

## Your Spirit Day Spa... For People Like You

Have you ever dreamt of seeking sanctuary away from the frenetic pace of everyday life, somewhere to relax, reconnect with yourself, or friends. At Spirit, whether it's your regular beauty essentials, nails, tanning or a fabulous pampering session we guarantee you will come away feeling refreshed, relaxed, even calm!

Sumptuous Elemis spa treatments are the ultimate treat. Our tanning studio, including our amazing 200 watt, 48 tube vertical sunbed and airbrush tanning give you that year-round sun kissed glow. Whilst the nail bar provides that fabulous grooming essential; perfect fingers and toes.

Spirit is ideally situated in the centre of Alton, across the road from Costa Coffee and next door to Co-op. At 36 High Street we have two spacious floors above the crowds - see [www.spiritdayspa.co.uk](http://www.spiritdayspa.co.uk) for details of how to find us or call us on **01420 82882**.

## Enjoying your Spirit Day Spa Experience

We want to give you the time to relax and unwind, enjoy our generously sized treatment rooms and the feeling of wellbeing that comes from our comfortable surroundings.

To achieve maximum benefit from your visit we recommend you allow enough time for your treatment by arriving up to five minutes before your appointment.

Following most therapies, we highly recommend you drink plenty of water and allow a few moments to gather your thoughts.

## Helpful Tips

- Gentlemen who are sponsored by an existing female client are welcome.
- Please have any waxing 24 hours prior to any body or tanning treatment.
- It is not advisable to drink alcohol prior to any treatment.
- It is highly recommended that you wear loose, dark clothing after any tan application.
- If you wish, your underwear can be worn during a spa treatment however do note that our therapists are trained to drape towels discreetly over your body during treatment.
- For client comfort, mobile phones must be switched off in the spa therapy rooms.
- Please take care of your belongings since we cannot accept liability for their loss or damage.
- We accept all major credit cards and personal cheques with a cheque guarantee card.
- A deposit may be required at the time of booking.

Prices correct April 2009

## Wax Treatments

|  |               |
|--|---------------|
| <b>HALF LEG INCLUDING TOES AND KNEES</b>   | <b>£15.00</b> |
| <b>THREE QUARTER LEG</b>   | <b>£21.50</b> |
| <b>FULL LEG</b>  | <b>£26.50</b> |
| <b>BIKINI</b>  | <b>£11.00</b> |
| <b>BRAZILIAN</b>   | <b>£20.00</b> |
| Leaves a vertical strip in front, two fingers width.<br>Hair is not removed from the sensitive areas |               |
| <b>UNDERARMS</b>   | <b>£9.00</b>  |
| <b>FOREARMS</b>  | <b>£14.00</b> |
| <b>HALF LEG AND BIKINI</b>   | <b>£23.00</b> |
| <b>FULL LEG AND BIKINI</b>   | <b>£34.00</b> |
| <b>WAX PACK: HALF LEG, UNDERARMS AND BIKINI</b> (save £5)  | <b>£30.00</b> |
| <b>LIP OR CHIN</b>   | <b>£6.50</b>  |
| <b>LIP AND CHIN</b>  | <b>£9.00</b>  |
| <b>LIP BLEACH</b>  | <b>£7.00</b>  |

## Men's Waxing

|                                     |               |
|-------------------------------------|---------------|
| <b>BACK WAX INCLUDING SHOULDERS</b> | <b>£26.50</b> |
| <b>HALF BACK WAX</b>                | <b>£15.50</b> |
| <b>CHEST WAX INCLUDING ABDOMEN</b>  | <b>£26.50</b> |
| <b>HALF CHEST WAX</b>               | <b>£15.50</b> |

