

Environ Skin Care.

Active Vitamin Treatment

55 minutes (3 areas) £65

Packed with nourishing, anti-ageing ingredients, the Active Vitamin Treatment will leave your skin looking radiant and dewy. The freshest, most active forms of vitamin A, C and antioxidants are driven deep into the lower layers of the skin using sound waves and small electrical pulses. This scientific approach stimulates collagen to soften lines and improve elasticity, increase hydration and boost radiance.

The Active Vitamin Treatment is suitable for all skin types and is particularly effective at addressing sun damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with noticeable differences after just one session.

Advanced Active Vitamin Treatment

85 minutes (10 areas) £90

Collagen Power Facial

1 hour £65

This peptide-packed facial helps boost collagen, soften fine lines, and tightens lax skin, resulting in a more youthful appearance. Ideal for targeting mature or photo-damaged complexions.

This treatment uses gentle sound waves to drive a special nutrient-packed serum gently into the lower layers of the skin. The formula contains a unique combination of 3 peptide complexes which work in synergy to give skin a plumper, more radiant appearance.

Hydraboost Treatment

1 hour £90

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates whilst plumping and firming the skin. This facial helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin.

The Frown Treatment

45 minutes £90

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes as injectables without the associated risks.

Cool Peel

1 hour £65

This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength lactic acid is used to reduce the skin's pH and trigger the release of growth factors, which helps create tighter, smoother skin. It destroys bacteria, boosts hydration and removes the build up of dead skin cells, helping to decongest the surface and smooth its texture. The Cool Peel is ideal for clients with lines and wrinkles, uneven texture or problem skin, sun damage and rosacea.

Precision Treatment

30 minutes £45

This time effective treatment targets specific areas of concern using unique skin care techniques that ensure effective results. This treatment is perfect for when your time is limited.

Purifying Treatment

30 minutes £45

Created to purify, micro-exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving your skin feeling like new.



Pristine Microdermabrasion.

Microdermabrasion is based on a mechanical exfoliation thus giving you a smoother, fresher, softer, clearer and rejuvenated look after your very first treatment. Pristine treats and minimises the appearance of:

- Fine lines, wrinkles and crow's feet
- Ingrown hairs
- Acne and trauma scars
- Enlarged pores
- Sunspots
- Blackheads
- Uneven skin textures

Treatments start from just £29

Skin Deep £29

30 minutes

(15 minute skin analysis 15 minutes micro blast)

Microdermabrasion £70

45 minutes

Microdermabrasion £45

30 minutes

Course of three Microdermabrasion £99

30 minutes each

(Courses valid for 3 months only)

All clients new to microdermabrasion must have an initial 15 minute skin analysis.



Skin is deeply
cleansed, polished
and softened.



**Alleviate stress,
ease aching muscles
and revive the senses.**

Body Treatments.

At the Beauty Suite, we use the finest cold pressed oils and pure essential oils. Synthetic free, natural scent and no added preservatives, chemicals or dispersant.

Swedish Massage

As the best known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by manipulating the muscles with long gliding strokes. Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility, whilst easing tension.

Swedish Massage
85 minutes **£90**

Swedish Massage
50 minutes **£60**

Swedish Massage
40 minutes **£45**

Swedish Massage
25 minutes **£35**

Scalp Ritual **£25**

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair shiny, glossy and nourished.

Foot Ritual **£25**

This treatment combines a foot exfoliation to relieve rough, dry feet and heels followed by a soothing foot and leg massage using a combination of suitably blended oils and a foot mask to nourish and smooth.

Body Polish **£30**

A relaxing all over exfoliation and layering of richly nourishing products, leaving the skin looking radiant and feeling wonderfully smooth.

Naturally Thinking Pure Spa Aromatherapy Facials.

Using core fundamentals of natural ingredients and no synthetics, our natural aromatherapy facial care range is loving to your skin and naturally rejuvenating.

A relaxing facial based upon your specific skin type; lie back in comfort as we apply effective skincare products, using relaxing facial techniques that will leave your skin feeling fresh and energised.

Simply choose how long you would like your facial:

Prescription Facial **£35**
25 minutes

Prescription Facial **£60**
50 minutes

Combat the effects of a hectic lifestyle & environmental stresses.

Pregnancy.

Benefits of Prenatal Massage

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backache, stiff neck, leg cramps, headaches and oedema (or swelling). In addition, massage for pregnant women reduces stress on weight bearing joints,

encourages blood and lymph circulation, helps to relax nervous tension which aids in better sleep and can help relieve depression or anxiety caused by hormonal changes.

