

# Beauty Suite Treatments and Therapies.

# Recharge, revive, revitalise.

At Nuffield Health we understand that beauty is interwoven with wellbeing. We run hospitals and clinics, as well as gyms and beauty suites and that unique breadth of expertise underpins everything we do.

Our Beauty Suite treatments for men and women enhance the body through deep knowledge of physiology and the science of relaxation. It is a holistic approach that can relieve stress and enhance health, as well as helping you to look your best.

Enjoy browsing our comprehensive range of treatments, therapies and massages. If there is anything more you would like to know before choosing, don't hesitate to ask. We look forward to looking after you!

## ELEMIS Treatments.

ELEMIS has over 25 years' experience in professional spas, providing specialist treatments for both men and women. Each spa-therapy has been developed by a specialised team, using extensive clinical and scientific studies to ensure every therapy shows real results.

Designed to respect the body's complex physiology, ELEMIS spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

### Member discount

**All members receive a 10% discount off all ELEMIS treatments in the price list.** This discount cannot be used in conjunction with any other offer.

# ELEMIS







Leave skin  
plumper, radiant  
and lit up with  
good health.



## ELEMIS Skin Specific Facials

### **Skin Booster Facial** 25 mins/£24

25 minutes to a smooth glowing complexion. Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time. Add on your beauty essentials such as manicure, wax or eyebrow shape for a complete package.

### **Anti-Ageing Facial** 25 mins/£25

### **Skin Specific Facial** 55 mins/£36

## ELEMIS Touch: Skin Solutions

### **Superfood Pro-Radiance** 55 mins/£42

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

### **Sensitive Skin Soother** 55 mins/£42

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

### **Anti-Blemish Mattify & Calm** 55 mins/£42

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

## ELEMIS Touch: Anti-Ageing Facials

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### **Dynamic Resurfacing Precision Peel** 55 mins/£52

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### **White Brightening Pigment Perfector** 55 mins/£52

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

### **Pro-Collagen Age Defy** 55 mins/£52

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

### **Pro-Definition Lift and Contour** 55 mins/£52

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

\* Independent clinical trials



Skin is deeply  
cleansed,  
polished and  
softened.



## ELEMIS Body: Scrubs & Wraps

### **Body Nectar** 55 mins/£48 **Nourishing Wrap - Sweet Orchid or Frangipani**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### **Intensely Cleansing** 25 mins/£27 **Salt Scrub - Lime and Ginger or Frangipani**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## ELEMIS Body: Detox & Cellulite

### **Targeted Toning Tightener** 25 mins/£25 90 mins/£52

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment.

