



Ki Health Beauty & Wellbeing offers a carefully selected range of results driven treatments. We have partnered with irresistible leading spa brands to bring you the very best the industry has, to help nourish, fortify and protect your skin.

Facials

Dermalogica Skin Treatments

ProSkin 30

30 minutes | £35

Looking for a high impact treatment?

Designed by skin experts specifically for your most pressing skin concern. This bespoke service combines key steps of professional exfoliation and deep serum treatment with results intensifying ultrasonic technology, to provide you with visible results fast. Experience brighter and healthier skin.

ProSkin60 Treatment

60 minutes | £55

Want the best skin you've ever had?

A comprehensive experience to address all your skin concerns and achieve healthy glowing skin. Customised with advanced product, techniques and ultrasonic technology.

ProSkin Teen

30 minutes | £35

An effective yet gentle deep cleansing treatment that specifically addresses the needs of teenage skin

^{NEW} Pro Power Peel

Launch Sept 19

Pro Power Peel 30

30 minutes | £TBC

Looking for a professional peel experience?

Dermalogica's strongest and fastest peel yet, the Pro Power Peel will instantly rejuvenate and refresh your skin. With a unique system of three different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts.

Pro Power Peel 60

60 minutes | £TBC

Want to experience a truly transformative treatment?

This effective and customised 60-minute treatment combines the benefits of our Pro Power Peel 30 treatment with additional advanced techniques and technologies. Peel results are dramatically enhanced by a supplementary deep treatment process incorporating powerful IonActive Serum™, a customised masque, and relaxing massage to ensure your skin is left clear, smooth and glowing.

You've never had a peel treatment like this before.

ENVIRON

Active Vitamin Treatment

Active Vitamin 60 minutes | £65

Advanced Active Vitamin 90 minutes | £85

The freshest, most active forms of vitamin A, C and anti-oxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. Suitable for all skin types.

Collagen Power Facial

60 minutes | £65 90 minutes | £85

This peptide-packed facial helps to boost collagen, soften fine lines and tighten lax skin, resulting in a more youthful appearance

The Frown Treatment

45 minutes | £50

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes as injectables without the associated risks. Purchase of Frown Serum is required for this treatment.

HydraBoost Treatment

60 minutes | £80

The perfect antidote to dry, lacklustre skin, delivering a high dose of hyaluronic acid to deeply hydrate and plump your skin.

Cool Peel Treatment

60 minutes | £65

90 minutes | £85

This revolutionary approach to peeling achieves incredible results without damaging the skin. Low strength lactic acid is used to reduce the skin's PH and trigger the release of growth factors which creates tighter, smoother skin. It destroys bacteria, boosts hydration and removes the build up of dead skin cells, helping to decongest the surface and smooth its texture.

Decléor Aromatic Face Rituals

Discovery Facial

30 minutes | £35

Discover what makes DECLÉOR facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy.

Ultimate Vitamin Glow

60 minutes | £55

This internationally renowned, multi-award winning facial is power packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. A warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

Even & Bright

75 minutes | £59

A Hyaluronic Acid & Vitamin C-packed facial for sheer brilliance. An outstanding Vitamin C power booster is applied during this brightening and hydrating facial to help restore luminosity, lighten pigmentation marks and turbocharge cell regeneration. A potent radiance revealing mask targets uneven skin tone caused by pregnancy, menopause and sun damage, correcting and regulating for a positive difference. Skin reclaims its natural fresh faced finish... perfection for any special occasion.

Cocoon & Repair

75 minutes | £59

The end of dry, flaky skin, our ultra-nourishing facial deeply soothes, repairs and renews. Marjolane essential oil boosts crucial lipid production and micro-circulation while nourishing Cranberry and Argan oils feed skin with vital nutrients. By locking-in moisture, complexions are also strengthened against wind, rain and cold making it ideal for anyone who spends a lot of time outdoors. Even the driest complexions are left supremely supple, comfortable and satin smooth.

Plump & Lift

75 minutes | £69

This energising facial helps fight against the signs of ageing as it activates collagen and elastin synthesis and promotes the elimination of toxins. A collagen rich mask infuses the complexion with skin plumping nutrients. The skin's natural renewal process is kick started for firmer, radiant skin.

