

NAILS FACIALS ELEMIS MANICURES LASHES IPL MASSAGE BROWS TANNING PEDICURES WAXING

Spirit has been working with Elemis for ten years. As the premium British luxury spa brand, Elemis has over 20 years experience in developing spa-therapies, using extensive clinical and scientific studies to ensure every therapy shows real results. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

Elemis Facials

ELEMIS TRI-ENZYME RESURFACING FACIAL - 75 mins **£72.00**

Resurfaces, smoothes, leaving skin younger and more radiant looking.

Tri-Enzyme Power Booster Facial - 30 mins £45.00

ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL - 75 mins **£67.00**

Leaves skin firmer and uplifted, for a more youthful looking appearance.

Quartz Lift Power Booster Facial - 30 mins £45.00

ELEMIS VISIBLE BRILLIANCE FACIAL - 75 mins **£62.50**

Firms, rejuvenates, increases elasticity and plumps the skin.

Brilliance Power Booster Facial - 30 mins £45.00

ELEMIS MODERN SKIN FACIAL - 60 mins **£57.00**

Powerful, anti-oxidant rich facial to combat the effects of modern living.

Course of six facials - £285

ELEMIS SKIN SPECIFIC FACIALS - 60 mins **£55.00**

ELEMIS SKIN IQ FACIAL FOR MEN - 75 mins **£64.00**

ELEMIS URBAN CLEANSE FACIAL FOR MEN - 60 mins **£54.00**

Elemis Wraps & Exotics

ELEMIS BODY SCULPTING CELLULITE AND COLON THERAPY - 60 mins **£52.00**

Visibly redefine and smooth your silhouette with this clinically proven system.

Elemis Massage

ELEMIS DEEP TISSUE FULL BODY MASSAGE - 60 mins **£50.00**

ELEMIS DEEP TISSUE BACK MASSAGE - 30 mins **£30.00**

Elemis Facial Facts

Visible Brilliance - Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment*. Recommended: 1 treatment every 4 weeks. Course of 6. *Independent Clinical Trials 2004

Pro-Collagen Quartz Lift - Proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%*, after just one treatment. Recommended: 1 treatment every 3 weeks. Course of 6. *Independent Clinical Trials 2007

Tri-Enzyme Resurfacing - Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*. Recommended: 1 treatment every 3 weeks. course of 6. *Independent Clinical Trials 2006

For more information and offers please visit www.spiritboutiquespa.co.uk or call on **01420 82882**

NAILS FACIALS MASSAGE ELEMIS MANICURES LASHES IPL MASSAGE BROWS TANNING PEDICURES WAXING

Massage

At Spirit we've created a series of massage treatments that help release the stress of modern day living, leaving your mind calm and your muscles supple.

LASTONE THERAPY - 90 mins	£100.00
ELEMIS DEEP TISSUE FULL BODY MASSAGE - 60 mins	£50.00
ELEMIS DEEP TISSUE BACK MASSAGE - 30 mins	£30.00
SPIRIT FULL BODY MASSAGE - 60 mins	£50.00
SPIRIT HOT STONE BACK MASSAGE - 30 mins	£33.00
SPIRIT NECK, BACK AND SHOULDER MASSAGE - 30 mins	£30.00
SPIRIT SCALP, NECK & SHOULDER MASSAGE - 30 mins	£30.00
SPIRIT FULL BODY EXFOLIATION AND SKIN NOURISH - 30 mins	£37.50
INDIAN HEAD MASSAGE - 30 mins	£30.00

Indulgence Rituals

All of our wonderful spa treatments relax and renew you but for real pampering try one of our indulgence rituals.

SPIRIT ULTIMATE REJUVENATING RITUAL - 3 hours 15 mins - SAVE £15	£140.00
Choice of Elemis Power Booster Facial, Full Body Massage, Luxury Spa Pedicure, Mini Manicure.	
SPIRIT REVIVING RITUAL - 2 hours 30 mins - SAVE £12.50	£110.00
Spirit Full Body Exfoliation and Body Nourish, Full Body Massage, Spirit Pedicure.	
ELEMIS ABSOLUTE SPA RITUAL - 2 hours - SAVE UP TO £20	£102.00
Your choice of Elemis Anti-Ageing Facial plus Elemis Deep Tissue Massage.	
ELEMIS TIME OUT FOR MEN - 1 hour 30 mins - SAVE £15	£97.00
Elemis Skin IQ Facial and Elemis Deep Tissue Back Massage.	
New THINK PINK RITUAL - 60 mins	£58.00
Spirit Signature Facial plus a choice of 30 minute massage.	

NEW October 2012 - our fabulous THINK PINK Face & Body Ritual, this is how our reviewer described it, *"Today I experienced the new Think Pink treatment at Spirit, which consists of half an hour of body massage of your choice and half an hour facial. I thoroughly recommend this treatment it was extremely relaxing and I really enjoyed the facial. From the time I entered the salon to the time I left the therapists were very friendly and accommodating. Spirit are donating some money from this treatment to breast cancer* which I think is wonderful, not only are you being pampered but you are contributing to a well deserved charity - what more could you ask? 10/10 I will be returning!" Mrs P, Greatham* *£2 from each treatment is donated to Bravefront, Alton, a support group working with sufferers and survivors.

