

The Rose Spa

FACIAL SKINCARE TREATMENTS

The dermalogica® Skin Treatment
Designed to meet your needs, each treatment includes professional double cleansing, exfoliation, extractions (as needed), masque, toner, skin protection and moisturiser. Based on a consultation and a thorough zone-by-zone Face Mapping® skin analysis, the Dermalogica Skin Treatment is 100% customised to your skin's needs.

CACI Treatments

Used medically to treat bells palsy and aid wound healing, this treatment also has many cosmetic benefits. Our CACI machines provide the best treatments for facial imperfections. Muscles of the face and neck are tightened, facial imperfections, such as blemishes and lines, are reduced, facial skin tone is restored by increased production of collagen and elastin and skin is brightened by improved blood and lymph circulation.

30 minute Express Facial

A detailed face mapping allows us to target your main concerns and achieve visible results in a short time.

Time - 30 minutes
Price - £39.50

Prescription Facial
Time - 45 minutes
Price - £47.00

Time - 60 minutes
Price - £55.00

Power Bright

Is your skin feeling dull and lifeless? Dermalogica's NEW Brightening facial will bring life back to your skin. Using power bright products, with a sonic blade helping to aid the products on a deeper level using a Galvanic current. This helps with hydration, maximum brightening power and deep exfoliation whilst targeting texture and a flawless complexion.

Price - £60.00

The Rose Spa Facial

Let us take care of your skin and help you to relax. This is a top to toe treatment beginning with a 15 minute back massage, followed by a 1 hour prescriptive facial, including neck, shoulder and scalp massage, and finally a pressure point massage on the feet.

Time - 1 hour 30 minutes
Price - £90.00

The Dermalogica Advanced

Looking for a great new skincare treatment that ticks all the boxes? This facial uses a Galvanic technique to help with deep cleansing, exfoliation, skin hydration and rejuvenation. It also uses a micro current to help with firming and toning muscle groups, achieving optimum results!

Time - 1 hour 15 minutes
Price - £80.50

Galvanic Prescription Treatment

This advanced treatment penetrates deep into your skin by relying on Galvanic currents. This allows an intense clean and has a healing and antibacterial effect. It provides long lasting results and you will enjoy a more youthful appearance and radically improved skin condition. Suitable for all skin types.

Time - 1 hour 15 minutes
Price - £60.50

Biosurface Peel

This is a professional chemical peel designed to resurface the skin with minimal recovery time. Our unique, multi - phase approach works with the skins biology to safely slough away dull epidermal layers and accelerate cell renewal without inflammation and prolonged down time typically associated with chemical peels. Your Dermalogica skin therapist can design a series of treatments to address your specific needs, whether your looking to address photo ageing, fine lines and wrinkles, uneven skin tone

or breakouts. A Detailed consultation and patch test are required prior to the bio resurface peel.

3 treatments with a Dermalogica aftercare kit (free with course)

Price - £220.50
Per treatment £73.50

6 treatments with a Dermalogica aftercare kit (free with course)

Price - £441.00
Per treatment £73.50

Men's 45 minutes Facial

Does shaving bring about the worst in your skin? This 45 minute treatment will help skin recover from current damage while cleansing, clearing, soothing and calming. We'll outline a pre-shave, shave and post-shave home care regime (including professional shaving techniques) to help you maintain the results.

Time - 45 minutes
Price - £47.00

CACI Facial

Time - 1 hour treatment
Price - £62.00

Course of 10 plus 2 FREE
Price - £620.00

Super CACI

For the more mature client, or a good booster, great for maintenance.

Time - 1 hour 30 minute treatment
Price - £72.00

Course of 10 plus 2 FREE
Price - £720.00

CACI Eyes

Great for younger skins, or those with concerns with problematic eyes. Helps fine lines, puffiness, and dark circles.

Course of 8 plus 2 FREE
Price - £231.50



EYE TREATMENTS

Eyelash and eyebrow tints require a 24 hour patch test prior to treatments.

