



INSIDE SPA PRICES

Treatment	Price (£)	Duration
FACE		
A Taste of Germaine (Express)	30.00	25 mins
B-Calm Facial	52.00	55 mins
Classic Spa Prescriptive	50.00	55 mins
Diamond Noir	59.00	55 mins
Pure O2	59.00	1hr 15
Advanced Anti-Ageing Timexpert Rides	65.00	1hr 15
C+ Vitamin Boost Revitalisation	55.00	55 mins
Skinzen Rose Facial	55.00	55 mins
Hydracure	55.00	55 mins
Timexpert Lift In (Expert Therapy)	65.00	1hr 10
Aox System, Anti-Oxidising Facial Aha Peel	35.00	40 mins
LED-Xpert Light Therapy	39.00	40 mins
LED-Xpert Light Therapy (Add-on only)	10.00	15 mins
CACI		
Non-Surgical Face Lift	55.00	1hr 15
Non-Surgical Face Lift (x6 sessions)	300.00	
Non-Surgical Face Lift (x10 sessions)	468.00	
Ultimate Anti-Ageing Facial	76.00	1hr 30
Ultimate Anti-Ageing Facial (x6)	410.00	
Ultimate Anti-Ageing Facial (x10)	680.00	
Crystal Free Microdermabrasion	47.00	45 mins
Crystal Free Microdermabrasion (x5)	210.00	
Eye Treatment	32.00	45 mins
MASSAGE		
Mediterranean Light	47.00	55 mins
Thai Foot Massage	40.00	55 mins
Back, Neck & Shoulder Massage	30.00	25 mins
Full Body Massage	45.00	55 mins
Aromatherapy Back, Neck & Shoulder	32.00	25 mins
Aromatherapy Full Body Massage	47.00	55 mins
Indian Head Massage	37.50	40 mins
Hot Stones Back, Neck & Shoulder	33.00	25 mins
Hot Stones Full Body Massage	50.00	55 mins
Hand Massage (Add-on only)	8.00	15 mins
Foot Massage (Add-on only)	8.00	15 mins
Couples Full Body Massage (Same Room)	90.00	55 mins
Germaine De Capuccini Treatments		
Surrender	65.00	1hr 30
Sensorial Journey	59.00	1hr 45

Treatment	Price (£)	Duration
WELLNESS RECOVERY THERAPIES		
Aloe & Mint Cooling Body Therapy	59.00	90 mins
Calming Scalp, Hand & Foot Therapy	52.00	75 mins
Phytocare Baobab Body & Scalp Ritual	59.00	90 mins
Soothing Rose & Honey Harmony Stone Facial	49.00	1hr
BODY		
Marine Polish	28.50	25 mins
Pure C	28.50	25 mins
Chocolate Heaven	30.00	25 mins
Mummy Massage	59.00	55 mins
WRAPS		
Chocolate Wrap	39.00	55 mins
Classic Wrap	75.00	2hrs
+ FREE Facial worth 28.50		
Classic Wrap (x3 sessions)	£165	2hrs (x3)
TANNING		
St Tropez Tan	22.50	25 mins
TINTING		
Eyebrow Tint	7.00	15 mins
Eyelash Tint	11.00	15 mins
Lash & Brow Tint	16.00	35 mins
SEMI PERMANENT EYELASHES		
Full Set	40.00	2hrs
Infills	21.00	1hr
NAILS - HANDS		
Jessica Manicure	25.00	45 mins
Deluxe Manicure with Le Remedi	27.00	1hr
Geleration Gel Manicure	35.00	1hr 25
Geleration Gel	27.00	45 mins
Soak Off	8.00	30 mins
Geleration Gel Soak Off & Reapply	33.00	1hr 15
NSI Acrylic Nails Full Set	34.00	1hr 30
NSI Acrylic Backfill	28.00	1hr 30
NSI Gel Infill	28.00	1hr 30
Removal of Acrylic	16.00	45 mins
Nail Repair	6.50	15 mins
File & Paint	12.00	25 mins
Phenom Polish	16.00	25 mins
Phenom Polish Manicure	30.00	45 mins
NAILS - FEET		
Zenspa Pedicure	27.00	1hr
Deluxe Zenspa Pedicure	31.00	1hr 15
Geleration Gel Pedicure	38.00	1hr 25
Geleration Gel Deluxe Pedicure	42.00	1hr 40
File & Paint	12.00	25 mins
Twinkle Toes Geleration	27.00	45 mins
Phenom Polish	16.00	25 mins

