treatment FREE**

"Thermaderm" Lactic Acid Peel & Skin Renewal System

An advanced peel for face, neck, chest and hands originally developed by plastic surgeons. Brightens and rejuvenates tired and sun damaged skin, improves the appearance of fine to moderate lines and wrinkles and can help reduce scar damage and uneven pigmentation. Treatment is designed to be combined with a maintenance system for home use and is administered by a fully qualified health professional.

£135.00

Semi Permanent make-up **On application**
Enhance your natural features.

Eye Treatments

Eyelash perm & tint	£35.00
Eyelash and eyebrow tint	£12.00
Eyelash tint	£9.50
Eyebrow tint	£6.50

Tinting results can last for up to 6 weeks

(a patch test is required at least 24 hours before treatment for all tinting and perming treatments)

Eyelash Extensions **from £12.00**

Enhance your natural lashes with semi-permanent eyelash extensions.

Revitalizing Eye Rescue

This treatment using products from the dermalogica range, firms and revitalizes tired eyes with a unique blend of vitamins and firming botanicals.

£27.00 (30 mins)

Aqua Foot Detox

The revolutionary way to detoxify and re-balance your body. By simply relaxing with your feet in a special foot spa all the work is done for you as you see the water change colour as toxins are released. The treatment is completed with a relaxing foot massage.

£25.00 (45 mins)

Thai Foot Massage

A non diagnostic holistic treatment to the lower legs and feet. Involves hands on stretching and massage to open Zen (energy) lines. This treatment can help to accelerate physical healing and aids stress relief.

£25.00 (45 mins)

Special Occasion Treatments & Packages

Day and Half Day Spa Packages

Tailored to your individual requirements

Great for special occasions, as a gift or simply because you deserve some pampering. Lunch provided if required.

Ask at reception for details of our Spa Packages.

Dual Treatment Room

Our superior treatment room accommodates partners, friends or family who wish to enjoy treatments together.

Make-up

- Special Occasion make-up **from £25.00 (30 mins)**
- Bridal Make-up incl trial **£70.00**
- Trial fee of £25 will be deducted from full charge for make-up on the day. An additional charge may be applied for make-up at wedding venues outside reasonable travel distance.

Prom Packages

Tailor made packages available-prices on application. Discounts for group bookings. **Prices on application**

Pamper Parties for adults & children

Ideal for celebrating those special birthdays, for pre-wedding grooming and de-stressing or just for relaxing with friends. Fantastic for your little girl's birthday celebration – and no mess at home! **Prices on application**

Face Painting for adults & children

Your children will love a face painting party as a very different treat. Ideal for Halloween or fancy dress parties for both adults and children. Discounts for groups.

**from £5.00 for children
from £8.00 for adults**

Limo Hire

Why not make the party complete and arrange your limo hire through us. Ideal for special occasions, childrens prom nights and weddings. **Competitive prices available on request.**

Holistic Therapy Menu

Taking time out for yourself is no longer a luxury in these stressful times, looking after yourself is an investment for the future and our menu of holistic treatments encourage natural healing and help you de-stress by balancing mind, body and spirit.

Massage

We offer a range of massage treatments to encourage wellbeing. Massage encourages health by stimulating the blood circulation, eliminating toxins and helping you unwind for a healthier you. Choose from remedial Swedish massage, aromatherapy or hot stone. See Page 9 for complete listing and pricing of our massage treatments.

Indian Head

Based on eastern massage techniques, this deeply relaxing massage treatment concentrates on the upper back, shoulders, neck, scalp and face and is effective in relieving tension, headaches, migraine and sinus congestion. **£22.00 (40 mins)**

Reflexology

Gently locating and massaging reflex points on the feet helps redress imbalance in the body and encourages the body to heal naturally. This deeply relaxing treatment can help relieve stress, encourage wellbeing and is effective in relieving the symptoms of many conditions. **£27.00 (1 hour)**

Please allow an extra 20 minutes on your first appointment to allow for consultation time which is FREE OF CHARGE.

A course of 6 treatments is recommended for maximum benefit.

Pre-paid Course of 6 £135.00

Last session FREE

Reflexology + Crystal foot treat

Why not add to the benefit of a reflexology by starting your treatment with a relaxing foot treat, The ultimate way to pamper your feet. Relax and unwind with this new treatment from Crystal Mud. The density of the gel- like crystals allow the muscles in the feet to relax while the fragrances each have their own combination of relaxing, soothing and uplifting. Choose your favourite from Rose, lavender, jasmine, milk or peppermint. **£37.00 (85 mins)**

Reflexology + Aqua Foot Detox

Combine your reflexology treatment with a detox spa treatment to rid your body of toxins and boost wellbeing. Simply relax in this special foot spa and watch the water change colour as toxins are released through the pores of your feet. **£47.00 (90 mins)**