Sculpt & Rejuvenate

75 minutes | £69

Inspired by Pilates, this advanced treatment delivers a natural lift to the face, whilst helping reshape the contours with a re-cushioning effect. The appearance of lines & wrinkles is plumped & smoothed, whilst softening & increasing the tone, leaving the skin flawless and glowing with rosy youthfulness. The facial includes a back massage to help you completely unwind & release the mind. After deep cleansing & three facial massages, your therapist will help lift your skin with a massage using Decléor's outstanding Energy Youth Concentrate Mask. This will plump and smooth the appearance of lines & wrinkles, whilst softening & increasing the tone, leaving the skin glowing with rosy youthfulness.

Vital Eyes

30 minutes | £35

Delicately nurturing the most sensitive and delicate part of the face, this specialised treatment is fatigue-fighting, moisture quenching and wrinkle erasing. DECLÉOR's unique toning eye technique stimulates microcirculation and encourages cell renewal while an intensively repairing, anti-ageing eye mask also decongests and de-puffs. Leaves even contact lens wearers, hay fever sufferers and smokers with a dramatically brighter, younger looking eye area.

Add Vital Eyes to any Decléor facial for just £15

CACI Non Surgical Face Lift

Signature CACI Treatment **60 minutes | £55**

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with twenty years medical research behind it. Micro current impulses lift, firm and tone facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

Deluxe CACI Treatment **75 minutes | £60**

A longer and more intense version of the Signature treatment for enhanced results. Includes the Jowl Lift and Enhanced Tissue Repair work aimed at mature skin types and those with specific concerns. The ideal maintenance choice after a course of CACI.

CACI Hydratone Facial **30minutes | £25**

The Hydratone Facial is a deeply nourishing treatment that hydrates and tones. It combines microcurrent rollers which help restore muscle tone and firmness, with the Hydro Mask. The Hydro Mask is infused with collagen, hyaluronic acid and rose water to deeply nourish and deliver a surge of moisture to the skin that will soothe and calm any skin redness and irritation.

CACI Eye Lift & Revive **30 minutes | £40**

The CACI Eye Lift will work to lift and firm the muscles around the eye area, particularly where people tend to lose definition as they age, known as 'hooded eyes'. Serum filled microcurrent rollers together with a deeply nourishing Hydro Eye Mask, reduce puffiness and dark circles and soften the appearance of fine lines and wrinkles around the eyes.

CACI Jowl Lift Treatment **30 minutes | £40**

Developed to specifically target muscle laxity around the jawline. Uses quad probe applicators to double the lifting action of the CACI treatment system and Hydro Mask to soothe and hydrate..

Super CACI **90 minutes | £85**

A powerful 3in1 facial treatment combining ultrasonic exfoliation or crystal microdermabrasion, Deluxe CACI & the Hydro Mask.

CACI treatments may be taken as 'one offs' or as a 'quick fix' before a special occasion. For best results a course of 8-10 treatments over a 4 to 5 week period is recommended, followed by monthly maintenance.

Crystal Clear Microdermabrasion

Microdermabrasion is a controlled method of skin resurfacing which gently exfoliates the outer layers of skin. Effectively treats lines, wrinkles, dull dehydrated skin, sun damage, pigmentation, blemishes, scarring, acne prone & congested skin.

Resurfacing Facial

60 minutes | £55

A superb resurfacing facial combining deep yet gentle exfoliation with a muscle firming and lifting programme, to stimulate new collagen & elastin formation and leave skin looking radiant.

Express Microdermabrasion Facial

30 minutes | £35

Short of time, then try this intense express skin brightening and refining treatment. Includes a super hydrating gel mask to leave skin feeling refreshed and silky smooth.

High Performance Body Treatments

Environ Body Sculpt

45/60minutes | £45/£65

No body is perfect, so let us get to grips with your least favourite bits! This effective treatment helps smooth stubborn cellulite while firming and tightening the skin. The active ingredients in Environ's Body Profile Gel are driven deep into the lower layers to assist in the reduction of the 'orange peel effect' on upper thighs and buttocks leaving skin smooth and hydrated. You are recommended to use Environ's Body Profile at home following your treatment.

Crystal Clear Cellulite Therapy

45 minutes | £45

This vigorous treatment is not for the faint hearted! A non-surgical solution that helps release fat from tight connective tissue and expels toxins & water. Muscles are lifted and skin is smoothed & firmed from the very first treatment.