During The Prenatal Massage

At the Beauty Suite, our therapists take extra care to ensure our pregnancy massage clients are especially comfortable.

Relief of Everyday Symptoms

Massage for pregnant women offers a number of benefits, and it's always a good idea to discuss with your therapist any everyday symptoms you'd like to see relieved. Those might include:

- Headaches can be relieved by massage focusing on the head, neck and shoulders. In addition, maintaining optimal levels of stress relief through massage reduces the chances of migraines or tension headaches by relaxing trigger points and muscle spasms.

- Muscle tension created by carrying the extra weight of a baby can be relieved by encouraging blood flow to the affected areas. This provides more nutrient rich oxygen and also increases the flow of lymphatic fluid, which sweeps away toxins and metabolic waste.

- Fatigue, backaches, leg cramps and swelling/oedema can all be relieved through various types of massage for pregnant women.

- The ordinary aches and pains of pregnancy are countered by the release of serotonin.

Pregnancy Massage

50 minutes
(from 2nd trimester)

£60

Foot & Leg Ritual

25 minutes

£25

Pregnancy Facial

50 minutes

£65

Scalp Ritual

25 minutes

£25

Richly scented essential oils are massaged into the hair, releasing tension, conditioning the scalp and leaving hair shiny, glossy and nourished.

Foot Ritual

25 minutes

£25

This treatment combines a foot exfoliation to relieve rough, dry feet and heels followed by a soothing foot and leg massage using a combination of suitably blended oils and a foot mask to nourish and smooth.

Body Polish

25 minutes

£30

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Nail Bar.

Manicures/Pedicures

File & Polish
20 minutes **£20**

Perfectly Polished Pedicure
55 minutes **£40**

Express Manicure/Pedicure
30 minutes **£25**

Nail file & shape, push back of cuticles, cuticle nourishment, application of cream & polish.

Using a glycolic foot peel, your calluses will be smoothed away. This treatment is suitable for those with problem hard skin. The hard skin on the soles of your feet will be buffed and softened and your toe nails tended, leaving you with perfectly polished feet.

Standard Manicure/Pedicure
45 minutes **£35**

Nail file & shape, exfoliation, soak, cuticle work, massage, polish.

Jessica Geleration Nails

With the health of the natural nail in mind Jessica's Geleration Gel formula delivers a long lasting finish for up to 3 weeks. New technology, new technique!

- No trauma to the nails
- Dries in seconds
- Fume Free
- Gives longevity to Manicures & Pedicures
- Ideal for special occasions and holidays
- Can last up to 3 weeks
- Glides like a polish, performs like a gel

Geleration Manicure
45 minutes **£29**

Cuticle work, file & shape, buff, application of gels, oil.

Geleration Pedicure
45 minutes **£29**

Cuticle work, soak, file & shape, buff, application of gels, oil.

Gel Removal
£15

Perfectly Polished Pedicure with Geleration
£45

Hands are noticeably silkier, smoother and firmer than before.



Waxing.

Lycon Wax

Lycon Wax is a pain free hot wax taking the beauty industry by storm. Lycon is ideal for the most intimate and sensitive areas as well as coarser hair types.

Australian Body Care Wax

Australian Body care is perfect for all skin types. The main ingredient, tea tree, has antibacterial qualities, leaving the skin healed, soothed and smoothed.

WAXING	WARM WAX	LYCON HOT WAX
Upper lip	£10	
Chin	£10	
Upper lip & Chin	£17	
Eyebrow Wax	£15	
Underarms	£16	£19
Full Arm	£25	
Half Arm	£18	
3/4 Arm	£23	
Full Leg	£34	
1/2 Leg	£25	
Standard Bikini	£15	£20
Extended Bikini	£25	£30
Brazilian		£42
Hollywood		£42
Chest Wax	£30	
Back Wax	£35	
1/2 Back Wax	£27	
Abdomen Wax	£20	
Chest & Abdomen Wax	£40	

For your eyes.

HD Brows

45-60 minutes

£45

Every HD Brows treatment is absolutely bespoke, as our therapists assess the shape of your face and colouring before creating a bespoke brow, tailored exclusively for you. Even if you have sparse areas, hope is not lost. Our expert stylists will work with you on a re-growth programme to achieve the perfect eyebrows for you.

LVL Lashes

45 minutes

£50

LVL stands for Length, Volume, and Lift.

