

Spirit Health & Beauty Eastleigh

Treatment Price List



Eye Treatments

Eyebrow Shape	15 min	£ 8.00
Eyebrow Tint*	15 min	£ 8.00
Eyelash Tint*	30 min	£11.00

Waxing Treatments

Lip wax	15 min	£ 8.00
Chin wax	15 min	£ 8.00
Underarm wax	15 min	£ 9.00
Bikini wax	15 min	£ 9.00
Extended Bikini Wax	30 min	£14.00
½ leg wax	30 min	£15.00
¾ leg wax	45 min	£19.00
Full leg wax	1 hour	£23.00
Half arm wax	30 min	£10.00
Full arm wax	30 min	£15.00
Back wax	30 min	£15.00
Chest wax	30 min	£15.00

Hands & Feet Treatments

Shape & Polish - hands or feet	30 min	£15.00
Jessica Manicure	1 hour	£23.00
Jessica Luxury Manicure	1 hr 15 min	£28.00
Jessica Super Luxury Manicure	1 hr 15 min	£34.00
Jessica Zen Spa Pedicure	1 hour	£30.00
Jessica Luxury Zen Spa Pedicure	1 hr 15 min	£38.00
French Polish (add to any nail treatment)	+15 min	£ 3.00
GEleration Manicure	1 hr 15 min	£38.00
GEleration Removal	30 min	£10.00
GEleration Removal & Re-application	1 hr 45 min	£45.00
Men's Hand & Nail Grooming	45 min	£16.00
Men's Zen Spa Foot & Nail Grooming	1 hour	£26.00

Specialised Treatments

Hopi Ear Candling	45 min	£30.00
St Tropez Classic Tan Treatment	1 hr 15	£35.00

For exclusive last minute text offers, why not sign up to our free Health & Beauty Club?

To join up simply ask at reception or email us your contact details - spirit@hieastleigh.com



Opening Times

Monday	10am	-	6pm
Tuesday	10am	-	6pm
Wednesday	9am	-	9pm
Thursday	11am	-	9pm
Friday	9am	-	6pm
Saturday	9am	-	5pm
Sunday	10am	-	4pm

To make your booking or for more information please contact:

Spirit Health Club Eastleigh
 Holiday Inn, Leigh Road, Eastleigh, Hampshire
 SO50 9PG
 Tel: 02380 614 120

E-mail: spirit@hieastleigh.com



Don't forget to follow us on Facebook, just search for "Spirit Health Club Eastleigh"



*If you have never had tinting with Spirit Health Clubs before, you will require a patch test at least 24 hours prior to your treatment to confirm that you are not allergic to our brand of tint. We also advise that you do not use the spa pool, steam, sauna or any heat treatment for at least 12 hours before & after waxing as this may cause sensitivity.

Prices valid from 1 June 2017

Dermalogica Facial Treatments:

Mini Facial: 30 mins

£25

Our Mini Facial treatment is designed to give your skin an instant pick-me-up. Deep cleansing & exfoliation, followed with super hydration, your facial will provide you with all you need to refresh & revitalize.

Dermalogica Luxury Facial: 1 Hour

£38

The signature treatment from Dermalogica, this facial is customised for every client to address your main skin therapy concerns. The combination of the active ingredients action along with an energizing facial massage will release tension & promote a healthy glow.

Dermalogica AGE Smart Facial : 1 Hour

£45

This facial is based on a unique system of combining skin analysis techniques with the proven results of Chinese diagnosis. The Face Mapping procedure provides the therapist with an objective view of the skin's condition. You will receive a consultation, skin analysis & prescription as the first step in achieving your goal for healthy skin and can continue these results using Dermalogica at home. Age Smart can control skin ageing whilst helping stimulate collagen production, increase elasticity and promote smoothness.

Dermalogica Active Resurface 35 Treatment - 45 mins

£38

Active Resurface 35 is an advanced 45-minute resurfacing treatment with a professional consultation, this facial is customisable to individual skin requirements. It provides intense resurfacing & deep exfoliation to stimulate cell renewal, it will also help to treat some of the most prevalent skin concerns, including pigmentation, dehydration & congestion.

Men's Skin Care Treatment: 1 Hour

£38

This treatment is designed to soothe shaving bumps & irritations, deep cleanse and refresh to actively promote blemish free, smooth skin. A deeply relaxing shoulder massage will relax the mind whilst your therapist applies a skin specific treatment mask to indulge the skin with vitamins & hydrate.

