



REFRESH  
BEAUTY SPA

Beauty treatments and  
alternative therapies

# WELCOME

The Circle Spa is proud to present to you Refresh Beauty. Here at Refresh we promise to provide all our clients with a luxurious and tranquil environment that is sure to leave you feeling relaxed, revitalised and invigorated. Our therapists are all qualified with a number of years of experience. They are all on call to offer each individual client a much more personal and professional approach in beauty therapy. So please don't hesitate to call us with any queries that you have.

Refresh is a very special beauty spa where you can escape into a serene world and experience all aspects of Beauty and Day Spa treatments for well-being and relaxation. Using essential oils and other relaxation remedies we will help purify, soothe, revitalise and restore balance to both mind and body. So lie back and let our therapists work their magic!

Cancellations really hurt our business. Non attended appointments or those cancelled within 24 hours will incur a charge of 50% of the booked treatment. Please refer to our website for our full Terms and Conditions.

# FACIALS WITH DERMALOGICA

Dermalogica uses only the finest ingredients available. All of the products are non-comedogenic (will not cause blackheads) and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance, and no drying alcohol or formaldehyde. All skin is living, breathing and dynamic, changing daily. Dermalogica is an extraordinary blend of art and science that will soothe and rebalance problem areas within the skin.

## The face treatment

**60 minutes | £58**

This facial will be unique to each individual client, targeting specific concerns and restoring optimum skin health. Your therapist will give your skin a completely prescriptive and individual facial to treat your own needs.

## The express face treatment

**30 minutes | £42**

**45 minutes | £50**

A unique treatment customised for each individual.

## Power regeneration treatment

**75 minutes | £64**

If you are concerned about the signs of ageing then this is the treatment for you. This treatment is designed to revitalise and rejuvenate the skin using our multi vitamin range which will give the skin a natural boost and help fight the signs of premature ageing.

## Deep cleansing facial treatment

**75 minutes | £64**

Breakouts have finally met their match! This treatment will focus on purifying your skin, helping to clear and prevent blemishes and extracting all the nasty congestion that is built up on the skin over the years.

## Environmental control treatment

**75 minutes | £64**

If your skin is red, inflamed or feels itchy then you will feel the benefit of this incredibly soothing treatment.

## The face and back relax treatment

**75 minutes | £64**

Begin your unique one hour treatment with a 15 minute back massage to help you unwind and relax.



# REFRESH BODY TREATMENTS

In our Refresh body treatments we use Dermalogica spa body products which are guaranteed to wake up the skin and leave you feeling more supple, revitalised and energised. All the body pack treatments will begin with vigorous body brushing to help remove dead skin while stimulating blood and lymph circulation.

## **Enzymatic sea mud pack** **60 minutes | £59**

The enzymatic sea mud mask helps to detoxify, exfoliate and nourish your body with its purifying seaweed and mineral properties that are sealed in a warm and relaxing wrap. Enjoy the stress relieving scalp massage while the mask does its magic! Infused with aromatic botanical extracts and fruit enzymes, this treatment will leave your skin feeling soft, smooth and supple.

## **Body therapy hydro pack treatment** **60 minutes | £59**

This mask will intensely soothe, hydrate and moisturise the body with its natural Aloe Vera based ingredients. The body is cocooned in a thermal wrap to infuse the skin with moisture – ideal for eczema, sensitive, dehydrated or sun-exposed skin.

## **Thermal back treatment** **60 minutes | £59**

De-stress your muscles and deep cleanse your skin. This unique treatment utilizes the thermal stamp, a combination of dermalogica body therapy products blended together and bound in a fabric using the power of heat to detoxify, de-stress, exfoliate and relax.

## **Purifying and cleansing back treatment** **60 minutes | £59**

For all men and women with congestion on their backs. This treatment is designed to rid your skin of impurities and your muscles of tension. Your skin will be scrubbed, steamed, deeply cleansed and saturated with moisture. Your back will be massaged where tension builds up the most.

## **Hydro active mineral salt glow** **45 minutes | £50**

Smooth away all the dry dead skin that is built up on the skin over time. Your therapist will also treat your face with a suitable Dermalogica exfoliate. This invigorating and aromatic treatment will be followed by a hydrating body moisturiser, leaving your skin glowing, refreshed and alive.



# MASSAGE

There are lots of different kinds of massage. Some focus on soothing muscle pain; others on increasing energy levels, improving a specific physical condition or simply to help you unwind and relax. It can have positive effects on your bones, muscles, heart, skin, breathing, digestion and mental health.

