



# HEAVENLY SPA PRICE LIST

November 2011

## COLON HYDROTHERAPY

**Heavenly Spa's Angel of Water is the most unobtrusive, discreet and comfortable Colon Hydrotherapy treatment possible. It may help to strengthen your immune system, as well as sculpt your stomach area by reducing bloatedness, to leave you feeling refreshed, invigorated and clearheaded.**

First session (75 min)	£ 95.00
Course of 3 sessions	£260.00
Course of 7 sessions	£570.00
Course of 12 sessions	£950.00

## MASSAGE

### Lymphatic Massage

A gentle massage designed to encourage the flow of lymph fluids and remove toxins and excess water from the body's tissue.

Body (60 min)	£70.00
Face and body (90 min)	£90.00

### Relaxation Massage

Swedish remedial massage with herbal oils to help relax the body for an improved circulation.

Back massage (30 min)	£35.00
Full body (45 min)	£50.00
Full body (60 min)	£70.00

### Chair Massage

A quick effective massage for time-pressed clients this treatment helps to alleviate muscle tension. Clients remain fully clothed.

30 min	£30.00
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### **Deep Tissue Massage**

Herbal oils are massaged into the body, working deep into muscle tissue and fibre. Excellent for specific sports injuries and also a great way to help you relax.

Back (30 min)	£55.00
Full body (60 min)	£80.00

### **Hot Stone Therapy**

Perfect for de-stressing city bodies, this massage deeply relaxes the body, soothing and warming it with hot volcanic stones.

Back (30 min)	£55.00
Full body (75 min)	£90.00

### **Sports Massage**

This is a deeper massage, is the most effective therapy for releasing muscle tension and restoring balance to the muscular-skeletal system.

**(Specific days only – by appointment)**

30 min	£50.00
60 min	£65.00

### **Heavenly Poulitice Massage**

This traditional heat treatment soothes and alleviates muscle tension. Warm herbal compresses are combined with massage to relax, purify and detoxify the body.

75 min	£130.00
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### **Reflexology**

Is an ancient Egyptian therapy that generally applies gentle but firm pressure using the thumbs and fingers on the reflexes areas and points found in the feet and hands to induce a state of deep relaxation and trigger the body's self healing abilities.

30 min	£35.00
60 min	£65.00

### **Indian Head Massage**

This is a therapeutic massage which has been practiced in India for over 500 years and it is based on the ancient Ayurvedic healing system. Massage movements are specifically designed to be effective on the head and scalp

30min	£ 30.00
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### **Shiatsu Massage**

The Shiatsu massage treatment has several benefits. It can promote circulation of the blood and the flow of lymphatic fluid. It works on the nervous system to decrease strain and release deep-rooted tension from both the tendons and muscles.

Full body (60 min)	£75.00
Full body (90 min)	£90.00

## **BODY CARE**

### **Glow**

Treatment specially designed for you that help to invigorate the skin, leaving it vibrant and glowing. The treatment begins by warming the body in our infrared sauna, followed by dry skin brushing, body cleanse, deep tissue massage and drinks to rehydrate the body.

75 min

£80.00

### **Glimmer**

Treatment to invigorate the skin, and lose inches quickly. Perfect for those special occasions, or just to treat yourself. The treatment begins by warming the body in our infrared sauna and is followed by dry skin brushing, body cleanse, a slimming body wrap, deep tissue massage and drinks to rehydrate the body.

90 min

£95.00

### **Dazzle**

This treatment is design to relax the body, invigorate the skin, and lose inches quickly. Treat yourself for any special occasion. Begins by warming the body in our infrared sauna, followed by dry skin brushing, body cleanse, a slimming body wrap, your choice of either a Hot Stone or Hot Poultice massage and drinks to rehydrate the body.

105 min

£120.00

## **FACIALS**

### **Heavenly Herbals**

**Our Heavenly Herbal products are gentle, nourishing, inexpensive and effective. Incorporate as part of your daily beauty regime.**

### **Heavenly Herbs Ritual Mini Facial**

A pick-me-up for people on the go, which cleanses, tones, exfoliates and moisturises the skin.

30 min

£50.00

### **Heavenly Herbs Moisture Facial**

Cleanses tones and exfoliates the skin, moisturising it with a hydrating mask specially tailored for your skin.

