

# Alpine

HEALTH SPA



TREATMENT MENU

# An introduction

Alpine Health Spa has a fresh approach to skin care, a new era of optimum skin and body wellness, with professional therapists trained in the latest techniques by the worlds leading skin care specialists, Dermalogica, Decléor, Caci Quantum and Jessica.

Our Spa is situated within the prestigious Alpine Health Club and is designed as a sanctuary where mind, body and soul can be harmonized in peaceful, friendly surroundings in a safe and professional environment with quality, style and the highest standards of service.

We offer an extensive range of treatments for both men and women, performed in the privacy of individual treatment rooms by fully qualified, professional therapists.

Whether you simply wish to look and feel your best for that special occasion, or decide to follow a regular personalised program designed to keep you in optimum condition, Alpine Health Spa provides a unique environment of therapeutic unisex services with an unparalleled level of expertise.

*Find and book your perfect Spa Treatments online, easy! hassle free! and at your finger tips.....*

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**dermalogica**<sup>®</sup> **DECLÉOR**  
PARIS

**CACI**  
NON SURGICAL SOLUTIONS

**J**  
**JESSICA**

Professional  
**GEL**eration™  
Soak-Off Gel Polish

**Minx**<sup>™</sup>

## Booking Policy

We kindly ask all our clients to arrive at the Salon at least 15 minutes prior to the appointment time to complete a medical questionnaire to make sure the treatment selected is suitable and allows you time to relax prior to your treatment.

Alpine requires a full payment on all package bookings, group bookings or treatments lasting 2hrs or more.

If you arrive late please be assured we will do our very best to avoid shortening your treatment however, this may not always be possible due to therapists and treatment rooms being committed to other clients. Please be aware that if an appointment is shortened or cancelled due to late arrival, the full treatment cost will be charged.

## Cancellation Policy

If, in the unfortunate event, you need to cancel an appointment, we require a minimum of 24hrs cancellation notice as we work hard to offer our clients exceptional service and therefore this would enable us to offer your booking to another client. If 24hrs notice is not given, 50% of the treatment cost will be charged or deducted from your voucher.

If you simply do not arrive for your treatment the full cost will be charged.

## Cancelling Packages

Pre-payments are NON-refundable and Alpine Health Spa Vouchers will be deemed as used if 48hrs notice is not given.

## Cancelling Group Bookings

Deposits are NON-refundable unless 7-days notice is given.

# Important Information

All treatment times in our brochure are approximate, as time is allowed for consultation, preparation and relaxation.

We are pleased to provide towels, gowns and slippers for any treatments necessary.

If you book a pedicure, please remember to bring open toed shoes on appointment day.

Some medical conditions may prevent us from carrying out a treatment, so please inform us when booking if you think there maybe a problem, or if any of the previous client card details have changed i.e. pregnancy.

Our product ranges are completely natural, free from animal testing and contain no unnecessary ingredients

We accept payment by cash, cheque and all major debit or credit cards.

We reserve the right to alter any price or treatment without prior notice.

## Gifts

An ideal special occasion Gift Vouchers are available for all treatments in our brochure with a valid period of six months from purchase

Vouchers are always available for you to come in and collect.

We also offer a mail order service for vouchers. Just call us with your credit card details.

## Rewards

We are delighted to serve your every need and we do our very best to ensure you stay happy with the services you receive. We work very hard at offering our clients a unique experience on every visit.

As a loyal client we would like to REWARD you, so every time you visit Kina Bodycare and Health Spa you will Earn Reward Points for every pound you spend, and on specific occasions and special offers, you could earn Bonus Points, boosting your Reward Points even further.

The real benefit comes on redeeming your hard earned points into truly luxurious and enjoyable treatments.

Each and every time you visit, your earned points are automatically totalled and displayed at the foot of your receipt, helping make your experience even more pleasurable.

### Please note:

All points must be redeemed by 31st December each year.



# DECLÉOR Facial Treatments

DECLÉOR's holistic approach to beauty gives you the ultimate aromatherapy experience. Decléor has created three techniques that adapt to your every desire, every facial begins with a diagnostic back massage, unique to DECLÉOR. This deeply relaxing massage enables your therapist to make an expert diagnosis of your skin and overall health in order to provide you with the personalized treatment most suited to your needs.

Specialised digitopressure massage and phytodrainage techniques melt away tension combined with DECLÉOR's choice of face masks give immediate and long-lasting results.



## **Aromassage – The Relaxing Aromatic Facial** [60 Minutes] **£39.00**

### *Longing for a moment of pure relaxation?*

DECLÉOR devotes its own special art of massage to your face. Let your therapist's trained fingers soothe and relax your entire face, filling your skin with a new breath of life.

Skilled professional, techniques exclusive to DECLÉOR, combining localised, gentle pressure with light sweeping strokes. Allow yourself to slip into complete and utter relaxation. The subtle and tactile precision of the massage melts with the powers of our AROMESSENCE™, rapidly inducing relaxation with remarkable benefits.

Invigorated and "restored" from deep within, say goodbye to fatigue, stress and tension.

**Aromaplastie – The Classic Aromatic Facial** [60 Minutes] **£36.00**

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*Tempted by the softest sensation of pure performance?*

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to correct any major imbalances in your skin. At the heart of this treatment is a mask that has a truly unique and surprising texture, with Linseed, Wheat Germ and Sunflower.

This dual action provides stimulation and enhances the products applied during the treatment, while moisturising and decongesting – making this an indispensable treatment step.

Rediscover a revitalised you. Your major needs are met to perfection and your skin feels soft, smooth and refreshed.

**Aroma Expert Radiance** [60 Minutes] **£39.00**

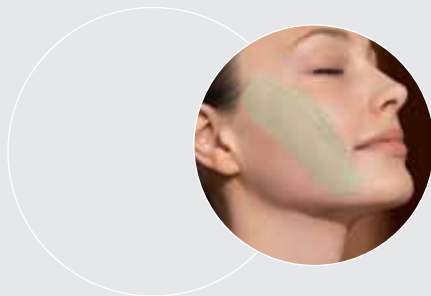
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This intensive treatment harnesses the benefits of pure Vitamin C and the White-Bright complex to reduce areas of excess pigmentation and brighten the entire complexion for a truly radiant complexion.

