

MASSAGE & ALTERNATIVE THERAPIES

Deep Tissue Body Massage 60mins **£61** 75mins **£71**
A full body massage using soothing stress relief oils. Massage techniques and pressure are customised to suit from deep tissue to a more soothing treatment.

Deep Tissue Back Massage 30mins **£38** 45mins **£49**
A deep tissue back massage with soothing stress relief oils targeting those areas of tension across the back, neck and shoulders.

Hot Stone Back Massage 30mins **£49** 45mins **£60**
Feel the heat of the warm basalt stones placed along key accupressure points and used along with traditional massage techniques to work deeply into areas of tension, warming and relaxing muscles and allowing for deeper pressure and enhanced results.

Indian Head Massage - 30mins **£37**
Based on ancient Ayurvedic techniques this massage concentrates on pressure points in the shoulders, head and scalp. A relaxing yet invigorating massage that is ideal for relieving tension headaches, increasing blood flow and releasing muscles and knots.

Aromatherapy Massage - 75mins **£71**
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 - 45mins **£50**
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 specialised massage techniques to stimulate circulation and allowing energy to flow freely, therefore the body as a whole can be energised relaxed and detoxified.

Course of 6: £255

Please allow up to an additional 15mins of consultation time for our skin & body treatments.

EYE TREATMENTS

Eyelash tint	£21	LVL LASH LIFT - 60mins	£59
Eye brow tint	£15	LVL lashes is one of the quickest ways to brighten and lift your entire face!	
Eyelash & brow tint	£27		
Eye brow shape	£16		
Eye brow tint & shape	£22	*A patch test is required 24-48 hours before a tinting or lash lift service.	
Eyelash & brow tint & brow shape	£36		

HANDS & FEET

The complete mii manicure and pedicure range, including Statement Gel, focuses on caring for the natural nail. Mii's tried and tested prescriptive treatments nurture nails, cuticles and skin to deliver outstanding results. All formulas are ethically sourced with sustainable ingredients, are vegan and not tested on animals.

Indulge Mii - 60mins
Custom Colour: **£38**
Statement Gel: **£49.50**

Our manicures and pedicures include skin exfoliation, hard skin removal (to feet), nail cutting and shaping, creams and oils to care and correct cuticles, prior to a perfect finish with your choice of either Mii Custom Colour or Statement Gel.

Remove Mii - 30mins **£13/8**
Gel removal
£13 as a separate treatment, £8 prior to another nail service.

Express Mii - no polish
Hand care - 30 mins **£27**
Foot care - 45 mins **£37**

All the luxury of the "indulge mii hands or feet" but with no polish. Nails can be left oiled, buffed, or a treatment base coat applied.

The IBX System **£10/£12**
IBX is a natural nail strengthening treatment which repairs and protects natural nails. Used alone or under polish. Available as an add on to another nail service.

Mavex calluspeeling@- 30mins **£35**

TANNING

St Tropez Spray Tan - 30mins **£30**
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.

HAIR REMOVAL TREATMENTS

WARM / STRIP WAX

Half leg wax	£24	Eye brow	£15.50
Full leg wax	£31	Arm wax	£22
¼ Leg	£26	Back or Chest	£23
Bikini	£16.50	Full leg, bikini or underarm	£39
Extended bikini	£21	Full leg, bikini & underarm	£45
Underarm	£13.50	Half leg, bikini or underarm	£29
Lip or Chin	£13.50	Half leg, bikini & underarm	£36
Lip & Chin	£17		

ELECTROLYSIS

A permanent method of hair removal using sterile disposable needles
Initial consultation and test area Free

Up to 5mins	£13
10mins	£16.50
15mins	£19
20mins	£23

Courses can be arranged at discount.

HOT WAX

The most gentle and effective wax for sensitive areas
Brazilian **£32**
Hollywood **£37**

www.skinspa.co.uk

Gift vouchers available

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



Skin Spa

13 Bell Street Romsey Southampton SO51 8GY
info@skinspa.co.uk

Opening Times:

Monday:	10 - 5
Tuesday:	10 - 7
Wednesday:	10 - 7
Thursday:	10 - 8
Friday:	10 - 5
Saturday:	9 - 2

01794 513643



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

ST. TROPEZ The Ultimate Tan
Mii
LVL LASHES IT'S IN YOUR NATURE

Welcome to the Skin Spa experience. Skin Spa is the leading skin care and beauty salon in the market town of Romsey. We offer a comprehensive range of beauty, complementary therapies and advanced skin treatments in a luxurious, professional and relaxing environment. For a more in depth description of our treatments and to find out more about us please visit our website at skinspa.co.uk Thank you for choosing Skin Spa.

