

Spa Treatments

Exfoliating mineral salt crystal scrub

Ultra-exfoliation combining natural mineral rich fragrant sea salts and marine elements gently eliminate dead skin cells smooth skin roughness, refines skin texture and invigorates the entire body by activating micro circulation through gentle massage movements, body buffing and brushing. Finally a rich, firming and nourishing body veil is applied.

Excellent pre holiday treatment **1Hr £40.00**

Micronized marine algae detox body mask

Gentle sea salt exfoliation followed by a natural oceanic clay body wrap, rich in minerals, vitamins and rare marine elements. Infused with avocado, lavender and basil extracts. Relax in the cleansing aroma. Resulting in feelings of wellbeing, total relaxation and detoxifying the body.

Excellent as a prelude to slimming, detoxifying and exercise programmes. **1Hr £40.00**

Waxing

Full leg	£20.00
Half leg	£15.00
Bikini	£10.00
Hollywood	£22.00
Brazilian	£14.00
Under arm	£8.00
Arms	£14.00
Top lip	£5.00
Chin	£5.00
Back	£20.00
Eyebrow	£7.00

Consultations along with friendly advice are always available. Please see the LivingWell reception staff for availability and appointments.



Salon opening times

Wednesday	10am - 8pm
Thursday	10am - 8pm
Friday	10am - 8pm
Saturday	9am - 5:30pm
Sunday	10am - 3pm

NB. Appointments outside of salon opening times are available by proir arrangement.

Therapy day experiences are available, these are tailored to meet your individual needs be it; pampering, relaxing, de-stressing, revitalising or energising. Gift vouchers are also available for that special gift.

Celebrations & Hen parties

Great for hen parties, birthdays or just girly get togethers. £22pp 30 minute treatment

LivingWell members recieve a 10% discount on all treatments.

Please Note

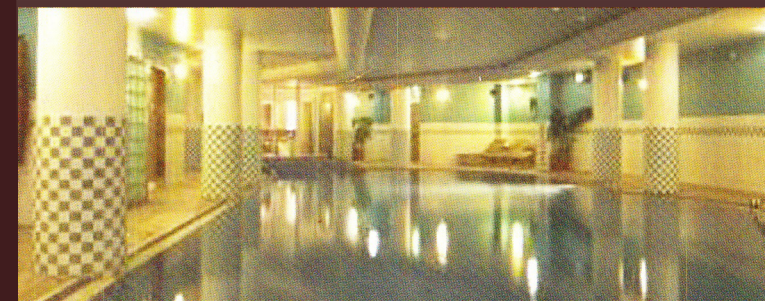
Sorry, no credit facilities are available.
Cash or cheques only.

Therapy operates a strict cancellation policy.
Less than 48 hours notice 50% of the retail price of the treatment.

Less than 24 hours notices 100% of the retail price of treatment

Price List

Therapy @ LivingWell



Therapy @ LivingWell, Hilton Hotel Nottingham
Milton Street, Nottingham NG1 3PZ
0115 8533800
Email: therapyatlivingwell@gmail.com

Specialist Facials

Using dermalogical products

Mini Facial 30mins £22.00

Deep double cleanse, tone, facial pressure point massage using a custom blend facial oil, tone and moisture drench.

Renewing, revealing

and rebalancing facial 45mins £30.00

Deep double cleanse, tone, customised exfoliation, tone, pressure point facial massage using custom blend facial oil, revitalising mask, tone and moisture drench.

Deep pore cleansing Facial 1Hr £38.00

Purifying deep double cleanse, tone, enzyme peel, custom blend facial and shoulder lymphatic drainage massage to remove the build up of oil and congestion, detoxifying mask, tone, and vitamin enriched hydration.

Total hydration

and moisture surge facial 1Hr £38.00

Comfort cleanse, alcohol free tone, gentle peel, precious essential oil stimulating pressure point facial massage, alcohol free tone, hydrating recovery mask followed by a deep moisture rich drench.

Total relaxation facial 1Hr 15mins £45.00

Deep double cleanse, tone, custom exfoliation, facial and shoulder stimulation pressure point prescription massage, tone, rebalancing vitamin mask, tone, collagen rich and cell renewing hydration. Incorporating a relaxing hand or foot massage. Total luxury.

Eyes

Lighten, tighten and brighten

eye treatment 45mins £35.00

Relaxing eye therapy designed to alleviate eye fatigue, tension, headaches and congestion while helping puffiness, dark circles and fine lines around the eye area.

Eyelash tint £12.00

Eyebrow tint £5.00

Eyebrow shaping £7.00

Party lashes £25.00

Natural looking lashes that last upto 2 weeks. Great for a special occasion.

Men Only!

Designed with men in mind

Facial-to-go 30mins £22.00

When time is of the essence or for a quick pick me up. Deep stimulating cleanse, customised exfoliation facial scrub, relaxing digitopressure point eye and facial essential oil massage, lightening toner, rebalancing moisture drench.

Stress buster 1Hr £38.00

Deep double cleanse, customised facial scrub, relaxing digitopressure eye and facial essential oil massage, therapeutic prescription blend mask, tranquility scalp massage, tightening toner, calming, rebalancing moisture surge. Incorporating a stress busting foot reflex massage!

Men manicure OR pedicure 45mins £18.00

Hands and feet

Reflexology treatment 1Hr £35.00

A highly relaxing but stimulating treatment helping the mind and body rebalance itself.

Luxury pedicure 1Hr £28.00

Including exfoliation, foot massage, heated handmitts treatment and paint.

Luxury manicure 1Hr £28.00

Including exfoliation, hand and arm massage, heated handmitts treatment and paint.

Mini manicure / hand conditioning 30mins £22.00

Mini pedicure / foot conditioning 30mins £22.00

File & Paint (Hands OR Feet) £10.00

Exotic Glow Spray Tan

Full body £20.00

Exotic glow the most natural looking tan imaginable. This product is easy to apply, dries almost instantly.

Massage

Prescription aromatherapy

full body massage 1Hr 15mins £45.00

Soothing and relaxing superficial tissue massage lymphatic drainage using compliant related oils. Includes a half an hour facial and scalp massage.

Full Swedish body massage 1Hr £40.00

Deep invigorating massage alternating with slow and relaxing movements designed to help soothe muscular aches, pains and tension. Stimulate blood vessels and improve circulation.

Back, neck and shoulders 30mins £24.00

Deep tissue massage concentrating on tight and tension areas.

Mother-to-be massage 1Hr £40.00

The treatment includes the whole body including the face and scalp. The treatment helps release tension in the lower and upper back and also alleviates swelling in the hands and feet.

Mother-to-be massage 30mins £24.00

Tranquility scalp 45mins £30.00

Mini Pamper 1Hr 15mins £46.00

The mini pamper combines a facial treatment with a 15 minute back, hand, arm or foot massage using relaxing oils.

Hot Stones 1Hr 30mins £55.00

A 90 minute treatment that gives both a relaxing and draining action with intensely heated basalt stones and the efficiency of a massage, the muscle tissue is left toned and soothed.

Hopi Ear Candle 45mins £30.00

The treatment originates from the native American Indians of the Hopi tribe. The candles are an effective and alternative way to clinically purify and heal the ears, nose and throat areas.

