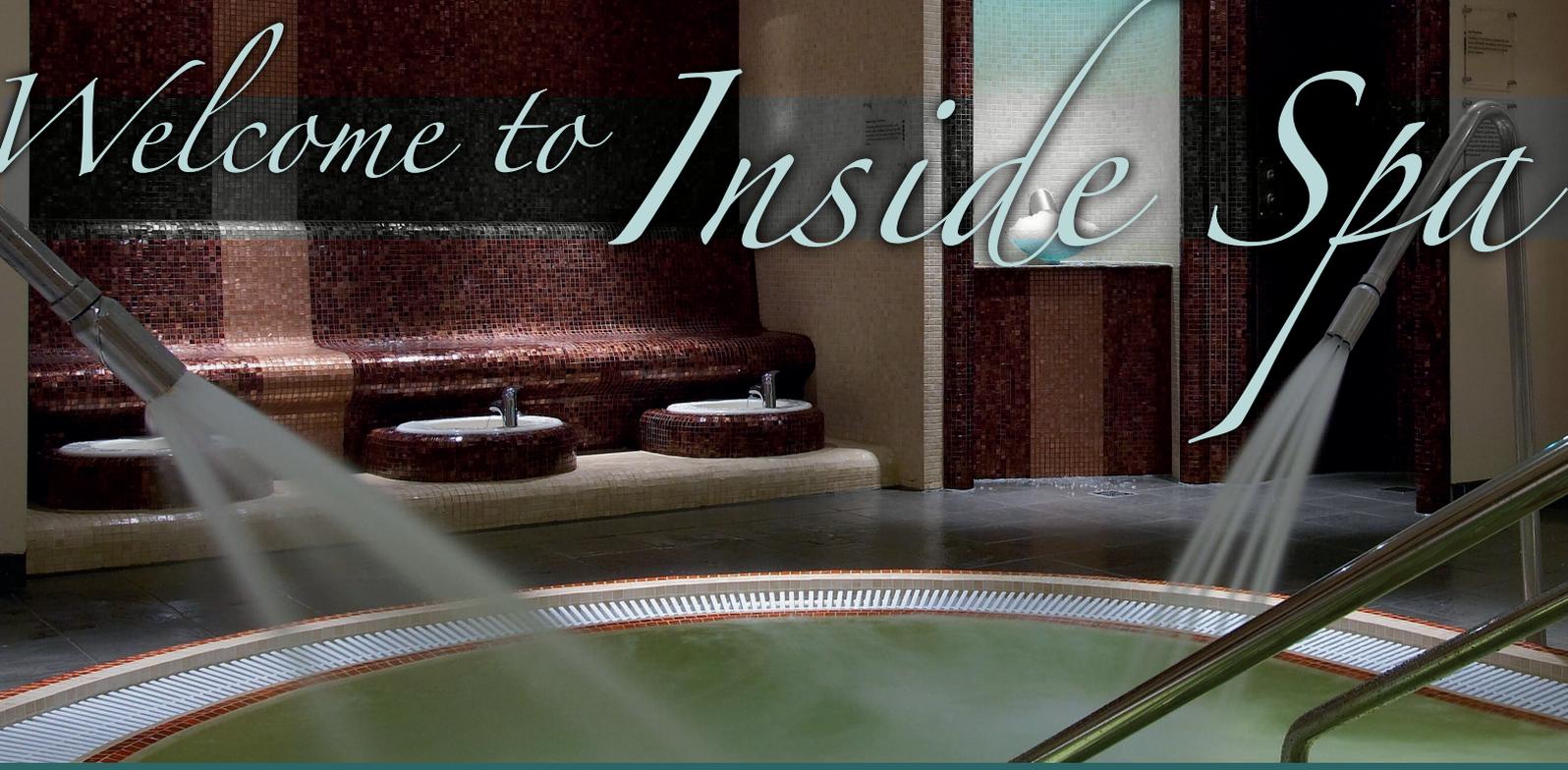




Spa Brochure

A photograph of a spa interior. In the foreground, a hot tub with green water is visible, with two showerheads spraying water into it. In the background, there is a tiled bench with two sinks. The walls are covered in dark mosaic tiles.

Welcome to *Inside Spa*

At Inside Spa we are dedicated to helping you relax and unwind, with the experience being about you having some quality 'me' time. Spend two hours revitalising your body and clearing your mind with a Spa Experience, which has eight relaxing features. We also offer a full range of body and beauty treatments, from massages, facials and manicures, to lash extensions and anti-aging remedies. Why not combine two hours in the Spa with a couple of beauty treatments and create your very own Pamper Day?