DERMALOGICA SKIN TREATMENTS

This forms the foundation of our selection of skin care services and will start you on your Dermalogica journey to the best skin health ever. The ultimate treatment.....that's different every time.

THE DERMALOGICA ADVANCED SKIN TREATMENT - 60mins **£70**
Your therapist will customise the treatment with advanced products, techniques and electrical technology depending on your skins needs. The treatment begins with a deep cleanse and carefully selected exfoliation followed by an amazing pressure point massage using highly active essential oils chosen to target your skin concerns and is completed with specific mask therapy and skin protection. The perfect choice to achieve healthy glowing skin.

THE EXPRESS SKIN TREATMENT - 30mins **£37**
For those who are short of time or who want a quick, targeted, results based skin treatment without taking too long!

Please allow up to an additional 15mins of consultation time for our skin & body treatments.

TARGETED CONCERN TREATMENTS

Take the advanced skin treatment to the next level with these transformative solutions to intensify and target your concerns and your results.

DERMALOGICA PRO FIRM
60mins **£85** 30mins **£55**
A revitalizing power boost for those concerned with the signs of premature ageing, photo ageing and sun damage. Highly active ingredients and unique massage techniques stimulate skins that are fighting the signs of ageing; helping to firm, smooth, nourish, regenerate and energize.

DERMALOGICA PRO CALM
60mins **£85** 30mins **£55**
Soothe and strengthen sensitive skin. Soothing botanical actives provide relief while lymphatic drainage and pressure point massage help calm a stressed nervous system. Targeted treatments help hydrate, balance and restore skin barrier for reduced sensitivity and calmer skin.

DERMALOGICA PRO BRIGHT
60mins **£85** 30mins **£55**
Fade dark spots and reveal brighter skin. This high-intensity treatment combines a brightening peel with an electric infusion of professional grade Vitamin C, Nicinamide and Hexylresorcinol addressing uneven skin tone for a brighter, smoother skin.

DERMALOGICA PRO CLEAR
60mins **£85** 30mins **£55**
Your journey to clear skin starts here. Pore softening techniques, extractions and antibacterial, microbiome-balancing actives work together to clear and calm congested, breakout prone skin.

TOUCH THERAPIES

£16
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

PRO POWER PEEL TREATMENTS

Pro Power Peel is a unique system of three different acids each designed to target and treat specific concerns such as breakouts, pigmentation, lines and wrinkles. Each treatment is personalised specifically for your skin using one, two or all three acids; which allows for a deep exfoliation designed to be fully customised to your concern. Choose from the 30 minute treatment or enhance your results with the 60 minute treatment with advanced technologies and a supplementary deep treatment process incorporating powerful serums, customized masks and LED light therapy to ensure your skin is left clear, smooth and glowing.
*A course of three is recommended

PRO POWER PEEL 30 £70 PRO POWER PEEL 60 £95

DERMALUX LED PHOTOTHERAPY

Relax under the completely painless, non-invasive LED lamp using medically certified and clinically proven light energy to stimulate or regulate essential cell processes. Skin cells that are energised function better and can renew up to 200% faster accelerating regeneration and repair.

Dermalux uses combinations of clinically proven Blue, Red and Near Infra Red wavelengths to boost collagen production, increase hydration, calm redness and irritation and reduce acne causing bacteria. Dermalux can be taken as a course of 30 min treatments to target specific concerns or as a fantastic add on to boost any other skin treatment.

Dermalux LED Specific Treatment - 30 mins **£55**
Dermalux LED Add on - 20 mins **£23**
Dermalux LED Add on - 10 mins **£12**

CACI & CACI SYNERGY NON SURGICAL FACE LIFTING

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!

Maximise your CACI results with the CACI SYNERGY. The latest CACI machine and a powerful advancement in microcurrent technology the SYNERGY harnesses the power of LED light therapy alongside microcurrent. The dual action of simultaneous LED and microcurrent energy stimulates tissue regeneration and aids production of collagen providing longer lasting and more visible results.

10-15 treatments are highly recommended followed by regular maintenance treatments every 4-6 weeks.

Classic CACI - 60mins **£70**
Classic CACI SYNERGY - 60mins **£79**

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.