## Eye Treatments

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|--|---------------|
| <b>EYEBROW SHAPE</b>                                 | <b>£9.50</b>  |
| <b>EYEBROW TINT*</b>                                 | <b>£10.00</b> |
| <b>EYELASH TINT*</b>                                 | <b>£15.00</b> |
| <b>EYELASH TINT* AND EYEBROW SHAPE</b>               | <b>£18.50</b> |
| <b>EYELASH AND EYEBROW TINT*</b>                     | <b>£18.50</b> |
| <b>EYEBROW SHAPE AND EYEBROW TINT*</b>               | <b>£18.50</b> |
| <b>EYELASH TINT, EYEBROW TINT* AND EYEBROW SHAPE</b> | <b>£25.00</b> |

\*A patch test is required 24 hours prior to your first tinting treatment.

## Occasions

|  |               |
|--|---------------|
| <b>PROM MAKE-UP - 40 mins</b>  | <b>£30.00</b> |
| Professionally applied make-up, the perfect finishing touch for that all important Prom night. Don't forget to bring any special colours and your lipgloss for touch ups throughout the night. |               |
| <b>LITTLE ANGEL PARTIES</b>  |               |
| If you have a Little Angel 8 - 13 years old who wants to be a princess we are your fairy godmothers! We can cater for up to six budding beauties. Choose from:                                 |               |
| <b>Mini Manicure and Express Pedicure</b>  | <b>£35.00</b> |
| <b>Make Up and Mini Manicure</b>   | <b>£25.00</b> |
| <b>Manicure Only</b>   | <b>£16.50</b> |

## Tropical Airbrush Tanning

### TROPICAL AIRBRUSH TANNING

A therapist airbrushes the tan onto your body ensuring that we can tailor that sun kissed glow perfectly to your needs. A flawless tan that will last 5-10 days.

|   |               |
|---|---------------|
| <b>FULL BODY - 30 mins</b>                | <b>£38.00</b> |
| <b>FULL LEGS - 15 mins</b>                | <b>£25.00</b> |
| <b>FACE, ARMS AND SHOULDERS - 15 mins</b> | <b>£25.00</b> |

Please remember to exfoliate the day before your session and moisturise. Hair removal must be undertaken 24 hours prior to tan being applied. Please wear loose dark clothing.

## Total Glow Self Tan

|  |               |
|--|---------------|
| <b>ELEMIS CEREMONY OF THE SUN - 60 mins</b>  | <b>£47.00</b> |
| Exfoliation and Body Balm followed by Total Glow Self Tanning cream massaged into the skin giving you a light and healthy colour within 5 hours. |               |

## Vertical Tanning Unit

Spirit uses state of the art vertical tanning technology. Our amazing 200watt, 48 tube vertical sunbed provides fast convenient tanning.

| Recommended exposure times based on skin sensitivity |   |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|---|
| No. of Visits  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sensitive  | 3 | 3 | 3 | 3 | 3 | 6 | 6 | 6 |
| Normal   | 3 | 3 | 6 | 6 | 6 | 6 | 6 | 6 |
| Endures Sun Well                                     | 3 | 3 | 6 | 6 | 6 | 6 | 9 | 9 |

Frequency - Only one tanning session is permitted in any 48 hour period.

|               |              |
|---------------|--------------|
| <b>3 mins</b> | <b>£3.00</b> |
| <b>6 mins</b> | <b>£5.00</b> |
| <b>9 mins</b> | <b>£7.00</b> |

### PRE-PAID COURSES

|                 |                          |
|-----------------|--------------------------|
| <b>30 mins</b>  | <b>£25.00 (save £5)</b>  |
| <b>60 mins</b>  | <b>£40.00 (save £10)</b> |
| <b>90 mins</b>  | <b>£55.00 (save £15)</b> |
| <b>120 mins</b> | <b>£70.00 (save £20)</b> |

**Building a colour** - To develop a tan you need a minimum of two sessions per week. Once you have used the booth a couple of times you can use a tan accelerator which will help increase exposure by up to 60%, therefore reducing the number of sessions required.

