

Sothys Facial Therapy

Flash Beauty Vitamin Facial

An express facial to provide rapid skin illumination and maximum relaxation. You will also receive a 10 day vitamin complex to maintain the results of the facial.

30 mins £31.50

Oxyliance Treatment Facial

This facial offers a solution with triple action-radiance vitality and anti-pollution to protect the skin and increase the cells natural defences to the damage and the effects of the aggressions. Oxyliance is a real bubble/ breath of fresh air, the skin is more beautiful and radiant. (Suitable for all skin types except sensitive.)

1 hour 15 mins £46.00

Hydroptimale TH13 Treatment Facial

The ultimate hydration and relaxation facial for all skin types presenting areas of dehydration.

1 hour 15 mins £46.00

New Collagen Hyaluronique Intensive Facial

Our new intensive anti-ageing treatment gives instant & visible results after just 1 treatment. Lines & wrinkles reduced by up to 28% and firmness improved by up to 63%. A course of 3 treatments is recommended for maximum benefits.

£60.00

Active Contour Eye Treatment

A triple action freshness facial for the delicate eye area effective on wrinkles, dark circles and bags. This relaxing facial relieves tiredness, frees congestion and smoothes the skin. Suitable for all skin types

40 mins £36.00



Sothys Body Therapy

Wake Up Exfoliation

A marine salts exfoliation with citrus essential oils. Ultra stimulating to leave you feeling invigorated.

40 mins £31.50

Soft Delight Exfoliation

A soft exfoliation with loofah, followed by an application of hydra nourishing body lotion, a real delight for sensitive skins.

30 mins £31.50

Detoxifying Marine Benefits

An exfoliation with marine salts and citrus essential oils followed by an application of detoxifying mineral body mask

60 mins £56.00

Slimness Worship

A stimulating exfoliation with marine salts and essential oils is carried out prior to an application of a green tea and red vine mineral body mask. To finish, a relaxing massage with stimulating essential oils of lemon, grapefruit, cypress, cedar and juniper.

90 mins £66.50

Tonic Bust

A firming treatment specifically designed for the bust area. Begins with a soft exfoliation, massage with essential oils and followed by an application of a peel off firming mask.

50 mins £41.50

Anti-eau Cocktail

This treatment has been specially designed to treat tired legs leaving you with a freshness effect. An exfoliation with loofah is carried out, prior to an application of a cryogenic effect body mask to the legs. The treatment is then completed with decongesting full body massage.

80 mins £61.50

Total Spa Rituals

Velvet Skin Miracle

The treatment begins with a gentle full body exfoliation, followed by an application of thermal gel, which gently rehydrates the skin. To complete the treatment a relaxing and nourishing body massage.

60 mins £56.50

Orient Essences Ceremony

A full body exfoliation with delicious peeling balm followed by a deeply relaxing body massage using aromatic bags with hot stones. Infused with ginger and nutmeg warming spices and soaked in hot oil. The warmth of the treatment combined with the fragrance of the spices, is guaranteed to transport you to another world

60 mins £66.00

Aesthetic Facial Procedures

Priori's Professional Skin Renewal System is designed to deliver extraordinary results :

- Multi-depth skin exfoliation.
- Increases epidermal and dermal moisture levels.
- Stimulates dermal proteins: collagen and elastic fibres.
- Helps revitalise dry, mature and sun damaged skin.
- Ideal for problem prone skin and mature recurring acne.
- Minimizes fine lines and wrinkles, deeply hydrates and re-texturizes.

Priori Facial

A superior boosting treatment incorporating a facial massage with a soothing balm and a replenishing mask to firm, hydrate and exfoliate skin. When you want an intensive and relaxing treatment.

1 hour £45.00

AHA Skin Peels

These unique treatments will deeply exfoliate your skin & increase the skins natural ability to hold moisture. Skin becomes smoother, firmer, younger looking and brighter. Ideal for treating acne, ageing sensitivity & pigmentation.

Level 1 AHA Peel £50.00

Level 2 Idebenone Peel £55.00

Buy a course of 6 peels but only pay for 5

Diamond Peel Microdermabrasion Facial

Microdermabrasion targets all types of skin irregularities all over your body, including fine lines & wrinkles, sun damaged, uneven & thickened skin, pigmentation, acne scarring, enlarged pores, dull congested skin & stretch marks. A course of treatments is often recommended to achieve maximum results.

1 hour £50.00

Cost of 6 treatments £250.00

Express Aesthetic Facial Procedures

If you are short of time but still want to see visible results choose from our express menu. Ideal lunch time treatment.

AHA Skin Peel 30 mins £35.00

Microdermabrasion 30 mins £35.00

A combination of any of the above treatments is also available.

Injectables, Muscle Relaxants & Dermal Fillers

Free consultation & treatments available. Please see separate price list.

Holistic Therapies

Deep Tissue Massage

Deep Tissue Muscle Massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage.

Full Body Treatment - 1 hour £40.00

Half Body Treatment - 30 mins £25.00

Aromatherapy Massage

Using essential oils and lymphatic drainage techniques, this treatment will improve specific ailments and remove toxins to give an improved feeling of wellbeing.