Course of 10 Classic: £630 / Synergy: £711
Course of 15 Classic: £945 / Synergy: £1,066

Super CACI - 75mins **£80**
Super CACI SYNERGY - 75mins **£89**

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.

Course of 10 Super: £720 / Synergy: £801
Course of 15 Super: £1,080 / Synergy: £1,201

The Ultimate Anti-Ageing Facial - 90mins **£90**
The Ultimate Synergy Anti-Ageing Facial- 90mins **£99**

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.

Course of 10 Ultimate: £810/ Synergy: £891
Course of 15 Ultimate: £1,215/ Synergy £1,336

The CACI Jowl Lift - 30mins **£34**
The CACI Synergy Jowl Lift - 30mins **£38**

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

Course of 10: £306 / Synergy £342
Course of 15: £459 / Synergy £513

The CACI Ultimate Eye Treatment - 45mins **£51**
The CACI Synergy Ultimate Eye Treatment - 45mins **£56**

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.

Course of 10: £459 / Synergy £504

Microdermabrasion - 45mins **£52**

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 treatment is completed with a cooling, hydrating gel mask. The perfect facial for dull, dehydrated skins, focusing on pigmentation and scarring.

Course of 6: £260

THE CACI Electro Cellulite Massager- 30mins **£42**

The ECM gives an instant lifting and contouring of the buttocks and toning of the thighs. The treatment improves the appearance of cellulite, stimulates circulation and lymphatic drainage and gives a smoother, tighter appearance.

Course of 10: £378

CACI Hand Rejuvenation Treatment **£20**

Add onto any other CACI treatment CACI's Electro Gloves (made from a special electrically conductive material) are fitted over the Rejuvenating Hand Mask to hydrate and nourish the skin and when activated with the CACI System deliver tiny electrical impulses that help to improve skin firmness and boost circulation. This treatment will leave your hands feeling silky smooth and looking visibly softer and more youthful.

Course of 10: £180

ADVANCED SKIN TREATMENTS

RADIO FREQUENCY SKIN TIGHTENING & REJUVINATION

Radio Frequency technology results in extremely effective non-invasive skin tightening and firming of loose, sagging skin and has become the celebrity treatment of choice to retain a youthful glowing skin. Radio Frequency utilises waves of energy to tighten skin fibres and promote collagen synthesis offering immediate and long lasting results. Radio Frequency can be performed on any area requiring skin tightening including face & neck, upper arms, buttocks, stomach and thighs. For maximum benefit a course of 6 treatments are highly recommended followed by a maintenance treatment every 4-6 weeks.

Radio Frequency Skin Treatment - 45mins **£103**
Course of 6: £560
Radio Frequency Body treatment - 45-60mins **from £103**

DERMALOGICA, CACI & RADIO FREQUENCY COMBINED

For maximum results on skin tightening, firming and lifting we combine the effects of Radio Frequency and CACI with the advanced product technology of Dermalogica for the most effective, non-invasive anti-ageing treatments available.

The Dermalogica Advanced Skin Treatment & CACI Combined - 90mins **£103**
The Dermalogica Advanced Skin Treatment & Radio Frequency Combined - 90mins **£135**
The Classic CACI & Radio Frequency Combined - 90mins **£135**

These are some examples of our bespoke combinations in ultimate skin rejuvenation. Further details and treatment descriptions are available by personalised recommendation from your therapist. More options and information is also available on our website.

MICRONEEDLING SKIN REJUVINATION

Microneedling is a non-surgical advanced skin rejuvenation therapy which restructures the skin. Microneedling uses a hand-controlled device with tiny, shallow needles to puncture the outer layer of skin to create controlled skin injury. This micro damage to the skin promotes natural collagen and elastin production which rejuvenates the skin. The result is an overall improvement in the texture and tightness of your skin, smoothing lines and wrinkles, pigmentation, scars and stretch marks and so providing an excellent age management solution. A course of treatments and some very specific homecare are recommended.

Enhance your treatment by adding LED and Pro Power Peel.

Pro Pen Classic - 45mins **£185**
Pro Pen Silver (with LED)- 60mins **£195**
Pro Pen Gold (with Pro Power Peel & LED) - 75mins **£225**
Course of 3 Classic: £495 Silver: £525 Gold: £610
Course of 4 Classic: £665 Silver: £700 Gold: £800
Course of 6 Classic: £995 Silver: £1053 Gold: £1215