

## spa body treatments

### Body Polish

A 10 minute steam bath starts this treatment, then a natural sea salt is applied. This provides perfect exfoliation, eliminating dead skin cells, smoothing roughness and refining the skin's texture. Shower available in the area.

*Treatment time 45 minutes [full body]* **£20.00**

The above treatment can be incorporated with:

### Massage with Essential Oil

A massage which gives you full relaxation and calming effect obtained from the essential oils of lavender, balm mint, sweet marjoram and rosemary.

*Treatment time 60 minutes [full body]* **£25.00**

*Body polish and essential oil massage* **£40.00**

### Ultimate Detox Body Mask

A steam bath starts this treatment. The body is then cleansed and exfoliated and a serum is massaged into specific areas before the body mask of mint and ancient clay crystals is applied. Rich in trace elements, the mask has cleansing and purifying properties and gives the skin suppleness, leaving it satin smooth. The presence of algae extracts stimulates cell renewal and helps with the elimination of toxins.

The body is then wrapped in an electric blanket and allowed to rest for 20 minutes. To finish, shower the body and moisturiser is applied.

*Treatment time 90 minutes [full body]* **£45.00**

### Body Wrap with Essential Oils

This indulgent wrap creates a truly relaxing environment. Essential oils of sweet orange, ylang ylang, mint, rosemary and camphor provide a total sense of well-being relieving tension as well as deep cleaning and detoxifying the skin.

A heated blanket is used to create intense sudation and also eliminate toxins. To finish, shower the excess product off [optional].

*Treatment time 60 minutes [full body]* **£25.00**

### Clay Body Mask

A steam bath starts this treatment. A clay mask made of specific ingredients to suit your skin type is applied to the body which is then wrapped in a heated blanket.

After relaxation, shower and enjoy the steam bath again. The effects of this treatment help to detoxify the body, drawing out impurities.

*Treatment time 60 minutes* **£20.00**

### Dead Sea Paraffin Mud

A soothing treatment for the back. A steam bath warms the body in preparation for the application of warm paraffin mud - an ideal treatment for relaxing tired muscles.

*Treatment time 45 minutes [full body]* **£15.00**

## body treatments

### Swedish Massage

A relaxing deep tissue massage to ease muscular stiffness, aches and pains. Will improve circulation, condition of the skin and muscle function as well as relaxing the body and mind.

Optional free 10 minute steam bath available with this treatment - must be booked in advance. Clients must wear a bathing costume.

*Treatment time 30 minutes* **£12.00**

*Treatment time 60 minutes* **£21.00**

### Look Good - Feel Great

This treatment incorporates the Mini Facial and 30 minutes body massage.

*Treatment time 60 minutes* **£22.00**

## reception opening times

Monday 9.30am - 6.00pm

Tuesday 9.00am - 5.00pm

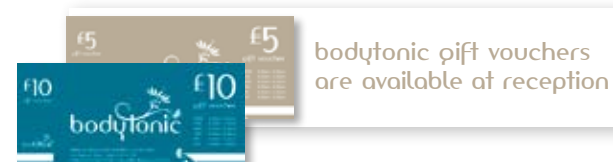
Wednesday 9.00am - 5.30pm

Thursday 9.00am - 6.00pm

Friday 8.30am - 4.00pm

Saturday 9.00am - 1.30pm

*Treatments can be booked outside these times at the therapist's discretion. Late cancellations and missed appointments may incur a cancellation charge. Clients arriving late for an appointment may be required to forfeit part of their treatment.*



Bodytonic Beauty Salon at Stafford Leisure Centre  
Lammascote Road | Stafford ST16 3TA  
Telephone 01785 619 036 | [www.staffordleisurecentre.co.uk](http://www.staffordleisurecentre.co.uk)



All information correct at time of going to print [April 2008].



## hair removal

Full leg, under arm and bikini wax	£27.00
Half leg, under arm and bikini wax	£21.00
Full leg wax	£16.75
Three quarter leg wax	£14.50
Half leg wax	£10.00
Bikini wax	£6.50
Under arm wax	£6.00
Full arm wax	£11.50
Facial wax	£8.00
Lip wax	£4.50
Eyebrow wax	£5.00
Half back wax	£10.00
Full back wax	£17.00
Half chest wax	£10.00
Full chest wax	£17.00

## hand, nail and foot care

### Express Manicure

Shaping of nails, cuticle tidy, exfoliant, base coat applied.

30 minutes £6.00

### Express Pedicure

Shaping of nails, cuticle tidy, foot bath, exfoliant, clear top coat applied. You may bring your own coloured varnish to be applied.

45 minutes £15.00

## eye care treatments

Eye lash tint\* £7.50

Eye brow tint\* £5.00

Eye lash tint and eye brow tint\* £11.50

Eye brow shape £5.00

\* A patch test is required 24 hours prior to your first treatment. Please remove eye make up before a lash tint.

## facials

Gently removes impurities and helps to rejuvenate and revitalise the face. Also improves blood circulation so a healthy skin texture is achieved.

### Mini Facial

Includes a cleanse with specific ingredients for your skin type, a mask made of the highest quality ingredients, and tonic lotion to remove any residue, leaving skin fresh. Finally a moisturiser, again to suit your skin type, is applied.

30 minutes £12.00

### Full Facial

Incorporates the Mini Facial plus exfoliation to brighten and stimulate the skin, then a facial massage with bees wax and soothing agents leaving the skin nourished and refreshed.

60 minutes £23.00

### Deluxe Facial

A cleanse, tone and exfoliating procedure starts this treatment. A serum is selected which contains a high concentrate of ingredients specific to your skin's needs.

A facial massage is carried out and a unique modelling mask is applied which is deeply hydrating, restoring radiance and suppleness to the skin. After 20 minutes this is peeled away and a suitable moisturiser is applied.

90 minutes £40.00

### Specific Facial

This is a deep cleansing facial that starts with an ozone steam, which has healing effects on congested lifeless skin. This increases blood circulation and so improves skin conditions. A Mini Facial with exfoliation is included in this treatment to suit your skin type.

40 minutes £18.00

Please note contact lenses and eye make up must be removed before all facial treatments.

## complementary therapies

### Indian Head Massage

A relaxing and invigorating massage treatment for the back, neck, shoulders, face and scalp.

Brings relief from pressures and tension helping the body to stand and move more freely, also relieves eyestrain and headaches, improving concentration.

Consultation time 15 minutes

Treatment time 45 minutes £20.00

### Reflexology

An amazingly relaxing treatment, applying gentle pressure to specific points on the feet to clear the vital energy pathways that can become blocked due to the stresses and strains of life.

Aids the body to rebalance itself, promoting physical, mental and emotional well-being.

Consultation time 15 minutes

Treatment time 60 minutes £25.00

### Aromatherapy Massage

A personalised massage treatment to relieve medical and psychological conditions or simply for pleasure. Using essential oils blended to individual needs, the massage includes full body and face.

Consultation time 15 minutes

Treatment time 60 minutes £32.00

### Hot Stone Massage

A truly holistic experience - stone therapy concentrates on the use of warm basalt stones, which are used in massage for their decongesting effect on muscular and nervous tension and their positive effect on toxin elimination.

Treatment time 60 minutes £32.00

Please note complementary therapies may be unsuitable for some customers, depending on their medical conditions. If you are in any doubt, please check with your doctor first.