Reiki

Reiki energy is channelled by the therapist using a series of hand movements across your body while you lie fully dressed on the couch. This deeply relaxing therapy helps relieve stress, balances body and mind and encourages wellbeing. **£30.00 (1 hour)**

Hopi Ear Candling

A gentle natural therapy that can help relieve ear and related conditions such as sinusitis, headaches, blocked ears, migraines and irritations of the ear. Treatment is also effective in easing in flight ear discomfort. Includes relaxing facial and scalp massage. **£27.00 (45 mins)**

Facial rejuvenation massage

A deeply relaxing, non invasive facelift through massage based on holistic eastern massage techniques. By freeing tension within the facial muscles expression lines can be softened and the complexion appears fresher. Most people notice some difference after one session although a course of 6 treatments is recommended for best effect. A great boost before a special occasion. **£25.00 (45 mins)**

Hand & Foot Treatments

Hands



Standard manicure

Analyses and treats each nail individually. The cuticles are cared for with oils and creams. Nail shape is perfected and finally treatment basecoats and colour are applied for the perfect finish. **£15.00 (40 mins)**

Luxury manicure

All the benefits of the standard manicure plus thermal mittens for deeper penetration of oils and creams. Softens cuticles, improves circulation and soothes stiff joints. **£19.00 (55 mins)**

Nail Shape and polish

Add £2.00 to above prices for French Polish **£8.50**

Add gems for extra glamour

25p per gem

Paraffin Wax Hand Treat

(an ideal addition to your manicure)

Relax while your hands are immersed in warm paraffin wax. The wonderful moisturizing effect of the paraffin wax makes this an ideal treatment for excessively dry skin while the warming effect also helps alleviate painful joints. **£13.50**

Luxury Thai Manicure

Sublime spa ritual manicure treatment that takes luxury one step further, includes sensuous hand scrub, sumptuous mask and massage over entire hand and arm using exotic Thai products infused with aromatic oils and herbs. A truly pampering experience leaving you with wonderfully soft hands and beautifully shaped and painted fingernails. **£24.00 (60 mins)**

Express Manicure

Cuticle tidy, nail shape and polish

£11.50

Creative Nail Enhancements



CREATIVE
NAIL DESIGN™

Full Sets

French (pink or white)

£35.00

Natural (pink) incl. polish if desired

£32.00

Natural Overlays

French (pink or white)

£30.00

Natural (pink)

£28.00

Maintenance (every 2 weeks)

Rebalance (pink or white)

£25.00

Infills Natural (pink)

£22.00

Tip repair

£4.00 each

Polish

£3.50

Feet...

Aromatic pedicure

A luxurious foot and leg treatment using aromatherapy based products for softer, smoother feet and legs, finishing with perfectly polished toenails. **£19.00 (45 mins)**

Luxury Pedicure

All the benefits of the aromatic pedicure but with the added benefit of thermal booties for deeper penetration of oils and creams. Softens cuticles, improves circulation, soothes stiff joints and finishes with perfectly pedicured polished toenails. **£22.00 (60 mins)**

Nail Shape & Polish **£8.50**

Add **£2.00** to above prices for French Polish

Add some gems for a bit of extra glam **25p per gem**

Paraffin Wax Foot Treatment

(ideal as an addition to your pedicure)

Relax while your feet are immersed in warm paraffin wax. The wonderful moisturizing effects of this treatment ensures that the feet are left feeling truly soft, helping to eradicate the build up of hard skin whilst also soothing painful joints. **£15.50**

add £3.00 for polish

Express Pedicure

Cuticle tidy, heel softener, shape and polish **£15.50 (25 mins)**

Luxury Spa Thai Pedicure

Sublime spa ritual pedicure treatment that takes luxury that one step further starting with a relaxing foot soak followed by a sensuous foot scrub, sumptuous mask and a soothing foot massage using exotic Thai products infused with aromatic oils and herbs. A truly pampering experience leaving you with wonderfully soft feet with beautifully shaped and painted toenails. **£27.00 (65 mins)**

NEW Crystal Foot Soak & Scrub Treatment

The ultimate way to pamper your feet. Relax and unwind with this new treatment from Crystal Mud. The density of the gel-like crystals allow the muscles in the feet to relax while the fragrances each have their own combination of relaxing, soothing and uplifting. Choose your favourite from Rose, lavender, jasmine, milk or peppermint. **£15.00 (25 mins)**

Nail Shape & Paint **£7.50**

Aqua Foot Detox

The revolutionary way to detoxify and re-balance your body. By simply relaxing with your feet in a special foot spa all the work is done for you as you see the water change colour as toxins are released. The treatment is completed with a relaxing foot massage. **£25.00 (45 mins)**

Bust Firming Treatment

Restores the bust's skin tone and elasticity for lift and a better shape. Can help control stretch marks. Specialist toning and stimulating massage cream is applied to the bust area followed by a reshaping bust mask to firm the tissues. **£35.00 (45 mins)**

A course of 10 treatments (2 per week) is recommended for maximum results.