### **Thousand Flower Detox Wrap** 55 mins/£48

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

## ELEMIS Body: Pregnancy

### **Peaceful Pregnancy** 75 mins/£50 **Massage**

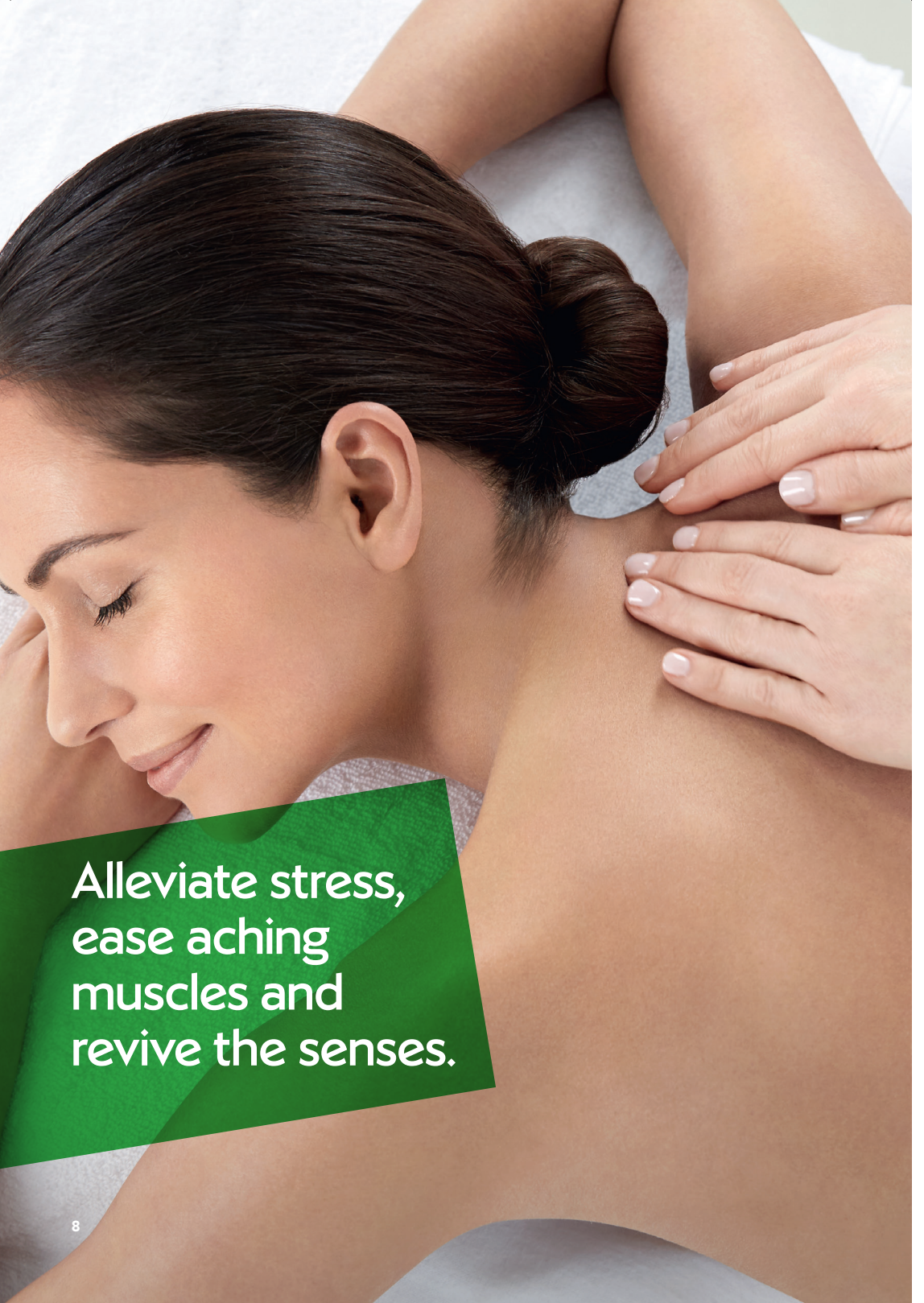
Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

### **Peaceful Pregnancy** 120 mins/£78 **Face and Body Experience**

Settle into the unique pear-shaped beanbag for this treatment combination that gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

**Other specialist treatments may be available. Please ask at your club for more information.**

\* Independent clinical trials

A close-up photograph of a woman with dark hair tied in a bun, lying on her back. Her eyes are closed, and she has a peaceful expression. Two hands with light-colored nail polish are gently massaging her upper back. The background is a soft, out-of-focus white surface.

Alleviate stress,  
ease aching  
muscles and  
revive the senses.



## ELEMIS Face and Body Combinations

### Couture Touch **55 mins/£51**

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS facial with your personalised Freestyle Deep Tissue Massage.

### Hot Mineral Body Boost **75 mins/£51**

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

## ELEMIS Back Massages

### Freestyle Deep Tissue Back Massage **25 mins/£26**

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most. Choose from:

**Stress-a-Way:** Wind down and release the tension of the day.

**Spirit Reviver:** A powerful surge to invigorate and recharge.

**Muscle Melt:** Relax and re-energise a tired and aching body.

**Chakra Balancing:** Reconnect your mind, body and soul.

### Wellbeing Back Massage **30 mins/£25**

Designed to focus on where you need it most. Loosen tension and target knotted areas of the back neck and shoulders.