**Aroma Expert Lift** [75 Minutes] **£40.00**

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The ultimate holistic answer to face lifting, this exceptional anti-ageing treatment uses a unique combination of essential oils including iris, jasmine and cinnamon to combat the signs of ageing in mature skin.



**Aroma Expert Nourish** [75 Minutes] **£40.00**

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This deeply nourishing treatment with essential oils of rose, neroli and petit-grain immediately replenishes lost moisture and reinforces the skin's barrier function, enabling it to combat harsh external aggressions.

**Aroma Expert Purify** [75 Minutes] **£39.00**

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An intensive balancing treatment, with purifying Essential Oils of ylang ylang and tea tree that immediately leaves your skin clearer, more luminous and refined.

**Aroma Expert Soothe** [75 Minutes] **£36.00**

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Using natural essential oils of Roman chamomile, angelica and geranium this wonderful calming treatment brings immediate comfort to stressed skin. The skin is instantly soothed and re-balanced leaving the complexion smooth and cool. A course of 4-6 is recommended on all Aroma Expert facials for optimum results.

**Aroma Time Precious Facial** [30 Minutes] **£25.00**

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*A course of 4-6 is recommended on all Aroma Expert facials for optimum results*

A perfect way to taste the world renowned Decléor facials, enjoy all the benefits of one of the most powerful ingredients, Essential Oils. This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.

**Vital Eyes** [45 Minutes] **£30.00**

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A unique, intensive anti-ageing eye treatment that instantly melts away tension reduces puffiness and dark shadows as well as diminishing all traces of fatigue.

# DECLÉOR Body Treatments

## Aroma Massage

*Longing for a moment of pure relaxation?*

Decléor devotes its own special art of massage to your body.

From the tips of your toes to the tension points of your scalp, your therapist's trained fingers ease, soothe and relax every part of your body. A skilled professional, she uses techniques exclusive to Decléor, combining massage with acupressure. Tensions are soothed away, toxins are eliminated, and your body is filled with new energy. Your therapist takes into account your general condition and your body's needs to choose the best adapted techniques and massage balms.

*All your stress is released.*

*You feel invigorated & "restored" from deep within.*

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PARIS



### Detoxifying Aromassage [60 Minutes]

£36.00

Aromatic Massage Balm Detox, with its 100% natural blend of detoxifying essential oils, including rosemary, patchouli and lemongrass, targets fatty areas, eliminating toxins, reducing water retention and refining overall skin texture.

### Relaxing Aromassage [60 Minutes]

£36.00

The heavenly Aromatic Massage Balm Relax melts away all feelings of tension throughout the body with its 100% natural blend of soothing essential oils, including sandalwood and frankincense. Refreshing yet calming vapours gently awaken the senses and engender an overwhelming sense of peace.

### Toning Aromassage [60 Minutes]

£36.00

A blissful anti-ageing treatment using Aromatic Massage Balm Tonic, a 100% natural blend of regenerative essential oils including lemongrass, mint and rosewood. The body is simultaneously relaxed and revitalised and the skin is left soft, smooth and perfectly toned.

### Energising Aromassage [60 Minutes]

£36.00

Aromatic Massage Balm Flow, with its 100% natural blend of stimulating essential oils including cypress, lemon and lavender eases tight, aching muscles and leaves the skin looking and feeling revitalised.

*All of the above Aroma Massage treatments  
can be extended for a 90 Minutes Experience*

### Treatment Experience [90 Minutes]

£48.00

# Aroma Envelopment

*Tempted by the warm sensation of pure performance?*

At the heart of these treatments is a rich, creamy mask with plant extracts, chosen according to your needs and applied all over your body. For a beneficial, comforting sensation, enjoy the pleasure of a heating blanket and massage while your mask is on.

Before and after the mask, your body is treated to relaxing, draining or stimulating techniques, depending on your needs.

Feeling wonderfully replenished, your major needs are met to perfection and your skin feels soft, smooth, and refreshed.



## **Detoxifying Aroma Envelopment** [60 Minutes]

**£39.00**

This detoxifying experience includes exfoliation and massage to disperse energy-sapping toxins, while a marine algae mask rich in minerals breaks down fatty deposits, drains away toxins and eliminates water retention. The soothing warmth of the heated blanket maximises the benefits of the mask to produce a more refined figure, increased energy and smooth even skin.

## **Relaxing Aroma Envelopment** [60 Minutes]

**£39.00**

After a gentle exfoliation to cleanse and purify the skin, warm Aromatic Massage Balm Relax is smoothed over the entire body followed by a sumptuous hydrating creamy mask. As you lie cosseted in a heated blanket the balm gently permeates the body and produces a profound and long-lasting sense of well-being.

## **Aroma Tonic Body Envelopment** [60 Minutes]

**£39.00**

Instantly increase your skin's radiance. An invigorating exfoliation buffs the skin to perfection, preparing it for the application of the conditioning Aromatic Massage Balm Tonic, with its unique blend of toning, firming and anti-ageing ingredients. The revitalising effects of the mask are maximised while you relax in a comforting heated blanket, leaving you feeling energised and your skin toned and wonderfully soft.

## **Aroma Flow Body Envelopment** [60 Minutes]

**£39.00**

Feel all muscular tension melt away. After a luxurious full body exfoliation, and a brisk friction massage with a herbal based powder that eliminates dull skin, improves circulation and stimulates subcutaneous tissue, a heated blanket will be wrapped around your body to encourage cellular exchanges, eliminate toxins and remove excess fluid.

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**Decléor Aroma Body Silk Glistener** [45 Minutes] **£35.00**

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Perfectly prepared for any occasion, this is the ultimate skin enhancer..

**Madagascan Red Island Ritual** [60 Minutes] **£38.00**

Inspired by the magical island of Madagascar, powdered Fruit Seeds of Orange and Apricot with Essential Oils, Spices and Vegetal Oils are used to polish and perfect the skin leaving it in supreme condition. The treatment is then followed by a delightfully relaxing massage with warm oils and a unique wooden relaxer. The therapist focuses on areas of tension and stress to energise and restore vitality to reveal beautifully nourished, smoothed skin.