Booking Your Spa Treatment

We advise you to book your treatments and pamper packages in advance to avoid disappointment. On booking, we require credit or debit card details to secure your appointment. If you require any advice on treatments or packages, then please do not hesitate to contact us and one of our therapists will be happy to help. To enjoy the ultimate in relaxation for pamper packages, we advise you to arrive 20 minutes prior to your appointment in order to check-in, change and unwind before your treatment begins.

Treatment Times

Your Spa therapist will include a consultation, treatment prescription and post-relaxation in the treatment times listed.

Aftercare

To prolong the benefit of your Spa treatment, we offer a full range of luxury retail products for home use. Your Spa therapist will advise you on the correct face and body care to maintain your results.

Spa Day Packages

We offer a selection of pampering days or alternatively, you can create your own. Your day includes a light lunch and use of a luxury robe, slippers and towels. Full payment is required 14 days in advance for all Spa Day Packages. A £10 deposit is required for individual treatments over 55 minutes.

Medical Information

Some treatments may not be suitable for all, or require adjusting. As your well-being is our priority, please give us any relevant information at the time of booking.

Please be aware, if you are pregnant you will not be able to use the Spa Experience. We require a doctor's note if you are being treated for any of the following: heart conditions, cancer, liver problems, kidney diseases and any recent operations.

Cancellations

If for any reason you cannot make your Spa appointment, please call us on 01282 661735. We require 24 hours notice on all treatments and packages to avoid a full cancellation charge.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735



Spa Experience



Monsoon Showers

An amazing experience - 50 litres of hot or cold water washing over you

Aromatherapy Room

This gently heated dry experience with essential oils will leave you feeling relaxed and de-stressed

Hydrotherapy Pool

A warm water pool with high pressure jets to help relax your mind and body

Ice Fountain

Ice flakes rubbed into the body stimulates the circulatory, lymphatic and immune systems - a great stress reliever

For full details please go to www.insidespa.co.uk

Tel: 01282 661735



Sauna

A true Finnish sauna experience, where dry heat induces relaxation of the muscles while deeply cleansing your body

Reflexology Footbaths

Enjoy relaxing on heated seats while the bubbling water massages your feet and ankles

Salt Inhalation Steam Room

Inhale natural sea salt and clear your mind, while the salt steam helps soothe and heal your skin

Sanarium

Similar to the sauna, this is also a dry heat, but with less intensity and a more gentle temperature

Rasul Mud Bath

As an extra indulgence, why not add a Rasul Mud Bath to your Spa Experience? Mineral Mud is applied to your body, then as you relax and inhale the aromatherapy steam, a warm tropical rain shower pours down to gently wash the mud away. *Extra charge applies.



GERMAINE^{DE} CAPUCCINI

at Inside Spa

Inside Spa offers a stunning complement of therapeutic and rejuvenating face and body care treatments from top European skincare house, Germaine de Capuccini. These premium products and treatments are found in the most exclusive salons and spas throughout the world, and are offered by the most highly-trained beauty therapists in the industry.

The successful combination of natural active ingredients and cutting edge technology, has enabled the company to bring some of the most influential skincare products and professional spa therapies the beauty industry has ever seen.

For full details of all the Germaine de Capuccini treatments offered at Inside Spa, please visit our website or speak to a member of our team.

Surrender

An innovative approach that allows our therapists to determine the individual optimal treatment for you. Your Surrender experience starts with a massage to the back, neck, shoulders and legs, using a customised blend of aromatherapy oils to match your body type. Warm towels are then applied from head to toe before you enjoy the Classic Spa Facial Treatment specifically altered for your needs.

Crystal Sparkle

This exquisite signature therapy uses extracts of precious and semi-precious stones and minerals to energise, firm and balance the skin. We use a collection of semi-precious minerals, whose chromatic tone corresponds with the seven different chakra points on the body. Your treatment concludes with our anti-aging Black Diamond Facial.

Mediterranean Dusk

Enjoy your escape with us, where you will be able to unwind and allow your mind, body and spirit to regain its energy. Your escape commences with our VIP foot ritual and continues with our Glycocure Facial Peel, combining it with our highly prized anti-aging Kobido Massage. Originating from Japan, this massage was once reserved for Royalty, as it brings life and vitality back to the skin. Finally, allow us to complete your escape with our Candlelight Back Massage.

Sensorial Journey

Begin with a protocol to relax your mind and awaken your senses, followed with a full body exfoliation. The body is then massaged with warm saffron balm before gentle stretches are applied with a silk sheet to help release tension from the neck and shoulder area. The journey is completed with a Stone Pinda and Silk Scalp Therapy Treatment.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735





GERMAINE DE CAPUCCINI

Spa Prescriptive

A 5* approach to the perfect therapy for your skin. Our skilled team of therapists will provide you with a most prescriptive treatment designed especially for your skin's needs, regardless of your skin type, age or concerns.