### Stress Buster Massage **45 mins/£30**

A customised massage to your needs - please discuss with your therapist who will customise your massage.

## ELEMIS Body Massages

### Freestyle Deep Tissue Massage **55 mins/£40**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### Deeper Than Deep Hot Stone Massage **55 mins/£52**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.


### Wellbeing Full Body Massage **60 mins/£37**

From the soles of your feet to the crown of your head, this is much more than just a massage

Your body is lightly dry brushed, before pure, warm aromatherapy oils prescribed to your needs are massaged over the body. Deeply relaxes your mind and body easing aches and tension and improving circulation.

### Garden of England Rose Restore **55 mins/£40 90 mins/£51**

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.



**Combat the  
effects of a hectic  
lifestyle and  
environmental  
stresses.**



# Mens Treatments

## ELEMIS Facials

**High Performance Skin Energiser** 55 mins/£52

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle, and environmental stressors.

## ELEMIS Face and Body Combinations

**Couture Touch** 55 mins/£51

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS facial with your personalised Freestyle Deep Tissue Massage.

## Waxing

**Back Wax** 30 mins/£17

**Chest Wax** 30 mins/£17

**Eyebrow Wax** 15 mins/£8

## Other treatments popular with men

**ELEMIS Freestyle Deep Tissue Massage** 55 mins/£40

**ELEMIS Deeper Than Deep Hot Stone Massage** 55 mins/£52

## Hands and Feet

Treating yourself to a professional manicure and pedicure is just the reward for your over-worked hands and feet. We use the world's leading Jessica products for their effectiveness in cleaning, repairing and grooming hands and feet. You will be left with shaped nails and tidy cuticles as well as being scrubbed and moisturised.

**Male Hand and Nail Treatment** 30 mins/£17

Hands are exfoliated to remove dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and shaped.

**Male Foot & Nail Treatment** 45 mins/£21

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

Hands are  
noticeably silkier,  
smoother and  
firmer than before.



## Jessica Hand and Foot Treatments

Jessica's unique natural nail care philosophy is grounded in the basics – all nails are different, and beautiful hands start with the right foundation. For over thirty years, Jessica has been passionate about developing nourishing and highly-effective treatments customised to help maintain the health of the natural nail. Renowned as one of the world's leading authorities on natural nail care, our extensive treatment menu includes manicures, pedicures and GELeration soak-off gels all personalised to leave you luxuriously pampered and polish.

### Hand Treatments

#### **Le Remedi Hand Treatment** 20 mins/£10

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before.

#### **Jessica Prescriptive Manicure** 45 mins/£21

Nails are analysed and treated for their specific type. This treatment includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect choice of polish.

#### **Jessica Deluxe Manicure** 60 mins/£24

The ultimate in hand and nail care. All the benefits of the Le Remedi Hand Treatment combined with Jessica Prescriptive Manicure. Le Remedi conditioning hand treatment leaves hands noticeably silkier, smoother and firmer than before.

### Foot Treatments

#### **Jessica Zenspa Pedicure** 60 mins/£23

A luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

#### **Jessica Zenspa Deluxe Pedicure** 75 mins/£27

Jessica Zenspa Pedicure with the luxurious added benefit of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. Manicures and Pedicures can be finished with a choice of Jessica Custom Nail Colour or Jessica Phenom Fast-Drying Vivid Colour.

### Jessica GELeration

The beauty of Jessica with the strength of a Gel. Instant drying, no smudging, simple removal, lasts between 2 and 3 weeks, the natural way of having perfect nails.

#### **GELeration Manicure** 45 mins/£23

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica GELeration gel polish.

#### **Deluxe GELeration Manicure** 60 mins/£28

Includes the benefits of the luxurious Le Remedi Hand Treatment combined with a GELeration Manicure.

Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica GELeration gel polish.

#### **Zenspa Pedicure with GELeration** 60 mins/£30

A luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and finished with gel polish.

#### **GELeration removal** 20 mins/£8

Removal of existing GELeration only.

#### **French Polish/Nail Art (hands or feet)** Add £3 to price of selected manicure or pedicure



## Hair Removal

Waxing is a method of semi-permanent hair removal which removes the hair from the root. The effects last for between 3-6 weeks, depending on the individual. We ensure to offer a professional, hygienic waxing service.

Here at the Beauty Suite we offer warm and hot wax. Hot wax can be used for the more delicate areas and is also ideal for very sensitive skin. If you know you have a very sensitive skin type, when making an appointment, please advise receptionist that you require hot wax to be used for your treatment. For more information please speak to one of the beauty team.

<b>Half Leg Wax</b>	<b>30 mins/£15</b>
<b>Full Leg Wax</b>	<b>45 mins/£20</b>
<b>Underarm Wax</b>	<b>15 mins/£8</b>
<b>Bikini Wax</b>	<b>15 mins/£9</b>
<b>Lip or Chin Wax</b>	<b>15 mins/£7</b>
<b>Eye Brow Wax</b>	<b>15 mins/£8</b>
<b>Brazilian Wax</b>	<b>45 mins/£19</b>
<b>Hollywood Wax</b>	<b>45 mins/£21</b>
<b>Half Arm Wax</b>	<b>15 mins/£11</b>
<b>Full Arm Wax</b>	<b>30 mins/£15</b>

## Eyebrow and Eyelash Treatments

<b>Eye lash Tint</b>	<b>15 mins/£10</b>
<b>Eyebrow Tint</b>	<b>15 mins/£8</b>
<b>Eyebrow Shape</b>	<b>15 mins/£8</b>
<b>Eye lash and Eyebrow Tint</b>	<b>30 mins/£17</b>

All tinting will require a tint test 24 hours in advance. Please advise when booking.

## Brow by Mii, defined by you

This bespoke eyebrow treatment begins with an in depth consultation, followed by tinting, waxing, shaping and finishing. Whether your eyebrows are in need of nurturing, refining or just a little TLC, Brow by Mii is the perfect treatment for you. Patch test required before treatment.

<b>Design Mii (initial treatment)</b>	
<b>Treatment time</b>	<b>40-45 mins/£30</b>

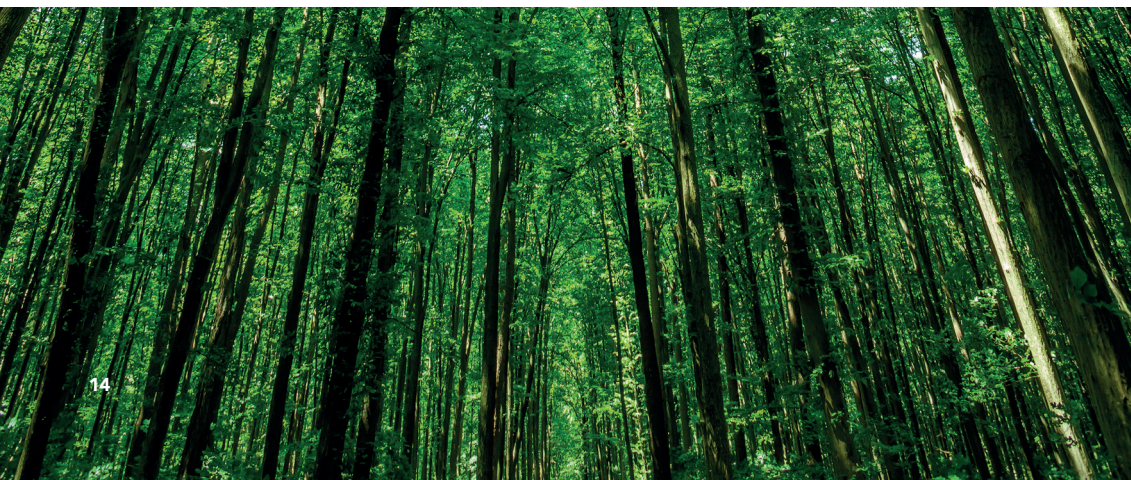
<b>Maintain Mii (maintenance treatment)</b>	
<b>Treatment time</b>	<b>30 mins/£20</b>

