

# INSIDE SPA PRICES

Treatment	Price (£)	Duration
FACE		
A Taste of Germaine (Express)	37.00	25 mins
B-Calm Facial	52.00	55 mins
Classic Spa Prescriptive	50.00	55 mins
Diamond Noir	59.00	55 mins
Pure 02	59.00	1hr 15
Advanced Anti-Ageing Timexpert Rides	65.00	1hr 15
C+ Vitamin Boost Revitalisation	59.00	55 mins
Skinzen Rose Facial	55.00	55 mins
Hydracure	55.00	55 mins
Timexpert Lift In (Expert Therapy)	65.00	1hr 10
Timexpert Rides Eye & Lip Therapy	40.00	40 mins
Aox System, Anti-Oxdising Facial Aha Peel	35.00	40 mins
LED-Xpert Light Therapy	39.00	40 mins
LED-Xpert Light Therapy (Add-on onl	y) 10.00	15 mins
MASSAGE		
Mediterranean Light	57.00	55 mins
Thai Foot Massage	49.00	55 mins
Back, Neck & Shoulder Massage	37.00	25 mins
Full Body Massage	52.00	55 mins
Sports Back, Neck & Shoulder Massa	ge 40.00	25 mins
Sports Full Body Massage	57.00	55 mins
Aromatherapy Back, Neck & Shoulde	r 39.00	25 mins
Aromatherapy Full Body Massage	54.00	55 mins
Cleansing Back Ritual	49.00	45 mins
Indian Head Massage	45.50	40 mins
Hot Stones Back, Neck & Shoulder	39.00	25 mins
Hot Stones Full Body Massage	55.00	55 mins
Hand Massage (Add-on only)	10.00	15 mins
Foot Massage (Add-on only)	10.00	15 mins
Couples Full Body Massage (Same Room)	104.00	55 mins
Germaine De Capuccini Treatments		
Surrender	65.00	1hr 30
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

WELLNESS RECOVERY THER>USAloe & Mint Cooling Body Therapy59.0090 minsCalming Scalp, Hand & Foot Therapy52.0090 minsPhytocare Baobab Body & Scalp Ritual59.0090 minsSoothing Rose & Honey Harmony49.001hrSobothing Rose & Honey Harmony49.0025 minsPure C28.5025 minsPure C28.5025 minsChocolate Heaven30.0025 minsMummy Massage59.0055 minsChocolate Wrap39.0055 minsClassic Wrap (x3 sessions)21652167* FREE Facial worth 28.5021672167Classic Wrap (x3 sessions)21652167* FREE Facial worth 28.5021672157Classic Wrap (x3 sessions)21652167* FREE Facial worth 28.5021673167* Chyper Vint7.0015 minsEyebrow Tint7.0015 minsEyelash Tint11.0015 minsLash & Brow Tint11.0015 minsEyelas Chancure25.0045 minsDeluxe Manicure25.0011rDeluxe Manicure with Le Remedi27.0011rSoak Off8.0030 minsSoak Off8.0030 mins <td< th=""><th>Treatment</th><th>Price (£)</th><th>Duration</th></td<>	Treatment	Price (£)	Duration
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Soothing Rose & Honey Harmony Stone Facial         49.00         1hr           BODY         X         X           Marine Polish         28.50         25 mins           Pure C         28.50         25 mins           Chocolate Heaven         30.00         25 mins           Mummy Massage         59.00         55 mins           Chocolate Wrap         39.00         55 mins           Classic Wrap         39.00         55 mins           Classic Wrap (x3 sessions)         £165         2hrs (x3)           TANNING         2         25 mins           Stropez Tan         22.50         25 mins           Eyebrow Tint         7.00         15 mins           Eyelsh Tint         11.00         15 mins           Lash & Brow Tint         11.00         15 mins           Lash & Brow Tint         14.00         21 mins           Infills         21.00         1hr           Sectar Amicure         25.00         45 mins           Deluxe Manicure with Le Remedi         27.00         45 mins           Deluxe Manicure with Le Remedi         27.00         1hr 30           Soak Off         8.00         30 mins           Geleration Gel Soak Off & Reapply	Calming Scalp, Hand & Foot Therapy	52.00	75 mins
Soothing Rose & Honey Harmony Stone Facial         49.00         1hr           BODY         X         X           Marine Polish         28.50         25 mins           Pure C         28.50         25 mins           Chocolate Heaven         30.00         25 mins           Mummy Massage         59.00         55 mins           Chocolate Wrap         39.00         55 mins           Classic Wrap         39.00         55 mins           Classic Wrap (x3 sessions)         £165         2hrs (x3)           TANNING         2         25 mins           Stropez Tan         22.50         25 mins           Eyebrow Tint         7.00         15 mins           Eyelsh Tint         11.00         15 mins           Lash & Brow Tint         11.00         15 mins           Lash & Brow Tint         14.00         21 mins           Infills         21.00         1hr           Sectar Amicure         25.00         45 mins           Deluxe Manicure with Le Remedi         27.00         45 mins           Deluxe Manicure with Le Remedi         27.00         1hr 30           Soak Off         8.00         30 mins           Geleration Gel Soak Off & Reapply	Phytocare Baobab Body & Scalp Ritua	al 59.00	90 mins
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Full Set       40.00       2hrs         Infills       21.00       1hr         NAILS - HANDS       25.00       45 mins         Jessica Manicure       25.00       1hr         Geleration Gel Manicure       35.00       1hr 25         Geleration Gel Manicure       35.00       1hr 25         Geleration Gel Manicure       35.00       1hr 25         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 Manicure       30.00       45 mins         Non-Surgical Face Lift (x6 sessions)       300.00       1hr 15         Non-Surgical Face Lift (x10 sessions)       468.00       1hr 30         Ultimate Anti-Ageing Facial (x6)       410.00       1hr 30         Ultimate Anti-Ageing Facial (x6)       410.00       1hr 30         Ultimate Anti-Ageing Facial (x6)       410.00       1hr 30         Ultimate Anti-Ag	Lash & Brow Lint	16.00	35 mins
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	Crystal Free Microdermabrasion	47.00	45 mins
Eye Treatment32.0045 mins	Crystal Free Microdermabrasion (x5)	210.00	
	Eye Treatment	32.00	45 mins

