



the  
treatment  
rooms



## welcome

We hope you enjoy your visit to The Treatment Rooms. Our professional therapists are concerned with your comfort and want you to be delighted with your treatments. We will always be pleased to hear any comments or suggestions to help us fulfil this aim.

We want you to get the most from your treatment so please try to arrive 5 minutes before your treatment time.

You are always welcome to arrive early, enjoy a complimentary drink, relax or browse around the gift shop.

## treatment times

Monday	1000 – 1730
Tuesday	0900 – 1930
Wednesday	0900 – 1930
Thursday	0900 – 1930
Friday	0900 – 1730
Saturday	0830 – 1300

(Appointments after 1730 are pre- booked only).

## shop opening times

Monday	1000 – 1730
Tuesday	0900 – 1730
Wednesday	0900 – 1730
Thursday	0900 – 1730
Friday	0900 – 1730
Saturday	0830 – 1300

## gift vouchers

The perfect gift! These can be exchanged for treatments, gifts or products and are valid for one year from date of purchase. Please note they are non-refundable and non-extendable.

## late arrival

Late arrival for a booked appointment may mean your treatment time will be compromised. If carrying out your treatment would compromise other clients' appointments we reserve the right to cancel your appointment and charge for the full cost.

## cancellation policy

24 hours notice of cancellation is requested. Non-attendance or late cancellation may result in the full cost of the treatment being charged if we are unable to fill the appointment.

## please note

If you are receiving any medical treatment or medication or if you are or may be pregnant please ensure the therapist is aware of this before any treatment.

## complaints

We hope you will never have cause for complaint, but if you are ever dissatisfied with your treatment please raise this first with your therapist who has carried out your treatment. If you are not happy with the response please speak to another member of staff. We promise we will deal with you fairly.

Prices effective from 1 January 2011

## pevonia facials

There is a Pevonia facial for every skin type and problem. Pevonia offers luxury products for the face and body using pure plant extracts. The products contain no artificial fragrance, alcohol, chemical fillers, mineral oil, lanolin or PABA and the products are not tested on animals.

All facials can be booked as a course – pay for 5 in advance and get the 6th free.

### prescription facial

Good for all skin types, this facial is tailored to treat individual needs enabling the therapist to improve any kind of skin complaint. It is recommended as an excellent introductory facial.

£45.00 (55 mins)

### express facial

This mini facial boost is suitable for all skin types and includes cleansing, exfoliation, steam and mask.

£25.00 (25 mins)

### aromatherapy facial

A deeply relaxing facial using aromatherapy oils and pressure point massage.

£45.00 (55 mins)

### skinfit facial for men

This facial along with the home skincare range is formulated especially for men's skin. It helps to soothe irritability, prevent folliculitis, smooth wrinkles and rehydrate.

£60.00 (70 mins)

Pevonia offers an extensive range of specialised facials for particular skin conditions which can give even better results. Your therapist can discuss your needs and will recommend which one is best suited to your skin.

### plantomer facial

£50.00 (55 mins)

### anti-free radicals

£55.00 (70 mins)

### elasto-firm mask

£50.00 (55 mins)

### luminous 'c' and 'sea'

£55.00 (70 mins)

### rs2 rosacea facial

£55.00 (70 mins)

### caviar and escutox

### anti-wrinkle treatment

£55.00 (55 mins)

### myoxy caviar facial

£80.00 (70 mins)

### oxy-vital mask

£50.00 (55 mins)

## dermaco pro facials

Our DermaCo Pro System offers a range of highly technical treatments which combine to create superb electrical facials giving outstanding results. We offer a range of facials using different combinations of the therapies.

### diamond tip microdermabrasion facial

Microdermabrasion diminishes pigmentation, lines and wrinkles, and stimulates and restores the circulation to encourage healthier skin. In conjunction with Ultrasound this facial leaves the skin looking refreshed and rejuvenated.

For best results a course is recommended with treatments approximately 2 weeks apart.

£48.00 (55 mins)

£240.00 for a course of 6

£384.00 for a course of 10

### biolift (non surgical facelift) facial

Combined with Ultrasound the Biolift Facial, which uses microcurrent, will tone and firm facial contours, tighten sagging skin, lift the eye contour, reduce eye bags and dark circles and increase cell renewal.

For best results a course is recommended with treatments 2-3 times a week, followed by maintenance treatments every 4 weeks.

£48.00 (55 mins)

£240.00 for a course of 6

£384.00 for a course of 10

### the ultimate dermaco facial

Ultrasound, Microdermabrasion and Biolift combined to give amazing results. This facial would be fantastic for a special occasion where you need immediate and noticeable results.