**Decléor Tranquillity Scalp Massage** [30 Minutes] **£30.00**

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, décolleté, neck and shoulders and the soothing Essential Oils enhance the calming experience.

**Perfect Firming Treatment** [45 Minutes] **£35.00**

Perfect for the bust, stomach or any localised area in need of firming, zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin and also skin suffering from stretch marks. This incredible firming treatment includes the exclusive cocktail of Essential Oils that are proven to stimulate collagen and elastin to give a firming and plumping effect on the delicate areas affected by ageing.

**Perfect Legs Treatment** [45 Minutes] **£35.00**

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.

**Cleansing Back Treatment** [45 Minutes] **£35.00**

The back is often a neglected area, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing, purifying and balancing Essential Oils will decongest, hydrate and restore clarity leaving the skin clearer, brighter and healthier.

**Aroma Back Relief** [30 Minutes] **£30.00**

When stresses and strains are at their peak, this treatment offers a quick release. Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with deep massage and a stimulating aromatic mask with Essential Oils, for ultimate relief.

**Perfect Slim Effect Treatment** [60 Minutes] **£39.00**

This results driven treatment has been created to sculpt and contour problem areas such as hips, thigh and buttocks. Powdered Fruit Seeds of Orange and Apricot with Essential Oils, Spices and Vegetal Oils are used to polish and perfect the skin leaving it in supreme condition. The treatment is then followed by an intensive massage which your therapist will bespoke to suit your needs whether its eliminating toxins or helping to tone and firm this massage will leave you feeling rejuvenated. The outstanding technology found in the Slim Effect\* products will be used to leave the body feeling smooth, firmed and contoured.

\* this product is designed to beautify your figure.



**Aroma Foot Relief** [30 Minutes] **£30.00**

Hot towels impregnated with Essential oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

**Sumptuous Mother-To-Be Treatment** [75 Minutes] **£40.00**

Course of 5 **£180.00**

DECLÉOR PARIS, the founders in treatments for mothers-to-be, offer a carefully tailored programme of safe, effective and wonderfully relaxing treatments that are designed to meet your individual needs at each stage of your pregnancy. These specialised treatments focus on preventing the appearance of stretch marks, the elasticity of the skin, reducing water retention, restoring comfort to aching legs and rebalancing pigmentation and complexion problems.

**Sunrise** [60 Minutes] **£39.00**

*Face and body self-tanning and skin preparation treatment*

Exquisite preparation for the sun – this treatment combines Atlantic and Dead Sea Salts with Essential Oils and Calendula Petals to gently exfoliate the surface of your skin providing your expert therapist with, ultra soft, silky skin on which to work her magic!

Pure and natural aromatherapy balms are massaged into your face and body to ease tension, relax and soothe as well as to boost the cells natural defence system and to stimulate melanin production in readiness for exposure to the sun. The finishing touch to this essential skin preparing treatment is a professional application of the golden self-tan – leaving you positively glowing for any occasion.

**Sunset** [60 Minutes] **£39.00**

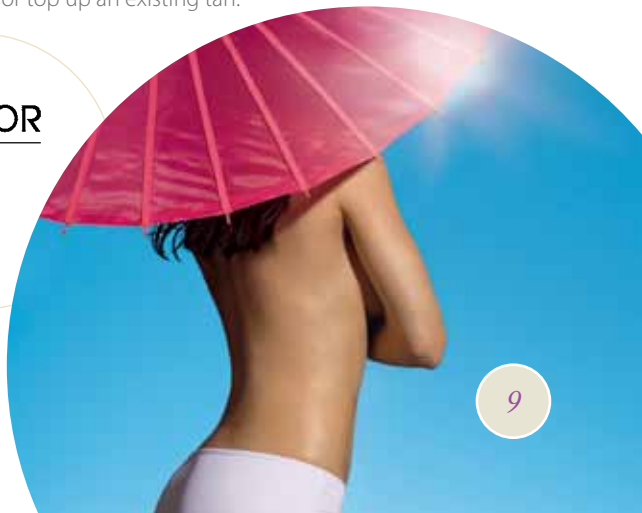
*Face and body repairing after-sun treatment*

Created to replenish and soothe sun-exposed skin from top-to-toe, this unique treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost. Let your skin delight in the luxurious melt-in texture of the Aromessence™ After-Sun Balm – massaged expertly into your face and body to soothe and calm even the most vulnerable of sun-stressed skins. Completed with a gentle application of the Anti-sunburn Refreshing Gel-Cream and Prolegene Gel, your skin is repaired, refreshed, strengthened as well as soothed all over.

**The Tanning Treatment** [60 Minutes] **£39.00**

The most enjoyable way to achieve a top-to-toe healthy glow without sun exposure. Exfoliation ensures perfectly smooth skin followed by the relaxing application of autobronzant. The results are totally natural, long lasting and fade gradually. Perfect to brighten a winter complexion or top up an existing tan.

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PARIS



# DECLÉOR

## Treatments for men

Men are welcome to choose from all of our treatments, but we also provide specifically tailored towards men.



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### **Express Energy Treatment** [30 Minutes] **£25.00**

An express facial treatment, for a burst of energy to the skin

*DETOXIFY • REFRESH • ENERGISE*

### **Intensive Energising Face Treatment** [75 Minutes] **£43.00**

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results

*DETOXIFY • PURIFY • REPLENISH*

### **Intensive Energising Body Treatment** [60 Minutes] **£38.00**

A revitalising treatment for a pure sensation of energy and deep relaxation.

*EXFOLIATE • DE-STRESS • ENERGISE.*

### **Ulmulate Relaxer Aroma Body Massage** [60 Minutes] **£38.00**

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

### **Cleansing Back Relief** [45 Minutes] **£29.00**

The back is an area often neglected, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing as well as purifying and balancing Essential Oils decongest, hydrate and restore clarity to this delicate area, making the skin clearer, brighter and healthier.