Treatment	Price (£)	Duration
WAXING		
Full Leg	24.00	45 mins
Half Leg	19.00	30 mins
Full Leg including Bikini	28.00	1hr
Pantylines Bikini	10.50	30 mins
Brazilian	20.00	45 mins
Hollywood	25.00	1hr
Upper Lip, Chin or Cheek	7.00	15 mins
Eyebrow	8.50	15 mins
Under Arm	7.00	15 mins
Lower Arm	13.00	25 mins
Full Arm	18.00	25 mins

TEEN TREATMENTS

Teen Corrective Facial	35.00	55 mins
Teen Express Facial	25.00	25 mins
Teen Mini Manicure	17.00	25 mins
Teen Mini Pedicure	17.00	25 mins

MEN

Classic Facial	45.00	55 mins
Deep Tissue Full Body Massage	45.00	55 mins
Chest or Stomach Wax	14.00	30 mins
Back, Neck & Shoulders Wax	20.00	40 mins
Back Wax	15.00	30 mins

MAKE-UP

Bridal Make-up (inc. trial)	50.00	1hr
Special Occasion Make-up	32.00	55 mins

HOLISTICS

Hopi Ear Candles	27.00	35 mins
Reflexology	40.00	55 mins

SPECIAL OCCASIONS

Bridal Package	125.00	
Prom Package (Option 1)	59.00	
Prom Package (Option 2)	69.00	
Spa Private Hire	300.00	2hrs

PAMPER DAYS

Delightful Midweek Retreat	65.00	3hrs 30
Weekend		
Simply Spa Retreat	35.00	2hrs 30
Build Your Own Pamper Day	85.00	4hrs
Couples Retreat	150.00	4hrs 30

All details correct at time of print - April 2020

For more details on the Spa Wellness Experience, treatments, latest news and offers, please visit

www.insidespa.co.uk
01282 661735

Inside Spa | Leeds Rd | Nelson | BB9 9TD

SPA WELLNESS EXPERIENCE

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

Spa Wellness Experience	19.50	2hrs
Private Hire	300.00	2hrs
Mud Chamber (per person - for groups of up to 4)	30.00	30 mins
Spa Membership (x10 sessions - 6 months expiry)	130.00	

OPENING TIMES

SPA WELLNESS EXPERIENCE

Monday:	Closed	Friday:	11am - 9pm
Tuesday:	10am - 4pm	Saturday:	9am - 5.30pm
Wednesday:	10am - 9pm	Sunday:	9am - 4pm
Thursday:	10am - 9pm		

LADIES ONLY SESSIONS

Tuesday:	4pm - 9pm	Sunday:	4pm - 7pm
Friday:	9am - 11am		

TREATMENTS

Monday:	Closed	Friday:	9am - 7pm
Tuesday:	10am - 9pm	Saturday:	9am - 5.30pm
Wednesday:	10am - 9pm	Sunday:	9am - 6pm
Thursday:	10am - 9pm		

GIFT VOUCHERS & E-VOUCHERS

Treat someone you love with an Inside Spa gift voucher - from just £10. Gift vouchers are valid for 3 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

To avoid disappointment, we advise all treatments & Spa Wellness Experiences are booked in advance.

CANCELLATIONS

Full payment is required at the time of booking. Please provide us with a minimum of 24 hours notice if you need to cancel. Appointments cancelled within this time will incur no charge. Appointments cancelled within 12 hours will incur a 50% charge.

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 but a £5 refundable deposit will be required.

