



# INSIDE SPA PRICES

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	25.00	25 mins
Pure C	25.00	25 mins
Chocolate Heaven	29.00	25 mins
Mummy Massage	59.00	55 mins

## WRAPS

Chocolate Wrap	39.00	55 mins
Classic Wrap	70.00	2hr
+ FREE Facial worth 28.50		
Classic Wrap (x3 sessions)	£150	2hr (x3)

## TANNING

St Tropez Tan	21.00	25 mins
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## TINTING

Eyebrow Tint	6.50	15 mins
Eyelash Tint	10.50	15 mins
Lash & Brow Tint	16.00	35 mins

## SEMI PERMANENT EYELASHES

Full Set	40.00	1hr 30
Infills	21.00	1hr

## NAILS - HANDS

Jessica Manicure	23.00	45 mins
Deluxe Manicure with Le Remedi	25.00	1hr
Geleration Gel Manicure	33.00	1hr 25
Geleration Gel	26.50	45 mins
Soak Off	8.00	30 mins
Geleration Gel Soak Off & Reapply	32.00	1hr 15
NSI Acrylic Nails Full Set	32.00	1hr 30
NSI Acrylic Backfill	27.00	1hr 30
Removal of Acrylic	15.00	45 mins
Nail Repair	6.50	15 mins
File & Paint	11.50	25 mins
Phenom Polish	15.00	25 mins
Phenom Polish Manicure	29.00	45 mins

## NAILS - FEET

Zenspa Pedicure	26.50	1hr
Deluxe Zenspa Pedicure	30.50	1hr 15
Geleration Gel Pedicure	36.50	1hr 25
Geleration Gel Deluxe Pedicure	40.00	1hr 40
File & Paint	11.50	25 mins
Twinkle Toes Geleration	26.50	45 mins
Phenom Polish	15.00	25 mins

Treatment Price (£) Duration

## FACE

A Taste of Germaine (Express)	28.50	25 mins
Classic Spa Prescriptive	49.00	55 mins
Diamond Noir	59.00	55 mins
Pure02	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

## CACI

Non-Surgical Face Lift	52.00	1hr
Non-Surgical Face Lift (x6 sessions)	280.00	
Non-Surgical Face Lift (x10 sessions)	468.00	
Ultimate Anti-Ageing Facial	75.00	1hr 30
Ultimate Anti-Ageing Facial (x6)	405.00	
Ultimate Anti-Ageing Facial (x10)	675.00	
Crystal Free Microdermabrasion	45.00	45 mins
Crystal Free Microdermabrasion (x5)	200.00	
Eye Treatment	30.00	45 mins

## MASSAGE

Mediterranean Light	40.00	55 mins
Thai Foot Massage	34.50	55 mins
Back Neck & Shoulder Massage	27.50	25 mins
Full Body Massage	39.50	55 mins
Aromatherapy Back Neck & Shoulder	29.50	25 mins
Aromatherapy Full Body Massage	44.50	55 mins
Indian Head Massage	35.00	40 mins
Hot Stones Back Neck & Shoulder	29.50	25 mins
Hot Stones Full Body Massage	58.00	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)	79.00	55 mins

## Germaine De Capuccini Treatments

Surrender	59.00	1hr 30
Sensorial Journey	49.00	1hr 45

Treatment	Price (£)	Duration
<b>WAXING</b>		
Full Leg	23.00	45 mins
Half Leg	18.00	30 mins
Full Leg including Bikini	27.50	1hr
Pantylines Bikini	9.50	30 mins
Brazilian	18.00	45 mins
Hollywood	24.00	1hr
Upper Lip, Chin or Cheek	6.50	15 mins
Eyebrow	7.50	15 mins
Under Arm	6.50	15 mins
Lower Arm	11.50	25 mins
Full Arm	17.00	25 mins

## TEEN TREATMENTS

Teen Corrective Facial	30.00	55 mins
Teen Express Facial	20.00	25 mins
Teen Mini Manicure	16.00	25 mins
Teen Mini Pedicure	16.00	25 mins

## MEN

Classic Facial	45.00	55 mins
Deep Tissue Full Body Massage	45.00	55 mins
Chest or Stomach Wax	13.50	30 mins
Back, Neck & Shoulders Wax	18.00	40 mins
Back Wax	14.00	30 mins

## MAKE-UP

Bridal Make-up (inc. trial)	46.00	1hr
Special Occasion make-up	29.50	55 mins

## HOLISTICS

Hopi Ear Candles	25.00	35 mins
Reflexology	36.00	55 mins

## SPECIAL OCCASIONS

Bridal Package	100.00	
Prom Package (Option 1)	55.00	
Prom Package (Option 2)	65.00	
Spa Private Hire	280.00	2hr

## PAMPER DAYS

Delightful Midweek Retreat	59.00	3hr 30
<b>Weekend</b>		
Simply Spa Retreat	29.00	2hr 30
Build Your Own Pamper Day	79.00	4hr
Couples Retreat	139.00	4hr 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	18.50	2hr
Private Hire	280.00	2hr
Mud Chamber (per person - for groups of up to 4)	29.00	30 mins
Spa Membership (x10 sessions - 3 months expiry)	110.00	

## 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

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.

## 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 deposit will be required.

All details correct at time of print - June 2018

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

[www.insidespa.co.uk](http://www.insidespa.co.uk)  
01282 661735

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