**DECLÉOR**  
— PARIS —

# DERMALOGICA Revolutionary Body & Face Mapping

Face mapping is a revolutionary approach to skin analysis developed exclusively for Dermalogica. This procedure not only dramatically enhances the effectiveness of every treatment, but also makes the prescription of a homecare regime as focused on the clients 'actual' needs as possible. Face mapping divides the face into 14 distinct zones. Using these zones the therapist is able to conduct an inch-by-inch methodical analysis, guaranteeing that the subsequent treatment will fully address your concerns.

**dermalogica®**



## **The Face Treatment** [60 Minutes]

**£34.00**

This is the foundation of Dermalogica treatments. A revolutionary treatment that is customised every step by the skin care therapist, based on the face mapping analysis. This treatment will be unique to each individual client by using Dermalogica botanical mixers throughout the step-by-step process.

## **AGE smart™ Treatment** [75 Minutes]

**£36.00**

Are the signs of ageing becoming more prevalent on your skin? If your skin needs a revitalising power boost – then this is for you! Combined vitamin and hydroxy acid exfoliation, energising massage techniques and Dermalogica specialised contour mask make this the ultimate skin therapy for prematurely aging, dry devitalised skin. Firmer, smoother revitalised skin. A course of 4-6 is recommended for optimum results.

## **Medicated Clearing Treatment** [60 Minutes]

**£36.00**

It's the end of the line for adult acne with this powerful treatment that jump-starts acne clearing and helps prevent acne well beyond the treatment. Breakouts have finally met their match! Our medicated clearing treatment will focus on purifying your skin with deep cleansing, followed by extractions. It will target current blemishes while helping to prevent further breakout activity.

**Environmental Control Treatment** [60 Minutes] **£36.00**

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If your skin is looking red, inflamed or feeling itchy, then this treatment is for you. Our super-soothing cleansing will remove impurities from your skin, followed by a calming oatmeal mask that will instantly calm redness and reduce inflammation. A course of 4-6 is recommended in extreme cases.

**ChromaWhite TRx Treatment** [60 Minutes] **£38.00**

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Help to stop uneven pigmentation at its cause. This treatment accelerates brightening, improves skin tone, enhances skin clarity and creates a fresher, healthier appearance.

*A course of 4-6 recommended for optimum results.*

**microZone<sup>SM</sup> Treatments** [30 Minutes] **£24.00**

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Get on-the-spot skin solutions with microZone<sup>SM</sup> treatments. Our expert skin therapist will analyze your skin, then perform a concern-specific treatment designed to solve your skin problem, in about 20 minutes. microZone<sup>SM</sup> treatments are just the quick fix for troubled skin, and they're the ideal maintenance service between Dermalogica Skin Treatments.

**Teenage Facial** [45 Minutes] **£29.00**

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Our teenage facial aims to educate and start teenagers on the correct skincare regime. Facial cleansing, facial extractions, facial mask, facial steam and light facial massage. Ideal for the younger person to teach facial skin care and cleansing tips which go together with homecare advice under Dermalogica's revolutionary clean start SM product range.

# Thermal Touch Therapy

*Need focused attention on a specific area of your body?*

Thermal Touch Treatments will deliver maximum results in a minimum of time! The perfect add on to any Dermalogica skin or body treatment. Choose from the following:

**Thermal Touch Therapies** [15 Minutes] **£10.00**

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**Purifying Back Treatment**

This super smoothing back treatment is designed to rid your muscles of stress and your skin of impurities. A deep cleansing scrub is followed by extractions and then a massage targeted at your tension areas.

**Relaxing Scalp Treatment**

At this very moment, you're storing the day's stress in your scalp! Quickly release tension while infusing the scalp and hair with oceanic minerals and essential nourishment vital to skin health.

This aromatherapy treatment focuses not only on bringing a heightened state of relaxation to your entire body, it also helps provide vital minerals and nutrients to the hair and scalp for improved health.

**Revitalising Foot Treatment**

Say goodbye to rough, dry skin! This treatment will leave your skin soft, smooth and revitalised. Paraffin wax is used during the treatment so relaxing too!

### **Neck & Chest / Décolleté**

Don't stop at the neckline! Improve the health and appearance of your neck and chest with this treatment that's great for prematurely-ageing, sunburned or irritated skin. Help repair damage brought on by long-term or recent exposure to the elements with intensely hydrating and nourishing ingredients.

### **Multi-Vitamin Hand & Arms or Feet Treatment**

The latest Retinol-based vitamin repair is used in this treatment, plus the deep moisturising benefits of a soothing paraffin wax bath. Instant hydration and repair for dry chapped or prematurely aged hands and feet.

### **Revitalising Eye Rescue**

Firm, tone and revitalise your eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling skin, while the smoothing mask will help reduce redness and irritation.

**dermalogica®**



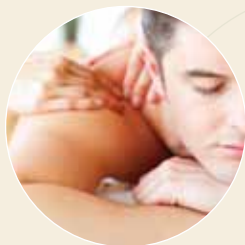
# DERMALOGICA

## Spa Body Therapy

### Revolutionary Body Mapping

This treatment has taken the procedure of analysing the body a step further by dividing the body into 14 zones. The skin and tissue in the 14 zones will be assessed while dry body brushing is carried out. Coupled with observation of posture, movement and lifestyle consultation, you will receive the most accurate prescription of homecare and treatment advice.

*This is a truly personalised service.*



#### **Personalised Body Treatment** [90 Minutes]

**£48.00**

A body treatment that will revitalise and energise. We start with a full body map analysis followed by exfoliation to remove dulling skin cells then move on to a specialized aromatherapy and pressure point massage. Customised mud or gel packs will be applied from head to toe to hydrate and detoxify the skin. A deeply relaxing acupressure scalp massage will be carried out while you're cocooned in a thermal blanket. Mind and body will feel relaxed, regenerated and renewed!

#### **Mineral Salt Scrub Therapy** [30 Minutes]

**£25.00**

Completely customised to either energise or reduce stress, this therapy polishes skin to a soft glow while providing the critical hydration and nourishment skin needs. Mineral Sea Salts and Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body.

