

# SKIN SPA



01794 513643

CACI

**dermalogica**<sup>®</sup>

a skin care system researched and developed by The International Dermal Institute



JESSICA



ST. TROPEZ  
The Ultimate Tan



LASHES

IT'S IN YOUR NATURE

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Welcome to the Skin Spa experience.

Skin Spa is an exclusive skin care center in the market town of Romsey. We offer a comprehensive range of beauty and complementary therapies in a luxurious, professional and relaxing environment.

Thank you for choosing Skin Spa.

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## Dermalogica Skin Treatments

Face mapping skin analysis FREE

Our therapists will carefully analyse your skin using face mapping skin analysis; then taking your current concerns, routine, lifestyle and skin care goals into consideration, will prescribe a suitable homecare and treatment plan for you.

Skin bar 30mins £10

(redeemable against products purchased on the day)

With so many products to choose from you can be guided by our therapists as you learn about your skin with face mapping skin analysis and test drive your prescribed regime to ensure you know exactly how to use them to get the best results of your routine at home.

THE DERMALOGICA SKIN TREATMENT 60 mins £49

This forms the foundation of our selection of skin care services and will start you off on your dermalogica journey. A truly revolutionary treatment suitable for all skin types as it is customized at every step based on your face mapping skin analysis. It's one treatment...that's different every time as it will be tailored to treating your skins needs through the use of Dermalogica's highly active complexes and botanical mixers. The skin treatment begins with a deep cleanse and carefully selected exfoliation and is followed by an amazing pressure point massage using highly active essential oils chosen to target your concerns and is completed with specific mask therapy.

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## Advanced Skin Treatments

The Age Smart Treatment 60 mins £53

Perfect for any skins concerned with fighting the signs of ageing.

Give your skin a revitalizing power boost with this treatment specifically designed to help firm, smooth, nourish, regenerate and energize. The Age smart treatment uses unique massage technique designed to stimulate a skin fighting the signs of ageing and ingredients that help control the biochemical triggers that lead to skin ageing whilst treating the signs of premature ageing, photo ageing and sun damage.

The Medibac Clearing Treatment 60 mins £53

This is the ideal treatment for targeting the signs and symptoms of acne. Professional formulas with unique acne clearing ingredients address the specific factors involved with acne and work to absorb excess oil and reduce over active oil production, remove dead cell accumulation, speed clearing and decongestion, control bacteria and reduce and calm the inflammation and irritation associated with adult acne.

The Ultra Calming Treatment 60 mins £53

A super soothing, ultra calming treatment that brings serious relief from red, irritated, reactive and sensitized skin. By targeting the triggers behind the redness, itching and stinging and using specific massage techniques, even the most aggravated, irritated, inflamed skin will be calmed, soothed and replenished. This treatment will help recover skin health for long term relief from flare ups.

**The Power Bright TRx Treatment**      60 mins      £53  
This highly potent specialised skin treatment accelerates skin brightening, improves texture and balances skin tone while regulating overactive pigment cells. A unique combination of advanced exfoliation, penetration technology and active peptide ingredients work to treat and control hyper-pigmentation at its core resulting in clearer, smoother, brighter more evenly toned luminous skin.

**THE DERMALOGICA**      75 mins      £63  
**INTENSE SKIN TREATMENT**  
Take THE DERMALOGICA SKIN TREATMENT or THE DERMALOGICA ADVANCED TREATMENTS to the next level with the use of advanced technology. Your therapist will select the most effective electrical modalities to increase results on congestion, dehydration, stimulation or healing and repairing the skin to further enhance the skin benefits and results of your treatment.

**TOUCH THERAPIES**      15 mins      £10  
Extend and customize any of your skin treatments by adding a further 15 minutes of bliss; choose from:  
Neck & shoulder massage      Scalp massage      Foot massage

**MICRO ZONE**      30 mins      £25  
For those who are short of time or who want a quick, targeted, results based skin treatment without taking too long!

**BIO SURFACE PEEL**  
A professional chemical peel designed to resurface the skin with minimal recovery time. A unique multi-phase approach works with the skins biology to safely yet deeply remove dull epidermal layers and accelerate cell renewal without inflammation and the prolonged downtime typically associated with chemical peels. A series of treatments will be designed for your specific needs, whether you're looking to address photoageing, fine lines and wrinkles, uneven skin tone or acne breakouts. Bio surface peel is a highly active treatment and requires very specific pre and post skin care.  
Course of 3 - includes four week post care kit      £185  
Course of 6 - includes four week post care kit      £XXX

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## Thermal Body Therapy Treatments

**Mineral Salt Scrub Therapy**      30mins      £28  
Mineralised sea salts and soothing enzymes combine to give a warming body exfoliation experience that polishes and buffs the skin stimulating the circulation and removing dry, dead cells. The treatment is finished with nourishing ultra rich body cream leaving the skin feeling super soft and glowing.