45 min

£55.00

### **Heavenly Herbs Deluxe Facial**

Start your treatment with a facial to cleanse tone and exfoliate the skin. A steam massage opens the pores, enabling deep cleansing and removing blockages. The skin is moisturised using a specially tailored hydrating mask.

60 min

£65.00

### **Éminence Organic Skin Care**

**A luxurious prescriptive range, handmade with premium quality herbs, fruits and flower buds for beautiful, natural skin. All ingredients are cold pressed, 100% organic, without water, colouring, parabens or perfume. A completely bespoke treatment, your therapist consults you at every stage to create an ultra-luxurious experience.**

### **Éminence Pick-me-up Facial**

This prescriptive facial is design for your personal skin type using cleansers, toners, exfoliations, masques, serums and moisturisers.

30 min

£50.00

### **Éminence Anti-Ageing Facial**

A prescriptive facial to cleanse, tone, exfoliate, moisturise and help balance hormonal levels in the skin, increasing collagen and elastin. A stimulating masque gives a healthy rosy glow, leaving your complexion firm, lifted and revitalized.

55 min

£80.00

### **Éminence Lighten Up! Facial**

A prescriptive facial to cleanse, tone, exfoliate and maintain moisture levels with cooling stone crop, a relative of aloe. Brightening and evening out your skin tone, it also helps prevent hyper-pigmentation due to sun damage or hormonal imbalances.

55 min

£75.00

### **Éminence Antioxidant Sensitive Skin Facial**

A botanical facial, designed to nurture the most sensitive, irritated and inflamed skin, leaving it relaxed and hydrated. Helps calm redness instantly and soothe rosacea, hypersensitivity, eczema and psoriasis.

55 min

£80.00

### **Éminence Fire and Ice Facial**

With warming spice and cooling flowers, this luxury facial promotes enhanced circulation with paprika and stone crop. The treatment plumps up the tissues, making them firmer, smoothing out lines and resulting in silky, beautiful skin.

55 min

£80.00

### **Eminence Yam and Pumpkin Enzyme Peel**

A dreamy, leisurely treatment with a natural exfoliation of rich, succulent purée, to dissolve dead skin cells, reduce pigmentation, fine lines and sun damage, leaving skin refreshed, clean and clear.

70 min

£85.00

### **Éminence Strawberry Rhubarb Sweet Cheeks**

Quench summer-dry skin with a gentle exfoliation, while antioxidant-rich strawberries and rhubarb tighten the pores. A cooling, creamy Strawberry Rhubarb masque and serum deliver a refreshing boost of hydration, leaving skin plump, replenished and radiant.

60 min

£75.00

### **Éminence Perfect Skin Pear & Green Apple Facial**

A luxury organic microdermabrasion facial which eliminates the surface build-up of lifeless skin cells and helps stimulate new cell growth. Evens out skin tone, increases circulation and rehydrates the skin leaving it tingling fresh.

75 min £85.00

### **Éminence Gentleman's Facial**

A Prescriptive facial using warm, steamed towels to relax the body and mind. The face, neck and hands are massaged with nurturing, luxury natural products. The most perfect way to keep a man's skin in optimum condition.

55 min £80.00

### **Neal's Yard Remedies**

**All Neal's Yard Remedies are organic, with carefully chosen ingredients which are gentle and effective to minimise the signs of aging. Each product is chosen to help hydrate, regenerate and restore the skin's natural radiance.**

#### **Hydrating Frankincense Facial:**

Hydrating and rejuvenating anti-aging facial

30 min £40.00

#### **Heavenly Rejuvenating Facial**

Anti-aging, visibly retextures the skin, smoothes fine lines, makes wrinkles less noticeable.

45 min £50.00

#### **Palmarose Facial**

This treatment reduces tension and stress levels as well as brightening and evening your overall skin tone (includes extraction)

60 min £60.00

#### **Rose, Chamomile and Orange Facial**

Rejuvenating and hydrating (includes extraction)

75 min £65.00

#### **Sensitive Skin**

Our organic sensitive skincare range has been scientifically developed to avoid irritation whilst calming and strengthening.