The stunning alternative to eyelash extensions! LVL has been designed to enhance your natural eyelashes by straightening them rather than curling to create the illusion of longer, thicker lashes. The treatment takes between 30 and 45 minutes depending on the length and quality of your natural lashes.

- No adhesive or lash extensions used
- No mascara needed
- Lasts up to 6 weeks
- Very low maintenance lash treatment

With LVL, your results are immediately visible, plus your fabulous new look will last up to 6 weeks. LVL can be a more cost effective, lower maintenance alternative to eyelash extensions.

Eyebrow Shape

£15

Eyebrow Tint

£12.50

Eyelash Tint

£18

Bright Eyes

£38

Eyelash tint, eyebrow tint and shape.

Patch test required for all treatments

Spa Packages.

Facilities include:

- Stunning 20 metre ozone pool
- Steam, sauna and plunge pool
- Fully equipped free weights gym
- Resistance and cardio suite
- Access to group exercise
- Squash Courts
- Jacuzzi

Weekend Spa Escape

£99pp

This package includes two of the following 40 minute treatments :

- Prescription Facial
- Swedish 40 minute Massage
- Foot Ritual
- Scalp Ritual
- Body Polish

Valid Friday, Saturdays, Sundays and Bank holidays only.

Treatment Retreat

£70pp

This package includes one of the following 50 minute treatments and use of Nuffield Health Moorgate facilities :

- Prescription Facial
- Swedish Full Body Massage

The Twilight Spa Retreat

£85pp

(minimum 6 guests)

This package is ideal for a group booking such as a corporate day, hen event and team building sessions. Each guest will receive a glass of bubbly upon arrival and a 50 minute massage. A bespoke group exercise class will be created with the needs of the group taken into account.

Soprano Pain-Free Hair Removal.

Female Laser Hair Removal		SINGLE	6 PACK
Eyebrows; earlobes; glabella; nipple; upper lip		£50	£250
Hand and fingers; feet and toes; navel pubis line; buttock crease; chin; hairline; eyebrow and glabella; sideburns		£80	£400
Underarms; cheeks; front or back of neck		£90	£450
Bikini standard; upper lip & chin		£120	£600
Upper arm; lower arm; lower face and front of neck; chest; abdomen; part buttocks; full neck; bikini thong		£140	£700
3/4 arms; shoulders; extended bikini; bikini thong and underarms; buttocks; lower back		£155	£775
Full arm; full pubic/designer bikini; lower leg; upper leg; back		£220	£1100
Full legs; back and shoulders; chest and abdomen		£290	£1450

Male Laser Hair Removal		SINGLE	6 PACK
Eyebrows; earlobes; glabella; nipple; upper lip		£50	£250
Hand and fingers; cheeks; feet and toes; buttock crease; hairline; eyebrow and glabella; sideburns		£80	£400
Underarms; navel pubis line; front or back of neck		£90	£450
Upper lip & chin; part buttocks; full neck		£140	£700
Lower arm; beard; chest; upper arm		£155	£775
Buttocks; 3/4 arms; lower back; shoulders; abdomen		£165	£825
Full arm; lower leg; upper leg; back		£260	£1300
Full legs; back and shoulders; chest and abdomen		£320	£1600

Quick and Effective For All Skin Types.

In order to get the most from your session, we recommend you arrive at least 10 minutes before your appointment. This will give you time to book in, complete your preliminary consultation and relax before your treatment begins.

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 100% 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.

Late Arrivals

Depending on your arrival time we will determine how much of the service we are able to offer. We will do everything we can to accommodate late arrivals, but in some circumstances appointments may have to be rescheduled.

Bookings

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

Patch Tests

Patch Tests are required on certain services including eyelash lifting, eyelash tinting, brow tinting and laser hair removal. In most cases these are 24 or 48 hours in advance, but please ask for more information. In the rare instance that you may experience a reaction, we ask that you inform us within 24 hours.

Deposits

Specific services and treatments require a 100% deposit at the time of booking. If an appointment is cancelled without the required 24 hours minimum notice, the deposit becomes non refundable. Deposits are fully refundable where a cancellation takes place more than 24 hours prior to the appointment time. In addition, deposits are also required for the following services:

- All treatments and services over the value of £100
- Courses – where a cancellation is made without 24 hours notice, the appointment will be non transferable
- Group bookings(+2 clients)
- Spa Packages

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 whatever treatment they wish.

Vouchers are valid for a full six months and are available from the main reception.

For all group spa bookings, contact the Spa Manager on **0203 811 2436**.