**Body Foliation Therapy**      30mins      £28  
Oatmeal and rice bran powder accelerated with a heat boost give a gentle but effective exfoliation which whisks away dead skin cells, brighten skin and helps reduce the appearance of sun spots and hyperpigmentation. Ideal exfoliation for a more sensitive or fragile skin.

**Detoxifying Sea Mud Therapy**      60mins      £49  
This deep cleansing and detoxifying wrap begins with a fully customised exfoliation to smooth and encourage deep cleansing. A warmed pack of natural earth clays is applied to relax muscles and draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and Olive and Grape seed oils protect, smooth and condition skin whilst still promoting skin nourishment. Your body is cocooned in the wrap and a deeply relaxing head and scalp massage completes the treatment.

**Power Recovery Body Therapy**      60mins      £49  
The perfect treatment for dry, dehydrated or sun damaged skins. A fully customized exfoliation leaves the skin silky smooth and ready for the application of the warm, nourishing Power Recovery pack; a blend of wheat protein and honey for maximum hydration, Wasabi, ginger and white tea to stimulate the circulation and customized essential oils in a rich blend of kukui nut, olive and grape seed oils smooth and provide antioxidant protection. Your body is cocooned in the wrap and a deeply relaxing head and scalp massage completes the treatment.

**The Skin Spa Ultimate Experience**      150mins      £120  
The ultimate in pure relaxation begins with a customised body exfoliation to smooth and polish, a deep tissue back massage with soothing stress relief oils followed by being gently wrapped in a warm, nourishing, body pack and an application of a rich body moisturiser. The treatment concludes with a selected Dermalogica Advanced Skin Treatment and your chosen touch therapy. The top to toe Ultimate Skin Spa experience!

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## Massage & Alternative Therapies

**Back, Neck and Shoulder Massage**      30mins      £28  
A deep tissue back massage with soothing stress relief oils targeting those areas of tension across the back, neck and shoulders.

**Full Body Swedish Massage**      60mins      £48

**Indian Head Massage**      30mins      £28  
Based on ancient Ayurvedic techniques this massage concentrates on pressure points in the shoulders, upper back, head, face and scalp. A relaxing yet invigorating massage that is ideal for relieving tension headaches, increasing blood flow and releasing muscles and knots.

**Aromatherapy Full Body Massage**      75mins      £55  
Eastern massage techniques are used with a blend of essential oils selected specifically to suit your mood or to treat specific conditions. Essential oils have therapeutic properties and can be used to enhance relaxation and de-stress or to energise, invigorate or uplift.

**Reflexology**      60mins      £45  
**Course of 6:**      £225  
An ancient practice of working on the reflex points on the soles of the foot which correspond to the organs and systems in the body and the flow of energy channels. Reflex points are worked using specialized massage techniques to stimulate circulation and allowing energy to flow freely, therefore the body as a whole can be energized relaxed and detoxified.

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## Tanning

**St Tropez Spray Tan**      30mins      £25

Choose your depth of colour and development times!

\*Please ensure you exfoliate carefully and leave the skin free of oils, creams and deodorants prior to treatment.

## Hands & Feet

The Jessica range allows nail concerns and problems to be treated and targeted and your own nails developed, strengthened and cared for whilst maintaining a long lasting professional finish.

Jessica File & Polish	20mins	£18
Jessica Prescriptive Manicure	60mins	£29
Jessica Deluxe Manicure	75mins	£34
Jessica Zen Spa Pedicure	60mins	£29
Jessica Zen Spa Deluxe Pedicure	75mins	£34

## GELeration

The beauty of Jessica, the strength of a gel! Instant drying Geleration protects weak, splitting, peeling nails and allows up to 21 days of high shine, chip resistant intense colour.

Jessica GELeration Manicure	60 mins	£39
Hands are exfoliated and massaged, cuticles groomed and nails beautifully shaped before a perfect finish of GELeration polish.		
Jessica Zen Spa GELeration Pedicure	75mins	£39

## REMOVALS

Professional removal of GELeration polish prevents damage to the natural nail and keeps your nails and cuticles in excellent condition.

GELeration removal including skin and cuticle conditioning.	20-30 mins	£10
GELeration removal prior to any GELeration service.	15mins	£5
GELeration removal file & re-application	30mins	£22
Executive Hand-Care for Men	30mins	£20
Executive Foot-Care for Men	45mins	£29

## Eye Treatments

A patch test is required 24-48 hours before a tinting or lash lift service.

