



the**treatment**
rooms



Walk into a world
of complete sensory heaven
where time is left at the door
and a new journey begins.

thetreatment
rooms

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[The Face] Germaine De Capuccini

Spa Facials

55mins | £48.00

Our skilled team of SPA-Therapists will recommend to you on consultation, the best prescription facial, adjusted to your wishes and skin type:

- So delicate de-sensitising care
- Royal Jelly oxygenating and de-stress
- Vitamin Boost /Age Defence
- Balancing

Pure Tskin

60mins | £48.00

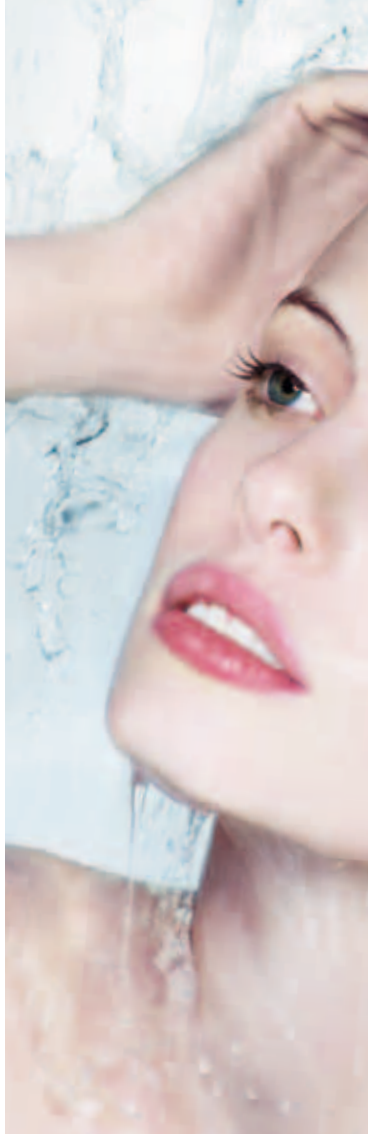
Specific facial care for oily/acne skin

GLYCOCURE

Add to any Germaine De Capuccini facial 15mins | £10.00

As a Mini Facial treatment 30mins | £25.00

A deep exfoliating treatment to eliminate dead skin cells for ultimate skin radiance. By commencing any facial treatment with GlycoCure, skin is deeply renewed & accelerates the natural cellular renewal of the epidermis. The surface of the skin is immediately improved, wrinkles and irregularities are faded, open pores are minimized and congestion reduced. An ideal renewing cure for skin with dryness, pigmentation, acne, wrinkles and expression lines.



[Advanced Facial Care] Germaine De Capuccini

Strategist Refine

60mins | £52.00

A cosmetic alternative to micro-dermabrasion used by dermatologists. This treatment renews the superficial micro-layer of the skin, transforming the appearance of the face in a sure, rapid and lasting way, visibly softening the signs of ageing and skin irregularities.

Hydracure

75mins | £53.50

A cure of active hydration. Hydracure protects the skin from dehydration and climatic excesses and helps strengthen its natural resistance against the signs of premature ageing.

Oxygen Therapy

75mins | £69.50

A truly superb treatment which uses a complex of active proteins and oxygen to rejuvenate inter-cellular activity in order to increase the skin's firmness & elasticity. A key ingredient 'Life-Cytoxygen' works from the skin's surface to the deepest layers, helping the skin recover the optimum levels of oxygen.

Naturae

60mins | £56.00

Naturae is Germaine de Capuccini's organic anti-ageing skincare line formulated with essential oils and ingredients derived from ecologically cultivated plants with no silicones, parabens or artificial colourings. The products are based predominately on White Tea Organic Extract which research has shown has anti-oxidising properties three times more powerful than Green Tea Extract. Recommended for all skin types with the exception of very oily skin.



