

Body Treatments

***Detoxifying Mud Wrap**

A seaweed based treatment which works to encourage the elimination of toxins and impurities from the skin. Dry floatation is included for deep relaxation and additional benefits.

For more details regarding this please see our website.

Part Body	£43.00
Full Body	£60.00

Detoxifying Herbal linen wrap £60.00

A wonderfully warming, detoxifying and hydrating wrap, perfect for those cold winter days!

*add a Scalp Massage to your Body Wrap £15.50

Full Body exfoliation £30.00

Eyelash & Brow Treatments

Eyebrow Shape	£9.50
Eyebrow Wax	£9.00
Eyelash Tint	£14.50
Eyebrow Tint	£8.00
Individual False Lashes	£18.50
Eyelash Perming (includes eyelash tint)	£38.00

Waxing

1/2 Leg	£18.50	3/4 Leg	£20.50
Full Leg	£24.00	Full Leg & Bikini	£31.00
Bikini	£11.50	Underarm	£10.50
Brazilian	£15.50	Hollywood	£20.00
Lip	£7.50	Shoulders	£18.00
Full back wax	£29.50	Arm wax	£16.00
Lip & Chin	£12.50	Chin	£7.00

All waxing is carried out quickly and hygienically using a soothing cream wax.

Add 'ultrasound deep peel' or manual exfoliation for pre-wax preparation. £3-£10 depending on size of area.

Please advise therapist when booking due to additional time needed.

Make-up

Make-over £32.00
Make-up is professionally applied to perfectly cleansed skin, a great treatment for a special occasion.

Bridal Make-up £65.00
(Includes pre-wedding trial)

Additional Wedding Guests £40.00
(also Includes pre-wedding trial)

Make-up is professionally applied to enhance your natural beauty on your special day. Therapists will travel up to 5 miles radius on the day to create your unique look.

Package Ideas

	Member	Non
Total Chill Out For Men	£100	£110
1 hr Floatation Hydrotherapy Bath Back, Neck & Shoulder Massage Sports Facial		
Pregnancy Package	£100	£110
Deep Scalp Massage Dry Floatation Prescriptive Facial Deluxe Pedicure		
Post Pregnancy Pick Me Up	£175	£185
Cleopatra Hydro Bath Full Body Mud Wrap & Dry Floatation Multivitamin Facial Deluxe Manicure Full Body Massage		
Hen Party Package	£65	£75
Back, Neck & Shoulder Massage Express Facial File & Paint /Hydro Bath		
Heavenly Half Day Breather	£100	£110
Floatation Stress Relief Hydro Bath Express Facial Back, Neck & Shoulder Massage		
Ultimate Detox Day	£125	£135
Toxin Relief Bath Full Body Mud Wrap & Dry Floatation Back, Neck & Shoulder Massage Floatation		
Pure Indulgence Day	£190	£200
Body Wrap of your Choice Multivitamin Facial Back Neck & Shoulder Massage Deluxe Manicure Floatation Cleopatra Hydro bath		
Get Set to Jet Set	£100	£110
Express facial Fake Bake Standard Manicure Standard Pedicure		

Packages can also be upgraded to a bronze, silver, gold or platinum status. Please see our website or ask for more details when booking!

V-beauty

- **Acclaimed by national press**
- **Instant results**
- **Relatively painless**
- **No side effects**
- **No bruising**
- **Non laser**

Specialised treatment of facial Thread Veins. Fantastic for anyone concerned with facial redness, broken capillaries, intra-nasal veins and red spots. A highly effective procedure that utilizes the well established process of 'thermo-coagulation'. A polarised light is used to ensure safe and accurate treatment.

Initial session + full consultation £80.00

Consecutive sessions £60.00

Futur-tec

To receive optimum results we advise a course of 10-15 sessions, ideally 1-2 per week.

Deluxe anti-aging Futur-tec -(using 'age smart') £55.00

The ultimate anti-aging facial designed to stimulate collagen and elastin production leaving the skin visibly firmer, wrinkles softened and texture improved. We incorporate steaming, extraction, massage and a firming mask for the ultimate skin boost.

Anti-aging Futur-tec £43.00

The non-invasive future-tec system is utilized to stimulate collagen production. A course of treatments is recommended to 'plump out' lines.

Anti-blemish/pigmentation treatment £43.00

Designed to treat acne and stimulate healing of blemished skins as well as treating non-pathological pigmentation (chlosama). The 'new Medibac' range is incorporated for maximum results.

Deep Wrinkle £43.00

Using the plumping effects of the futur-tec system we concentrate on your specific areas of concern. Great for softening frown, and nose to mouth lines.

For info please visit www.tbspa.co.uk

Basic Dermalogica Facials

Express Facial –25mins £27.50
Includes a perfect blend of cleansing, exfoliating, mini massage, mask and moisturising. **For all skins.**

Prescriptive Facial –55mins £34.00
A customised deep cleansing facial with deep cleansing including steaming and extraction of blocked pores. Also includes a relaxing pressure point massage and customized mask followed by moisturising to hydrate and protect.

Specialised Dermalogica Facials all include steaming, extraction and massage.