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NAILS FACIALS EYES ELEMIS MANICURES LASHES IPL MASSAGE BROWS TANNING PEDICURES WAXING

We all know about the X Factor but we are not talking Simon Cowell, we are talking about that little bit of something extra... something you can't quite put your finger on. At Spirit we've put our heads together and we know that our eyes are the one part of our body we can't afford to ignore. We all want the fresh eyed look that defines our facial features.

Eyes

EYE ZONE - 30 minutes **£30.00**

Premium treatment using a choice of proven Elemis solutions along with an eyebrow reshape and brow tint. With reduced price Elemis homecare eye treatments to help you maintain the look longer.

New WOW BROWS - 30 minutes **£24.50**

High definition brows for the fashion and celeb conscious. For those that want a little wow factor with their xfactor. Using our master techniques and years of experience to help create the perfect brow for you. Includes eyebrow reshape and tinting to define an arch to be proud of.

We continue to offer traditional eye treatments:-

EYEBROW SHAPE	£11.00
EYEBROW TINT	£11.00
EYELASH TINT	£15.50
EYELASH TINT AND EYEBROW SHAPE	£24.50
EYELASH AND EYEBROW TINT	£24.50
EYEBROW TINT AND SHAPE	£19.00
LASH, BROW TINT AND SHAPE	£26.00

Lashes

New EYE APPEAL - 60 minutes **£50.00**

Lash lifting magic in combination with tint we create an open eye and the appearance of increased length.

CAPTIVATE LASHES **£40.00**

Great for a party weekend or a holiday, these express lashes will intensify your eyes and create a dramatic look. (Not suitable for infills).

LASH REMOVAL **£10.00**

STRIP LASH APPLICATION **£12.50**

Bring your own lashes and we will professionally apply them.

Please book a patch test for any tinting or lash lifting appointments. Tests need to be undertaken a minimum 24 hours prior to your treatment time.

Please remove all traces of eye make-up before your lash treatment. Retail products are available to help you maintain and keep your lashes looking lovely for longer.

NAILS FACIALS WAX ELEMIS MANICURES LASHES IPL MASSAGE BROWS TANNING PEDICURES WAXING

Wax Treatments

HALF LEG INCLUDING TOES AND KNEES	£20.00
THREE QUARTER LEG	£25.00
FULL LEG	£29.00
BIKINI: STANDARD	£13.50
BIKINI: BRAZILIAN	£25.00
Leaves a vertical strip in front, two fingers width. Hair is not removed from the sensitive areas.	
UNDERARMS	£10.00
FOREARMS	£15.00
FULLARMS	£25.00
HALF LEG AND BIKINI	£25.00
FULL LEG AND BIKINI	£34.00
WAX PACK: HALF LEG, UNDERARMS AND BIKINI	£33.00
LIP	£7.50
CHIN	£7.50
LIP AND CHIN	£12.50

Men's Waxing

BACK WAX INCLUDING SHOULDERS	£27.50
HALF BACK WAX	£16.50
CHEST WAX INCLUDING ABDOMEN	£27.50
HALF CHEST WAX	£16.50

After Wax – Hints & Tips

- Avoid sun bathing, hot baths and showers, soaps, deodorants and perfumes for 24 hours after treatment as this can cause skin irritation.
- Help prevent ingrowing hairs by exfoliating and moisturising regularly.
- A tea-tree based cream can help reduce redness, inflammation or irritation.



Sudo 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.

FULL BODY - 30 mins	£30.00
FULL LEGS - 15 mins	£20.00
FACE, ARMS AND SHOULDERS - 15 mins	£20.00

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

PREMIUM TAN PACKAGE - 60 mins - SAVE £17.50	£50.00
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Combine a Full Body Spray Tan with a Spirit Full Body Exfoliation and Skin Nourish Treatment. This package is booked over two consecutive days to ensure the best results, please allow 30 minutes for each treatment.

FAQs

When should I have my tan? We recommend approximately 48 hours before an event and ideally an evening appointment.

What do I wear? For the tan application we will provide paper knickers with very narrow elastic, minimising any lines. If you prefer, you can wear your own underwear and a strapless bra. After the tan application you will need to wear loose dark clothing and ideally no bra. Please do not wear jeans or tight tops with shoulder straps.

How can I prepare my skin? In the run up to your tan, try to do a couple of full body exfoliations, one the week before and one the night before. Use an exfoliating scrub and concentrate particularly on ankles, knees, elbows and wrists but ensure you use the scrub over your whole body. Use a body moisturiser after each shower or bath in the run up to your treatment. **DO NOT USE ANY OIL ON THE DAY OF YOUR TAN.**

What can I do to help my tan last? Good skin preparation before your tan will ensure that your tan lasts longer and fades more evenly. Continue to moisturise after you bath or shower plus a gentle exfoliation after 3-4 days should brighten the skin.