Diamond Noir

An anti-ageing therapy based on the skin care benefits offered by stones, crystals and minerals. Rich in zinc and iron, this treatment regenerates

the skin's youthfulness, increases luminosity and helps combat the signs of ageing.

Crystal Harmony Massage Therapy

A truly sumptuous treatment using extracts of precious stones and minerals to energise, firm and balance the skin. Working with an exquisite massage medium containing extracts of Rhodocrosite, Malachite and Diamond, combined with a gentle exfoliating powder enriched with Amethyst, Sapphire and Ruby, to produce a luxurious smoothing exfoliating mousse to soften and energise the body.

Marine Polish Body Exfoliation

Rich in salts and algae with seawater and oil, your skin will be left smooth and deeply renewed. Perfect on its own or enjoyed before a massage.

Turkish Delight

This completely indulgent treatment, based on Saffron with specialised massage rituals, incorporates the use of silks and gentle body stretches. It provides a total release of stress and tension from the body, concentrating on the back, neck and shoulders' reflex points.

Exotic Ceylon

Discover Sri Lanka and enjoy the evocative aromas of Cinnamon, with our massage using warm shells which glide over the body with a highly relaxing, de-stressing rhythm. A revitalising and warming full body massage.

Mediterranean Light

A stunning massage therapy using one of our Mediterranean Candles, with beautiful aromas and warm oil which is gently poured over the body and massaged gently with flowing techniques. Let your mind and soul escape with this highly relaxing therapy. Choose from the following aromas: Citrus, Lavender or Olive.

Silk Scalp Therapy

Designed to ease the tension and stress that can accumulate in the scalp and neck, this treatment uses Sybarite Silk to help nourish and moisturise the hair and scalp, while warm stone pindas are used to release tension.

Sperience Aromatic Massage

Your therapist will use a customised blend of aromatherapy oils to meet your needs with a choice of one of the following blends: Vitality (up-lifting), Aqua (hydrating), Svelte (detoxifying) and Active (stimulating).