Eyelash tint	£15.00
Eyebrow tint	£10.50
Eyelash & brow tint	£20.50
Eye brow shape	£12.50

LVL LASH LIFT	60 mins	£53
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LVL lashes is one of the quickest ways to brighten and lift your entire face! An exciting new technique that gives you longer and fuller looking lashes without the need for extensions. Your own lashes are given a natural lift from the root and a colour boost is added creating a beautiful 'open' eyed effect and more youthful appearance that is completely natural.

## Advanced Skin Treatments

We use CACI - The industry leader and the ultimate non-surgical face lifting solution. A completely non-invasive treatment the CACI microcurrent has dramatic firming and lifting results on the face and neck, gently helping to tighten and tone sagging muscles whilst smoothing the appearance of fine lines and wrinkles; you will see visible results without the need for surgery!

For maximum benefit a course of 10-15 treatments are highly recommended followed by a regular maintenance treatments every 4-6 weeks.

Classic CACI Non Surgical Face lift – 60mins	£55
Course of 10:	£495
Course of 15:	£742

A complete treatment to lift and tone muscles and stimulate skin rejuvenation. Our Classic CACI includes the incredible Jowl Lift treatment to double the lifting action to this area.

Super CACI Non Surgical Face Lift 75mins	£65
Course of 10:	£585
Course of 15:	£877

The Super Caci is perfect for those who want an intense version of the 60 minute Classic CACI for enhanced results. It gives an extra 15 minutes to concentrate on areas of muscle laxity, aimed at mature skin types and those with specific concerns.

The Ultimate Anti-Ageing Facial 90mins	£75
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The Ultimate Anti-ageing treatment is an advanced facial focusing on all your anti-ageing concerns. The Ultimate procedure incorporates microdermabrasion, muscle lifting and toning, LED light therapy, plumping of fine lines and wrinkles and a hydrating gel mask to rejuvenate and brighten the skin.

The CACI Jowl Lift 25mins	£25
Course of 10:	£225
Course of 15:	£337.50

The CACI Jowl Lift has been developed to specifically target muscle laxity around the jawline. The treatment concentrates on and lifting and firming the muscles to refine facial contours in this problem area by using Quad probes specially designed double the micro current for double the results.

The CACI Ultimate Eye Treatment 45mins	£40
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The Ultimate eye treatment includes microcurrent, crystal free microdermabrasion and LED light therapy. This treatment will lift and tone the muscles around the eye area and forehead, hydrate and plump fine lines, boost collagen and elastin as well as reducing puffiness and dark circles, giving the area a brighter complexion.

Microdermabrasion 45 mins	£45
Course of 6:	£225

Crystal free microdermabrasion with LED light therapy will exfoliate the skin using a unique technology, to reveal a smoother, brighter complexion. Electrical stimulation will target lines and wrinkles, providing a non invasive alternative to collagen injections, as well as healing the skin and triggering tissue repair. The facial is completed with a cooling, hydrating gel mask. The perfect facial for dull, dehydrated skins, focusing on pigmentation and scarring.

# Hair Removal Treatments

## WARM / STRIP WAX

Half leg wax	£18.00
Full leg wax	£25.00
$\frac{3}{4}$ Leg	£21.00
Bikini	£13.00
Extended bikini	£16.00
Underarm	£10.50
Lip or Chin	£9.50
Lip & Chin	£13.50
Eye brow	£12.50
Full arm	£16.00
Back or Chest	£18.00
Full leg, bikini or underarm	£31.00
Full leg, bikini & underarm	£36.00
Half leg, bikini or underarm	£23.00
Half leg, bikini & underarm	£29.00

## HOT WAX

the most gentle and effective wax for sensitive areas

Brazilian	£25.00
Hollywood	£30.00
Full leg & Brazilian	£42.00
Full leg, Brazilian & underarm	£49.00
Full leg & Hollywood	£46.00
Full leg, Hollywood & underarm	£53.00
Half leg & Brazilian	£36.00
Half leg, Brazilian & underarm	£41.00
Half leg & Hollywood	£39.00
Half leg, Hollywood & underarm	£45.00

## ELECTROLYSIS

A permanent method of hair removal using sterile disposable needles

Initial consultation and test area	Free
Up to 5mins	£10.00
10mins	£13.00
15mins	£15.00
20mins	£18.00

Courses can be arranged at discount.

Gift vouchers available

With regret a 50% charge will be made for any appointments missed or cancelled without 24 hours notice.



[www.skinspa.co.uk](http://www.skinspa.co.uk)



## Skin Spa

13 Bell Street Romsey Southampton SO51 8GY  
[info@skinspa.co.uk](mailto:info@skinspa.co.uk)

### Opening Times:

Monday:	By appointment only
Tuesday:	10 - 5
Wednesday:	10 - 5
Thursday:	12 - 8
Friday:	10 - 5
Saturday:	9 - 2

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