Treatment	Price (£)	Duration
WAXING		
Full Leg	24.00	45 mins
Half Leg	19.00	30 mins
Full Leg including Bikini	28.00	1hr
Pantyline 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
<b>TEEN TREATMENTS</b>		
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	50.00	55 mins
Chest or Stomach Wax	14.00	30 mins
Back, Neck & Shoulders Wax	20.00	40 mins
Back Wax	15.00	30 mins
HOLISTICS		
Hopi Ear Candles	27.00	35 mins
Reflexology	40.00	55 mins
PAMPER DAYS		
Delightful Midweek Retreat	85.00	3hrs 30
Weekend	55.00	0
Simply Spa Retreat	39.00	2hrs 30
	445.00	41

## SPA WELLNESS EXPERIENCE

Build Your Own Pamper Day

**Couples Retreat** 

## Vitality Pool Herbal Sauna Aroma Steam Room

115.00

199.00

4hrs

4hrs 30

## Vitality Sauna Foot Spas Salt Steam Room

## • Experience Showers • Ice Fountain

Spa Wellness Experience <b>(Tue - Fri)</b> Spa Wellness Experience <b>(Sat &amp; Sun)</b>	21.50 25.00	2hrs 2hrs
Mud Chamber <b>(Tue - Fri)</b> (per person - for groups of up to 4, includes Spa Wellness Experience )	39.00	30 mins
Mud Chamber <b>(Sat &amp; Sun)</b> (per person - for groups of up to 4, includes Spa Wellness Experience)	42.50	30 mins
Spa Membership <b>(Tue - Fri)</b> (x10 sessions - 6 months expiry)	150.00	
Spa Membership <b>(Sat &amp; Sun)</b> (x10 sessions - 6 months expiry)	185.00	
Private Hire	400.00	2hrs

## **OPENING TIMES**

#### SPA WELLNESS EXPERIENCE

Monday:	Closed		
Tuesday:	10am - 9pm	(LADIES-ON	NLY 4pm - 9pm)
Wednesday:	10am - 9pm		
Thursday:	10am - 9pm		
Friday:	10am - 9pm	(LADIES-ONL)	( 10am - 12pm)
Saturday:	9am - 5.30pm		
Sunday:	9am - 7pm	(LADIES-ONLY 4pm - 7pm)	
TREATMENTS			
Monday:	Closed	Friday:	9am - 7pm
Tuesday:	10am - 9pm	Saturday:	9am - 5.30pm
Wednesday:	10am - 9pm	Sunday:	9am - 6pm

## 10am - 9pm **GIFT VOUCHERS & E-VOUCHERS**

Treat someone with an Inside Spa gift voucher - from just £10. Gift vouchers are valid for 12 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

Thursday:

All treatments, Spa Wellness Experiences, Pamper 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, for which a £5 refundable deposit will be required.

All details correct at time of publication - January 2022



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