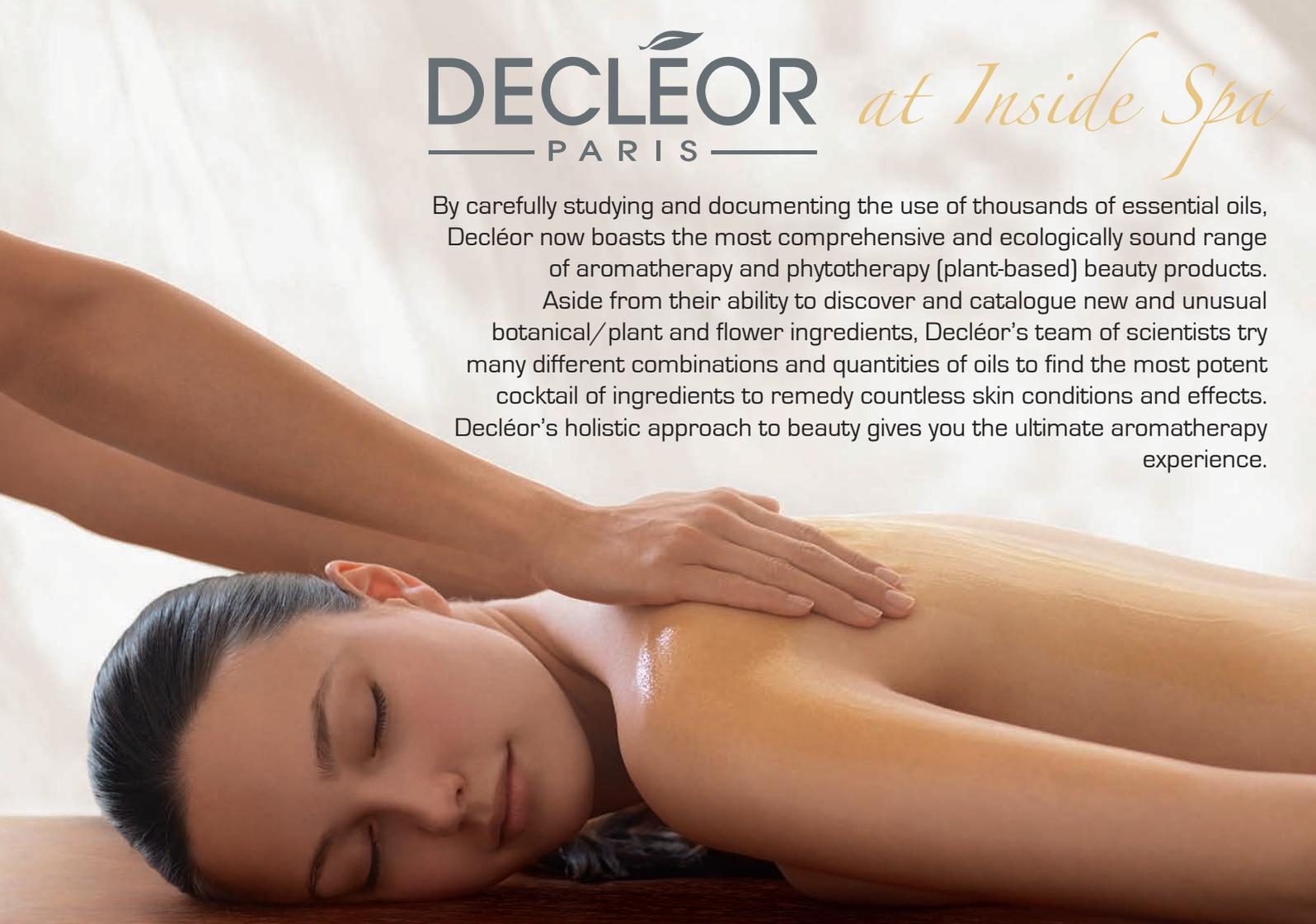
Pure O2

A superb anti-ageing treatment which uses a complex of active proteins and oxygen to rejuvenate inter-cellular activity to increase the skin's firmness and elasticity. The O2 range uses oxygen molecules encapsulated in innovative ceramides, allowing the skin to recover the optimum levels of oxygen and appear more radiant and detoxified.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735





DECLÉOR
— PARIS —

at Inside Spa

By carefully studying and documenting the use of thousands of essential oils, Decléor now boasts the most comprehensive and ecologically sound range of aromatherapy and phytotherapy (plant-based) beauty products. Aside from their ability to discover and catalogue new and unusual botanical/plant and flower ingredients, Decléor's team of scientists try many different combinations and quantities of oils to find the most potent cocktail of ingredients to remedy countless skin conditions and effects. Decléor's holistic approach to beauty gives you the ultimate aromatherapy experience.

For full details of all the Decleor treatments offered at Inside Spa, please visit our website or speak to a member of our team.

Aroma Back Relief

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 a deep massage and a stimulating aromatic mask with essential oils, for ultimate relief.

Aroma Body Silk Glistener

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.

Cleansing Back Treatment

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.

Perfect Slim Effect

This results-driven treatment has been created to sculpt and contour problem areas such as hips, thighs and buttocks.

Powdered fruit seeds of orange and apricot with essential oils, spices and vegetal oils are used to polish and perfect skin leaving it in perfect condition. The treatment is then followed by an intensive massage which your therapist will bespoke to suit your needs. Whether it's eliminating toxins or helping to tone and firm, this massage will leave you feeling rejuvenated.

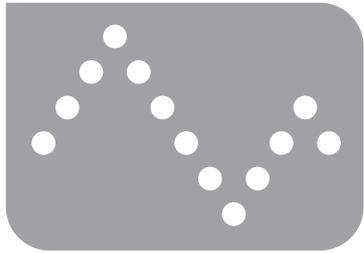
Youth Revealing Face & Body

The Decleor Youth Revealing Face and Body Treatment combines the power of the youth activating serum and the unique anti-ageing massage techniques to improve the skin tone, elasticity and firmness and allow the body to recover a more youthful skin. This complete face and body treatment leaves the skin immediately firmed, lines and wrinkles smoothed and the skin's suppleness and comfort restored.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735





CACI

NON SURGICAL SOLUTIONS

Non-Surgical Facial Toning & Microdermabrasion

The UK's best-selling non-surgical face and body system is now available at Inside Spa. For full details of all the CACI treatments offered, please visit our website or speak to a member of our team.

CACI Crystal Free Microdermabrasion

This revolutionary system removes the outermost surface of the skin by using super fine particles directly onto the face. The LED photo rejuvenation uses wavelengths of light to stimulate the skin cells and reduce the signs of pigmentation. It is also used for acne-pitted skins and general maintenance to brighten dull complexions.

45 mins

CACI Hydratone

This treatment is a must have for dehydrated skin! The hydratone mask, combined with active rollers, provides a unique, electrically conductive gel mask that has been infused with powerful hydrating properties. The rollers gently massage the face causing the mask to become charged so that the whole face is bathed with rejuvenating energy.

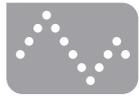
25 mins

CACI Ultimate Anti-Ageing Facial

This treatment is designed to redefine facial contours, plump out deep lines and wrinkles, as well as tackle a range of skin imperfections. It is the very first treatment system to combine Microcurrent Facial Toning , Crystal Free Microdermabrasion and LED Photo Rejuvenation.