55 min £55.00

## SLIMMING TREATMENTS

**Endermologie, or Lipomassage, is recognised as the 'Rolls Royce' of cellulite and body contouring treatments. Endermologie can permanently eliminate stubborn fat that is resistant to physical exercise and dieting, by resculpting the figure and smoothing out cellulite. Visible results should be apparent after only 6 sessions. A body analysis is conducted at the time of your first treatment. Cost includes your personal body suit.**

Body Analysis (30 min)	£45.00
Face (30 min)	£50.00
Course of 10	£450.00
Body (35 min)	£70.00
Course of 10	£650.00
Single Area Focused Treatment (20 min)	£45.00
Course of 10	£405.00

## CACI Anti-Ageing Treatments

**As seen to remarkable effect on the TV program *Ten Years Younger*, the CACI (Computer Aided Cosmetology Instrument) uses a tiny micro-current to tone, lift and re-educate muscle, working in harmony with the body's own bio-electrical field. Results are often so dramatic that CACI has become known as "The non-surgical face lift".**

### CACI Hydratone Mask Treatment

Hydrating gels including vitamins and collagen are applied deep into the skin to nourish, recharge and replenish, leaving it tingling fresh.

20 min	£20.00
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### CACI Non-Surgical Facelift

This treatment works on the face, improving skin tissue and lessening the appearance of scarring, acne scars and sun damage. Helps nourish dry or dehydrated skin. Perfect to help stimulation the blood supply which in turn helps eliminate fine wrinkles.

60 min	£70.00
Course of 10	£630.00

### CACI Ultimate Anti-Ageing Facial

Using this treatment we works on the face, improving skin tissue, using light therapy to lessen the appearance of deep wrinkles, scarring, acne scars and sun damage on the face, neck and décolletage. We complete your treatment with a CACI Hydratone mask to nourish dry or dehydrated skin. Helping to stimulate blood supply, eliminate fine wrinkles.

90 min	£90.00
Course of 10	£810.00

**CACI Ultimate Eye Treatment**

Lifts the eyes, smoothing wrinkle, frown lines. Complete your treatment with a soothing CACI Hydrotone eye mask.

45 min £45.00

**CACI Ultimate Healing Treatment**

Perfect for helping to eliminate scars, acne scars, deep blemishes, stretch marks, pigmentation and sun damage on the face or body.

30 min £45.00

Course of 10 £405.00

**CACI Ultimate Booster Facial**

This is recommended monthly has a booster or pre-evening, special occasion facial (as seen on the TV program *Ten Years Younger*).

45 min £50.00

**CACI Anti-Ageing Hand Treatment**

Perfect for the more mature skin replenishing collagen treatment that promotes a youthful appearance.

30 min £30.00

**CACI Ultimate Hand Treatment**

A deep exfoliating treatment is followed by the application of collagen to promote a youthful appearance, plus light therapy to minimise fine wrinkles.

45 min £45.00

**CACI Microdermabrasion**

Microdermabrasion removes the upper layers of skin, regular treatments are required to see the greatest improvement in your skin's tone and texture and to minimise lines and wrinkles. Use to treat sun-damaged skin and to improve acne.

20 min £20.00

## BEAUTY

### Waxing / Women

Half leg (30 min)	£24.00
Three quarter leg	£30.00
Full leg (45 min)	£37.50
Half Leg and bikini (40 min)	£38.00
Half Leg and extended bikini (50 min)	£42.50
Full leg and bikini (60 min)	£49.00
Bikini (20 min)	£20.00
Extended bikini (30 min)	£25.00
Hollywood (30 min)	£45.00
Brazilian (30 min)	£40.00
Forearm (30 min)	£18.00
Full arm (45 min)	£27.50
Underarm (15 min)	£15.00
Full leg, underarm, bikini (75 min)	£60.00
Eyebrows (10 min)	£17.00
Lip or chin (10 min)	£12.00
Lip and chin (10 min)	£22.50
Face and cheeks 15min	£15.00

### Waxing / Men/Women

Chest or back <i>from</i>	£31.50
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### Threading

Eyebrows	£12.00
Upper Lip	£ 8.00

### Eyes

**New clients will require a tint test 24 hours before the main treatment.**

**Pre-booking required.**

#### Women

Eyelash tint (20 min)	£15.00
Eyebrow tint (15 min)	£12.00
Eyebrow shape (15 min)	£16.00
Eyelash tint, eyebrow shape and tint	£39.00
Eyelash extension Single or strip POA	

#### Men

Eyebrow shape (15-25 min)	£22.00
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#### Women

##### CND Shellac Nails

Say hello to the future shellac applies like a polish-no pots-just bottle and brush. Shellac is UV cured, so there's ZERO drying time. Goes on like polish, Wears like Gel, Comes off in minutes & Zero dry time.