**Eye protection** - It is very important to protect your eyes from the UV lamps. Disposable Winkease or re-usable Peepers are available for purchase.

**Be aware of your body** - The only redness you should suffer after a sunbed is from the heat. Be aware of your skin at all times. Some people do not need to increase the number of minutes to develop a tan.

## Facials

Elemis, the leading British Spa and Skincare brand, series of anti-ageing facials provide clinically proven results. As part of a rigorous testing procedure, Elemis is one of the few professional skincare companies to have independent trials conducted to clinically measure the benefits of each facial.

|   |               |
|---|---------------|
| <b>ELEMIS TRI-ENZYME RESURFACING FACIAL</b> - 75 mins<br>Resurfaces and smoothes the skin, leaving it younger and more radiant looking.   | <b>£70.00</b> |
| <b>ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL</b> - 75 mins<br>Slows down the visible signs of ageing, leaving skin firmer and uplifted, for a more youthful looking appearance.                | <b>£65.00</b> |
| <b>ELEMIS VISIBLE BRILLIANCE FACIAL</b> - 75 mins<br>Instantly firms, rejuvenates and plumps the skin, whilst helping to reduce dark circles. Visibly increases elasticity to fight ageing. | <b>£60.00</b> |
| <b>ELEMIS SKIN SPECIFIC FACIALS</b> - 60 mins   | <b>£42.00</b> |
| <b>ELEMIS TASTER FACIAL</b> - 30 mins   | <b>£28.00</b> |
| <b>ELEMIS SKIN IQ FACIAL FOR MEN</b> - 75 mins  | <b>£60.00</b> |
| <b>ELEMIS URBAN CLEANSE FACIAL FOR MEN</b> - 75 mins  | <b>£52.00</b> |

## Massage

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|--|---------------|
| <b>ELEMIS DEEP TISSUE FULL BODY MUSCLE MASSAGE</b> - 60 mins   | <b>£40.00</b> |
| <b>ELEMIS DEEP TISSUE BACK MASSAGE</b> - 30 mins               | <b>£28.00</b> |
| <b>SPIRIT FULL BODY MASSAGE</b> - 1 hour                       | <b>£40.00</b> |
| <b>SPIRIT HOT STONE BACK MASSAGE</b> - 30 mins                 | <b>£32.00</b> |
| <b>SPIRIT NECK, BACK AND SHOULDER MASSAGE</b> - 30 mins        | <b>£28.00</b> |
| <b>SPIRIT SCALP, NECK &amp; SHOULDER MASSAGE</b>               | <b>£28.00</b> |
| <b>SPIRIT FULL BODY EXFOLIATION AND SKIN NOURISH</b> - 30 mins | <b>£29.00</b> |

See the reverse of this menu for more massage and holistic options.

## Elemis Wraps & Exotics

|   |               |
|---|---------------|
| <b>ELEMIS BODY SCULPTING CELLULITE AND COLON THERAPY</b> - 60 mins<br>Visibly redefine and smooth your silhouette with this clinically proven system. | <b>£50.00</b> |
| <b>ELEMIS MUSCLEASE AROMA SPA OCEAN WRAP</b> - 90 mins<br>Deep muscle warming treatment. With soothing face and scalp massage.                        | <b>£60.00</b> |
| <b>ELEMIS CELLUTOX AROMA SPA OCEAN WRAP</b> - 90 mins<br>Deeply detoxifying at all levels. With soothing face and scalp massage.                      | <b>£60.00</b> |
| <b>ELEMIS EXOTIC COCONUT RUB AND MILK RITUAL WRAP</b> - 60 mins<br>Healing, comforting opulence with pure unadulterated pleasure.                     | <b>£49.00</b> |
| <b>ELEMIS EXOTIC FRANGIPANI BODY NOURISH WRAP</b> - 60 mins   | <b>£49.00</b> |
| <b>ELEMIS EXOTIC LIME AND GINGER SALT GLOW</b> - 30 mins<br>An exotic exfoliation ritual to invigorate and bring vitality to your body.               | <b>£37.00</b> |