Eyelash Tint with complimentary Hand Massage

Price - £18.50

Eyebrow Tint

Price - £10.50

Eyebrow Shape

Price - £11.50

Eyebrow Tint and Eyebrow Shape

Price - £22.00

Eyelash Tint and Eyebrow Tint

Price - £28.00

Eyelash Tint, Eyebrow Shape and Tint

Price - £33.00

Eyelash Tint and Eyebrow Shape

Price - £29.00

The Rose Spa Definition Brow

This six step eyebrow shaping treatment focuses on look. Involving a combination of techniques including tinting, waxing and threading, using specialist products hand picked by The Rose Spa.

On average you will need this done every 3-4 weeks.

Price - £35.00



LAVA SHELL MASSAGE TREATMENTS

These treatments have been put together to help with stress management, reducing muscular tension and headaches, and improving concentration. The lava shell massage treatment uses shells which have a smooth side to give both deep pressure and a warm and soothing effect. The heat can also be used on problem areas to release muscle tension and promote relaxation and a sense of well-being.

Lava shells Full Body Massage

Time - 1 hour treatment
Price - £60.50

Lava Shells Back Massage

Time - Half hour treatment
Price - £42.00

MASSAGE TREATMENTS

For the mind, body and soul. These treatments have been designed to achieve total relaxation and to help balance your mind and body.

Stress Buster Massage

This extremely popular massage treatment provides a journey to complete relaxation, working on reflex zones and pressure points. Concentrating on the back, scalp and the feet, it will help you to relax and free your mind and spirit.

Time - 1 hour treatment
Price - £50.00

The Soother

This is a unique massage, designed by The Rose Spa, to help you de-stress. A one hour massage treatment will help you to relax and unwind, smoothing away tension with calming essential oils. This consists of a hand, neck, shoulder, face, scalp and pressure point foot massage.

Time - 1 hour
Price - £50.00

Stress Therapy

This is a deep tissue massage, targeting the areas where your body holds stress in certain muscle groups. It concentrates on the back, spine and shoulders, but also provides a neck, face and pressure point scalp massage. This treatment leaves you feeling re-energized and harmonized.

Time - 45 minute treatment
Price - £44.00

Back Massage

This Swedish massage treatment uses customised oils, selected for your individual needs. It promotes a sense of wellbeing and leaves you feeling calm and relaxed.

Time - 30 minute treatment
Price - £34.50

Full Body Massage

Whether your muscles are tired and sore, or you're tense from life's stresses and strains, this full body massage is the perfect remedy. Tension, stress and toxins will be removed from the body, leaving you relaxed and revitalised. Again, this Swedish massage treatment uses customised oils, selected for your individual needs.

Time - 1 hour treatment
Price - £50.00

Drift away

This treatment has been designed by The Rose Spa to help with total relaxation, it's a full body massage targeting areas where your body holds the stress, working on balancing the body, and helping with tiredness. A must if you love full body massage, body brushing included.

Time - 75 minute treatment
Price - £66.00

The Rose Spa Treatment

Makes you feel like you're lying on a bed of heavenly scented rose petals! This spa experience treats the whole body, from top

to toe. It begins with dry body brushing, followed by a hydrating seaweed mask. You are then wrapped in a thermal blanket. Whilst the products are being infused into your skin, you will receive a 30 minute prescription facial, followed by a 1 hour full body massage with an ultra rich body cream.

Time - 2 hour treatment
Price - £99.00

The Rose Spa Foot Zone

A specialist therapeutic foot treatment to rebalance and relax. Designed to enhance total body health and wellness, this is an ideal treatment to help cope with everyday stresses and strains.

This treatment involves application of pressure to specific reflexes, stimulating healing and clearing energy blockages with relaxing massage movements. You will feel relaxed and energised.

Time - 30 minute treatment
Price - £36.00

Mineral Salts Body Polish

This treatment uses a combination of fruity enzymes, dried sea weed and sea salt to help exfoliate the body. With a body hydrating cream applied to complete the treatment, skin is left feeling softer than soft!

Time - 1 hour treatment
Price - £51.00

Back Cleansing Treatment

This relaxing back treatment begins with a deep cleanse and exfoliation. It is followed by a relaxing deep massage, to ease away tight and stressed muscles, and finishes with enzymatic mud mask and hydrating body cream.

Time - 1 hour treatment
Price - £51.00

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FIRM AND TONE



CACI Body Treatments

Slimming, lifting and toning. This is the most advanced body treatment available and features specific programmes for cellulite reduction, slimming and toning. We can treat all areas of the body, including bust, tummy, buttocks and thighs.