90 mins





CACI

NON SURGICAL SOLUTIONS

The UK's Best Selling Non-Surgical Face and Body System

Non-Surgical Facial Toning & Microdermabrasion

ECM Anti-Cellulite Body Treatment

The Electro Cellulite Massager combines the therapeutic benefits of massage with the effectiveness of micro-current therapy. These rollers are designed to pivot to the body contours, targeting specific problem areas. The Electro Cellulite Massager helps to break down fatty deposits, tone muscles and reduce inches.

25 mins

Light Therapy

This consists of red or blue LED light. The light blue light helps to heal and calm the skin and the red light treatment helps speed up cell renewal for anti-ageing.

25 mins

CACI Eye Treatment

This non-surgical treatment can help with eye bag removal and tighten skin around the eyes. Even the most delicate area can be treated with proven results. Benefits include the improved appearance of baggy eyes and expression lines, rejuvenated eye area, improved tone, tightening of the eyes, firming and lifting.

25 mins

CACI Non-Surgical Face Lift

It works by re-educating, toning and firming the facial muscles. A hydrating mask infused with collagen, hyaluronic acid and vitamin C and E will leave the skin radiant and firmer.

55 mins

Jowl Lift

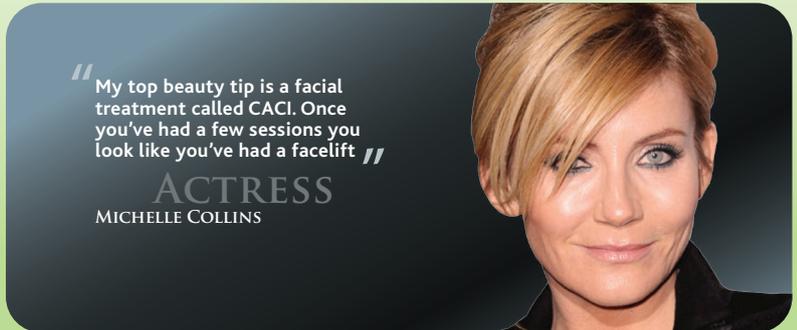
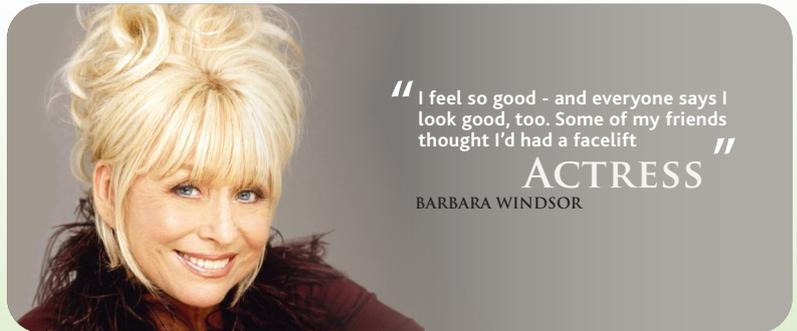
The CACI Jowl Lift Facial has been developed to specifically target muscle laxity around the jawline. This treatment helps to improve the appearance of sagging jowls by using the quad probes which have been specifically developed to target the muscles around the jawline.

15 mins

Wrinkle Revolution

The non-invasive, needle-free alternative to collagen injections and dermal fillers. Softens and smoothes the appearance of lines and wrinkles.

30 mins



Pamper Days

A photograph of a spa treatment room. The walls are covered in small, square mosaic tiles in shades of brown and gold. A long, low bench with a mosaic top and backrest is positioned against the wall. In front of the bench are three circular whirlpools, each with a silver faucet. To the right, a stone countertop holds a white soap dish with a silver soap dispenser. The lighting is warm and ambient.

Our Pamper Days are a perfect way to escape for the day! All Pamper Days include a refreshing smoothie drink on arrival, a two hour Spa Experience, lunch and refreshments throughout the day. Choose one or more of our body or beauty treatments to enjoy some well deserved 'time out' or as a relaxing catch-up with friends.

Build Your Own Pamper Day

Choose 3 from the following:

Back, Neck and Shoulder Massage, Mini Facial, File and Paint for hands or feet 25 mins each

Hand Massage, Facial Massage, Foot Massage, Scalp Massage 15 mins each

Simply Spa

2 Hour Spa Experience, drink on arrival, light lunch.

Pamper Together

Rasul Mud Bath Treatment for two.

Delightful Top-to-Toe Day

Inside Spa Facial 55 mins
Herbal Exfoliation
Full Body Massage 55 mins
Mini Manicure 25 mins

Mother-To-Be

Dcleor Mother-To-Be Treatment 85 mins
Prescriptive Manicure 45 mins
Zen Spa Pedicure 60 mins

Stress Reliever for Men

2 Hour Spa Experience
Energising Taster Facial 25 mins
Back, Neck and Shoulder Massage 25 mins
Scalp Massage 10 mins

Rediscover Romance

Rasul Mud Bath Treatment for two
Relaxing Back, Neck and Shoulder Massage for two.