## Indulgence Rituals & Holistic Treats

Spirit is dedicated to therapies that reduce stress and re-introduce balance and harmony. Whether you have one hour or five hours to indulge, Spirit has a treat that will suit you. All of our wonderful spa treatments relax and renew you but for real pampering try one of our indulgence rituals.

|  |                |
|--|----------------|
| <b>ULTIMATE REJUVENATING RITUAL</b> - 3 hours 45 mins<br>Elemis Anti-Ageing Facial, Full Body Massage, Luxury Spa Pedicure, Mini Manicure.   | <b>£136.00</b> |
| <b>EXOTIC REVITALISING RITUAL</b> - 2 hours 30 mins<br>Elemis Exotic Lime and Ginger Salt Scrub, Elemis Exotic Frangipani Wrap, Elemis Anti-Ageing Facial.   | <b>£131.00</b> |
| <b>SPIRIT REVIVING RITUAL</b> - 2 hours 45 mins<br>Spirit Full Body Exfoliation and Body Nourish, Full Body Massage, Spirit Luxury Pedicure.   | <b>£93.00</b>  |
| <b>ELEMIS ABSOLUTE SPA RITUAL</b> - 115 mins<br>Elemis Anti-Ageing Facial plus Elemis Deep Tissue Muscle Massage.  | <b>£82.00</b>  |
| <b>ELEMIS TOTAL TIME OUT FOR MEN</b> - 120 mins<br>Elemis Skin IQ or the Elemis Urban Cleanse Facial and Elemis Deep Tissue Full Body Muscle Massage.  | <b>£82.00</b>  |
| <b>LA STONE THERAPY</b> - 90 mins<br>La Stone Therapy is one of the most beneficial massage techniques. The warm stones ensure a penetrating massage, wonderful for relieving muscle tension, sports injuries, stress and for boosting the circulation. Resulting in a relaxed meditative state. | <b>£80.00</b>  |
| <b>REFLEXOLOGY</b> - 60 mins<br>The massage based therapy is performed on the feet. Reflexology induces deep relaxation, improves sleep patterns and assists self-healing.   | <b>£40.00</b>  |
| <b>INDIAN HEAD MASSAGE</b> - 30 mins<br>The gentle massage techniques used in this therapy help to balance the body's energy.  | <b>£28.00</b>  |

## Gift Vouchers

Why not treat your loved ones to a special gift from Spirit? From exotic spa treatments to nails and tanning and of course **we offer the most precious gift - time to relax.** (Gift vouchers cannot be exchanged for cash).

## Late Arrivals & Cancellations

We endeavour to call all clients 48 hours before their booking to ensure we have correct booking details. Please be aware that arriving late will limit the time for your appointment. Your treatment will end on time so that our next guest is not delayed.

Please give a minimum of 24 hours notice for all cancellations. Regrettably any late cancellations or missed appointments will result in a 50% charge.

A deposit may be requested at time of booking to secure your appointment.

|                  |                        |                 |                        |
|------------------|------------------------|-----------------|------------------------|
| <b>Monday</b>    | <b>9.00am - 2.30pm</b> | <b>Thursday</b> | <b>9.00am - 9.00pm</b> |
| <b>Tuesday</b>   | <b>9.00am - 9.00pm</b> | <b>Friday</b>   | <b>9.00am - 6.00pm</b> |
| <b>Wednesday</b> | <b>9.00am - 9.00pm</b> | <b>Saturday</b> | <b>9.30am - 4.30pm</b> |

**01420 82882**  
**www.spiritdayspa.co.uk**

36 High Street Alton Hampshire GU34 1BD email: [info@spiritdayspa.co.uk](mailto:info@spiritdayspa.co.uk)

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# SPIRIT