[Advanced Anti-ageing Facials] **Germaine De Capuccini**

Kobido Facial Massage

Extend your treatment with our highly specialized 'Kobido' anti-ageing facial massage originating from Japan. This massage provides an incredible feeling of deep relaxation and wellbeing, with highly beneficial anti-age properties. Once reserved for Royalty, this special technique is only available at top Germaine de Capuccini salons and Spas across the world and adds to the 'lifting and firming' effect from the facial itself. Simply add to any Germaine de Capuccini anti-ageing treatments and enjoy!

Timexpert C+ 75mins | £56.00 (with Kobido 80mins | £66.00)

A rejuvenating anti-ageing line based on Vitamin C. An excellent natural ingredient with great benefits for the skin that prevents and corrects the signs of ageing. Vitamin C has five main functions: Anti-oxidising, Regenerating, Hydrating, Illuminating and Balancing.

Timexpert White 75mins | £76.50 (with Kobido 80mins | £86.50)

A complete and powerful anti-ageing treatment that provides immediately visible and spectacular results. Using a powerful glycolic facial peel, together with microdermabrasion, giving radiance to the skin and reducing darkspots and areas of pigmentation.

Timexpert Lifting 75mins | £70.50 (with Kobido 80mins | £80.50)

A highly successful and popular therapy that works on skin which has lost its volume & tone. Particular care is given to the neck which is one of the first areas to show signs of ageing. An immediate difference will be seen and felt.

Timexpert Rides 90mins | £78.00 (with Kobido 1hr 45mins | £88.00)

Working with incredible efficiency to erase expression lines and drastically re-fill wrinkles using a complex known as 'Micro-Dermoxine'. This incredible treatment mimics the effect of Botox and Collagen Injections.



[Facial Care] **Elemis**

The Elemis Skin Specific facials are the perfect introductory **taster** and skin maintenance facial, combining exceptional skin conditioning plant actives with unique Eastern massage techniques to deeply cleanse the face, whilst renewing radiance and treating the skin.

Fruit Active Glow 45mins | £45.00

Revives and rejuvenates a tired, dull and lifeless skin, recharging the skins natural energy levels.

Exotic Moisture Glow 45mins | £45.00

Saturating the skin with moisture. This thirst-quenching facial is ideal for a dry, devitalised skin.

Herbal Lavender Repair 45mins | £45.00

Helps to heal and repair oily, problem and congested skins.



[Advanced Performance Facials] Elemis

These advanced performance facials incorporate a specialised lifting massage to help reduce puffiness, tiredness and dark circles from around the eyes, reducing the appearance of crows feet and wrinkles. The treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in holistic skin therapy.

Oxygen SkinCalm Facial

60mins | £60.00

Restructuring tired, fragile and sensitive skins, the Oxygen SkinCalm Facial will boost vitality and address the needs of a changing skin.

Combining the unique qualities of a natural Japanese silk gauze mask with an oxygen booster serum to rejuvenate the skin.

SOS Purifying Facial

60mins | £60.00

Especially effective for oily, problem, congested skins of all ages.

The SOS Purifying Facial will help to heal and repair scarring caused during the problem periods, soothing and calming the signs of irritation and redness by combining the unique qualities of a natural Japanese sulphur compress with a regulating vita-c serum to rebalance oil-rich skins.

Modern Skin Facial

60mins | £60.00

Many women and men find their skin challenged by today's modern way of life. Your skin may be suffering from your lifestyle choices, high stress levels, lack of sleep and long hours on a computer. The Modern Skin Facial is bursting with anti-oxidant minerals and vitamins. This purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results are a remineralised, rebalanced and renewed skin.



[Advanced Anti-ageing Facials] Elemis

Visible Brilliance Facial

70mins | £72.00

With revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst smoothing, sculpting and restoring it's youthful tone and texture. Combining the unique benefits of a two-phase Amino Active Mask with the pure luxury of clinically proven products - Liquid Radiance and Cellular Recovery Skin Bliss Capsules - transforming stressed, tired and slackened skin.

Pro-Collagen Quartz Lift Facial

70mins | £72.00

This is an exceptional anti-wrinkle facial which reduces wrinkles and improves firmness, giving a more youthful looking appearance.

