

Beauty **S P A** Within



DAY PACKAGES All Packages Include a Spa Haven Session & light lunch

DESTRESS DAY- £90.00

For those of you with busy lifestyles and no time to relax, your treatments begin with an unwinding tranquillity back massage to relieve tension from the neck & shoulder areas. Then follows a rejuvenating facial & finishes off with a refreshing spa pedicure or manicure.

DETOX DAY- £90.00

Your body should be a temple, but negative lifestyles leave you sluggish and energy less. With a combination of aromatherapy oils blended into a detox wrap, toxins will be cleansed away. A healing TH.Stone back Massage followed by Hopi Ear Candle's will leave you completely refreshed .

TOTAL BODY DAY- £105

Give yourself the pampering you deserve with a deluxe total body day. Working from head to toe, a manicure & pedicure grooms your hands & feet, while a luxury facial & eyebrow shape will give your skin pure radiance. Completing the pampering a spray tan or make-up you will leave feeling like new.

MOTHER-TO-BE DAY- £90.00

During Pregnancy your body continually changes. A conditioning body treatment helps reduce the possibility of stretch marks, then a relaxing facial clears any skin imbalances. Finishing with a refreshing spa pedicure for those hard to reach areas.

SPA DISCOVERY- £55.00

Combining a relaxing facial & replenishing hand treatment Indulge yourself in some much needed "me time" and discover the world of pampering with our mini spa day.

ROMANTIC RELAXATION- £65.00 per couple

Treat the one you love. Our couples package includes a Luxury Aroma-zone Massage carried out in our double treatment room followed by bubbly & strawberries in the slumber lounge. (Treat her to Chocolates & Roses from £10.00)

GROUP PACKAGE-MAKE YOUR OWN DAY- £60.00

Only available for group bookings of 4- 10 people

Create your own spa day You choose two treatments (All are 30 minute treatments)

*Facial *Skin Polish *Back Massage

also includes full use of our spa facilities, a two course buffet lunch and a glass of bubbly & strawberries in the lounge to complete your day

DAY PACKAGES

What do you need to bring with you?

To make full use of the spa facilities you will only need to bring some flip flops & swimwear, we will provide you with a luxury bathrobe and towel.

Enclosed in your booking confirmation, you will find a Medical questionnaire form please ensure you complete this as you will need to hand it in at reception upon arrival.

Can I book additional treatments?

Yes.

We advise you book additional treatments in advance to avoid disappointment. Please refer to our price list for full details of our treatments.

When should I arrive?

Your treatment times will be pre-arranged so ensure you arrive 5-10min before your check in time.

Late arrival could result in your treatment times being reduced.

How will I know when my treatments are?

When you arrive at the spa you will be given your personal program. This will tell you exactly what time your treatments are.

What will I have for lunch?

All day packages include a light two course lunch.

If you have any specific dietary requirements please contact reception

Example Menu- (Green salad, new potato's & warm quiche- strawberry cheese cake)

Will I be able to purchase refreshments during the day?

Yes.

Our new Coffee Retreat serves a wide selection of hot /cold drinks & delicious cakes from 10am until 30min before we close

Can I wash my hair before I leave?

Yes.

We have shower facilities available with Free toiletries & hairdryers

MAKING A BOOKING

How do I make an appointment?

For all bookings just call our reception on 0115 9530620.

Credit card details are required to secure all appointments.

A 50% cancellation charge will be incurred if you do not attend or cancel your booking with less than 24hrs notice.

***S= TREATMENTS INCLUDE A SPA SESSION
(INFORM RECEPTION WHEN MAKING YOUR BOOKING IF YOU WISH TO USE THESE FACILITIES)
Treatment times are inclusive of consultation & relaxation periods**

FACIAL THERAPIES

MINI FACIAL-25MIN- £20.00

An ideal first facial using products to refresh and hydrate your skin.

BEAUTY WITHIN FACIAL-1hr15min-*S £38.50

After a consultation to discuss your personal skincare needs A personalised facial treatment will follow, specially customised to achieve optimum results.

