

# Spirit Health & Beauty Eastleigh

## Treatment Price List



### Hands & Feet Treatments

Jessica Manicure	1 hour	£23.00
Jessica Luxury Manicure	1 hr 15 mins	£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
Shape & Polish - hands or toes	30 min	£15.00
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

Scalp Massage Treatment	30 mins	£30.00
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### 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
1/2 leg wax	30 min	£15.00
3/4 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



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 your contact details to - [spirit@hieastleigh.com](mailto:spirit@hieastleigh.com)



### Opening Times

Monday	10am	-	6pm
Tuesday	10am	-	6pm
Wednesday	1pm	-	9pm
Thursday	11am	-	9pm
Friday	10am	-	7pm
Saturday	9am	-	5pm
Sunday	Closed		

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](mailto: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.

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.

## 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.

**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.

## 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 & revitalise.

**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 & can continue these results using Dermalogica at home. Age Smart can control skin ageing whilst helping stimulate collagen production, increase elasticity & promote smoothness.

**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.

## 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 (hands or toes)

Create your own bespoke Pamper package please call for details & prices