



# HEAVENLY SPA PRICE LIST

**DECEMBER 2010**

## **COLON HYDROTHERAPY**

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

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**

A Swedish remedial massage with herbal oils to relax the body and improve 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 that alleviates muscle tension. Clients remain fully clothed.

15 min	£20.00
30 min	£30.00

### **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 relax.

Back (30 min)	£50.00
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

### **Heavenly Poultrice 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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## **BODY CARE**

### **Glow**

A specially designed package 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.

60 min	£80.00
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### **Glimmer**

A package to invigorate the skin, and lose inches quickly. Ideal before a special occasion or party. 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.

75 min	£95.00
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### **Dazzle**

A treatment to relax the body, invigorate the skin, and lose inches quickly. Ideal before a special occasion or party. Warm your body in our infrared sauna, and follow by dry skin brushing, body cleanse, a slimming body wrap, your choice of either a Hot Stone or Hot Poultrice massage and drinks.

90 min	£120.00
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## **FACIALS**

### **Heavenly Herbals**

**Our Heavenly Herbal products are gentle, nourishing, inexpensive and effective. Perfectly easy to incorporate into your 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 £45.00

#### **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**

A treatment 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, hand made 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-luxe experience.**

#### **Éminence Pick-me-up Facial**

A prescriptive facial using cleansers, exfoliators, 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.

55min £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

### **Éminence Yam and Pumpkin Enzyme Peel**

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

70-minute treatment £85.00

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

Quench summer-dry skin with a gentle exfoliant, 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 Blueberry Bliss Facial**

Treat yourself to super-smooth skin with a delectable purée of whole fruit blueberries. An indulgent facial to relax and repair the damage of day to day living and ease the signs of dryness and dehydration.

55 min £75.00

### **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 perfect way to keep a man's skin in optimum condition.

55 min £80.00

### **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, resculpt the figure and smooth 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.

15 min £20.00

#### **CACI Non-Surgical Facelift**

Works on the face, improving skin tissue and lessening the appearance of scarring, acne scars and sun damage. Helps nourish dry or dehydrated skin. Stimulates the blood supply to eliminate fine wrinkles.

60 min £70.00  
Course of 10 £630.00

### **CACI Ultimate Anti-Ageing Facial**

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. Includes a CACI Hydrotone mask to nourish dry or dehydrated skin. Stimulates blood supply, helping to eliminate fine wrinkles.

90 min	£90.00
Course of 10	£810.00

### **CACI Ultimate Eye Treatment**

Lifts the eyes, smoothing wrinkle and frown lines. Includes the soothing CACI Hydrotone eye mask.

45 min	£45.00
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### **CACI Ultimate Healing Treatment**

Helps to counter 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**

A monthly booster or pre-evening or special occasion facial (as seen on the TV program *Ten Years Younger*).

30 min	£50.00
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### **CACI Anti-Ageing Hand Treatment**

A replenishing collagen treatment that promotes a youthful appearance.

30 min	£30.00
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### **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
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### **CACI Bust Lift**

45 min	£40.00
Course of 10	£360.00

## **BEAUTY**

### **Waxing / Women**

Half leg (30 min)	£24.00
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
Playboy (30 min)	£40.00
Brazilian (30 min)	£35.00
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
<b>Waxing / Men</b>	
Chest or back <i>from</i>	£31.50

### 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

#### Men

Eyebrow shape (15-25 min)	£22.00
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### Fingers and Toes / Women

#### Basic Manicure

File and polish	
20 min	£18.50

#### Paraffin Wax Treatment

Can be added to any other treatment.

15 min	£15.00
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#### 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
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### **Heavenly Magic Manicure**

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

60 min £50.00

**French Manicure** *add* £5.00

### **Basic Pedicure**

File and polish

25 min £22.50

### **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 on feet, ankles and lower legs, followed by a buff or polish.

70 min £55.00

**French Pedicure** *add* £5.00

### **Fingers and Toes / Men**

Manicure

20 min £22.50

### **Deluxe Manicure**

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

45 min £45.00

### **Sun Tanning**

**Stand-up sun bed for a fast, 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	£75.00
60 min course includes free tanning lotion	

### **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	£45.00
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## **THERAPIES**

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

Heavenly Spa are 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 10 - 60 mins. Cost is £65 - £130 depending on the type of laser used.

### **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 of soothing our 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

### **Thermal Auricular Therapy**

This is the expert use of Hopi Ear Candles draw impurities from the ear. It's 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

### **Heavenly Body**

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

120 min £155.00

### **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

### **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 or 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

## **MEMBERSHIPS**

### **Silver**

Unlimited use of gym, pool, sauna, chill-out room and showers together with an Induction session with a Personal Trainer.

Monthly £70.00

### **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

### **Platinum**

Unlimited use of gym, pool, sauna, chill-out room and showers together with one Personal Training session every month for 12 Months.

Monthly £120.00

### **Personal Training**

60 min session £65.00

Course of 10 sessions available at a discounted rate. Please call for details.

**Walk-in Day Pass** £20.00

Use of gym, pool, sauna, chill-out room and showers.

### **Terms and Conditions of Treatment**

To avoid disappointment we recommend that all treatments are booked in advance. All bookings require pre-payment, 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 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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