

Beauty At The Fitness Centre

Waxing

Full Leg 30mins	£32	Full Arm 30mins	£32	Back 30mins	£30
Half Leg 20mins	£22	Half Arm 20mins	£25	Chest and Back 60mins	£50
Standard Bikini 15mins	£20	Under Arm 15mins	£15	Lip or Chin 10mins	£12
Extended Bikini 20mins	£22	Eyebrow re-shape 15mins	£15	Lip and Chin 15mins	£20
Brazilian 30mins	£32	Eyebrow Tidy 10mins	£12	Full Face 30mins	£30
Hollywood 30mins	£35	Chest 30mins	£30	Stomach 10mins	£12

Bookings

To make an appointment, please contact reception on Gym2@freshfields.com or Extension **3851**

Cancellations

24 hours notice of cancellation is required or the full fee may be charged.

Payments

Payments for all Massage & Beauty are made directly to the Therapist via cash or bank transfer.

Please note that you do not need to be a member of the gym to make a booking.

Treatment List

Manicures

OPI Manicure

45 mins **£27**

The nails are reshaped, and cuticle work carried out followed by luxurious hand scrub, hand massage and finished with nail varnish in the colour of your choice. Using Seche Vite base and top coats for quick drying and long lasting shine.

OPI Express Manicure

20mins **£18**

The nails are reshaped, followed by a polish and re-varnish.

OPI Gel Removal and re-apply

1 hr **£35**

All removals include shape, buff and nail envy by OPI nail and cuticle treatment.

Pedicures

OPI Regular Pedicure

45mins **£32**

A warm foot bath soak, nail shape and cuticle care. Removal of hard and dead skin, followed by moisturising mini foot massage and polish of your choice.

OPI Luxury Gel Pedicure

45mins **£40**

A warm foot bath soak, nail shape and cuticle care. Removal of hard and dead skin, followed by gentle exfoliating, foot scrub and luxurious moisturising, extra massage and polish of your choice.

OPI Full Gel Manicure

45 mins **£35**

For clients that have naturally healthy nails and want their polish to last. A brand new hybrid product applied like a regular polish but cured under an LED light, providing an everlasting manicure. It will stay on for up to four weeks, with no chipping, peeling, or signs of wear and tear (a fortnightly application is recommended for best results) The gel soaks off completely in 15 minutes.

Includes soak, luxurious hand scrub and massage.

OPI GEL Shape and Polish £30.00

Removal only

30mins **£15**

Eye Treatments

LVL Lash Lift . Inc Tint **£50**

60 mins

Eyelash Tint

20mins **£18**

Eyebrow Tint

15mins **£15**

Eyebrow and Lash Tint

20mins **£27**

Brow/ Lash Tint + Eyebrow Shape

20mins **£30**