Tanning



ST. TROPEZ

The Ultimate Tan

A full body polish followed by an all over gorgeous glowing natural tan.

Full body **£40.00 (75 mins)**

Full body excluding bust & abdomen **£37.00 (50 mins)**

Part body

Top half (waist upwards) **£26.00 (40 mins)**

Arms and shoulders **£20.00 (30 mins)**

Legs only **£20.00 (30 mins)**

The Ultimate Body Treatments and a taste of the exotic...

Balinese Heaven Spice Ritual

A spicy aromatic recipe of warming ginger, clove, nutmeg and cinnamon evokes a wonderful warm and soothing body sensation. Treatment commences with a relaxing foot spa followed by body exfoliation, masque and massage that eliminates muscle pain, easing aches and improving circulation. **£58.00 (90 mins)**

Coconut Cocoon Body Treat

A touch of Tahiti with this luxurious body treatment using intoxicating coconut and jasmine scents that take your senses on a journey to the South Seas. Treatment starts with a wonderful foot treatment followed by body exfoliation and massage that stimulates the circulation, and leaves skin smooth and moisturised. **£58.00 (90 mins)**

Exotic, Sensual Thai Treatments

Uplifting aromas of tangerine, lime, ginger and sandalwood, revive the mind whilst stimulating the senses. Sensuous massage incorporating a traditional Thai compress packed with therapeutic herbs that soothe and invigorate the body.

“Thai” Sensory Leg and Foot Treatment

An exotic and stimulating leg and foot treatment with a heavenly scrub, serene warming mask and divine massage incorporating the herb compress and aromatic oils. **£28.00 (30 mins)**

“Thai “ Back and Shoulder Polish

A heavenly back and shoulder polish to uplift and invigorate your senses, followed by a divine massage and body cream. **£20.00 (30 mins)**

“Thai” Ritual Body Treatment

Sensory body massage, leg and foot treatment. An exotic and stimulating leg and foot treatment with heavenly scrub, serene warming mask and divine massage incorporating the herbal dumpling. A soothing back massage with divine massage and aromatic oil. **£38.00 (50 mins)**

Chocoholics Indulgence Body Treatment

A chocoholics dream. Indulge your senses in the decadence of chocolate with this delicious indulgent combination of chocolate, milk essence and coffee powders for that extra luxurious full body pamper treat. Your body will be polished to perfection with an extra creamy exfoliating mask enriched with lotus seeds and vanilla. Then lay cocooned in warm chocolate as the heavenly aroma releases endorphins in the brain to calm the mind, while the minerals and vitamins encourage cell renewal and hydrates the skin. Coffee helps to eliminate toxins and fight cellulite. The experience continues with a heavenly massage using a wonderful rich scented body cream. **£46.00 (60 mins)**

Slim-Wrap Inch Loss Programme

This treatment uses a specially formulated “aloe vera and herbal” gel plus dry bandages to achieve fluid loss through ultra-cellular lymphatic drainage. Inch loss can be achieved in 90minutes. Generally little or no weight loss occurs but the inch loss is great for a morale boost before a special occasion and a good incentive to start a sensible diet plan. Treatment starts with dry body brushing and finishes with a massage. **£49.50 (90 mins)**

Waxing (for women)

Full leg	£18.00
Full leg & bikini	£25.00
¾ leg	£14.50
½ leg	£12.00
Lip	£6.00
Chin	£6.00
Lip & chin	£10.00
Bikini Line	£8.50
Brazilian Strip	from £14.50
Hollywood	£20.00
Face (cheeks)	£7.50
Lip, chin & face (cheeks)	£7.00
Underarm	£18.00
Eyebrow shape	£7.00
Forearm	£9.00
¾ arm	£13.00
Full arm	£15.50
Navel	£3.00
Feet & toes	£6.50
Cleavage	£9.00
Back	£18.00
Breasts	from £8.00
Full body wax	£60.00
(incl. full leg, underarm, full arm, navel, feet, toes and eyebrow)	

Electrolysis

Prices on application

Express Treatments

These treatments are designed for clients who want to look their best but have little time to spare - we will get you out of the door in time for that meeting or to pick the children up from school.