CACI Electro Cellulite Massage

45 minutes | £40

The therapeutic benefits of massage are combined with electrical stimulation to break down fatty deposits and reduce inches. Lifts and tones the buttocks, contours and tones hips and thighs. The ideal treatment to give your rear a lift!

Courses of body treatments are recommended for best results.

Body, Massage & Muscle Ease

Aromatic Body Massage

Everyday stresses and strains simply disappear with our heavenly aromatic massages to either relax, detoxify, tone or stimulate. Both relaxing and invigorating, this massage will improve your circulation, release toxins and tension from your muscles and promote a feeling of health and wellbeing.

Drift Away Aromatic Back Massage

30 minutes | £29

45 minutes | £37.50

Float Away Aromatic Full Body Massage

60 minutes | £49

90 minutes | £65

Deep Tissue Muscle Energiser Massage

Deep tissue massage uses firm pressure and slow rhythmic strokes to reach the deepest layer of muscles, fascia and tendons. It is particularly effective in treating chronic pain and lingering injuries that cause limited mobility.

45 minutes | £45

60 minutes | £55

Stress Less Massage

45 minutes | £37.50

A wonderfully relaxing treatment to ease away tension. Firstly, your feet are treated to a soothing massage, followed by a blissful back, neck shoulder and scalp massage.

Pink Himalayan Hot Salt Rocks Massage

60 minutes | £60

This extraordinary sensory journey uses two of nature's hydration heroes, coconut oil and Himalayan salt, over your entire body to massage with comforting rhythmical techniques designed to deeply relax your mind and bring a sense of calm. Heated Pink Himalayan Salt Rocks are introduced to remineralize, detoxify and rebalance the mind, body and spirit.

Lava Shell & Molten Lava Stone Massage

45 minutes | £40

60 minutes | £60

90 minutes | £75

Self-heating Lava Shells and Molten Stones are a unique innovation in warming spa therapies that relax whilst easing muscle and joint aches and pains. These sublimely relaxing massages improve circulation and deliver continual heat allowing for a deeper therapeutic massage.

Indian Head Massage

30 minutes | £29

Hopi Ear Candles

30 minutes | £40

Can help alleviate a variety of ear problems including sinus, hay fever, tension headaches and excess wax.

Hopi Ear candles & Indian Head Massage

60 minutes | £59

An extra relaxing and stress busting combination.

Baby on Board

75 minutes | £65

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

Recommended from 3 months or post-natal

Scrub & Rub

30 minutes | £30

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation and hydrating body treatment.

Salt Glow Massage

45 minutes | £40

Full body exfoliation, shower and focussed back massage

Spa Packages

We have partnered with Natural Spa Factory to offer a range of limited edition, seasonal Spa Packages throughout the year.

NSF products are truly inspired by the seasons and food we love. The result is a collection of natural, botanical, award winning products that inject goodness and wholesome nourishment into body and skin; boosting you from the outside in.

Please ask in salon for details of seasonal packages and promotions.

Hands

Re-polish | £10

Express Manicure | £20

Treat your hands to an instant lift with this quick fix treatment. Includes shaping, cuticle tidy, hydration and colour polish of your choice.

SOS Manicure | £20

The perfect solution to restore hard working hands to glory. This intense OPI Avoplex manicure includes an enzyme cleanser, revitalizing hand scrub and detailed cuticle work, finished with a high gloss buff for super shiny, healthy nails.

IBX Manicure | £25

Say goodbye to problem nails.... this manicure creates nail strength from within. IBX helps repair severe nail damage that typically prevents nail growth. It creates internal strength and acts as a safeguard the natural nail – ideal as a treatment under polish or gel.

Classic Manicure | £27

Our trademark manicure includes all the detail you'd expect for beautifully manicured hands. Completed with colour polish of your choice.

Almond Oil Spa Manicure | £25

A luxury treatment manicure incorporating a hot oil treatment, designed to lock in moisture resulting in softer, smoother hands and more flexible nails, finished with a high gloss buff.

Deluxe Spa Manicure | £35

A luxury spa manicure which exfoliates, conditions & deeply moisturises hands & nails. Features a revitalising hand and arm massage. Completed in colour polish of your choice.

Gel Polish Manicure | £30

Classically manicured hands and gel finish that lasts. Please choose this service if you need a to add a soak off service or nail repairs prior to application of gel.

