



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 O2	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-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

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 Massage	40.00	25 mins
Sports Full Body Massage	57.00	55 mins
Aromatherapy Back, Neck & Shoulder	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
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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

WELLNESS RECOVERY THERAPIES

Aloe & Mint Cooling Body Therapy	59.00	90 mins
Calmng 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
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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 Infll	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

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

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	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		
Simply Spa Retreat	39.00	2hrs 30
Build Your Own Pamper Day	115.00	4hrs
Couples Retreat	199.00	4hrs 30

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

OPENING TIMES

SPA WELLNESS EXPERIENCE

Monday:	Closed
Tuesday:	10am - 9pm (LADIES-ONLY 4pm - 9pm)
Wednesday:	10am - 9pm
Thursday:	10am - 9pm
Friday:	10am - 9pm (LADIES-ONLY 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
Thursday:	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

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