#### **Power Recovery Therapy** [45 Minutes]

**£38.00**

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customised essential oil blends in a massage medium offer aromatherapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

### **Mud Massage Therapy** [45 Minutes]

**£38.00**

A unique and exotic treatment that combines detoxifying and cleansing capabilities of earth clays with the intensely moisturising power of natural oils. Olive and Grape Seed oils protect smooth and condition while fortifying skin with antioxidants and a unique blend of Asian herbs stimulate circulation. Your skin is smooth, soothed and protected.

### **Deep Thermal Therapy with Thermal Stamp** [75 Minutes] **£47.00**

Inspired by the practices of 14th century Thai Therapy, this Thermal Body Therapy Treatment utilises a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along the pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.



# Expert Body Massage

**Swedish Body Massage** [30 Minutes] **£24.00**  
[60 Minutes] **£36.00**

We use this Swedish body massage technique for stress reduction, relaxation and deep tissue detoxification. Allow our skilled massage therapists to design the ideal combination of techniques for the perfect personalised massage. Massage is much more than just a relaxing or pampering treatment. It actually stimulates physiological and psychological changes in your body and has many health benefits including circulatory, skeletal, nervous, digestive, immune and cardiovascular.



**Aromatherapy Body Massage** [30 Minutes] **£28.00**  
[60 Minutes] **£38.00**

Revitalise, rebalance and relax with this ancient therapeutic treatment. A blend of pure aromatic essential oils calms the nerves and restores even the most tired of bodies.

**Sports Massage** [30 Minutes] **£26.00**

Designed for deep muscle penetration, this massage is ideal for the treatment of sports injuries and their prevention. Tight muscles can compress blood vessels, so restricting the flow of oxygen and nutrients, leading to reduced performance and being prone to injury. MASSAGE also helps to promote healing of any minor injuries you might have picked up whilst exercising and will leave you feeling de-stressed and relaxed! Excellent before or after exercise.

**Tension Release Massage** [45 Minutes] **£29.00**

This massage is specifically designed for tension and stress release. Various massage techniques will be used to stimulate blood flow around the body to promote healing and deep tissue detoxification, whilst rebalancing and relaxing the body.

**Indian Head Massage** [45 Minutes] **£29.00**

Boost blood supply to the brain while relieving muscular tension, promotes clear thinking and improves concentration while the increased blood flow to the scalp promotes healthy hair growth. It can relieve emotional and physical stress, eye strain and tension headaches and induce sleep. Can also help with sinus problems leaving you balanced with the feeling of peace and tranquility.



# Hot and Cold Stone Therapy

**Hot and Cold Stone Therapy - Personalised** [75 Minutes] **£47.00**  
[45 Minutes] **£35.00**

## *Thermo Stone Therapy's*

This form of bodywork involves the use of heated and cooled stones, Geo-Thermo-Therapy, applied to the body brings relief to tired and sore muscles, alleviating chronic and acute symptoms that many of us deal with on a daily basis. By combining its principles with the traditional healing practices of the Native American Indians, Stone Therapy capitalises on these practices with a modern approach and great results.

Basalt / Marble and Marine Stones are used as tools to provide hot and cold 'messages' to the body. This 'vascular gymnastics' for the circulatory system assists the body's self-healing process. Stone Therapy applies this principle throughout its treatment. It is a massage treatment that goes beyond the normal parameters of therapy as we have previously known.

Clinically it is the application during massage therapy of heated stones with alternating cooled stones for a deep penetrating effect on our physiological systems. Applying different temperatures on the body helps bring about natural healing responses, known to have been used throughout many ancient cultures. Stone Therapy uses alternating temperatures to bring about healing, balance and rejuvenation. Furthermore, it aids the balancing of all levels of physical, mental, emotional and spiritual energies, often unlocking emotions and memories that may be latent in the body, and thus facilitating remembrance and acknowledgement. The therapy brings about alternately sedative and energizing responses to the body.

**Hopi Ear Candles** [30 Minutes]

**£25.00**

This age old therapy is considered a classic clearance therapy and may be used for many problems relating to the ear, nose and throat. The lymph system and metabolism can be influenced by this intensive but pleasant and completely painless treatment. This treatment is extremely relaxing and beneficial for a wide range of problems including balance, co-ordination, ear wax, headaches, migraines, rhinitis, sinusitis, colds, hay fever and dry itchy irritated ears, to name but a few.





# CACI QUANTUM Non Surgical Solutions

The award winning CACI micro-current system is to date the most publicised and the most effective salon treatment system available. CACI re-educates the muscles of the face and body having a lifting and toning effect visible even after the first treatment.

While the original CACI system produces amazing results on the skin, the Quantum goes a step further by allowing clients to enjoy dual benefits of the non-surgical facelift while at the same time receiving a total body toning experience. The Quantum features 24 separate outlets and 7 different wave forms. The Quantum employs specific pre-programmed modes for slimming, toning, contouring, cellulite, lymphatic drainage, face lifting, wrinkles, acne and scar tissue.

This is virtually a household name, synonymous with the non-surgical face-lift and has a vast array of celebrity devotees.

Courses may vary from 10-15 treatments depending on personal requirements. This treatment is highly recommended for all clients of 25yrs and over, younger clients may not need courses but can delay the signs of aging by every other month treatments.

*Visible results without surgery.....*



**Caci Face Consultation and Trial** [30 Minutes] **£25.00**

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**Caci Face** [60 Minutes] **£42.00**

Course of 10 **£370.00**

Course of 12 **£430.00**

Course of 15 **£499.00**

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**Super Caci Face** [75 Minutes] **£62.00**

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**Eye Caci** [30 Minutes] **£24.00**

Course of 12 **£250.00**

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**Caci Firming Q-Tips** **£5.00**

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*Can be added to any face treatments*

Instant results with a non-invasive alternative to collagen injections, designed to plump out and reduce the appearance of deep frown furrows, nose to mouth lines and harsh wrinkles.