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NAILS FACIALS FEET ELEMIS MANICURES LASHES IPL MASSAGE BROWS TANNING PEDICURES WAXING

Pedicures

CALLUS PEEL FEET TREAT WITH SHELLAC - 60 mins **£50.00**

This is our fabulous new performance pedicure; Callus peel pads are applied whilst we complete your cuticle work, file and shape your toe nails. Then we apply moisturiser and the power polish of your choice. Your toe nails are bone dry and your feet are soft and silky achieving the ultimate finish.

CALLUS PEEL FEET TREAT WITH POLISH - 45 mins **£34.50**

We apply the callus peel pads, tidy your cuticles and file your nails, apply moisturiser and paint with your choice of varnish.

LUXURY SPA PEDICURE - 75 mins **£39.50**

Foot spa, hard skin removal with foot file, cuticle work, file, shape and polish. Paraffin wax treatment.

SPIRIT PEDICURE - 60 mins **£34.50**

Foot spa, hard skin removal with foot file, cuticle work, file, shape and polish.

NO POLISH PEDICURE - 45 mins **£30.00**

Foot spa, hard skin removal with foot file, cuticle work and nail shape.

SHELLAC POWER POLISH - 60 mins **£35.00**

Cuticle work and nourishment, nail shape and Shellac polish for long lasting mirrored shine.

MINX TOES - 60 mins **£35.00**

A huge range of incredible designs made from flexible film which is heated under an infra-red lamp and applied to the nail. There are hundreds to choose between, anything from leopard prints and metallic to photographic images.

Express Pedicures

SPIRIT EXPRESS PEDICURE - 30 mins **£25.00**

Cuticle tidy, nail shape and polish.

GIRLS EXPRESS PEDICURE - 30 mins **£15.50**

Cuticle tidy, nail shape and polish.

CALLUS PEEL FEET TREAT - 30 mins **£25.00**

For when the going gets tough. We apply callus peel pads and leave you to relax for 15 minutes, enjoy a drink and read a magazine. Once the pads and your callus' are removed we apply a deep nourishing moisturiser created to compliment the active ingredients in the pads.

SPIRIT HARD SKIN REMOVAL - 15 mins **£15.00**

Discuss with your Spirit therapist the best removal system for use with your preferred nail treatment.

Safe Removal

SAFE SOAK OFF AND NAIL TIDY - 30 mins **£25.00**

SAFE SOAK OFF AND NAIL TIDY - 15 mins **£15.00**

HOME SOAK OFF KIT **£3.50**

For use with Shellac, Gel FX and Minx. We offer complimentary in-salon soak offs to all of our Spirit Privilege Clients when combined with another pedicure.

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NAILS FACIALS HANDS ELEMIS MANICURES LASHES IPL MASSAGE BROWS TANNING PEDICURES WAXING

The last couple of years have brought some incredible changes in the nail industry, most importantly the introduction of power and hybrid polishes. There are significant differences between these new products and the traditional gel and soak-off gel products and, as always at Spirit, we are focussed on bringing the best of these to our clients.

Manicures

SHELLAC 14 DAY MANICURE - 60 mins **£35.00**

We love this new 14 day manicure with zero drying time and a permanent mirror finish, we are sure you will too.

LUXURY SPA MANICURE - 60 mins **£35.00**

Exfoliating hand and arm massage combined with cuticle work, nail shape and a conditioning paraffin wax treatment. Includes your choice of polish.

ORIGINAL SPA MANICURE - 45 mins **£31.50**

Cuticle soak, nail shape, hand and arm massage topped off with your choice of polish.

NAILTQUES MANICURE - 45 mins **£31.50**

For nails and hands that need nourishment; cuticle work and conditioning, nail file and shape, hand and arm massage finishing with your choice of polish.

Safe Removal

SAFE SOAK OFF WITH MINI MANICURE - 30 mins **£25.00**

IN-SALON SAFE SOAK OFF - 15 mins **£15.00**

HOME SOAK OFF KIT **£3.50**

Express Manicures

MINI MANICURE - 30 mins **£25.00**

Everything you need from a full manicure except colour; cuticle work and nourish, nail file and shape plus hand and arm massage.

GIRLS MANICURE - 30 mins **£15.50**

Cuticle work, nail file, shape and polish. Hand and arm massage.

NAILTQUES MINI MANICURE - 30 mins **£25.00**

Cuticle work and conditioning, nail file and shape, hand and arm massage.

FILE AND POLISH - 30 mins **£18.00**

Designed for those of you that like a regular colour change or if you do not require cuticle work.

For complete flexibility plus true hand and nail tic - **upgrade your Safe Removal** - add £5.00 to the Luxury, Original or Nailtiques manicures.

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