60 min	£45.00
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**Shellac**

Removal  
30 min £15.00

**Shellac**

Removal and repaint £55.00

**Basic Manicure**

File and polish  
20 min £18.50

**Express Manicure**

File cuticles, buff and polish  
30 min £25.00

**Express Manicure and Pedicure**

File cuticles, buff and polish  
60 min £50.00

**Paraffin Wax Treatment**

Add to any other manicure or pedicure as a special treat.  
15 min £15.00

**Deluxe Manicure**

File and polish, cuticles, and a Dead Sea Salt scrub to exfoliate the skin, followed by the use of essential oils to replenish moisture.  
45 min £35.00

**Heavenly Magic Manicure**

A fragrant hand soak, stimulating hand scrub, mask to sooth and soften fine lines, then a 15-minuterelaxation massage on the head, neck, shoulders and hands, followed by a buff or polish.

60 min £50.00

**French Manicure** *add* £5.00

**CND Shellac Pedicure**

Shellac applies like a polish-no pots-just bottle and brush.

Shellac is UV cured, so there's ZERO drying time. Goes on like polish, Wears like Gel, Comes off in minutes & Zero dry time.

60 min £50.00

**Shellac**

Removal  
30 min £20.00

**Shellac**

Removal and repaint £60.00

### **Basic Pedicure**

File and polish  
25 min £22.50

### **Express Pedicure**

File cuticles, buff and polish  
30 min £30.00

### **Deluxe Pedicure**

File and polish, cuticles, and a Dead Sea Salt scrub to exfoliate the skin, followed by the use of essential oils to replenish moisture.  
55 min £40.00

### **Heavenly Magic Pedicure**

Fragrant foot soak, stimulating hand scrub, mask to sooth and soften fine lines, a 15-minute relaxation massage on the feet, ankles and lower legs, followed by a buff or polish.

70 min £55.00

**French Pedicure** *add* £5.00

### **Men**

Manicure  
20 min £22.50

### **Deluxe Manicure**

This treatment consist of file, polish, cuticles work, and a Dead Sea Salt scrub to exfoliate the skin, followed by the use of essential oils to replenish and moisture.  
35 min £30.00

### **Deluxe Pedicure**

File and polish, cuticles, and a Dead Sea Salt scrub to exfoliate the skin, followed by the use of essential oils to replenish and moisture.  
45 min £35.00

### **Sun Tanning**

**Stand up sun bed design to deliver a fast and effective tan.**

3 min £5.00  
6 min £9.00  
9 min £13.00  
30 min course £45.00  
45 min course £65.00  
60 min course (includes free tanning lotion) £75.00

### **Fake Bake**

An effective spray-on tan to top up a natural tan or give you a healthy glow for the start of your holiday.  
60 min £50.00

## THERAPIES

### **Cold Laser/Low Level Laser Therapy (LLLT)**

Heavenly Spa is the first spa in London to be offering Cold Laser/Low Level Laser Therapy (LLLT) - the world's newest cold laser technology combined with quantum scalar waves. The treatment uses the union of light, colour and vibration, without generating heat, to dramatically reduce inflammation and musculoskeletal pain and promote tissue repair wherever the laser beam is applied. Completely pain and stress free, the effects show dramatic results from chronic conditions in days. The treatment can be also be used to fight infection, combat stress and promote rejuvenation. Each treatment lasts 20 - 60 min. Cost is £65 - £130 depending on the type of treatment.

### **Naturopathic Nutritional Therapy**

Our Nutritional Therapist will work with you to create an eating plan that works for you based on your lifestyle and whether you want to lose weight or just eat more healthily.