Gel Break Manicure | £20

Professional removal of gel plus reshape, detailed cuticle work and conditioning treatment.

Gel Soak Off Only £5 when having another manicure or pedicure treatment.

Feet

Toe Polish

| £10

Express Pedicure

30 minutes | £25

Treat your feet to an instant lift with this quick fix treatment & you are Ready, Pedi, Go... soak, scrub, shaping, cuticle tidy, hydration & colour polish of your choice. The ideal way to keep feet neat in between full Spa Pedicures.

Deluxe Spa Pedicure

60 minutes | £40

Our deluxe full service signature pedicure, will soften, exfoliate away hard skin & calluses, condition, deeply moisturise & massage your feet. Ahhh bliss! Finish with the polish of your choice from a kaleidoscope of OPI colour.

Power Pedicure

60 minutes | £45 / £55

The Power Pedicure is an innovative & effective foot treatment that helps remove hardened, callused skin. AHA's combined with over 16 botanical & fruit extracts help break down all the rough & hard skin on the feet.

Ideal pedicure during the Autumn/Winter months

Step 1 – Apply Foot & Callus Peel booties to clean feet at home

Step 2 – Book your salon power pedicure 2 weeks later

Step 3 - Reveal soft and smooth, younger looking feet

Callus Peel Pedicure

60 minutes | £45

Don't just dream of pretty feet....let us simply 'callus peel' away hard skin and calluses. The treatment targets the hard skin / calluses on your feet with skin softening patches, hard skin is scraped and filed away leaving your feet feeling soft and revitalised. You'll see fantastic result after just one treatment.

Add Paraffin Wax to your Manicure or Pedicure

| £10

Please remember to bring suitable footwear to preserve toe polish.

Express Gel Pedicure

| £35

Application of long lasting gel polish to toe nails.

Gel Spa Pedicure

| £40

Application of long lasting gel polish to toe nails, followed by the same attention our spa pedicure devotes to your feet.

Warm Waxing

Warm honey wax and strips for quick and comfortable removal of unwanted hair.

Waxing packages are available at a discount, please ask for details. Waxing packages may use a combination of warm and hot wax as appropriate.

Half Leg	£17	Forearm	£12
Top half leg	£18	Full Arm	£17
Three quarter Leg	£21		
Half Leg Bikini	£26	MEN	
Half Leg Bikini U/arm	£32	Chest	£20
Full Leg	£27	Back & Shoulder	£26
Full Leg Bikini	£35		
Full Leg Bikini U/arm	£40		

Hot Waxing

Hot Wax offers superior performance by shrink-wrapping and removing short stubborn hair making it perfect for all bikini, underarm and facial waxing. A pre-wax oil is applied to protect your skin from trauma and irritation, excellent for even the most sensitive skin and gives a long lasting result.

Eyebrow	£10
Eyebrow & Lip	£15
Lip or chin	£10
Lip & chin	£12
Underarm	£12

Bikini Waxing

Basic Bikini | £12

A quick and gentle wax in the crease of the leg.

High Bikini | £20

Hair is waxed from the side panels tapering at the bottom and underneath just onto the bottom cheek.

Brazilian Bikini | £30

A thorough wax with a just a strip of hair remaining.

Hollywood Bikini | £30

A thorough wax for those who want to be completely bare!

Eyes

Revitalising Eyelash Treat & Tint* | £20

No ordinary eyelash tint!! Delicately nurture the most sensitive part of your face with this revitalising eye treatment & lash tint to give you a dramatically brighter and younger looking eye area.

Eyelash tint*	£15
Eyelash & Eyebrow tint*	£20
Brow tint*	£10
Brow tint* & wax	£17
Brow wax, Lash & Brow tint*	£26

LVL Lashes* | £50

Add length volume and lift to your lashes. LVL is one of the quickest ways to brighten and lift your entire face and gives that stunning wide-eyed look to your natural lash. Includes an eyelash tint

LVL Lash & Brow Package* | £55

Create your own eye drama with the ultimate combination of a Lash Tint, LVL, Brow Tint & Brow Shape.

*Patch test required for all tinting & LVL & treatments.

St. Tropez Tanning

St.Tropez Bronzing Ritual

Your body will be polished, hydrated & bronzed to perfection with St.Tropez crème auto-bronzant.

Half Body | £25 Full

Body | £35