All tinting will require a tint test 24 hours in advance of the treatment. Please advise when booking.

## Tanning

We use a variety of spray tans and creams, please check on booking which treatment is available.

<b>Half Body Spray Tan</b>	<b>15 mins/£13</b>
<b>Full Body Spray Tan</b>	<b>30 mins/£18</b>
<b>Half Body Cream Tan</b>	<b>30 mins/£28</b>
<b>Full Body Cream Tan</b>	<b>1 hour/£36</b>



In order to get the most from your experience, we recommend you arrive at least 15 minutes before your appointment. This will give you time to book in, complete your preliminary consultation and relax before your treatment begins.

We understand that our customers lead busy lives, so to keep your stress levels to a minimum, make sure you leave plenty of time to get here. If possible, avoid coffee or caffeinated drinks prior to your visit as these can make it harder for you to switch off.

If, for whatever reason, you find yourself running late, please let us know. We will do our best to keep your appointment open as long as possible, but of course, we can't keep our other clients waiting.

Please note that treatments are only available to persons over 18 years of age. Treatments times are approximate and include time for changing and consultation.

## Cancellations

If you do need to cancel your appointment, please give us at least 24 hours notice. Wherever possible, we will attempt to reschedule your session for you. However, if you cancel less than 24 hours before your appointment, you will be required to pay a cancellation fee of 50% of the total treatment cost.

## Medical conditions

If you have any of the following conditions, please let us know when you are booking your treatments: cancer, high/low blood pressure, over active thyroid, seafood or nut allergy, asthma or if you are pregnant.

## Treatment availability

Please be aware that not all treatments are available at every Beauty Suite. Please contact your local club for specific treatment information.

## Courses

If one treatment simply isn't enough, Nuffield Health offers courses on all of our ELEMIS treatments. You can buy a course of six treatments for the price of five. Courses expire within 12 months of purchase.

## Bookings

Please refer to the back page of this brochure for contact details and booking information.

## Gift vouchers

Vouchers are the perfect stress-free gift for friends and family. You can either choose a specific treatment from our brochure or a gift value amount, leaving the recipient to choose the treatment they wish.

Vouchers are valid for a full six months and are available from either the main reception or at the Beauty Suite.

Each gift voucher entitles the recipient to access the Nuffield Health facilities on the day of their treatment.



## Nuffield Health Beauty Suite locations

### **Barrow**

Hindpool Road  
Hollywood Park  
Barrow-In-Furness  
Cumbria  
LA14 1YE

**01229 829829**

### **Doncaster**

Sidings Court  
White Rose Way  
Doncaster  
South Yorkshire  
DN4 5NU

**01302 365588**

### **East Kilbride**

4 The Boardwalk,  
Stroud Road  
East Kilbride  
South Lanarkshire  
G75 0YW

**01355 236601**

### **Birmingham**

20 Ashbrook Drive  
Rubery, Rednal  
Birmingham  
B45 9FN

**0121 453 0000**

### **Chislehurst**

A20 Sidcup By-Pass  
Chislehurst  
BR7 6RP

**0208 308 3900**

### **Croydon Central**

44 Surrey Street  
Croydon  
London  
CR0 1RJ

Not all treatments are available at all sites. Check before booking for further details. Other locations available, prices may vary. Please see website for further details: [nuffieldhealth.com/beauty](https://nuffieldhealth.com/beauty)