



INSIDE SPA PRICES



Treatment	Price (£)	Duration
FACE		
A Taste of Germaine (Express)	41.00	30 mins
Classic Spa Prescriptive	61.00	1hr
C+ Vitamin Boost Revitalisation	69.50	1hr
Hydracluronic Force	69.50	1hr
Timexpert Lift In (Expert Therapy)	75.00	1hr 15
LED-Xpert Light Therapy	45.00	45 mins
LED-Xpert Light Therapy (Add-on only)	15.00	15 mins
Retinol Concentrate (Add-on only)	15.00	15 mins
MASSAGE		
Back, Neck & Shoulder Massage	41.00	30 mins
Full Body Massage	60.00	1hr
Aromatherapy Back, Neck & Shoulder	43.00	30 mins
Aromatherapy Full Body Massage	63.00	1hr
Back Ritual Treatment	55.00	1hr
Indian Head Massage	49.00	45 mins
Hot Stones Back, Neck & Shoulder	43.00	30 mins
Hot Stones Full Body Massage	63.00	1hr
Hand Massage (Add-on only)	15.00	15 mins
Foot Massage (Add-on only)	15.00	15 mins
Face Massage (Add-on only)	15.00	15 mins
Couples Full Body Massage (Same Room)	120.00	1hr
Mummy Massage	65.00	1hr
Germaine De Capuccini Treatments		
Surrender	80.00	1hr 30
NAILS - FEET		
Indulge Mii Pedicure	30.00	1hr
Deluxe Indulge Mii Pedicure	35.00	1hr 15
Refresh Mii Gel Feet	31.00	45 mins
Treat Mii Pedicure with Gel	42.00	1hr 30
Mii Gel Deluxe Pedicure	45.00	1hr 40
Fly By Mii Feet	18.00	30 mins
Twinkle Toes Geleration	31.00	45 mins
BODY		
Marine Polish	40.00	40 mins
Pure C	40.00	40 mins
TINTING		
Eyebrow Tint	10.00	15 mins
Eyelash Tint	13.00	30 mins
Lash & Brow Tint	19.00	35 mins

Treatment	Price (£)	Duration
NAILS - HANDS		
Renew Mii Manicure	30.00	1 hr
Deluxe Renew Mii Manicure	35.00	1hr 15
Mii Gel (Add-on only)	15.00	30 mins
Treat Mii Manicure with Gel	42.00	1hr 40
Mii Gel Deluxe Manicure	45.00	1hr 40
Twinkle Hands	33.00	45 mins
Refresh Mii Gel Hands	31.00	45 mins
Soak Off	12.50	30 mins
Mii Gel Soak Off & Reapply	37.50	1hr 15
Gel Extension Infill	33.00	1hr 30
Gel Extensions	38.00	1hr 30
Gel Extension Removal	18.50	1hr
Nail Repair	9.00	15 mins
Fly By Mii Hands	18.00	30 mins
CACI		
Non-Surgical Face Lift	65.00	1hr 15
Non-Surgical Face Lift (x6 sessions)	350.00	
Non-Surgical Face Lift (x10 sessions)	550.00	
Ultimate Anti-Ageing Facial	80.00	1hr 30
Ultimate Anti-Ageing Facial (x6)	450.00	
Ultimate Anti-Ageing Facial (x10)	740.00	
Crystal Free Microdermabrasion	51.00	45 mins
Crystal Free Microdermabrasion (x5)	240.00	
WAXING		
Full Leg	31.00	1hr
Half Leg	25.00	30 mins
Full Leg including Bikini	37.00	1hr 15
Pantyligne Bikini	15.50	30 mins
Brazilian (18+)	26.50	45 mins
Hollywood (18+)	31.00	1hr
Lip	10.00	10 mins
Chin	10.00	10 mins
Lip and Chin	15.00	15 mins
Upper Lip, Chin & Cheek	19.00	25 mins
Eyebrow	11.50	15 mins
Under Arm	15.50	15 mins
Half Arm	19.00	25 mins
Full Arm	25.00	40 mins