10 Years Younger

2 Hour Spa Experience
Rasul Mud Bath Treatment with Salt and Oil Body Scrub 20 mins
CACI Ultimate Anti-Aging Facial 90 mins
Includes light lunch, complimentary drinks and use of the Relaxation Room.
Package lasts approximately 4 hrs 30 mins

Signature Pendle Pamper Day

An innovative approach that allows our therapists to determine an individual optimal treatment just for you. Treatments are determined by your lifestyle, needs and body type.

2 Hour Spa Experience
Facial 45 mins
Massage 45 mins

Includes light lunch, complimentary drinks and use of the Relaxation Room.

Package lasts approximately 4 hrs

For full details please go to www.insidespa.co.uk

Tel: 01282 661735



Signature Treatments

A photograph of a spa treatment room. The room features a central pillar with a mosaic design, surrounded by a tiled bench. The walls are covered in mosaic tiles, and there are decorative light fixtures. The lighting is warm and colorful, with orange and pink tones. The text 'Signature Treatments' is overlaid in a white, cursive font on a dark grey banner across the top of the image.

At Inside Spa we have created four personalised packages just for you. Since opening in 2007, we have found that these treatments have proved most popular with our clients. We have taken these and adapted them into our very own 'Signature Range'.

Herbal Exfoliation Massage 60 mins

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 during your full body exfoliation. The treatment is then followed by a delightfully relaxing massage designed to improve muscle tension, circulation, lymphatic system and improve total relaxation.

Taster Treatment 55 mins

Relax with a back, neck and shoulder massage, followed by the Inside Spa Mini Facial. A perfect way to taste the world-renowned Decleor facials and 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.

Muscle Melt 115 mins

A fantastic treatment for anyone with muscle tension, aches and pains. The full body massage promotes relaxation, improves sleep, eases the symptoms of stiff, tired joints, encourages improved circulation and speeds up digestion. The skin's natural functions will be stimulated, improving the condition of the skin and the warmth created will help relax the body physically and mentally.

Spa Experience 60 mins

Full Body Massage 55 mins

Pamper Pronto 180 mins

The perfect package for anyone who needs to fully relax and has plenty of time to enjoy it.

2 hour Spa Experience

Back, Neck and Shoulder Massage

Mini Facial

Glass of wine, smoothie or fresh juice

For full details please go to www.insidespa.co.uk

Tel: 01282 661735





Body Treatments

Indian Head Massage 25 / 40 mins

Soothe away stress and tension with this exotic treatment, which will leave you relaxed, revitalised and re-energised.

Red Island Ritual Treatment 55 mins

Inspired by the magical island of Madagascar, powdered fruit seeds will be used to soothe the skin, followed by a delightfully relaxing massage with warm oils and a unique wooden relaxer.

Madagascan Escape 55 mins

A massage with the unique ability to restore your energy, without leaving any subsequent feeling of tiredness.

Hot Stones Body Massage 25 / 60 mins

A total journey of the senses; hot stones are the perfect treatment for anyone who wants to achieve total relaxation. The heat from the stones will release tension from the muscles and infuse a feeling of tranquility.

Thai Foot Massage 55 mins

The rubbing, kneading, stretching and vibration techniques are proven to remedy migraines, sleep problems, blocked sinuses, stress, irritable bowel, and circulation. It also aids in the removal of toxins from the body and increases oxygen flow, while improving stiffness and flexibility.

Tranquility Scalp Massage 25 mins

Drift into deep relaxation with this sublimely calming massage. All tensions are gently eased from the scalp, decollete, neck and shoulders, enhanced by the soothing essential oils.

Aroma Body Massage 55 mins

Extended Aroma Body Massage 85 mins

Decleor Aroma Envelopments 55 mins

At the heart of these treatments is a rich, creamy mask full of essential oils, chosen according to your needs and applied all over the body. Choose from a Detox, Relax, Flow or Tonic Wrap.

Decleor Perfect Firming Treatment 40 mins

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 stretch marks.

Massages

Back, Neck and Shoulder Massage 25 mins

Aromatherapy Full Body Massage 55 mins

Full Body Massage 55 mins

Reflexology 55 mins

Aromatherapy Massage 25 mins

Decleor Perfect Anti-Cellulite Treatment 55 mins

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and buttocks are noticeably refined even after one treatment.

Decleor Perfect Legs Treatment 40 mins

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

Winter Warmer 175 mins

Enjoy a relaxing 2 hour Spa Experience, full body exfoliation, muscle tension back massage followed by a relaxing heated blanket to relax your tired aching muscles.

