

HOLISTIC TREATMENTS

Offering a choice of deep tissue or stress relief massage for before or after those heavy gym workouts or a tranquil relaxation massage.

Each treatment is customised for each individuals needs.

LEG & FOOT MASSAGE (30 MINS) £28.00

On your feet all day, rest those tired legs with 30 minutes of bliss.

BACK, NECK & SHOULDER MASSAGE (30 MINS) £28.00

Helps ease those tense, knotted muscles while giving complete relaxation.

HOT STONE BACK MASSAGE (30 MINS) £30.00

Relaxing and releases muscle tension.

AROMATHERAPY WELLBEING MASSAGE (1 HOUR) £42.00

Relaxation is key with this full body massage, unwind and truly relax those stressed muscles.

DEEP TISSUE MASSAGE (1 HOUR) £48.00

Pre and post exercise full body massage, a deep stimulation massage to de-stress or wake up tired muscles.

INDIAN HEAD MASSAGE (30 MINS) £28.00

Relax with this treatment which includes areas such as back, neck & shoulders, scalp & face.
(Great for dry scalp and hair conditions).

DOUBLE INDULGENCE (1 HOUR 30 MINS) £58.00

Treat yourself to a two in one, hour and a half treatment which includes a one hour facial, back, neck & shoulder massage.

PACKAGES

YUMMY MUMMY (1 HOUR 30 MINS) £68.00

Rest those heavy legs & relax with a foot & leg massage, file & polish hands & feet & an express facial.

HOLIDAY PACKAGE (2 HOURS) £90.00

Perfect for all those holiday essentials, includes a full leg wax, bikini and underarm wax, 3 eyes treatment, file & polish hand & feet.

OPENING TIMES

MON: CLOSED

TUE: 10:00 - 17:00

WED: 10:00 - 17:00

THURS: 10:00 - 20:00

FRI: 10:00 - 17:00

SAT: 10:00 - 15:00

SUN: CLOSED

GIFT VOUCHERS

Gift vouchers are a lovely gift for someone special. These are available for any treatment or price value and can be purchased at our reception or by phone.

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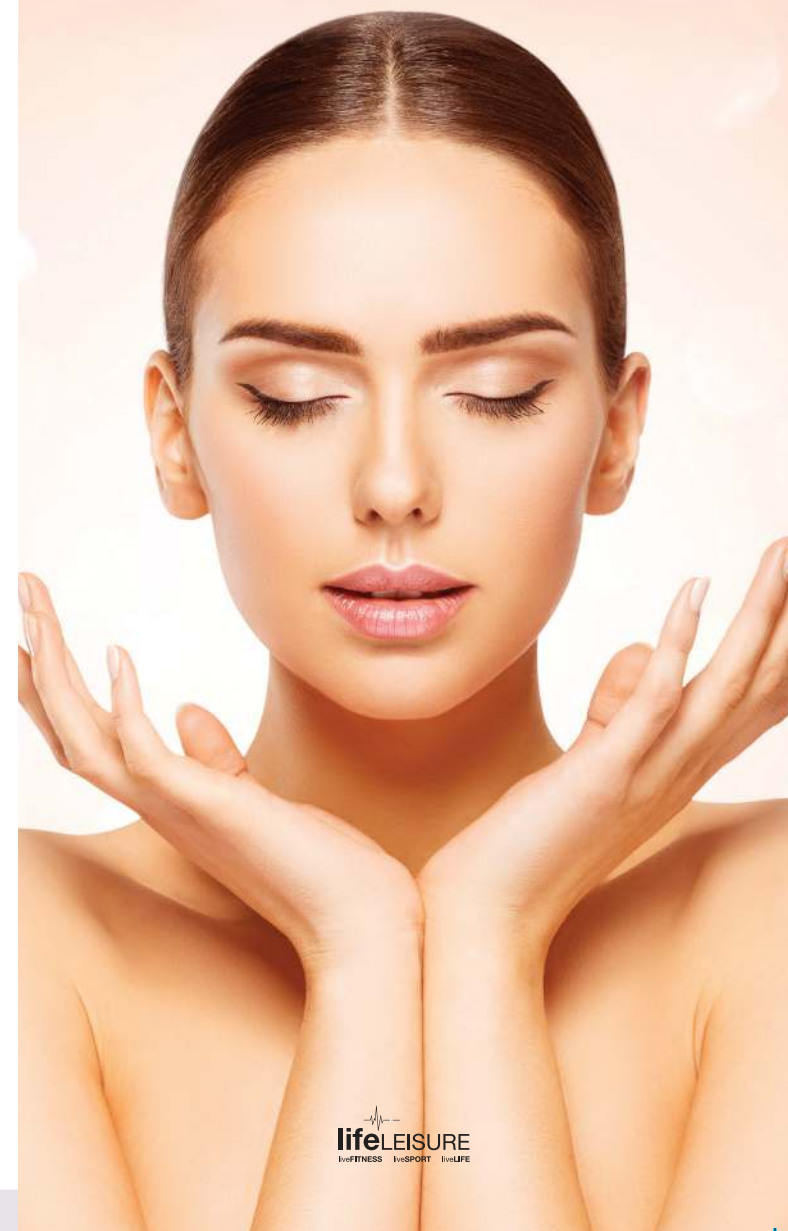
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HAND & FOOT