ULTIMA FACIAL (Cathiodermie)- 1hr15min-*S £39.50

Deep cleansing, anti-aging, rejuvenating & hydrating. This facial can be tailored to suit your individual needs. Truly the ultimate facial.

NON-SURGICAL FACE LIFT-1hr-*S £35.00

SUPA FACE-LIFT-1hr-*S £45.00

A relaxing facial that is both preventative & corrective. Re-educating the facial muscles giving tightening, toning & lifting effect.

BHA PEELING FACIAL-1hr15min-*S £45.00

Based on natural AHA'S & BHA'S the skins texture is smoothed, pigmentation reduced and scarring minimised.

COLLAGEN VELVET FACIAL-1hr15min-*S £45.00

Rich marine extracts combined with pure collagen instantly re-hydrates the skin during this luxurious facial to plump out fine lines & wrinkles .

AGE DECREASE FACIAL-45min-*S 35.00

An intensive anti-ageing facial using Argireline a safe natural alternative to Botox. Reduces expression line, wrinkles & crows feet in just one session.

COMBINED THERAPIES

AROMATHERAPY TOTAL REVIVAL -1hr15min- *S £49.50

A de-stressing aromatherapy back and scalp massage followed by a rejuvenating aroma essential facial will relax body & mind.

BEAUTY M.O.T-1hr15min-*S £49.50

An invigorating skin polish followed by a detoxifying wrap will cleanse away your toxins while your skin is rejuvenated with a skin booster facial.

Total pampering

***S= TREATMENTS INCLUDE A SPA SESSION**

(INFORM RECEPTION WHEN MAKING YOUR BOOKING IF YOU WISH TO USE THESE FACILITIES)

Treatment times are inclusive of consultation & relaxation periods

BODY THERAPIES

TENSIONZONE MASSAGE-30min-*S £28.50

1hr-*S £50.00

Specially tailored to concentrate on your chosen areas of tension during this relaxing deep tissue massage.

TROPICAL ESCAPE –1hr15min-*S

£40.00

After sipping a tropical cocktail in our Caribbean Spa Haven, this truly indulging therapy will stimulate your five senses with natural Mango, Papaya & coconut used to exfoliate, envelope & soothe your skin to pure paradise.

AROMATIC DETOXIFYING WRAP -1hr15min-*S

£40.00

An unhealthy lifestyle can leave you tired & sluggish. Our Pure Seaweed & essential oil wrap will break down toxin build ups, while a lymphatic massage to finish drains your toxins away. (Alcohol is not recommended for 24 after this treatment)

IMMUNE BOOSTER THERAPY-45min-

£30.00

Combining colour therapy & herbal remedies you will feel revitalised & uplifted after this unique treatment designed to help combat stress, fatigue or after illness.

CELLU-LIGHT LEGS-45min-

£28.50

A stimulating lymphatic massage using detoxifying aromatic oils to reduce the appearance of lumpy thighs in just one treatment.

HOLISTIC THERAPIES

TH.STONE MASSAGE– 1hr15min-*S

£50.00

Combined with aromatherapy oils warm round volcanic stones are used to relax and unwind tension build ups creating a soothing and healing therapy .

INDIAN HEAD MASSAGE-25min-

£25.00

Ideal for treating head, neck & shoulder tension. A soothing & relaxing massage helps headaches and sinus problems

HOPi EAR CANDLES-30min-

£25.00

A soothing and relaxing treatment combined with a pressure point scalp massage. Without discomfort, wax and toxins are removed, helping relieve pressure, build-ups and inner ear blockages

*S= TREATMENTS INCLUDE A SPA SESSION
(INFORM RECEPTION WHEN MAKING YOUR BOOKING IF YOU WISH TO USE THESE FACILITIES)
Treatment times are inclusive of consultation & relaxation periods

HANDS & FEET

DELUXE MANICURE-45min- S* £25.00

Our specialised Thai manicure ritual combines a traditional manicure with exotic blends of herbs and spices to create beautiful nails during a relaxing treatment (French Manicure added £2.50)

DELUXE PEDICURE-45min- S* (Open toe shoes advisable) £25.00

Using Far eastern massage techniques, luxurious creams & oils, your weary feet will be refreshed & soothed during a traditional pedicure with a twist.

