

BEAUTY TREATMENTS

HEALTH CLUB PRICE LIST 2011

PACKAGES

Enigma

An indulgent 3-in-1 face and body treatment starting with a full body exfoliation to leave skin wonderfully smooth. Moisturising creams and oils are then generously applied as you are treated to an indulgent back massage; time to relax and unwind. A relaxing face and scalp massage with reflexology completing the top-to-toe pampering experience.

Duration: 2 hours - £125.00

Marine Prelude Body Treatment and Pedicure

Ultra-exfoliation using a natural sea salts scrub. Back and leg aromatic massage. Dead skin cells are eliminated, smoothing the skin, refining texture and invigorating the entire body by activating micro-circulation followed by spa pedicure; incorporating a relaxing lower leg treatment, with exfoliation and massage. Ideal for tired feet.

Duration: 2 hours - £130.00

Aromatherapy Massage and Manicure

Back, neck and leg massage. Pre-blended essential oils tailored to the individual are used to relieve tension and improve lymphatic drainage, while the massage focuses on key pressure points. Balance is restored and the body rejuvenated, followed by a spa aromatic manicure. Perfect for well-maintained hands, includes cuticle tidy up followed by nail shaping and polish application.

Duration: 1 hour - £65.00

Anti Stress Reflexology with Massage and Pedicure

This fusion of Eastern and Western massage on the back, neck, face, head and shoulders helps to restore your body's natural balance. The treatment incorporates pressure point and neuromuscular techniques with specially selected essential oils. It will release tension and encourage healthy circulation. Stresses and strains are dissolved away leaving you feeling deeply relaxed and recharged. This treatment includes reflexology, a spa pedicure, relaxing lower leg exfoliation and massage. Ideal for tired feet.

Duration: 1 hour 30 minutes - £135.00

Aromatic Body Massage and Facial with Mask

Combining Eastern and Western techniques, this holistic treatment includes Reflexology, Shiatsu and Swedish massage. Designed to improve circulation and the lymphatic system; it helps the body detoxify while relieving signs of stress and fatigue. Anti-ageing facial with mask to suit your skin type.

Duration: 1 hour 35 minutes - £95.00

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Holiday Glow, Full Body Massage and Aromatic Facial

This holistic treatment includes reflexology, shiatsu, and Swedish massage; designed to improve circulation and the lymphatic system. Aromatic facial: cleanse, tone, moisturise and facial mask.

Duration: 1 hour 30 minutes - £120.00

Tibetan Reiki Massage and Aroma Spa Manicure

Treatment based on old Aurvedic techniques. A variety of massage movements are used on the shoulders, neck, scalp and face to relieve tension, stimulate circulation and restore joint movement. Aroma spa manicure; perfect for well-maintained hands, includes cuticle tidy up followed by nail shaping and polish application.

Duration: 1 hour 30 minutes - £80.00

Reflexology

A gentle therapy that manipulates the pressure points on your feet; encouraging the body to work naturally, restoring its own healthy balance. A great way to relax the mind, re-balance your body and generally lift your spirits.

Duration: 50 minutes - £50.00

Reflexology and Pedicure

A 30 minute Reflexology treatment, which includes a relaxing lower leg treatment with exfoliation and massage. Ideal for tired feet. A pedicure completes this treatment.

Duration: 1 hour 30 minutes - £70.00

Ultimate 'Luxury Day'

Exceptional facial treatment, full body holistic massage, deluxe manicure and pedicure.

Duration: 3 hours 30 minutes to 4 hours - £195.00

FACIALS

Wrinkle Control Facial with Mask and Manicure

This professional skincare treatment combines a specifically applied mask (ready to use sterile strips to be applied wrinkle by wrinkle) and a fundamental mask. The skin is intensely moisturised, while wrinkles and fine lines are visibly smoothed out. The treatment continues with a spa manicure, perfect for well-maintained hands, includes cuticle tidy up, followed by nail shaping and polish application.