Tri-Enzyme Resurfacing Facial

70mins | £72.00

Micro-encapsulated enzyme therapy with unprecedented results never seen before from just one facial. The precision layering of three targeted enzymes stimulates and accelerates the skin's biological exfoliation process by up to 75% after just one treatment, leaving skin incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.



[Body Treatments]

Total Spa Hydration

55mins | £55.00

Restoring lost suppleness and comfort to dry and dehydrated skin and providing the necessary moisture for the skin to feel comfortable and smooth to the touch. Recommended to hydrate the skin before or after sun exposure.

Mediterranean Light

Full Body Massage 60mins | £60.00

Back Massage 30mins | £35.00

A luxurious body massage treatment which uses our Mediterranean light candle, emitting a wonderful fragrance of soothing lavender and mandarin. The warm wax from the candle is poured over the body with a prolonged deep tissue massage to ease tension and relax the mind... Pure indulgence!

Hot Lava Shell Massage

Full Body Massage 55mins | £60.00

Back Massage 25mins | £32.00

Self warming Tiger Clam Shells are expertly massaged over the body with varying pressures and techniques enabling the therapist to work the deepest aches and pains. The heat induces a deep sense of calm and serenity, and is particularly good for those who find it hard to relax.

[Body Treatments]

Deep Tissue Muscle Massage

55mins | £55.00

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be tailor made to suit the individual needs of the client. Available for both men and women.

Deep Tissue Back Massage

25mins | £35.00

Focusing primarily on the back, shoulders and neck area, this mini-massage will help begin to relieve tension, stress and aching muscles. Available for both men and women.

Absolute Spa Ritual

120mins | £120.00

Choose from one of the unique Elemis Advanced Anti-Ageing Facials. Combine it with the effects of the Elemis Deep Tissue Muscle Massage to achieve results instantly!

The Treatment Rooms 'Face & Body Reviver'

75 mins | £65.00

This new treatment combines body brushing and exfoliation for a detoxifying and stimulating effect followed by a vigorous anti-cellulite massage to the legs and a colon cleanse massage to the abdomen. Also, an express facial with FRUIT ACTIVE ingredients to brighten and refresh the skin. A complete treatment to give you a boost!

[Body Treatments] Elemis

Exotic Lime and Ginger Salt Glow

30mins | £37.50

An exotic exfoliation ritual to invigorate and bring vitality to your body. After light body brushing, warm oil is dripped luxuriously all over your body, before our sublime Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, finishing with a final application of Exotic Island Flower Body Lotion, leaving the skin glowing and vibrant, replenished and flawless.

Elemis Nurturing Massage For Mother-To-Be

75mins | £65.00

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. We ensure your ultimate comfort and relaxation helping to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet, while easing your mind and uplifting the spirit.

[Body Treatments]

Full Body Massage

55mins | £50.00

With Hot Stone Back Treatment

£57.50

Back, Neck & Shoulder Massage

40mins | £38.00

Back Massage

25mins | £32.00

With Hot Stone Treatment

£35.00

St. Tropez Top to Toe Bronzing Treatment*

60mins | £50.00

Treatment suitable for anyone wishing to acquire a healthy overall tanned appearance any time of the year. Skin softening and smoothing exfoliation is followed by an application of St. Tropez self tanning milk to promote a rapid golden colour.

* Please wear loose dark clothing for this treatment.

Universal Contour Wrap

150mins | £70.00 (Course of 3 £190.00)

A totally natural, effective and safe way to achieve excellent and lasting inch loss, detoxify the body and cleanse the skin.

Hopi Ear Candle

45mins | £36.00

An Indian relaxation therapy that calms the mind and soothes the head and ears complete with drainage massage.

Reflexology

60mins | £36.00

[Mens Grooming] Elemis Skin Therapy

Skin Specific Facial for Men

45mins | £45.00

Introducing Elemis Time for Men 3 phase grooming programme to help combat the harsh effects of daily shaving and hectic lifestyle. A fuss free treatment which includes massage on the face, neck, shoulders and scalp.