Consultation (90 min)	£80.00
Follow-up programme	
1 x 30 min	£65.00
4 x 30 min	£230.00
6 x 30 min	£332.00

### **Bach Flower Remedies**

In the 1930s, Dr Bach identified 38 basic negative states of mind and created a flower or plant based remedy for each one. Essentially herbal remedies in liquid form, Bach Flower Remedies help clarify your mind, working on your emotions to promote healing and happiness. Nature's way to sooth your minds and emotions.

Consultation and remedy	£65.00
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### **Herbal Medicine with Peter Jackson-Main**

Herbs can be indicated for a variety of common health problems. In the hands of an experienced practitioner, they go direct to the cause of the problem, as well addressing the discomfort of symptoms. Peter is closely involved at national level with regulation and professional standards in herbal medicine, and has contributed to several high-profile working groups and publications.

Consultation (60 min)	£90.00
Follow-up (30 min)	£45.00

### **Iridology with Peter Jackson-Main**

A holistic health assessment and diagnostic technique based on a microscopic reading of the eye's iris. Peter is one of the foremost trainers in the UK and Ireland in Herbal Medicine and Iridology and author of the popular and successful *Practical Iridology* (available at Heavenly Spa).

Consultation (90 min)	£150.00
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### **Thermal Auricular Therapy**

This is the expert use of Hopi Ear Candles draw impurities from the ear. Its name is taken from the Hopi Indians of Northern Arizona who use this ancient therapy to help with a variety of ear conditions, from general hearing loss to sinusitis, hayfever and travel sickness.

Single treatment (30min)	£35.00
Added to another treatment	£17.00

### **DAY SPA PACKAGES**

#### **Heavenly Mini**

Release stress with a stimulating herbal facial followed by a Relaxation Massage on your neck and back. Finish with a Basic Manicure or Basic Pedicure.

75 min	£120.00
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#### **Heavenly Body**

A gentle exfoliating treatment for face and body is followed by a moisturising and nourishing full body massage. Choose from our Express Manicure or Pedicure to complete the experience.

120 min	£155.00
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#### **Heavenly Star**

A Deluxe facial is followed by a luxurious Hot Stone Therapy massage to soothe and alleviate all muscle tension. A Deluxe Manicure purifies the skin on your hands with Dead Sea salt and essential oils and adds a perfect polish.

180 min	£210.00
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#### **Heavenly Experience**

Start your treat using our pool, gym and Infrared sauna. Your therapist will design a bespoke facial to suit your skin type, and then choose between a Hot Stone Therapy massage our luxurious Heavenly Poultice Massage; a Deluxe Manicure or pedicure; and a Colon Hydrotherapy or a Nutritional consultation. Organic meals will be provided on request.

5 hours	£350.00
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### **EXECUTIVE COACHING NEW**

Take control of your life now with one to one personalised coaching.

Now is the time to experience the excitement of life and deal with what stops you in any area such as career, health and fitness and relationships.

1session	£450.00
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### **MEMBERSHIPS**

#### **Silver**

Come in and take advantage of our gym, pool, sauna, relaxation room and showers together with an Induction session with a Personal Trainer.

Monthly	£70.00
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### **Gold**

Unlimited use of gym, pool, sauna, chill-out room and showers together with a Personal Training session once every three months for 12 months.

Monthly £90.00

### **COUPLES NEW**

Why does this alone bring your partner with now and enjoy working out together you get to use our gym, pool, sauna, and relaxation room and showers together with a joint induction Training session.

Monthly £120.00

### **Personal Training**

60 min session £75.00

Course 10 sessions design now for you at special rate. Please call for details.

**Walk-in Day Pass** £30.00

Come in now and use our Gym, Pool, Sauna, and relax in our relaxation room and let the stress and strains of the day drift away.

With treatment (ask for details) £60.00

**Terms and Conditions of Treatment**

To avoid disappointment we recommend that all treatments are booked in advance. All bookings require prepayment or your credit card details as a guarantee. The treatment you have booked is reserved just for you. A cancellation charge for the full amount of the treatment will be taken, unless the cancellation or date change of any appointment is made 24 hours prior to the booking. Courses of treatments and Gift Vouchers will be valid for a period of 6 months unless otherwise stated.

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