**Hydrotone Mask** [30 Minutes] **£20.00**

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Hydrotone is a new treatment from Caci, specifically developed for individuals with busy lives that are short on time, and in need of a treatment that can deliver effective results. The hydrotone treatment provides immediate intensive skin hydration and face firming by combining active micro-current rollers with a unique, electrically conductive gel mask that has been infused with powerful hydrating properties which include collagen, hydrochloric acid, vitamin C and vitamin E. The rollers gently massage the face causing the mask to become 'charged' so the whole face is bathed with rejuvenating energy which is softer, radiant and more youthful in appearance.

*Combine any Caci facial with hydrotone mask for an additional £10.00*



# QUANTUM Body Treatments



**Slimming and Toning Treatments** [30 Minutes] **£29.00**  
Course of 12 **£240.00**

Combines faradic and galvanic slimming applications, along with tightening and toning saggy body muscles.

**Contour Treatments** [30 Minutes] **£29.00**  
Course of 12 **£240.00**

Specific muscle enhancement for bust and buttock areas, restores muscle strength and promotes a firm appearance.

**Cellulite Treatments** [45 Minutes] **£38.00**  
Course of 12 **£360.00**

Specifically targets cellulite and stubborn fatty areas such as thigh and buttocks, whilst reducing inches.

**Lymphatic Treatments** [45 Minutes] **£38.00**  
Course of 5 Treatments **£150.00**  
(1 treatment per week)

Specifically designed to stimulate lymphatic flow, improving immunity, reducing water retention and boosting the metabolic rate, thus aiding slimming.

**E.C.M.** [30 Minutes] **£29.00**

The electro-cellulite massager disperses cellulite using micro-current combined with manual massage techniques.

**Cellulite, Slimming and Toning** [30 Minutes] Course of 10 **£250.00**

**Special** **£55.00**

Combine any slimming or toning treatment with a Caci facial for only £55.00, making a saving of £16.00.

# HANDS & FEET with Jessica Nails

## **Jessica Prescriptive Manicure** [45 Minutes] **£21.00**

A treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and specific creams. The nail shape is perfected and finally a treatment basecoat and colour are applied for the perfect finish.

## **Jessica Prescriptive Deluxe Manicure - Thermal Mittens** [60 Minutes] **£25.00**

The Jessica Prescriptive Deluxe Manicure with Thermal Mittens for a deeper more penetrative treatment, this ensures the oils and creams really soften your hands, whilst improving circulation and improving stiff joints.

## **Le Remedi Hand Treatment** [30 Minutes] **£14.00**

Hands age quickly, more quickly than your face. This is pure luxury and very effective treatment for your hands including Hand Cleanse, Exfoliation, and Masque and liposome serum. Your hands will feel smoother, firmer and look more attractive... because you deserve it!

## **Men's Hand and Nail Grooming** [45 Minutes] **£19.00**

Le Remedi hand Treatment Programme to condition and sooth hands. Nails perfectly shaped. Cuticles conditioned and gently pushed back...and finally a firm hand massage is performed.

## **Jessica Zen Spa Pedicure** [60 Minutes] **£26.00**

A Luxury foot and leg treatment using Aromatherapy-based products for softer, smoother feet and legs, finishing with perfectly polished toenails.

## **Jessica Zen Spa Deluxe Pedicure - Thermal Mittens** [75 Minutes] **£29.00**

A Luxury foot and leg treatment using Aromatherapy-based products for softer, smoother feet with Thermal Booties for deeper penetration of oils and creams, soften cuticles and improving circulation and soothing joints, finishing with perfectly polished toenails.

## **Paraffin Wax for Hands or Feet** [30 Minutes] **£18.00**

This warm relaxing treatment will give hands extra care and nourishment. The hands will be dipped into the warm paraffin wax and gently enveloped to absorb moisture. It will sooth, aid circulation and soften the skin.

## **File Shape and Paint Fingers/Toes** [30 Minutes] **£15.00**

**zenspa**  
pedicure for the spirit

**J**  
**JESSICA**



# GEleration Soak off Gel Polish

The beauty of Jessica in a gel with the health of the natural nail in mind. GEleration, gel formula, delivers a long lasting, flawless finish that dries in seconds and protects the natural nail.

*GEleration is available in almost all colours and lasts up to 3 weeks.*



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## **GEleration Gel Overlay Manicure** [45 Minutes] **£30.00**

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Includes hand and arm massage, cuticle care, nail shape and finish with Jessica's GEleration gel polish.

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## **GEleration Deluxe Gel Overlay Manicure** [60 Minutes] **£35.00**

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Includes the benefits of a luxurious LeRemedi hand treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for; nails will be shaped and finished with Jessica's GEleration gel polish.

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## **GEleration Refresh Gel Polish** [30 Minutes hands or feet] **£25.00**

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Nails are filed, shaped and finished with Jessica's GEleration gel polish.

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## **GEleration Zen Spa Pedicure** [60 Minutes] **£36.00**

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Choose from calming green tea, energising ginger or revitalising citrus for this luxury foot and leg treatment. Hard skin is removed, feet and legs are massaged with nourishing conditioning creams. Cuticles are groomed; toe nails are shaped and finished with Jessica's GEleration gel polish.

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## **GEleration Zen Spa Deluxe Pedicure** Thermal Mittens [75 Minutes] **£39.00**

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A Luxury foot and leg treatment using Aromatherapy-based products for softer, smoother feet with Thermal Booties for deeper penetration of oils and creams, soften cuticles and improving circulation and soothing joints, finished perfectly with Jessica's GEleration gel polish.

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## **GEleration Existing Gel Removal** [15 Minutes] **£4.00**

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If an existing gel is to be removed on any of the above treatments, an extra 15 minutes is required at the additional charge of £4.

Professional  
**GE**leration™  
Soak-Off Gel Polish

**zen**spa  
pedicure for the spirit

# Minx Nails

*Minx extends fashion to your fingertips*

Minx is a prestigious and exciting accessory that extends fashion to the fingertips. A patented flexible film that shrink-wraps to natural, gel, and acrylic nails using heat with designs to die for. These will be applied professionally by a Nail Technician, lasting up to 3 weeks without chipping, smudging or fading.

