



INSIDE SPA PRICES

Treatment Price (£) Duration

FACE

A Taste of Germaine (Express)	39.00	25 mins
B-Calm Facial	52.00	55 mins
Classic Spa Prescriptive	58.00	55 mins
Pure 02	66.00	1hr 15
Advanced Anti-Ageing Timexpert Rides	67.00	1hr 15
C+ Vitamin Boost Revitalisation	66.00	55 mins
Hydracure	62.00	55 mins
Timexpert Lift In (Expert Therapy)	69.00	1hr 10
Rose Eyes	40.00	40 mins
Aox System, Anti-Oxidising Facial Aha Peel	39.00	40 mins
LED-Xpert Light Therapy	42.00	40 mins
LED-Xpert Light Therapy (Add-on only)	15.00	15 mins

MASSAGE

Mediterranean Light	62.00	55 mins
Thai Foot Massage	55.00	55 mins
Back, Neck & Shoulder Massage	39.00	25 mins
Full Body Massage	55.00	55 mins
Aromatherapy Back, Neck & Shoulder	41.00	25 mins
Aromatherapy Full Body Massage	57.00	55 mins
Cleansing Back Ritual	49.00	45 mins
Indian Head Massage	47.00	40 mins
Hot Stones Back, Neck & Shoulder	41.00	25 mins
Hot Stones Full Body Massage	58.00	55 mins
Hand Massage (Add-on only)	12.00	15 mins
Foot Massage (Add-on only)	12.00	15 mins
Couples Full Body Massage (Same Room)	110.00	55 mins
Mummy Massage	60.00	55 mins

Germaine De Capuccini Treatments

Surrender	75.00	1hr 30
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NAILS - FEET

Indulge Mii Pedicure	29.00	1hr
Deluxe Indulge Mii Pedicure	33.00	1hr 15
Refresh Mii Gel Feet	29.00	45 mins
Treat Mii Pedicure with Gel	40.00	1hr 25
Generation Gel Deluxe Pedicure	44.00	1hr 40
Fly By Mii Feet	14.00	25 mins
Twinkle Toes Generation	30.00	45 mins
Phenom Polish	18.00	25 mins



Treatment Price (£) Duration

BODY

Marine Polish	37.00	25 mins
Pure C	37.00	25 mins
Chocolate Heaven	37.00	25 mins

WRAP

Chocolate Wrap	49.00	55 mins
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TANNING

St Tropez Tan	25.00	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
Lash Lift & Tint	45.00	40 mins
Natural Lash Enhancement	35.00	30 mins

NAILS - HANDS

Renew Mii Manicure	27.00	45 mins
Deluxe Renew Mii Manicure	29.00	1hr
Mii Gel (Add-on only)	13.00	30 mins
Treat Mii Manicure with Gel	37.00	1hr 25
Refresh Mii Gel Hands	29.00	45 mins
Soak Off	10.00	30 mins
Generation Gel Soak Off & Reapply	35.00	1hr 15
NSI Acrylic Nails Full Set	36.00	1hr 30
NSI Acrylic Backfill	30.00	1hr 30
NSI Gel Infill	30.00	1hr 30
Removal of Acrylic	18.00	45 mins
Nail Repair	8.50	15 mins
Fly By Mii Hands	14.00	25 mins
Phenom Polish	18.00	25 mins
Phenom Polish Manicure	32.00	45 mins

CACI

Non-Surgical Face Lift	59.00	1hr 15
Non-Surgical Face Lift (x6 sessions)	330.00	
Non-Surgical Face Lift (x10 sessions)	518.00	
Ultimate Anti-Ageing Facial	79.00	1hr 30
Ultimate Anti-Ageing Facial (x6)	440.00	
Ultimate Anti-Ageing Facial (x10)	730.00	
Crystal Free Microdermabrasion	49.00	45 mins
Crystal Free Microdermabrasion (x5)	235.00	
Eye Treatment	39.00	45 mins

Treatment	Price (£)	Duration
WAXING		
Full Leg	28.00	45 mins
Half Leg	23.00	30 mins
Full Leg including Bikini	35.00	1hr
Pantylines Bikini	14.50	30 mins
Brazilian	25.00	45 mins
Hollywood	29.00	1hr
Upper Lip, Chin or Cheek	7.50	15 mins
Eyebrow	10.50	15 mins
Under Arm	10.50	15 mins
Lower Arm	17.00	25 mins
Full Arm	22.00	25 mins

TEEN TREATMENTS

Teen Corrective Facial	45.00	55 mins
Teen Express Facial	29.00	25 mins
Teen Mini Manicure	19.00	25 mins
Teen Mini Pedicure	19.00	25 mins

MEN

Chest or Stomach Wax	20.00	30 mins
Back, Neck & Shoulders Wax	25.00	40 mins
Back Wax	20.00	30 mins

HOLISTICS

Hopi Ear Candles	32.00	35 mins
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PAMPER DAYS

Delightful Midweek Retreat	89.00	3hrs 30
Weekend		
Simply Spa Retreat	42.00	2hrs 30
Build Your Own Pamper Day	119.00	4hrs
Couples Retreat	205.00	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)	24.00	2hrs
Spa Wellness Experience (Sat & Sun)	28.00	2hrs
Mud Chamber (Tue - Fri) (per person - for groups of up to 4, includes Spa Wellness Experience)	44.00	30 mins
Mud Chamber (Sat & Sun) (per person - for groups of up to 4, includes Spa Wellness Experience)	48.00	30 mins
Spa Membership (Tue - Fri) (x10 sessions - 6 months expiry)	160.00	
Spa Membership (Sat & Sun) (x10 sessions - 6 months expiry)	195.00	
Private Hire	450.00	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 - April 2023

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