Duration: 1 hour - £90.00

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FACIALS

Exceptional Facial with Mask and Spa Pedicure

An intensive facial massage using exceptional range specifically designed for the more mature skin. This fabulous facial combines a unique blend of natural masks and massage techniques to treat moisture deficiency and tackle signs of premature ageing. Spa pedicure incorporates a relaxing lower leg treatment, with exfoliation and massage. Ideal for tired feet.

Duration: 1 hour 55 minutes - £102.00

Refresh Mini Facial

It includes facial cleansing, toning, moisturising and a facial dry anti-stress massage. Eyebrow shape and tint (threading or waxing), followed by lip and chin treatment (threading or waxing).

Duration: 90 minutes - £90.00

Special Event Facial and Make-Up

Aromatherapy facial massage and mask. Eyebrow shaping and tinting then full make-up for the special occasion.

Duration: 2 hours - £125.00

Full Make-Up Application Duration: 1 hour - £50.00

MANICURE AND PEDICURE

Restorative Deluxe Manicure, Thermo Spa and Massage

After cleaning, filing and an exfoliating hand massage the luxury workout begins. Thorough cuticle work and, a hand and arm skin scrub are combined with a deep and rejuvenating massage. With dead skin removed and circulation improved, nails are then painted with a colour of your choice. The Thermo Spa includes applying hot paraffin gloves; an indulgent treatment that leaves your hands, nails and fingers beautiful!

Duration: 1 hour - £50.00

Restorative Deluxe Pedicure, Thermo Spa and Massage

This pedicure treatment begins with a bubbling foot spa to soak those tired feet, followed by shaping the nails and tidying the cuticles. Hard heel skin is removed and an exfoliating scrub applied to smooth away the dry skin. The Thermo Spa treatment includes applying hot paraffin boots. Then a relaxing foot massage treatment followed by a nail colour of your choice.

Duration: 1 hour 15 minutes - £60.00

Note: To remove art, gel and any other variety of nail techniques which need filing, drilling, buffing or hard nail varnish removal will incur an additional charge.

Duration: 30 minutes - £30.00

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The following treatments are only offered in addition to the Beauty and Massage packages in this price list:

Eye Zone

Eyelash Tint	20 minutes	£14.50
Eyebrow Tint	15 minutes	£12.00
Eyebrow Shape	10 minutes	£14.00
Eyelash / Brow Tint Combined	20 minutes	£23.00
Eyelash / Eyebrow Tint and Shape	30 minutes	£28.50

Threading

Threading is an age old method which involves natural cotton thread twisted in a particular way. The thread is then moved with immense accuracy resulting in the full strand of hair being picked up from its roots. The precision of threading is far greater than any other method, such as waxing or plucking. The thread follows the natural lines and contours of the face.

Lip, Chin and Eyebrow – each area	10 minutes	£10.00
Cheek	15 minutes	£11.00
Full Face	20 minutes	£40.00

Waxing

Using our waxing systems will not only help to keep the skin looking naturally smooth but will also help to slow the hair re-growth and over time becomes more sparse, finer and weaker. Results should last for four to six weeks.

Half Leg Wax	20 minutes	£20.00
¾ Leg Wax	20 minutes	£27.50
Luxury Full Leg Wax	40 minutes	£33.00
Bikini Wax	20 minutes	£16.50
Brazilian	20 minutes	£25.50
Hollywood	20 minutes	£40.00
Under Arm	10 minutes	£14.00
Arms and Back – each area	20 minutes	£19.50
Eyebrow Shape / Wax	10 minutes	£14.00
Lip and Chin – each area	10 minutes	£10.00
Chest	20 minutes	£22.00

Please do not hesitate to ask for advice on waxing as the treatments will be specifically created to meet your needs.

APPOINTMENTS RECOMMENDED

To make an appointment please contact the Health Club by dialing 19 from your room or direct dial 020 8564 6162