£70.00 (85 mins)

## rejuvalight

This wonderful relaxing treatment uses the power of light to enhance the skin at a cellular level. For very best results a course of treatments is recommended.

### rejuvalight facial

This treatment includes cleansing, exfoliation, steam and Rejuvalight treatment.

£45.00 (55 mins)

## eye treatments

### eyelash tint

Patch test essential at least 24 hours before first treatment

£12.00 (20 mins)

### eyebrow tint

Complimentary with eyelash tint

£5.00 (10 mins)

The following eye treatments are only available within a full facial treatment.

### anti-puffiness treatment

Stimulates drainage in the eye area thus reducing puffiness

£12.00 within any facial

### wrinkle treatment

Uses pure freeze dried collagen to aid the problem of wrinkles and creepiness.

£14.00 within any facial

Anti-Puffiness and Wrinkle treatments when taken together

£24.00 within any facial

### dermaco eye treatment

This treatment can be incorporated into any Pevonia or Murad Facial. We use Microdermabrasion, Ultrasound and Biolift to reduce puffiness, dark circles, eye bags and generally lift and rejuvenate the eye area.

£15.00 (15 minutes)

NB The eye area will be treated in a DermaCo Facial so this need not be booked as an addition.

## murad facials

Formulated by Dr Howard Murad in his Medical Spa in Los Angeles, these dermatological treatments are guaranteed to improve the appearance of your skin. Whether your concern is ageing or acne, pigmentation or redness, every single Murad treatment has a combination of anti-oxidant, anti-inflammatory and hydrating ingredients to give visible results and radiant, younger-looking skin.

### anti-ageing AHA facial

This facial is perfect for reducing the appearance of lines and wrinkles. AHAs and antioxidants regenerate skin cell renewal to reveal fresher, smoother and younger looking skin.

£45.00 (40 mins)

### vitamin c infusion facial

Discover a radiant complexion with this luxurious face and hand treatment. Pure Vitamin C, with Vitamins A and E help to brighten the skin, lighten pigmentation and reduce the appearance of fine lines and wrinkles.

£54.00 (55 mins)

### resurgence renewal facial

Starting to notice deeper lines and wrinkles? Noticing a loss of firmness and tone? Then try the Murad Resurgence facial. With ingredients including papaya and pineapple, this luxurious facial puts the bloom of youth back into skin. The Resurgence facial is also intensively hydrating, so it can plump out wrinkles whilst lifting and firming slackened skin.

£56.00 (55 mins)

### clarifying enzyme facial

A fantastic deep-cleansing facial that can reduce blemishes and oiliness, whilst brightening the skin. Skin will look clearer and less congested.

£54.00 (55 mins)

### redness therapy

For skin prone to redness, broken capillaries and sensitivity, this calming facial will help to soothe and cool.

£54.00 (55 mins)

## make up

We use the amazing Jane Iredale Mineral make up – all natural, fantastic for sensitive skins and recommended by dermatologists.

### make up application

£20.00 (30 mins)

### bridal make Up

Includes consultation, first trial and the make up on your wedding day (at The Treatment Rooms).

£45.00 (45 mins for first appt)

Additional trials £20.00

Arrangements can be made for make up to be done at home for an extra charge – this will be a minimum of £30.00 and will depend on the distance to be travelled and the travelling time. Please consult your therapist about your own individual needs.

### wedding party make up

For Mother of the Bride, Bridesmaids, etc.

By Arrangement

## hopi ear candling

A very relaxing and calming treatment that can help with balance and inner ear problems, build up of wax, tinnitus, hearing difficulties and sinus problems as well as stress, headaches and migraines.

£40.00 (40 mins)

## ear piercing

Uses the hygienic Cafion system and includes aftercare lotion and choice of studs. Please note we only pierce the lobes of the ears.

£20.00

## massage

### swedish massage

Massage is wonderful for relief of muscular tension, relaxation, stress relief and general well being. Your therapist will tailor the massage to your needs, whether you need relaxation or deeper work.

- £25.00 (25 mins)
- £32.50 (40 mins)
- £40.00 (55 mins)
- £47.50 (70 mins)

### hydrotherm massage

Hydrotherm massage is carried out on a large warm water filled bag using special techniques. It is deeply relaxing and comforting for aching muscles and is excellent for remedial massage. This is a suitable massage in pregnancy as you lie on your back throughout the treatment.