**Minx Hands or Feet** [45 Minutes] **£23.00**

This will consist of cuticle cleanse, file and shape, complete with the application of Minx nail design of your choice.

**Mini Minx** [60 Minutes] **£39.00**

A classic manicure which includes hand and arm massage, nail shape and cuticle care with oils and specific creams for penetrating results. Finishing with a fabulous Minx design of your choice.

**Mini Minx and Pedicure** [75 Minutes] **£45.00**

A classic pedicure which includes foot and leg exfoliation, massage, nail shape and cuticle care with oils and specific creams for penetrating results. Finishing with a dazzling Minx design of your choice.



Minx



**Maxi Minx** [90 Minutes] **£49.00**

A super hydrating and softening treatment for even the driest hands and nails with a luxury moisturising massage with aromatherapy oils and a hand wrap for nourishing and penetrating results. Experience the thermal hot mitten therapy, full cuticle treatment and nail filing and shaping. A luxurious manicure that will leave your hands fully revitalised, super smooth and looking younger. This treatment is finished with the celebrity application of the Minx design of your choice.



# Eye Treatments

**Eyelash Tint** [30 Minutes] **£12.00**

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**Eyebrow Tint** [15 Minutes] **£8.00**

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**Eyelash and Brow Tint** [30 Minutes] **£15.00**

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## Eyelash Extensions

*The hottest new fashion accessory!*

Semi-permanent, long, natural looking eyelashes that can last up to 12- weeks. They enhance your own natural beauty and increase your self confidence. The lashes are weightless and applied lash-by-lash into your own natural eyelash. They are hypo-allergenic and will not damage your own eyelash and will fall out naturally.

**Eyelash Extensions** Full Set **£55.00**

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**Maintenance Infill's** [45 Minutes] **£25.00**

[Removal 30 Minutes] **£20.00**

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# Waxing Treatments

*Relax, no need to worry, we source the finest manufacture of the highest quality wax products and combined with our expertise we have the perfect recipe for safe, super smooth results.*

<b>Full leg and bikini</b>	<b>£27.00</b>
<b>Full leg</b>	<b>£22.00</b>
<b>Half leg</b>	<b>£15.00</b>
<b>Bikini</b>	<b>£9.00</b>
<b>Highline Bikini</b>	<b>£12.00</b>
<b>Underarms</b>	<b>£8.00</b>
<b>Lip</b>	<b>£6.00</b>
<b>Lip and chin</b>	<b>£9.00</b>
<b>Chin</b>	<b>£6.00</b>
<b>Eyebrow</b>	<b>£9.00</b>
<b>Arm</b>	<b>£14.00</b>
<b>Full Chest</b>	<b>£20.00</b>
<b>Full Back</b>	<b>£20.00</b>
<b>Brazilian</b>	<b>£16.00</b>

The Brazilian bikini wax (landing strip) is a vertical strip at the front, 2-3 fingers in width, hair is waxed from the lip and usually the buttock area is included.



## **Playboy** **£18.00**

A Playboy wax removes all the hair leaving only a neat thin pencil line (one finger width) at the front.

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## **Hollywood** **£20.00**

Dare to be bare with this popular sought after waxing treatment. Customised bikini waxing has really taken off, this is everything off, everywhere, nothing, nada, nix, zilch, liscio, bald.

<b>Electrolysis</b>	[15 Minutes]	<b>£14.00</b>
	[30 Minutes]	<b>£17.00</b>
	[45 Minutes]	<b>£24.00</b>

Kina uses diathermy and the blend technique. Together with Sterex we achieve effective permanent removal of unwanted hair.



# Sunbeds

*Our Ergoline “Turbo Power Ultra” combines innovative UV tanning technologies for optimum safe tanning results.*

Ergonomically designed for your comfort together with fast tanning tubes and controllable facial boosters, allowing you a whole new pleasurable tanning experience with an enviable lasting tan.

A full range of leading brands offering the largest variety of products to meet all your tanning needs are also available, these unique formulas are designed to proactively enhance the tanning process, each with exotic blends making tanning a multi sensory escape.

Proven research has shown there are many health benefits of UV ray exposure, such as improving cases of Eczema, Acne, S.A.D, Depression, Rheumatism and Chronic Back Pain.

As members of the Sunbed Association and as tanning professionals we promote only the safe use of our facility.

Maybe it's your time to see and feel the advantages for yourself.

**Prior booking advisable.**

THE  
**SUNBED**  
ASSOCIATION  
VOICE OF THE INDUSTRY

The image shows a futuristic, blue-lit interior of a vehicle or cabin. The ceiling is curved and features a series of parallel, glowing blue light strips. A seat with a blue and white color scheme is visible on the right side. The overall atmosphere is sleek and modern.

*Ergoline*

# Packages



## Health Day Luxury Package [6hrs] **£129.00pp**

Indulge yourself in a day of total luxury and pampering and discover a new world, rewarding yourself or a friend with total body wellness and optimum skin health.

**Sauna** - Just lie back and relax to leave yourself with the feeling of well being and relaxation whilst providing you with healthy skin and keeping you thoroughly refreshed.

**Full body massage** - Swedish body massage technique for stress reduction, relaxation and deep tissue detoxification. Allow our skilled massage therapists to design the ideal combination of techniques for the perfect personalised massage.

**The Personal face treatment** - This is the foundation of Dermalogica treatments. A revolutionary treatment that is customised every step by the skin care therapist, based on the face mapping analysis. This treatment will be unique to each individual client by using Dermalogica botanical mixers throughout the step-by-step process.

**Eyelash tint or eyebrow wax** - A patch test will be required 24hrs prior to this treatment.

**Lunch** - Re-boost with a light snack and refreshing drink in between your relaxing day.

**Deluxe manicure** - The Jessica Prescriptive Deluxe Manicure with Thermal Mittens for a deeper more penetrative treatment, this ensures the oils and creams really soften your hands, whilst improving circulation and improving stiff joints.