RE-VARNISH-20MIN £8.50

An ideal touch up between your regular manicure.
(Not recommend if nails have not been professionally manicured within the last 4weeks)

CALGEL NAILS

Manufactured from organic ingredients this gentle and safe gel is used to create beautiful nail extensions and overlays.

Full Set Of Extensions (French/colour) £40.00

Overlay on Natural nails, Hands or Feet (French/colour) £25.00

Extensions In-fills (Up to 2 nail replacements) £25.00

Individual nail Replacements £3.50

Soak Off (Gel nails only) £10.00

MEN'S GROOMING

SPORTS FACIAL-45min-*S £28.50

Stressed skin caused by shaving will be restored and deep cleansed

MENS MOT-1hr15min-*S £49.50

Revive body and mind with a tension busting back massage followed by deep cleansing facial.

EXECUTIVE HAND CARE-30min £16.00

SPORTS PEDICURE-30min £16.00

BACK WAX- £20.00 TOPS OF SHOULDERS- £11.00

CHEST WAX- £20.00 EYEBROWS- £8.50

BOTOX & FILLERS

Professional corrective facial aesthetic treatments carried out by Dr Gerard Sinovich of BODOCS.

Botox from £150 Dermal Fillers from £150 Chemical Peels

For a Free Consultations or to book a treatment please contact reception for the dates of our monthly clinics.

FINISHING TOUCHES

EYELASH TINT £8.50

EYEBROW TINT £8.50

LASH & BROW TINT £14.50

TANNING

Give your self a safe golden glow that can last up to 7 days

SPRAY TAN-15min- £22.50

BODY BUFF-25min- £25.00

MAKE-UP

SPECIAL OCCASION MAKE-UP-30min

£15.00

Treat yourself before a big night out or special event and have your make-up professional applied.

MAKE-UP LESSON-45min

£25.00

Re-vamp your make-up bag or learn a new look during your personal make-up lesson with an expert. (Camouflage make-up techniques available)

BRIDAL BEAUTY

BRIDAL BEAUTY- (1-2 DAYS BEFORE WEDDING)

£50.00

Relaxing spa session followed by a back massage, French manicure, pedicure, eyebrow shape & spray tan.

DELUXE BRIDAL BEAUTY

£100.00

(10DAYS BEFORE WEDDING)

Relaxing spa session followed by conditioning body treatment, Radiance facial, 1/2 leg & Bikini Wax

(1-2 DAYS BEFORE WEDDING)

French Manicure, Pedicure, eyebrow shape & spray tan

WAXING

1/2 LEG	£16.00	FULL LEG	£23.50
1/2 LEG & STANDARD BIKINI	£21.00	FULL LEG & STANDARD BIKINI	£30.00
1/2 LEG & BRAZILIAN	£26.50	FULL LEG & BRAZILIAN	£36.00
1/2 LEG & FULL BIKINI	£32.50	FULL LEG & FULL BIKINI	£44.00
STANDARD BIKINI	£8.50	BRAZILIAN (STRIP)	£15.00
HOLLYWOOD (FULL BIKINI)	£22.50	BACK OF THIGH	£8.50
UNDER ARM	£8.50	EYEBROWS	£8.50
LIP	£7.50	CHIN	£7.50
FOREARM	£8.50	FULL ARM	£15.00
BACK WAX	£20.00	TOPS OF SHOULDER	£11.50
STOMACH LINE	£7.50	FULL STOMACH	£11.50

Beauty **SPA** Within

12 The Poultry, NOTTINGHAM

TEL: 0115 9530620

www.beautywithindayspa.com

20% OFF YOUR FIRST TREATMENT

VALID ON YOUR FIRST VISIT ONLY-CANNOT BE USED WITH ANY OTHER OFFERS OR DISCOUNT
-SPA DAYS NOT INCLUDED-NOT VALID AGAINST GIFT VOUCHER PURCHASES-
ONE VOUCHER PER PERSON