Skin IQ Facial

70mins | £70.00

Anti-Ageing booster for tired, stressed skin. Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by 38% and elasticity by 28% after just one treatment..

Urban Cleanse Facial

70mins | £60.00

Deep cleanse and complete skin detox. This super-grooming facial, works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of pollutants, leaving the skin visibly clear and squeaky clean.

Total Time Out For Men

105mins | £95.00

This treatment combines the Skin Specific Facial for Men with the dynamic and immediate tension relief of the Elemis Deep Tissue Muscle Massage.

Manicure

30mins | £18.00

Pedicure

45mins | £30.00

Back/Chest wax

30mins | from £22.00

Eyebrow wax/shape

15mins | £11.50



[Ultratone]

FUTURA® PRO: THE ULTIMATE BIOPTIC™ SYSTEM

Personalised, Tailor Made Face and Body Treatments.

All courses and prices are based on your own individual programme, which will be fully explained at your consultation. The prices given are for guidelines only.

FACE

Individual sessions 20mins from £25.00
(Courses of 12 from £275.00)

Facial rejuvenating programs:

- Non-surgical facelift
- Deep Muscle Tone
- Lymphatic Drainage
- Wrinkle Reduction
- Circulation
- Hydrating Massage
- Maintenance

BODY

Individual sessions 30mins from £35.00
(Courses of 12 from £385.00)

Multiple energising waveforms and impulses for total body contouring:

- Slimming
- Shaping
- Toning
- Detox & Repair
- Sport Training
- Multibody

Ultrasound and Microcurrent

Sessions of 10 mins can be added to Face and Body Ultratone treatments for intense treatment on localised areas. Price is based on personal requirements.



[Beauty Treatments]

Waxing*

A fast and effective way of removing unwanted hair.

Half Leg Wax	15mins £20.00
Upper Half Leg Wax	30mins £22.00
3/4 Leg Wax	30mins £25.00
Full Leg Wax	45mins £30.00
Full Leg Wax inc Standard Bikini	45mins £37.50
Standard Bikini-using Warm Wax	15mins from £14.00
Brazilian Bikini Wax** (with GiGi Hot Wax)	1st Visit 45mins from £30.00
Hollywood Bikini Wax** (with GiGi Hot Wax)	1st Visit 60mins from £40.00
Under Arm	15mins £12.00 (GiGi Hot wax £14.00)
Facial Waxing	15mins from £10.50
Arm Wax	20mins £16.50
Eyelash Tint***	30mins £15.00
Eyebrow Tint***	15mins £10.50
Eyebrow Shape/Wax	15mins £11.50
Eyebrow Shape and Tint***	30mins £19.00

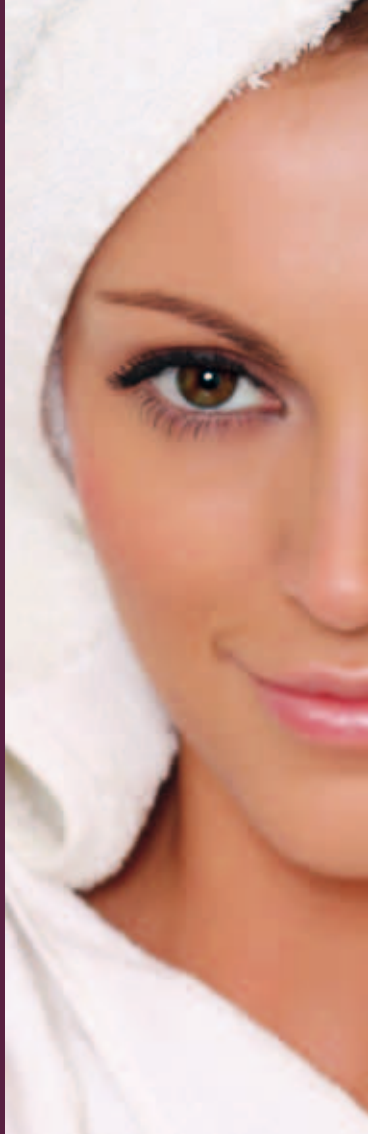
* Do not have heat treatments 24 hours prior to or after waxing