Treatment	Price (£)	Duration
MEN		
Stomach Wax	23.00	30 mins
Chest Wax	23.00	30 mins
Chest & Stomach Wax	28.00	40 mins
Back, Neck & Shoulders Wax	28.00	40 mins
Back Wax	23.00	30 mins

HOLISTICS

Hopi Ear Candles	35.00	35 mins
------------------	-------	---------

SIGNATURE TREATMENTS*

Pure Serenity	80.00	1hr 30
Peaceful Escape	95.00	1hr 50
Spa Glow Face & Body	80.00	1hr 30
A Moment For You, Mum To Be	85.00	1hr 25
Soothe & Glow	59.00	55 mins
Back Ritual	59.00	55 mins

SPA DAYS*

Midweek Wellness Retreat (Tue-Fri)	92.50	3hrs 30
Tuesday to Sunday:		
Wellness Spa Retreat	46.00	2hrs 30
Pure Wellness Retreat	120.00	4hrs 30
Relax Me	59.00	3hr
Ultimate Rejuvenation	179.00	5hrs 30
Mediterranean Wellness Retreat	59.00	3hrs 30
Couples Retreat	220.00	4hrs 30
Afternoon Tea		
Upgrade your Spa Day with Afternoon Tea (subject to availability)	20.00	

SPA WELLNESS EXPERIENCE

- **Vitality Pool** ● **Herbal Sauna** ● **Aroma Steam Room**
- **Vitality Sauna** ● **Foot Spas** ● **Salt Steam Room**
- **Experience Showers** ● **Ice Fountain**

Spa Wellness Experience (Tue - Fri)	26.00	2hrs
Spa Wellness Experience (Sat & Sun)	30.00	2hrs
Mud Chamber (Tue - Fri) + Spa Wellness Experience (per person - for groups of up to 4)	41.00	2hrs
Mud Chamber (Sat & Sun) + Spa Wellness Experience (per person - for groups of up to 4)	49.00	2hrs
Spa Membership (Tue - Fri) (x10 sessions - 6 months expiry)	180.00	
Spa Membership (Sat & Sun) (x10 sessions - 6 months expiry)	215.00	
Private Hire	475.00	2hrs

OPENING TIMES

SPA WELLNESS EXPERIENCE

Monday:	Closed
Tuesday:	10am - 8pm (LADIES-ONLY 4pm - 8pm)
Wednesday:	10am - 8pm
Thursday:	10am - 8pm
Friday:	10am - 8pm (LADIES-ONLY 10am - 12pm)
Saturday:	9am - 5pm
Sunday:	9am - 6pm (LADIES-ONLY 4pm - 6pm)

TREATMENTS

Monday:	Closed	Friday:	10am - 7pm
Tuesday:	10am - 8pm	Saturday:	9am - 5pm
Wednesday:	10am - 8pm	Sunday:	9am - 6pm
Thursday:	10am - 8pm		

GIFT VOUCHERS & E-VOUCHERS

Treat someone with an Inside Spa gift voucher - from just £10. Gift vouchers are valid for 6 months.

MEDICAL INFORMATION

Some treatments may not be suitable or require adjusting. As your well-being is our priority, please provide us with any relevant information at the time of booking. Please note, due to the intense heat, the spa is not suitable during pregnancy. Expectant mothers must pass their first 12 weeks before receiving any body treatments.

BOOKING

All treatments, Spa Wellness Experiences, Spa Days and Private Hires **MUST** be booked in advance.

Visit www.insidespa.co.uk/book-online/ or call the spa on **01282 661735**.

CANCELLATIONS

Please provide us with a minimum of 24 hours notice if you need to cancel. Bookings cancelled within 12 hours will be charged in full.

DEPOSITS

Full payment is required at the time of booking.

SPA CLIENTS - GOOD TO KNOW...

You will need swimwear and £1 for your locker. Flip flops are optional. We will provide you with a towel and robe - please return these to reception afterwards.

* **Activo/NHS/Blue Light discounts do not apply to Spa Days & Signature Treatments.**

All details correct at time of publication - March 2024



For more details on the **Spa Wellness Experience, treatments, latest news and offers**, please visit www.insidespa.co.uk or scan the **QR code**