## Colonic massage

**30 minutes | £50**

Colonic massage is the latest method of losing weight. This non surgical option will help you lose inches from your waist and hips. The massage part lasts for about 15 minutes; during this time a very deep therapeutic massage is used to loosen hardened faecal material, and to encourage the natural peristaltic action that the colon uses for elimination.

## Traditional massage

**30 minutes | £38**

**45 minutes | £44**

**60 minutes | £55**

Let the therapist decide what your body needs: whether it be aromatherapy or Swedish massage, she will focus on any areas of tension or stress. She will restore your sense of well being and leave your muscles relaxed and your tension relieved.

## Traditional Thai massage

**30 minutes | £35**

**45 minutes | £40**

**60 minutes | £50**

Traditional Thai massage is a combination of acupressure, reflexology and yogic exercises, or gentle stretching, which manipulates the energy lines and so diminishes tension, stimulates metabolism and creates a feeling of wellbeing and vitality. You will feel refreshed and energised after a Thai massage, rather than sedated and lethargic.

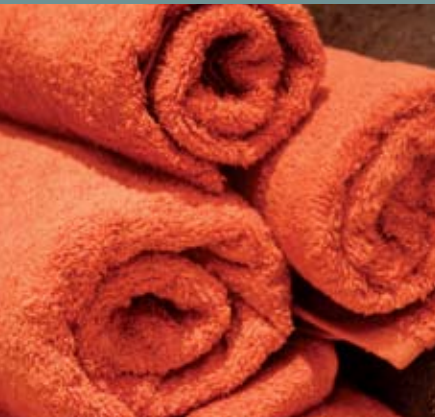
## Sports and remedial massage therapy

**30 minutes | £38**

**45 minutes | £44**

**60 minutes | £55**

Based on an understanding of the muscular-skeletal system, sports massage is the assessment and manipulation of muscles, tendons and ligaments. Deep pressure and stretching techniques are used to encourage the separation of muscle fibres that have become bound, loosening the joints and releasing tension to promote muscular balance.



# MANICURE AND PEDICURES

Beautiful nails are not born... they are carefully cultivated. By having Jessica nail care treatments with their prescribed product regime you will achieve healthy, beautiful nails.

## Manicure

**60 minutes | £38**

A hand and arm treatment using Jessica's Zen Spa products.

## Deluxe manicure with LeRemedi

**75 minutes | £52**

This manicure is like a facial for the hands: LeRemedi by Jessica enhances feelings of self confidence by helping hands feel softer, smoother, firmer and more attractive. LeRemedi is a luxury treatment that includes a hand exfoliation, a deeply moisturising mask and the effects of thermal mittens. Your hands will be left feeling amazing and looking fabulous.

## Jessica gel manicure

**75 minutes | £52**

This is a new manicure developed by Jessica to enhance your natural nails by using a gel overlay. This means that your manicure will last up to 3 weeks.

## Pedicure

**60 minutes | £45**

A foot and leg treatment using Jessica's Zen Spa products.

## Deluxe pedicure

**75 minutes | £52**

A luxury foot and leg treatment using Zen Spa and thermal booties to smooth even the driest of skin.

## Gentleman's manicure

**45 minutes | £53**

This treatment is designed to tidy up dead skin and nails: the hands will feel softer and more alive, as well as benefiting from a well groomed appearance.

## Gentleman's pedicure

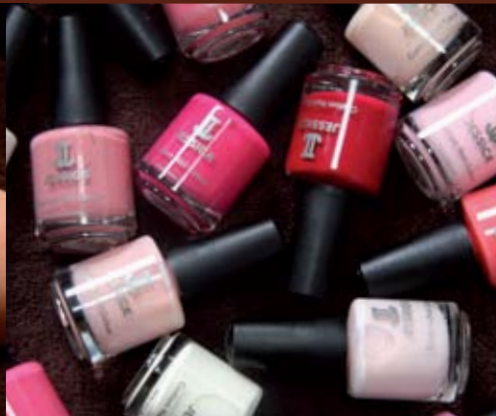
**60 minutes | £45**

This pedicure will leave tired feet feeling refreshed. The treatment will involve removal of all hard skin and a foot massage to relieve tension built up from a hard day's work.

## Re-varnish

**30 minutes | £20**

This is a Jessica file and paint.



# SPA PACKAGES

These packages are the ultimate in relaxation at Refresh. Each guest will receive a welcome drink, towel, robe and slippers on arrival to use during their experience. This includes use of the sauna, steam room, Jacuzzi and swimming pool.

## **Bridal package**

**4 hours | £179**

This package includes a 1 hour facial, 30 minute traditional back massage, 1 hour manicure, 1 hour pedicure, eyelash tint and eyebrow shape.