Mother-to-be Treatment

Designed to meet your individual needs at each stage of your pregnancy. These specialised treatments focus on preventing the appearance of stretch marks, restoring comfort to aching legs and rebalancing pigmentation and complexion problems. Includes full body massage, tummy mask and mini facial.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735





Facial Treatments

Decleor has created three techniques adapted to your every desire. Each one of our treatments features the distinctive Decleor style, comprising of a welcoming diagnostic back massage and facial tailored to the specific nature of your skin. Our range of treatments include:

Aroma Time Precious Facial 25 mins

A perfect way to taste the world-renowned Decleor 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 40 mins

A unique, intensive eye treatment that melts away the feeling of tension. The feeling of puffiness and appearance of dark shadows are reduced and all traces of fatigue are diminished.

Decleor Relaxing Aromatic Facial Massage 55 mins

Let your therapist's trained fingers soothe and relax your entire face, filling your skin with a new breath of life. Get ready to slip into complete and utter relaxation.

Alpha+ Refining Facial Treatment

45 mins

Occasionally every skin type becomes needy. If, despite regular treatment and a skincare routine, your skin appears dull and less smooth than usual, incorporate Alpha+ Aromatic Facial. Your skin will look and feel smoothed, refined and radiant with health.

Decleor Classic Aromatic Facial 55 mins

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin's concerns. At the heart of this treatment is a mask that has a truly unique and surprising texture, with Linseed, Wheat Germ and Sunflower. It provides dual action and stimulates and enhances the action of the products applied during the treatment, while moisturising and deep cleansing - making this an indispensable treatment step.

Inside Spa Facial Winter Warmer

175 mins

Enjoy a 2 hour Spa Experience, followed by a diagnostic back massage and a facial tailored to the specific nature of your skin

Decleor Aroma Expert Facial Treatments

70 mins

Choose from seven targeted face treatments in synergy with each skin type and concern. Each facial features a concentrate of very targeted active ingredients with renowned properties that will fulfil even the most demanding skin. Precision is amplified by the specific application technique of our aromatherapy experts - a subtle mixture of power and gentleness:

Aroma Expert Essential

Aroma Expert Purify

Aroma Expert Nourish

Aroma Expert Soothe

Aroma Expert Radiance

Aroma Expert Lift

Excellence Age-Defying Facial 70 mins

Utilising the cutting edge of Decleor's skincare development, this incredible treatment restores facial volume with innovative 'lipo-filling' technology. Wrinkles appear to be plumped from within and the contours of the face appear re-shaped.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735



Palms and Soles



We offer a full range of manicures and pedicures using the Jessica nail system, to help give you beautifully healthy, natural nails. We also offer N.S.I artificial nails, which can be created to any length or shape and are extremely durable for every day use.

Palms and Soles

Don't forget your hands and feet to truly feel good from your head right down to your toes.

| | |
|----------------------------------|---------|
| Prescriptive Manicure | 45 mins |
| Deluxe Manicure | 60 mins |
| File and Paint for Hands | 30 mins |
| Zen Spa Pedicure | 55 mins |
| Zen Spa Pedicure with GELeration | 85 mins |
| GELeration in-fills | 25 mins |
| Acrylic soak off | 25 mins |
| Deluxe Zen Spa Manicure | 75 mins |
| File and Paint for Toes | 25 mins |
| Twinkle Toes | 45 mins |
| Minx Nails | 30 mins |
| Gel Removal | 25 mins |
| N.S.I. Acrylic Nails | 90 mins |
| N.S.I. Gel Nails | 90 mins |
| N.S.I. back-fills | 90 mins |

| | |
|---|----------|
| N.S.I. in-fills | 90 mins |
| Acrylic Nails and GELeration overlay | 105 mins |
| Full Set of Swarovski Nail Enhancements | 55 mins |
| GELeration Gel Overlay Manicure | 85 mins |
| Le Remedi Hand Treatment | 25 mins |

Extras

For a small supplement, why not add on one or more of the following:

- Extended Hand or Foot Massage
- Nail Art
- Nail Gems

For full details please go to www.insidespa.co.uk

Tel: 01282 661735





Everything Else...

Spa For Men

| | |
|---------------------------|---------|
| Cleansing Back Relief | 45 mins |
| Energising Body Treatment | 55 mins |
| Energising Face Treatment | 55 mins |

Action Man

55 mins

Relax tired muscles with a stress-busting Back, Neck and Shoulder Massage. Refresh and soothe the skin with our Inside Spa Mini Facial.

Express Energy Facial

30 mins

An express treatment for men on the go, for a unique moment of discovery!

Intensive Energising Face Treatment

70 mins

The ultimate deep-cleansing treatment for clear, fresh skin.