Slimtone (Lifting)

Time - 30 minutes.

Course of 10 treatments

Price - £290.00

Slimtone (Toning)

Time - 30 minutes.

Course of 10 treatments

Price - £290.00

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BRONZING



St Tropez - body bronzing

Great for any occasion or just to help you look and feel good! Please wear dark clothing on day of tan and allow 8 hours for tan to develop.

You exfoliate at home, we apply the tan.

Time - 30 minute treatment

Price - £33.00



ELECTROLYSIS

Permanent removal of unwanted hair. To ensure that you feel at ease and understand the treatment, consultations are carried out to identify your individual needs. We use Sterex Disposable needles for every visit.

Time - 5 minutes
Price - £12.00

Course of 10 (plus 1 free)
Price - £120.00

Time - 10 minutes
Price - £14.50

Course of 10 (plus 1 free)
Price - £145.00

Time - 15 minutes
Price - £17.50

Course of 10 (plus 1 free)
Price - £170.00

Time - 20 minutes
Price - £24.00

Course of 10 (plus 1 free)
Price - £240.00

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WAXING

A cream wax, which is very gentle on the skin, is used to remove hair. A lemon and tea tree cream is then applied to help calm and soothe the skin of irritation.

Half leg wax
Price - £20.00

Half leg upper thigh wax
Price - £23.00

Half leg and basic bikini
Price - £31.00

Half leg and Brazilian (without underneath)
Price - £40.00

Half leg and Brazilian (with underneath)
Price - £46.00

Half leg and Hollywood
Price - £55.00

Upper half leg and basic bikini
Price - £34.00

Upper half leg and Brazilian (without underneath)
Price - £44.00

Upper half leg and Brazilian (with underneath)
Price - £50.00

Three quarter leg wax
Price - £26.00

Full leg wax
Price - £31.50

Full leg and basic bikini
Price - £38.00

Full leg and Brazilian (without underneath)
Price - £49.00

Full leg and Brazilian (with underneath)
Price - £55.00

Full leg and Hollywood
Price - £70.00

Basic bikini
Price - £13.00

Brazilian (without underneath)
Price - £23.00

Brazilian (with underneath)
Price - £30.00

Hollywood
Price - £41.00

Half arm wax
Price - £15.00

Full arm wax
Price - £24.00

Under arm wax
Price - £13.00

Lip wax
Price - £10.00

Chin wax
Price - £10.00

Lip and chin wax
Price - £15.00

Eyebrow shape
Price - £11.00

MENS WAXING

Chest wax
Price - £28.00

Back wax
Price - £28.00

Back wax plus tops of arms
Price - £33.00



MANICURES

O·P·I Nail Care

Gel Color

2 week manicure! A gel formula is painted onto the nails, giving strength, protection and long lasting colour.

OPI Gel Color Manicure

Price - £35.00

Infill

Price - £35.00

Soak Off Gel, followed by a Treatment Manicure

Price - £35.00

Using OPI nail care products to help cultivate the natural nail.

Standard Manicure

You will receive a hand and arm massage, cuticle work, file and polish of your choice.

Price - £29.00

Express Manicure File Paint

Price - £22.00



PEDICURES

Please bring open toe shoes.

Spa Pedicure

This is a fantastic spa foot treatment, removing all hard skin and tidying up the toes. A relaxing scrub is followed by a Swedish foot massage and toe polish.

Price - £36.00

Spa Pedicure, file & paint on toes

Price - £22.00



IPL - INTENSE PULSE LIGHT

The Rose Spa is now offering a new technology to remove unwanted hair on the face or body. It is a system of intense pulsed light which also works on pigmentation, age spots, thread veins (only on Face) skin rejuvenation and acne. Consultations are charged as a holding deposit of £30.00 and will last for 30 minutes. We will personalise a treatment plan which will give optimum results and deliver the best long term benefits for you.

QUESTIONS & ANSWERS

What is Intense pulse light?

IPL emits a beam of light onto the skin. This light is absorbed by the melanin in the hair and turns into heat energy. The follicle is heated to a temperature which alters the cell structure and stops hair from growing back.

Does it matter what skin type I am?