** A maintenance price will be advised after your first visit

*** A patch test is essential 24 hours prior to first treatment or longer than 6 months since last treatment.

Hollywood Lashes	Full set 90mins £70.00	Half set 60mins £35.00
	Infill's from £25.00	

Semi-permanent eyelash extensions that are naturally curled, look gorgeous but also feel weightless on your eyes, being both flexible, crimp and water resistant, they will increase your natural beauty and confidence. Hollywood lashes can last up to 3 months.



[Hands and Feet]

Manicure 45mins | £22.00

Using Naitiques professional products to cater for the special needs of hands & nails. Includes file, cuticle work, hand and lower arm massage and application of polish.

Luxury Manicure 60mins | £30.00

All of the above, but with heated mitts for extra moisturizing care.

French Manicure 45mins | £24.00

Deluxe Manicure 60mins | £40.00

With exfoliation and paraffin wax

File and Polish 30mins | £14.00 (with Hand Cream £16.00)

Hands or Feet

Pedicure (Using Sixtus Footcare)* 60mins | £34.00 (with French Polish £36.00)

An exceptional treatment for the feet, treating dry, hard skin and including a relaxing foot massage followed by polish.

Minx Application File, cuticle work + Minx application 30 mins | £25.00
Pedicure + Minx application 75 mins | £44.00

Minx is a heat activated adhesive film that fits perfectly to the nail once filed and shaped. It is long lasting, hard wearing and available in fantastic patterns and metallic.

* Please remember to bring FlipFlops



[Treatment Packages]

Holiday Prep

2½hrs | £90.00

Half leg wax, standard bikini wax, underarm wax, pedicure and manicure

Holiday Body Prep

3hrs | £108.00

Total Spa Hydration, pedicure, eyelash tint and mini-manicure

Pamper Package

2½hrs | £92.00

Back massage followed by a Germaine de Capuccini Spa Facial and manicure

The Treatment Rooms Ultimate Indulgence!

4hrs | £148.00

Hot Lava Shell Massage, a Germaine De Capuccini Spa Facial with a manicure and pedicure

A saving of approximately 10% can be made by taking advantage of our treatment packages.

PLEASE CHECK THE WEBSITE FOR OUR CURRENT SPECIAL OFFERS: www.beauty-thetreatmentrooms.com

OPENING HOURS

Monday 9am – 5.30pm

Tuesday 9am – 5.30pm

Wednesday 9am – 8.00pm

Thursday 9am – 8.00pm

Friday 9am – 6.00pm

Saturday 9am – 5.00pm

ARRIVAL

For your comfort we suggest you arrive 10 minutes prior to treatment start time.

ARRIVING LATE

Late arrival will deprive you of valuable treatment time. As a courtesy to the next client your treatment will end at the time originally scheduled.

APPOINTMENT BOOKINGS

We strongly suggest you make your treatment bookings 2-3 weeks in advance to avoid disappointment.

CANCELLATIONS

24 hours notice of cancellation of all appointments is required to avoid a 100% charge. Missed appointments will also incur a 100% charge.

CREDIT CARD BOOKINGS

Credit / Debit card details are required for special programmes and treatments of 1 hour or more in duration to secure your appointment. Appointments will not be accepted without credit / debit card details. Normal cancellation policies apply.

GIFT VOUCHERS

Gift Vouchers are valid for 6 months and are non refundable and cannot be exchanged for cash or to purchase further Gift Vouchers. They can be exchanged for other treatments or to purchase goods. Extensions are considered at the discretion of the management.

CHILDREN

For the convenience of other clients trying to relax and for safety reasons, we kindly request that you do not bring children with you for your treatment.

MOBILE TELEPHONES

All mobile telephones must be switched off when entering the Salon for treatments.

GRATUITIES POLICY

Your personal recommendation is our best reward.



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