**Deluxe pedicure** - A Luxury foot and leg treatment using Aromatherapy-based products for softer, smoother feet and legs, finishing with perfectly polished toenails.

## Ultimate Stress Relief [2hrs 30mins]

£75.00pp

*Re-energise your body, relax your mind and lift your spirit.*

This programme combines:

**Indian Head Massage** - Boosting the blood supply to the brain while relieving muscular tension, promotes clear thinking and improves concentration while the increased blood flow to the scalp promotes healthy hair growth. It can relieve emotional and physical stress, eye strain and tension headaches and induce sleep. Can also help with sinus problems leaving you balanced with the feeling of peace and tranquillity.

**Aromatherapy Massage** - Revitalise, rebalance and relax with this ancient therapeutic treatment. A blend of pure aromatic essential oils calms the nerves and restores even the most tired of bodies.

**Deluxe Pedicure** - A Luxury foot and leg treatment using Aromatherapy-based products for softer, smoother feet and legs, finishing with perfectly polished toenails.

## Total Wellness [1hr 45mins]

£65.00pp

**Hopi Ear Candles** - This age old therapy is considered a classic clearance therapy and may be used for many problems relating to the ear, nose and throat. The lymph system and metabolism can be influenced by this intensive but pleasant and completely painless treatment. This treatment is extremely relaxing and beneficial for a wide range of problems including co-ordination, ear wax, headaches, migraines, rhinitis, sinusitis, colds, hay fever and dry itchy irritated ears, to name but a few.

**Stone Massage** - Basalt / Marble and Marine Stones are used as tools to provide hot and cold 'messages' to the body. This 'vascular gymnastics' for the circulatory system assists the body's self-healing process. Stone Therapy applies this principle throughout its treatment. It is a massage treatment that goes beyond the normal parameters of therapy as we have previously known.



## Mother & Daughter [1hr 30mins]

£49.00pp

Double your pleasure and spend some quality time together relaxing side by side with your mum or best friend. Maximum relaxation with a personalised facial followed by a stress relieving head, back, neck and shoulder Swedish massage.

## Miss Celebrity [3hrs 30mins]

£115.00pp

**The Tanning Treatment** - The most enjoyable way to achieve a top-to-toe healthy glow without sun exposure. Exfoliation ensures perfectly smooth skin followed by the relaxing application of autobronzant. The results are totally natural, long lasting and fade gradually. Perfect to brighten a winter complexion or top up an existing tan.

**Minx** - A classic manicure which includes hand exfoliation, massage, nail shape and cuticle care with oils and specific creams for penetrating results. Finishing with a fabulous Minx design of your choice.

**Eyelash Extensions** - The hottest new fashion accessory! Semi-permanent, long, natural looking eyelashes that can last anywhere up to 12 weeks. They enhance your own natural beauty and increase your self confidence. The lashes are weightless and applied lash-by-lash into your own natural eyelash. They are hypo-allergenic and will not damage your own eyelash and will fall out naturally.

## Party Prep [2hrs]

£68.00pp

### The Tanning Treatment

The most enjoyable way to achieve a top-to-toe healthy glow without sun exposure. Exfoliation ensures perfectly smooth skin followed by the relaxing application of autobronzant. The results are totally natural, long lasting and fade gradually. Perfect to brighten a winter complexion or top up an existing tan.

**GELeration Gel Overlay Manicure** - Includes hand exfoliation, massage, cuticle care, nail shape and finish with Jessica's GELeration gel polish.

### Eyelash Tint or Brow

- Let your "eyes" sparkle and enhance your natural beauty.



## HOLIDAY Essentials [2hrs 45mins]

£82.00

*The best way to prepare for your holidays.*

**Jessica Prescriptive Manicure** - A treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and specific creams. The nail shape is perfected and finally a treatment basecoat and colour are applied for the perfect finish.

**Jessica Zen Spa Pedicure** - A Luxury foot and leg treatment using Aromatherapy-based products for softer, smoother feet and legs, finishing with perfectly polished toenails.

**Highline Bikini Wax • Full Leg Wax • Underarm Wax**

## Beach Beautiful [3hrs 15mins]

£99.00

*The Ultimate in lasting finishing touches for your holidays.*

**GEleration Deluxe Gel Overlay Manicure** - Includes the benefits of a luxurious LeRemedi hand treatment. Yours hands will be smoother, silkier and firmer. Cuticles will be cared for; nails will be shaped and finished with Jessica's GEleration gel polish.

**GEleration Zen Spa Pedicure** - Choose from calming green tea, energising ginger or revitalising citrus for this luxury foot and leg treatment. Hard skin is removed, feet and legs are massaged with nourishing conditioning creams. Cuticles are groomed; toe nails are shaped and finished with Jessica's GEleration gel polish.

## Sunrise

### Face and Body Self-Tanning and Skin Preparation Treatment

Exquisite preparation for the sun – this treatment combines Atlantic and Dead Sea Salts with Essential Oils and Calendula Petals to gently exfoliate the surface of your skin providing your expert therapist with, ultra soft, silky skin on which to work her magic!

Pure and natural aromatherapy balms are massaged into your face and body to ease tension, relax and soothe as well as to boost the cells natural defence system and to stimulate melanin production in readiness for exposure to the sun. The finishing touch to this essential skin preparing treatment is a professional application of the golden self-tan – leaving you positively glowing for any occasion.

**Eyelash Tint & Brow** - Let your "eyes" sparkle and enhance your natural look.

## Energise and Finalise [2hrs]

£35.00

**Personal Training Session** - Begin by exercising in the spacious air conditioned fitness suite under the guidance of your very own personal trainer and take advantage of the very latest fitness equipment to energise and help you look and feel great, then lie back and relax in the Finish sauna leaving yourself totally invigorated and rejuvenated.

## And finally...

*Revitalise, rebalance and relax with this ancient therapeutic massage treatment using a blend of pure aromatic essential oils to calm the nerves and restore even the most tired of bodies.*

Where to find us:



# Alpine

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the **guild**  
of Beauty Therapists



*Find and book your perfect Spa Treatments  
online, easy! hassle free! and at your finger tips.....*

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