Full Body Massage - 1 hour £45.00

Half Body Massage - 30 mins £30.00

Hot Stone Massage

A whole new massage experience. Warm stones are placed on to key energy points of the body to create balance while deep penetrating heat from larger stones are used to massage and melt away stress.

Full body including feet 1 hour 30 mins £55.00

Full body - 1 hour £45.00

Half body - 45 mins £35.00

Indian Head Massage

Oriental massage techniques are used to concentrate on the scalp, neck and shoulders to create a state of complete relaxation.

45 mins £35.00

Reflexology

A balancing treatment using pressure techniques on reflex points to improve the equilibrium of the body.

A course of treatment is strongly recommended.

Single treatment 45 mins £35.00

Course of 6 for the price of 5 treatments £175.00

New Hopi Ear Candle Treatment

Hopi Ear Candling/Thermal Auricular Therapy

A pleasant & non invasive treatment which enables wax & other impurities to be drawn out of the ear. An alternative to syringing which can help with:

- Tinnitus, compacted ear wax & glue ear
- Sore throats & hay fever
- Headaches & migraine
- Rhinitis & sinusitis
- Catarrh & Asthma

£30.00

Hand & Foot Treatments

Manicure	£25.00
Deluxe Manicure	£30.00
Pedicure	£28.00
Deluxe Pedicure	£32.00
File & Polish	£18.00
French Polish	add extra £3.50

New Minx Nails for Funky Fingers & Toes

Nail Art made quick, easy & natural. This stunning & extensive range of nail art is perfect for both natural and artificial nails to mark any occasion.

No Chips, No Smudges & No Drying Time

£25.00

Mineral Make Up

ID Bare Escentuals is the original mineral makeup, it is the No.1 selling foundation in the world and is 100% pure. Healing on problematic skin. Non Comedogenic, recommended by Skin Cancer Foundation for UV protection.

Illuminating, sheer and flawless you won't look back!

Light Day Look	£25.00
Bridal Make Up	£35.00
High Fashion Look	£45.00
Make Up Lesson	£60.00

New Spray Tan Treatment

A safe natural way to achieving the perfect tan. We use Vani-T spray tan which is the world's 1st organic tan. You can choose from our overnight developing tan or for those last minute arrangements you can have a perfect tan within 3 hours with Vani-T's velocity rapid tan.

Developing Tan £25.00

Rapid Tan £30.00

Naturalux IPL

Intense Pulsed Light for the permanent reduction of superfluous hair. Please see separate brochure for details.

Courses of treatments available

Eye Treatments

We can take care of all your shaping, tinting, perming and lash extension needs.

Eyebrow Shape	£9.50
Eyelash Tint	£12.50
Eyebrow Tint	£8.50
Complete Eye Treatment (all of the above)	£26.00
Eyelash Perm and Tint (instant eye opener)	£36.00
Temporary Eyelash Extensions	£15.00
Lash Perfect - Favoured by the stars! (Individually applied lashes to create instant length and fullness)	

Half Set 45mins -60mins £47.00

Full Set 60mins - 90mins £67.00

Maintenance advised every 2 - 3 weeks 30 mins £28.50

Waxing

Half Leg	£16.50
3/4 Leg	£20.75
Full Leg	£25.00
Underarm	£9.25
Full Arm	£18.50
Forearm	£16.50
Lip or Chin	£7.50
Lip and Chin	£10.00
Eyebrow Wax	£9.50
Full Leg and Bikini	£31.00
Half Leg, Bikini & Underarm	£32.00
Back Wax	from £16.00
Chest Wax	from £16.00

Bikini Waxing

Bikini	£10.00
Highline Bikini	£15.00
Brazilian	£27.00
Playboy & Hollywood	£30.00

Gents Treatments

Please ask at reception for a copy of our Gent's Price List.

Allure Spa Membership

Sign up to our 1 year membership and receive 15% off treatments for 1 year plus free treatments, discounts & money off vouchers. Ask at reception for details. Terms & conditions apply.

Spa Packages

Please ask at reception for a copy of our Spa Package Brochure.

Salon Information

Special Considerations

We would appreciate turning off your mobile phone and speaking quietly whilst in the salon as other clients may be relaxing.

Courses/Packages

All courses of treatments and spa packages must be paid for in full at the time of booking. All block appointments of 2 hours or more must be secured with credit/debit card.

Gift Vouchers

Vouchers are valid for one year available against any treatment or product. They are non-refundable and must be presented at reception upon arrival.

Cancellation Policy

Please allow 24 hours notice of cancellation to avoid a 50% charge. Cancellations within 12 hours will incur a 100% charge.

Additional brochures are available for Gents treatments, Spa Packages and IPL Hair Removal, please ask for details

OPENING HOURS

Monday	10.00am - 8.00pm
Tuesday	Closed
Wednesday	10.00am - 8.00pm
Thursday	10.00am - 8.00pm
Friday	10.00am - 7.00pm
Saturday	10.00am - 5.00pm
Sunday	Closed



PRICE LIST

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Within Greens Health & Fitness Club