Male Waxing

[approx]

| | |
|-------------------------|---------|
| Back and Shoulders | 25 mins |
| Chest or Stomach | 20 mins |
| Back Neck and Shoulders | 25 mins |
| Back only | 20 mins |

Waxing & Tinting

We use a selection of strip wax and hot wax to suit all skin types:

| | |
|----------------------------------|---------|
| Half Lower Leg | 25 mins |
| Full Leg | 40 mins |
| Full Leg including Bikini | 60 mins |
| Panty-line Bikini | 15 mins |
| Brazilian | 45 mins |
| Hollywood | 55 mins |
| Upper Lip, Chin or Cheek | 10 mins |
| Eyebrow Clean-up | 15 mins |
| Full Arm Wax | 25 mins |
| Lower Arm | 20 mins |
| Underarm | 15 mins |
| Paraffin Wax | |
| Hand and Foot Mask | |
| Bikini Gems | |
| Eyelash Tint* | 15 mins |
| Eyebrow Tint* | 15 mins |
| Lash and Brow Tint* | 25 mins |
| Mii Brows Eyebrow Tint and Shape | 20 mins |

Hopi Ear Candles

40 mins

Hopi Ear Candles can aid in the treatment of conditions such as tinnitus, excessive ear wax, ear pain and improving pressure in the inner ear.

Teen Treatments

| | |
|------------------------|---------|
| Teen Mini Facial | 25 mins |
| Teen Corrective Facial | 55 mins |
| Teen Mini Manicure | 25 mins |
| Teen Mini Pedicure | 25 mins |

Tanning

| | |
|-----------|---------|
| St Tropez | 25 mins |
| Fake Bake | 25 mins |

Decleor Sun-rise treatment

55 mins

Exquisite preparation for the sun - this treatment combines fruit seeds with essential oils to gently exfoliate the surface of your skin. Pure and natural aromatherapy balms are massaged into your face and body to ease tension and relax, to boost the cells' natural defence system and stimulate melanin production to prepare your skin for the sun. As a finishing touch, a professional application of the golden self-tan will leave your skin glowing.

*A patch test is required 24 hours before your treatment.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735

Gift Vouchers

A warm, inviting living room scene. In the foreground, a large, dark brown leather sofa is partially visible. To the left, a wooden coffee table holds three ornate, glowing lanterns. The room is lit with soft, warm light, creating a cozy atmosphere. A framed picture hangs on the wall in the background.

An Inside Spa gift voucher is ideal for any occasion and takes the stress out of decision-making. It makes the perfect gift for a friend, relative or loved one, whatever the occasion!

Spa Memberships

Want to indulge more regularly? Why not buy a Membership Pass and receive massive savings?

- 5 visit pass, valid for 3 months
- 10 visit pass, valid for 6 months

Membership Passes cannot be used in conjunction with any other offer and can only be used by one person. Your Membership Pass must be presented at each visit, which must be pre-booked. Although no reminders of expiring memberships are given, we can inform you of how many visits you have left and the expiry date upon request.

Spa Extras

Why not make your visit that bit more special with one of the following:

- Salt Scrub
- Face Mask

Gift Vouchers

A Spa gift voucher from Inside Spa truly is the perfect gift for any occasion. Why not treat that special someone with a Spa Experience? They can book a date of their choice and add a treatment or even one of our Pamper Days to their visit.

Let us look after you and make buying a gift an easy and pleasurable experience!



For full details please go to www.insidespa.co.uk

Tel: 01282 661735





Special Occasions

If you are looking forward to a special occasion and want to look your best, then we can help you celebrate in style with our tailor-made packages and exclusive Spa hire options.

Bridal Package

Add some extra luxury to your Big Day with our exclusive Bridal Package, including:

Bridal Make-up (including trial)

N.S.I Acrylic Nails

St Tropez Tan

Eyelash Tint and Eyebrow Wax

File and Paint for Your Toes

Private Hire

Inside Spa is the perfect venue for any occasion, from Hen and Stag parties to work functions. The Spa can be exclusively yours for up to 30 of your friends, you can even bring your own champagne!

Make-overs

We also offer make-over sessions and make-up lessons, so you can look and feel great for any occasion. Ask for more information about:

Bridal Make-over

Special Occasion Make-over

Make-up Lesson

Semi-Permanent Eyelashes

Professional semi-permanent eyelash extensions provide thickness and length to natural eyelashes, thus enhancing the charm and appeal of your eyes.

Semi-Permanent In-Fills

In-fills are when natural eyelashes have fallen out due to the natural eyelash cycle (with the extension lash applied to it). In-fills are required every 3 to 4 weeks if you want a consistently full set of lashes.

For full details please go to www.insidespa.co.uk

Tel: 01282 661735



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Committed to your
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