Age Smart Facial –55mins £41.50
This facial is designed to target the main biological triggers that lead to skin ageing. Incorporates the new 'Age Smart' products and a specialised firming mask which provides noticeable results. We recommended 'Age Smart' for homecare use following your facial. **For all skins showing signs of aging.** (Ask for course special discount)

Medibac Facial - 55mins £41.50
Uses the **NEW & REFORMULATED** Medibac Clearing System. This facial includes a two part medicated treatment mask that will clear bacteria and help reduce excess sebum while soothing away any irritation. Highly recommended as a course of treatments. **For blemished skin.**

Multivitamin Facial –55mins £40.00
This non-irritating vitamin repair and exfoliation treatment uses the latest in skincare technology to noticeably improve skin tone, texture and elasticity. **Reformulated for more noticeable results. For environmentally damaged skin.**

Gentle Revealing Facial –70mins £45.00
A customised deep exfoliation which reveals remarkable results after just one treatment. Uses a revolutionary blend of hydroxy acids, enzymes and vitamins which remove surface debris and stimulate cell renewal giving skin a new lease of life. **For all skins except hypersensitive.**

Calming Anti-Ageing Facial –85mins £55.00
A fantastic firming and toning tailor made facial which calms sensitive, irritated skin and instantly revitalizes. Includes a relaxing back massage to reduce stress and muscle tension before the facial begins. **For all skins.**

Ultimate Soothing Facial –85mins £55.00
Eases irritation, itching and redness of skin sensitized by environmental aggressions also includes back massage before facial leaving body, mind and soul thoroughly soothed and ready to face the world. **For sensitized skin.**

Sports Facial for Men –55mins £33.00
A deep cleansing facial which incorporates an enzyme peel and extraction, a deeply relaxing massage, application of a mask and moisturise.

Fake Bake Gold Tanning

Professionally applied as a cream not spray tan, with accurate natural looking results. Includes exfoliation prior to application.

Full Body £37.00
Legs Only £21.00

Jessica Hands & Feet Treatments

File & Paint £13.00

Standard Manicure £23.50
Nails are shaped, cuticles tidied, hands and arms massaged and nails painted.

Deluxe Manicure £30.00
Includes all of standard manicure and the application of warm paraffin wax which deeply moisturises the skin as well as relieving stiff joints. Hands and nails are left thoroughly pampered.

Standard Pedicure £30.50
Feet are thoroughly pampered; hard skin removed, nails clipped and filed, cuticles tidied, feet and legs massaged and toe nails painted.

Deluxe Pedicure £34.00
Includes all of the standard pedicure as well as the application of the warm paraffin wax fantastic for dry cracked heels.

Super Deluxe Pedicure £43.00
Incorporates all of the deluxe pedicure and in addition, an invigorating, and stimulating minty foot mask. Your choice of Jessica polish to take home completes your treatment.

Add French Polish to any of the above for: £3.25
Swedish Massage

Full Body Massage– 55mins £43.00
Back Neck & Shoulder Massage– 25mins £30.00
Deep Scalp Massage– 25mins £30.00

Specialised Treatments

Deep Cleansing Medibac Back Treatment £35.00
Perfect for blemishes on the back. We cleanse, steam, extract, blockages, massage to relieve tension apply a deeply cleansing mask, then moisturise.

Replenishing Eye & Lip Treatment £25.00
Perfect for those suffering from dark circles, puffiness or fine lines and wrinkles caused by premature ageing. A fantastic treatment which incorporates the **Age Smart** range.

All prices are inclusive of VAT
VAT registration number: 985031903

Herbal Body Blitz—55mins

£45.00
A wonderfully relaxing treatment designed to leave the skin feeling fresh, clean and hydrated. The treatment includes:

- Full body exfoliation
- Removal of scrub with herb infused steam towels
- Light moisturise
- Choice of mini foot/scalp massage

Hydrotherapy Baths

252 water jets are personally programmed to treat your specific needs. Fantastic for sports injuries, cellulite, general aches and pains, and general stress relief. Session includes therapeutic coloured lighting and soothing music. All hydro baths are a 20 minute session.

Standard Hydrotherapy Bath £15.50
Mud Bath -healing moor mud £19.00
Mineral Salt Bath – dead Sea salts + spices £16.50
Cleopatra Bath –conditioning goats milk £19.00
Stress Relief Bath –essential oil blend £16.50
Toxin Relief Bath –essential oil blend £16.50

Floataion

Wet Floataion -1 Hour Session £36.00
Aids deep relaxation and provides the ultimate chill out session to recharge from the pressures of urban life. Speeds removal of lactic acid post exercise and is proven to lower blood pressure. An hour in a float tank has been said to provide the same rejuvenating affects as eight hours sleep!

Dry Floataion - 25 minute Session

£19.50
(combined with any beauty treatment £14.00 + price of beauty treatment)
A great 'dry' alternative to wet floataion! Deeply relaxing and comforting on its own or combined with another treatment. Perfect for sore backs and expectant mothers!

Alternative Treatments—with Helen

Reflexology – 55mins £40.00
Course of 6 £200.00
Aromatherapy Massage – 70mins £50.00
Aromatherapy Back – 25mins £35.00
Reiki – 55mins £40.00

New 'Lava Shell Massage'

25 minute Lava Shell Back (1 shell) £35.00
25 minute Lava Shell Back (2 shells)£38.00

25 minute Lava Shell Stomach £35.00

55 minute Lava Shell Full Body £50.00

85 minute Lava Shell Customised £70.00