The IPL is not suitable for all skin types. Best results occur when there is plenty of target melanin in the hair. Blonde hair and grey hair cannot be treated. Neither can Black skin types, nor skin that has been exposed to the sun.

How long are the treatment times?

Treatment times vary, dependent on the body part. Here are some typical examples:

Upper lip/chin 15-20 minutes, Lower legs 1hr, Bikini/Under arm 30 minutes, Brazilian, 30 minutes.

How many Treatments will I need?

Typically you will need an average of 9-12 treatments, usually carried out 4-6-8 weekly intervals. Maintenance treatments are required twice a year.

What areas can be treated?

IPL can be used to remove hair from the bikini line, under arms, legs, stomach, back and facial areas. Areas with tattoos, sun-exposed skin and the delicate area around the eye cannot be treated.

To ensure there is no adverse reaction, a patch test is carried out during your initial IPL consultation.

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HAIR REMOVAL COST PER TREATMENT

Upper lip

Prices from - £46.00

Chin

Prices from - £46.00

Upper lip and chin

Prices from - £82.00

Beard area

Prices from - £112.00

Centre of brow

Prices from - £34.00

Under arms

Prices from - £86.00

Forearms

Prices from - £91.00

Full arm

Prices from - £170.00

Breast area

Prices from - £101.00

Chest

Prices from - £242.00

Abdomen

Prices from - £86.00

Shoulders

Prices from - £96.00

Pigmentation/age spots

These treatments are suitable if you want a more even skin tone, to reduce areas of excess freckling or target a specific age spot.

Sun spots, liver spots, freckles and other unwanted pigmentation are often associated with skin ageing and over exposure to the sun and sunbeds. Generally these age spots pose no health risk. However, they can be unsightly. Freckling and age spots are successfully lightened or removed with the intense pulsed light.

This treatment is a relatively quick and easy procedure. Age spots and freckles can be lightened or removed in as little as one to three treatment sessions. Treatment intervals of 4-6 weeks.

Facial areas

prices from - £62.00

Hands

prices from - £62.00

Arms

prices from - £122.00

Thread veins

Facial thread veins or broken veins (small unsightly superficial red, purple veins around the nose or cheeks) are effectively treated with intense pulsed light in just a few quick, easy treatments. The treatment is suitable if you want to reduce overall facial redness, reduce blushing, be rid of broken veins or red spots and have clearer, fresher looking skin. Suitable for the face, neck and chest. Treatment intervals of 4-6 weeks.

Nose

prices from - £77.00

Cheeks

prices from - £87.00

Cheeks and nose

prices from - £142.00

Neck

prices from - £162.00

Back upper

Prices from - £201.00

Back lower

Prices from - £182.00

Back full

Prices from - £302.00

Buttocks

Prices from - £126.00

Bikini standard

Prices from - £86.00

Under arm and bikini standard

Prices from - £159.00

Brazilian (with no underneath)

Prices from - £101.00

Brazilian (with underneath)

Prices from - £112.00

Lower leg

Prices from - £138.00

Upper leg

Prices from - £178.00

Full leg

Prices from - £317.00

Hands or feet

Prices from - £32.00

Skin rejuvenation

Skin rejuvenation treatments can help with fine lines, enlarged pores and poor skin texture. Sun damage can result in dull, rough skin. The intense pulsed light promotes collagen production and fibroblast activity. The results will leave your skin looking refreshed and healthy. Treatment intervals of 2-4 weeks.

Course of 6 with a free dermalogica anti ageing product

Price - £312.00

One single treatment

Price - £57.00

Acne treatments

Acne is a common skin condition that frequently affects teenagers and young adults of both sexes. However, adults of all ages from mid twenties to their fifties are increasingly affected and troubled by pore congestion and breakouts. The Luminette Advanced System can help to target the condition by destroying the bacteria causing acne. Recommended home care is required. Treatment intervals of 2-4 weeks for treatments.

Per treatment

Price - £97.00

Course of 6, buy 6 get one free

Price - £492.00



HOPI EAR CANDLES

Hopi ear candling is a holistic treatment that helps with migraines, sinus problems, stress and poor sleep patterns. The treatment will cleanse the ear and help to remove a build up of ear wax. Hopi ear candles also complement other massage treatments offered.

1 Single treatment

Price - £40.00