Express manicure

Cuticle tidy, nail shape and polish. **£11.50 (25 mins)**

Express pedicure

Cuticle tidy, heel softener, nail shape and polish. **£15.50 (25 mins)**

Express manicure & pedicure £25.50 (50 mins)

Express Facial

30 minute express facial (incl 10min masque) Improve your skin's condition even with a hectic lifestyle. **£26.00 (30 mins)**

Express facial & back massage

Revive yourself with an express facial and 15min back, neck and shoulder massage. **£32.00 (45 mins)**

Express holiday packages

Express manicure, express pedicure and eyelash tint. **£40.00 (70 mins)**

Express manicure, express pedicure and eyelash tint and exfoliating back & shoulder treatment. **£50.00 (90 mins)**

Body Treatments

Massage

Massage is a fantastic way to help balance body, mind and spirit, ease those aching muscles and reduce that stress. We have a range of massage treatments to suit your individual requirements.

Traditional Swedish massage

A traditional style therapeutic massage to ease stress and treat tired aching muscles. This massage technique boosts circulation and eliminates toxins to encourage wellbeing.

Full body £32.00 (60 mins)

Back neck and shoulders £18.00 (30 mins)
£26.00 (45 mins)

Back & legs £26.00 (45 mins) / £32.00 (1 hour)

Back, neck, shoulders
face & scalp £26.00 (45 mins)

Aromatherapy Massage

True aromatherapy massage with a selection of essential oils and carrier oils blended for your individual needs following a consultation with a qualified aromatherapist.

Oils can be blended to treat conditions such as stress, muscle pain, migraine, IBS, arthritis, insomnia, skin conditions, sinusitis, cellulite, depression, hormonal imbalance, asthma and many other conditions. Advice on use of oils at home to continue the effects of treatment is included.

Please allow an extra 20 mins on your first appointment for Consultation time with your therapist which is free of charge.

Full body £38.00 (70 mins)

Back neck and shoulders £25.00 (40 mins)

Back, neck, shoulders,
face & scalp £28.00 (45 mins)

Hot Stone Massage

A truly pampering experience. Experience this deeply relaxing massage using special warmed stones that allow deeper penetration into the muscles than can be achieved through traditional massage. Using a combination of massage with stones and hands this treatment is particularly effective in easing muscle pain and encouraging deep relaxation.

Full body £45.00 (90 mins)

Back neck & shoulders £25.00 (45 mins)

Hot stone massage with ITC blended aromatic oils

Full body £48.00 (90 mins)

Back neck & shoulders £28.00 (45 mins)

Pregnancy massage (after 14 weeks)

Specialist massage for mums-to-be that helps melt away and targets those pregnancy related aches and pains. Your first treatment includes a 20 minute consultation which is free of charge.

Full body £34.00 (60 mins)

Back neck & shoulders £20.00 (30 mins)

Luxury Spa Body Treatments

Treat your body to one of our luxurious body treatments. Our dermalogica range of treatments incorporate body mapping, a unique concept involving body brushing and detailed analysis of different areas of the body to identify specific concerns that you may have.

Purifying Back treatment

A deep cleansing treatment with aromatherapy massage to relieve stress, revealing silky soft skin. £28.00 (45 mins)

Salt Glow

An all over mineral rich sea salt polish to smooth and revitalize followed by a conditioning body cream. Great for the beach and showing off your shoulders. £26.00 (30 mins)

Seaweed Wrap

Detoxify and exfoliate your whole body with seaweed and minerals sealed in a warm, relaxing wrap. A great treatment to de-stress and leave you with amazing soft skin. £40.00 (60 mins)

Toxin Release Treatment for Legs and Thighs

A detoxifying treatment for the leg and thigh area to reduce cellulite. The treatment includes body brushing and massage followed by a seaweed mineral ? applied to the areas that will help firm and nourish the skin. £28.00 (45 mins)

Hydrating gel wrap

An ultra soothing and nourishing treatment for dry, dehydrated skin and mild sun exposure. It delivers deep hydration in it's cooling gel form and is safe for the most sensitive skins. £37.00 (60 mins)

INTRODUCING A NEW CONCEPT

from dermalogica®

Thermal Body Treatments

The tradition of heat is well known in helping promote skin health and creating comfort both physically and mentally This new concept in body therapy from **dermalogica®** helps cleanse, hydrate and protect the skin by using heat activated product including Japanese wasabi, asian ginger and white tea extract to help gain deeper penetration into the skin. Treatments can be customized to target specific areas of concern and can be enjoyed as a full body experience or as add-ons to facial and body treatments. Enjoy the wonderful and therapeutic feel of being cocooned in warmth for that extra boost.

Ask our therapists for more information and the thermal body treatment to suit you. Prices on application

Spa Ritual "Rainforest" Body Sensation

This tropical spa experience begins with a soothing massage using tropical rainflower oil with aromas that take you on a journey through a fragrant rainforest. Breathe in the fresh, aromatic fragrance of lime, sandalwood and lemongrass as your body is polished and then enveloped in a truly luxurious body mask. The treatment concludes with the application of tropical fern body lotion infused with coconut, passion flower, and babassu oils and cocoa butter to leave you with velvety smooth glowing skin. A truly unique experience using truly natural products. £55.00 (90 mins)