## **Mother to be**

**2 hours 15 minutes | £92**

This package will include a 1 hour facial, 15 minute scalp massage and 1 hour pedicure.

## **Holiday countdown**

**2 hours 45 minutes | £103**

This package includes an eyelash and eyebrow tint, eyebrow shape, 1 hour manicure and a 1 hour pedicure.

## **Holiday wax**

**1 hour 45 minute | £76**

This will include a full leg wax, Brazilian wax, eyebrow shape and an underarm wax.

## **Refresh experience**

**3 hours | £146**

This package includes a 1 hour facial, 1 hour traditional massage and a 1 hour body wrap of your choice.

## **Head to toe experience**

**1 hour 30 minutes | £81**

This pack will include a 1 hour massage and a 30 minute facial.

## **Luxury manicure and pedicure package**

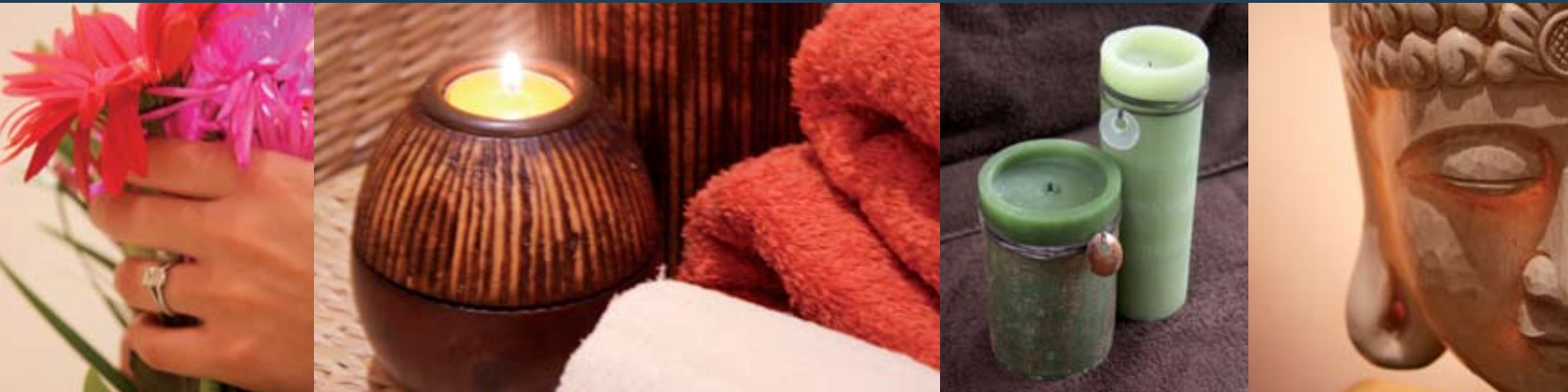
**2 hours 30 minutes | £92**

This will include a 1 hour 15 minute luxury manicure using LeRemedi and a 1 hour 15 minute deluxe pedicure.

## **Detoxifying package**

**1 hour 45 minute | £87**

This treatment includes a 45 minute hydro active mineral salt scrub followed by a detoxifying enzymatic sea mud wrap.



## HAIR REMOVAL

**Half leg**  
30 minutes | £22

**Half leg and bikini**  
45 minutes | £33

**3/4 leg**  
45 minutes | £26

**3/4 leg and bikini**  
45 minutes | £37

**Full leg**  
45 minutes | £38

**Full leg and bikini**  
60 minutes | £44

**Bikini line**  
15 minutes | £17

**Extended bikini**  
15 minutes | £22

**Brazilian**  
30 minutes | £34

**Hollywood**  
30 minutes | £37

**Under arm**  
15 minutes | £11

**Half arm**  
30 minutes | £19

**Full arm**  
45 minutes | £22

**Upper lip or chin**  
15 minutes | £11

**Back wax**  
30 minutes | £27

**Chest and abdomen**  
30 minutes | £27

**Chest, abdomen and back**  
60 minutes | £44

## EYE TREATMENTS

**Eyebrow shape**  
15 minutes | £11

**Eyebrow tint**  
15 minutes | £11

**Eyelash tint**  
30 minutes | £18

**Eyelash, eyebrow tint and eyebrow shape**  
45 minutes | £33

**Consultations:** Some treatments may require a 15 minute consultation beforehand, to ensure maximum benefit and results.

**Gift vouchers:** An ideal present for someone special, these are redeemable against any beauty treatment.

**Pressed for time:** If you have limited time and want two treatments, you have the option of requesting two separate therapists. This will cut your treatment time in half but will still guarantee optimum relaxation.

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