- £28.00 (25 mins)
- £36.00 (40 mins)
- £45.00 (55 mins)

### indian head massage

An invigorating massage to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

- £27.00 (25 mins)

### daoyin tao

A harmonious synergy of softened and adapted Chinese massage, blended with modern Western massage techniques. This face, neck and shoulder massage is amazingly therapeutic and can enable the body to heal itself from a wide variety of everyday complaints. It is also a deeply relaxing and stress relieving treatment.

- £30.00 (30 mins)

## aromatherapy

Aromatherapy is the controlled use of essential oils to aid the general health and well being of the body, mind and spirit. It can be very helpful for many complaints and is particularly useful for stress related conditions.

A treatment consists of consultation, massage and oils for home use if required. (small extra charge may be made for home use products depending on type and quantity)

- £45.00 (55 mins - first appointment 70 mins)

## hot stone therapy

### relax

This combination focuses on massage and offers a complete holistic approach and sensory journey. Deeply relaxing.

- £65.00 (85 mins)

### rejuvenate

The complete cleansing and massage ritual. It includes a face and body polish with hot towel compresses and a face and body massage using the hot stones. The skin is left cleansed and glowing with vitality and all tension melts away.

- £85.00 (115 mins)

## reflexology

Reflexology stimulates the various reflexes on the feet, and works on the principle that energy balance will lead to greater health and vitality.

- £40.00 (55 mins)
- £25.00 (25 mins)

## time for mum

Enhance the unique experience of pregnancy with 'Time for Mum'. These Pevonia packages have been created with the collaboration of midwives to care for a woman throughout her pregnancy.

### time for mum top to toe

A complete top to toe experience which will make any expectant mum feel very special. It includes a signature back massage, a hand and arm massage, a foot and leg massage and a Plantomer facial to balance hormonal skin

- £75.00 (85 mins)

### time for mum massage

This lovely package includes a hydrating foot and leg massage, as well as a soothing back and abdomen massage - a deeply relaxing and comforting massage experience.

- £45.00 (55 mins)

## body wraps

### back wrap with natural moor

The warming thermal action of the Moor Mud aids muscular tension, aches and pains, and softens and refines the skin.

£37.00 (40 mins with short massage)

£48.00 (55 mins with full back massage)

### fit for life moor wrap

The warming thermal action of the Moor Mud aids muscular tension, aches and pains, tension and stress. Excellent for relieving pain from arthritis and rheumatism.

£60.00 (70 mins)

### desert heat body wrap

A self-heating bubbly wrap rich in minerals offers a profound sense of relaxation and well-being. It leaves skin hydrated, nourished, toned and shiny. The ultimate in relaxation and very good for stress and fatigue.

£60.00 (70 mins)

### moroccan cocoon with rassoul

This extraordinary mud contains an abundance of healing minerals. It calms sensitivity and smoothes and moisturises rough scaly skin, whilst energising and re-invigorating.

£60.00 (70 mins)

### green coffee body wrap

This high performance detoxifying treatment increases circulation, improves skin elasticity, breaks down fatty deposits and visibly reduces puffy and spongy skin. A course is recommended for best results.

£65.00 (70 mins)

### tropical oasis

With tropical extracts of mango and passion fruit and a high concentration of Vitamin C, the creamy yoghurt formulation is absorbed into the skin, reviving smoothing and firming. Recommended to firm the skin and great for dull and sallow skin. Avoid if you suffer from collagen intolerance.

£55.00 (55 mins)

### tropical escape

This papaya and pineapple wrap is enriched with crème fraiche, natural butter, Vitamin A and pomegranate extract. The skin is deeply nourished and rejuvenated with a marked reduction in skin crepiness and wrinkles. Avoid if you suffer from collagen intolerance.

£55.00 (55 mins)

## exfoliation

### body polish

A top to toe exfoliation and moisturising treatment which leaves your skin feeling silky smooth.

£30.00 (25 mins)

## st tropez spray tanning

A fantastic quick drying, natural looking tan using the highly acclaimed St Tropez Ultimate Air Spray tanning system.

Full Body £25.00 (20 mins)

Legs £15.00 (10 mins)

## hands and feet

### luxury pedicure

A real treat for feet - includes foot soak and exfoliation, nail shaping, cuticles, special attention to calluses and rough, dry patches, foot mask and a moisturising foot massage.

£35.00 without polish (55 mins)

£41.00 with polish (70 mins)

### express pedicure

Foot soak, exfoliation, nail shaping, cuticles and short foot massage.

£20.00 without polish (25 mins)

£26.00 with polish (40 mins)

### basic pedicure

Foot soak, nail cutting/ filing, and moisturiser

£12.00 (15 mins)

### luxury manicure

Includes exfoliation, cuticle tidy, nail shape, hand conditioning treatment, massage and clear varnish.