MANICURE (30 MINS)	£24.00
DELUXE MANICURE (1 HOUR)	£28.00
Includes a hand mask & heated mitts, great for dry hands.	
PEDICURE (45 MINS)	£28.00
Includes foot spa, exfoliation & leg & foot massage.	
DELUXE PEDICURE (1 HOUR)	£32.00
Includes a foot mask and heated booties, great for hard skin.	
FILE AND POLISH (15 MINS)	£12.00
Please bring open toe shoes for after any pedicure.	
GEL OVERLAYS (30 MINS)	£25.00
GEL OVERLAYS (1 HOUR)	£28.00
Includes soak off.	
GEL TOES (30 MINS)	£22.00
SOAK OFF & NAIL TIDY (20 MINS)	£10.00

Nail enhancements are provided by Emma Bow Nails. Acrylic, builder gel nails & tips all prices are available on request.

WAXING

EYEBROW WAX OR SHAPE	£9.00
LIP OR CHIN WAX	£7.00
FULL LEG WAX	£30.00
3/4 LEG WAX	£26.00
HALF LEG WAX	£20.00
STANDARD BIKINI	£12.00
HIGH HOLIDAY BIKINI	£16.00
BRAZILIAN BIKINI	£25.00
HOLLYWOOD BIKINI	£30.00
UNDERARM WAX	£12.00
FULL ARM WAX	£18.00
HALF ARM WAX	£14.00
BACK WAX	£22.00
CHEST WAX	£20.00

EYE TREATMENTS

EYELASH TINT	£12.00
EYEBROW TINT	£10.00
3 EYES	£26.00
Includes eyelash & eyebrow tint & eyebrow wax/shape.	
LASH LIFT	£36.00
The ultimate eyelash accessory, make your lashes look longer, fuller & with a choice of tight, medium or light curling available. Includes a complimentary tint.	
<i>Patch testing is mandatory and the treatment takes 45 minutes. This treatment involves keeping the eyes closed approx 35 mins.</i>	
BROW LAMINATION	£36.00
COCO BAY SPRAY TAN	£20.00
Quick & easy application. Preparation is key so please take the time to exfoliate at home prior to your appointment to ensure an even coverage. Please avoid using deodorants & bring loose dark clothing & flip-flops for after our treatment.	

CRYSTAL CLEAR FACIALS

MICRODERMABRASION

BEAUTY FLASH (40 MINS)	£35.00
BOOK A COURSE OF 6	£189.00
A simple beauty flash will provide an instant rejuvenated texture & lift tired skin.	
COMPLETE TREATMENT (1 HOUR)	£50.00
BOOK A COURSE OF 6	£270.00
A more in depth treatment for lines, wrinkles, acne scarring, stretch marks & pigmentation problems. By performing a gentle skin exfoliation & lift this treatment successfully treats this wide range of skin problems on the face & body. Even after the first treatment the skin feels smooth & fresh. The complete treatment includes the mini mask lift. A course of 6 treatments is recommended to provide maximum skin rejuvenation.	
CRYSTAL CLEAR MINI LIFT	£50.00
NON SURGICAL FACE LIFT (1 HOUR)	
BOOK A COURSE OF 6	£270.00
Youthfulness & renewed tone achieved by stimulating facial muscles & a massage that lifts the facial features. This treatment adds a spectacular "lift effect" to your face after just a few sessions - without injections! As well as treating & toning the skin, facial features are smoothed deep down. Muscles take on new vitality & skin becomes amazingly smoother. From the very first session your face will look younger.	

LIFT DELUXE (1 HOUR 30 MINS)	£75.00
BOOK A COURSE OF 6	£410.00
Includes Microdermabrasion beauty flash.	

GENESIS LIGHT TREATMENTS FACIAL (55 MINS)	£42.00
Targets acne conditions, stimulates collagen & gives even skin tones. Includes ultrasound eye lift. This treatment combines skin tightening and cellular boosting properties of ultrasound therapy and LED light therapy.	

EXPRESS FACIAL (30 MINS)	£26.00
For all skin types for people on the go.	

BRIGHTENING FACIAL (1 HOUR)	£40.00
Suitable for uneven, dull & tired skin. A repairing facial bringing back firmness and hydration, skin is smoother & rejuvenated. (course recommended)	

MALE DEFENCE FACIAL (1 HOUR)	£40.00
Daily shaving can strip the skin of it's natural oils leading to dryness, sensitivity & premature aging. This facial replenishes lost moisture & gives the skin a boost. (course recommended)	

PROBLEM SOLVING FACIAL (1 HOUR)	£40.00
Suitable for oily, combination, congested or acne prone skins. Helps to reduce the excess sebum produced with problem skin, also helps to reduce inflammation. (course recommended)	

STAY YOUNG INTENSE ANTI AGING FACIAL (1 HOUR)	£40.00
Suitable for aging tired, lined & dehydrated skin. Perfect choice to improve sun damaged & dehydrated skin, can also act as a preventative of aging skin for younger people. (course recommended)	

REVIVE BACK TREATMENT (1 HOUR)	£35.00
Facial for the back, for all those areas you can't reach. Includes a cleanse, exfoliation, a mask with leg & foot massage & a back massage. Use of hot towels for a truly relaxing experience.	