Dermalogica Body Treatments:

Power Recovery Therapy (wrap): 1 Hour 15 mins

£45

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves for optimal health and antioxidant protection. This treatment also includes a body exfoliation to prepare and smooth the skin. Recommended for skin which is suffering with dryness, premature ageing, or sensitivity.

Nourishing Sea Mud Therapy (wrap): 1 Hour 15 mins

£45

Stimulate circulation while smoothing your skin with this body wrap therapy that promotes all over toning & skin nourishment, whilst cleansing and detoxifying. This treatment includes a body exfoliation treatment to prepare and smooth the skin. Suitable for all skin conditions.

Back Purification & Back Massage: 1 Hour

£40

De-stress your muscles & cleanse the skin with this relaxing & purifying back treatment. A deeply cleansing scrub, will slough off dead skin cells, in preparation for removal of toxins. The massage will relax the muscles, a detoxifying mud pack will then be applied, & the treatment will finish with a hydrating moisturiser, leaving your back relaxed, cleansed, polished & hydrated.

Complete Body Treatment: 1hr 30mins

£60

The ultimate full body treatment to help you feel relaxed & renewed, whilst invigorating & energising your skin. The treatment includes a full body exfoliation which removes dulling skin cells, followed by a specialised massage to relieve muscular aches & pains, relaxing the mind & body. A customised mud pack is then applied from head to toe to hydrate & detoxify the skin, finishing with a deeply relaxing scalp massage & body moisturizer to fully nourish & hydrate.

Back & Full Body Massage options:

Swedish Back Massage: 30 mins £30
This massage concentrates on soothing & relieving the symptoms of stress & tension in the back, neck & shoulders using a non-scented Grapeseed Oil.

Deep Tissue Back Massage: 30 Mins £35
This treatment includes the use of a pre-blended Dermalogica Stress Relief aromatherapy treatment oil, along with a combination of the therapist's forearms & elbows to relieve the symptoms of stress & tension deeper in the back, neck & shoulders.

Hot Stone Back Massage: 30 Mins £35
This deeply relaxing treatment involves the placement of hot stones on & around the body, working in harmony with various massage techniques this treatment will relax the back, neck & shoulder area to its deepest level.

Swedish Body Massage: 1 hour £45
This therapeutic massage is suitable for everyone, concentrating on soothing & relieving stress and tension using a non-scented Grapeseed Oil.

Deep Tissue Body Massage: 1 Hour £50
This treatment includes the use of a pre-blended Dermalogica Stress Relief aromatherapy treatment oil, along with a combination of the therapist's forearms & elbows to relieve the symptoms of stress & tension in the deeper muscles of the body.

Hot Stone Body Massage: 1 Hour £50
This deeply relaxing treatment involves the placement of hot stones on & around the body, working in harmony with various massage techniques this treatment will relax the body to its deepest level.

Dermalogica Scalp Massage: 30 mins £30
This treatment focuses not only on bringing a heightened state of relaxation to your entire body. It also provides vital minerals & nutrients to the hair & scalp.

Spa Day Packages

Spa Day packages include full use of club facilities (gym, pool, spa pool, steam room & sauna), includes complimentary towel usage & a light sandwich lunch.

Spirit Pamper Treat: 30 mins of treatments £45
Your choice of a Dermalogica Mini Facial **OR** Swedish Back Massage

Spirit Classic Day: 1 Hour 30 mins of treatments £85
Dermalogica Mini Facial, Swedish Back Massage & Shape and polish

Bespoke Pamper Packages can be created to suit your individual requirements
please call for details & prices

Spirit Health & Beauty Cancellation Policy

- 24 hours notice is required for cancelling any appointment. Less than the required notice will result in a 50% charge of your treatment.
- A credit/debit card number or a 50% deposit is required on all packages to confirm bookings.
- Gift Vouchers are all issued with an expiry date of 6 months & cannot be redeemed after this date has expired under any circumstances.
- Gift Vouchers are non-refundable. If the required cancellation notice is not given, the gift voucher will be deemed void.
- Pre-payments/deposits are non-refundable if the required cancellation notice is not given.
- There are no refunds on unused pre-paid courses.

**bareMinerals® Make Up now in stock.
Book in for a free colour match consultation at reception.**

Prices valid from 1 June 2017