£27.00 without polish (40 mins)

£33.00 with polish (55 mins)

### express manicure

An excellent maintenance treatment for healthy nails.

£18.00 without polish (25 mins)

£24.00 with polish (40 mins)

### polish application

£7.50 (15 mins)

### shape & polish

£11.00 (20 mins)

### french polish

£10.00 (20 mins)

### shape & french polish

£12.50 (25 mins)

### paraffin wax treatment

For very dry hands and feet. This treatment is available as an alternative to hot mitts within a luxury manicure or pedicure. Please request when booking.

£10.00 when added to Express treatments

### gelac manicure

UV gel polish eliminates the chipping, smudging and cracking associated with traditional polish and lasts for about 14 days.

This manicure includes nail shape and cuticle tidy.

£30 (40 mins)

### gelac polish removal

The product is available to purchase for home use.

£10 (15 mins)

### minx nails

minx nails are a fabulously stylish adhesive film, applied using a UVA lamp. There are lots of amazing designs to choose from. They can be fitted on to any nail size or shape (although very ridged nails may not be suitable).

They don't smudge or chip and will last up to two weeks on fingers and up to 4 weeks on toes.

£30 (40 mins)

## hair removal

We are happy to offer a free consultation to advise on the best method of hair removal for you.

### waxing

For intimate/sensitive waxing we use the Lycon system for the most comfortable waxing experience possible.

- Half leg - £16.00
- Three quarter leg - £22.00
- Full leg - £28.00
- Full leg and bikini - £34.00
- Full leg, bikini and underarm - £38.00
- Bikini line - £8.00
- Thong bikini line - £15.00
- Brazilian/Hollywood - £30.00
- Underarm - £8.00
- Lip - £5.00
- Chin - £5.00
- Arm - £16.00
- Half arm - £10.00
- Back - £20.00
- Chest - £20.00
- Eyebrows - £8.00

### electrolysis

Still the only permanent way to remove persistent coarse hairs, particularly on chin and lip.

- £15.00 up to 15 mins
- £5.00 for each 5 mins thereafter

### epilpro

Sound waves are used to effectively and safely damage the root of the hair. Suitable for finer hairs or for people who cannot have electrolysis.

- £15.00 (15 mins)
- £5.00 for each 15 mins thereafter

### alkaline wash

An effective and pain free way to progressively treat downy facial hair. A patch test is required at least 24 hours before treatment.

£68.00 for first treatment which includes aftercare products

Thereafter as follows:

- £18.00 Upper lip or chin
- £30.00 Cheeks
- £40.00 Full face (lower part)

## time for you packages

Please note that treatment times given are approximate and allow for relaxation time after or during your treatments.

### just for men

Starting with a Skinfit Facial for Men and followed by a Back Total treatment that includes a deep cleanse, exfoliation, mask and massage, this will leave you feeling completely chilled out.

£85.00 (3 hours)

### de-tox reviver

Feel rejuvenated and cleansed of all impurities with a stimulating seaweed body peel, a Thalasso wrap to feed your body with over 100 trace elements, followed by a refreshing Plantomer facial

£95.00 (3 hours)

### aroma relaxer

A wonderful triple aroma experience, this package begins with a body polish. You are then cocooned in an essential oils scented Moor Mud wrap whilst you experience a relaxing scalp massage, followed by an aroma facial using pressure point massage.

£95.00 (3 hours)

### holiday heaven

Get ready for your bikini with a full body polish, moisturising treatment, eye lash tint, and toe nail shape and polish. Complete the look with a fabulous St Tropez spray tan.

Please note that any waxing should be carried out at least 24 hours before tanning treatment. Patch test is required for the eyelash tint.

£60.00 (2 hours)

### mini break heaven

See to the basics! Half leg wax, bikini wax, eye lash tint and nail shape and polish on fingers and toes. Patch test required for the eyelash tint.

£55.00 (1 hour 45 mins)

### cinderella package

Get ready for the ball (or just a night out) with a body polish and moisturising treatment, a nail shape and polish on fingers and toes, and a mini-facial.

£65.00 (2 hours)

### mini spa package 1

Body polish and moisturising treatment, plus an express facial.

£50.00 (1 hour 30 mins)

### mini spa package 2

Indian Head Massage followed by an Express Facial with foot massage.

£50.00 (1 hour 30 mins)

### mini spa package 3

Back, neck and shoulder massage, foot and leg massage using hot stones, and an express facial.

£50.00 (1 hour 30 mins)

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