

# 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.

### Skin fitness plan

Powered by Face Mapping  
Your skin is unique, let's treat it that way! We will fix skin concerns fast with our 15 minute skin analysis Through Face Mapping®

Price - £10.00 deposit to hold appointment

### Pro skin 30

Targeting your skin concerns for maximum impact in minimum time, bringing in our bio therapeutic technology at every stage. This treatment is a firm favourite with those who have just 30 minutes but want visible results and great value.

Price - £40.50

### Pro skin 45

The ultimate skin treatment in the hands of an expert skin therapist, your treatment will be customised with advanced products, techniques and technology using our bio therapeutic technology at every stage.

Price - £50.00

### Pro skin 60

The ultimate treatment, different every time. Customised with advanced ion Active products and techniques using ultra sonic techniques.

The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

Price - £61.00

### Pro Skin 75 Galvanic

This advanced treatment penetrates deep into your skin by relying on Galvanic currents. This allows an intense deep cleanse 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.

Price - £66.00

### 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 - £97.00

### Pro Power Peel 30

Looking for a professional peel experience?

Our all-new Pro Power Peel redefines the peel experience. Our strongest and fastest peel yet, the Pro Power Peel collection features a full suite of peel products, including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). In this express 30-minute treatment, your skin therapist will create a customised peel to 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.

Time - 30 minutes

Price - £65.00

### Pro Power Peel 60

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, LED light therapy and relaxing massage to ensure your skin is left clear, smooth and glowing. You've never had a peel treatment like this before.

Time - 60 minutes

Price - £90.00

### Synergy Facial

Using our Dermalogica products, and combined with using micro current modalities. Non – surgical toning, with skin rejuvenation benefits. The Hydra-tone is a deeply nourishing treatment that hydrates, using micro-current rollers (which helps with muscle tone and firmness). LED technology – Red & Blue therapy helps trigger the skin tissues, and repairs.

The micro current impulses will lift and tone the facial muscles, whilst improving skin elasticity and reducing appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance to your skin!

Synergy is great if you skin needs an instant glow.

Time - 75 minutes

Price - £60.00

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## FACIAL SKINCARE TREATMENTS

### **CACI Facial**

Time - 1 hour treatment

Price - £65.00

Course of 10 plus 2 FREE

Price - £640.00

### **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

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## EYE TREATMENTS

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

### **Eyelash Tint with complimentary Hand Massage**

Price - £19.50

### **Eyebrow Tint**

Price - £11.00

### **Eyebrow Shape**

Price - £12.50

### **Eyebrow Tint and Eyebrow Shape**

Price - £23.00

### **Eyelash Tint and Eyebrow Tint**

Price - £29.50

### **Eyelash Tint, Eyebrow Shape and Tint**

Price - £38.00

### **Eyelash Tint and Eyebrow Shape**

Price - £30.50

### **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 - £38.00

### **LVL lashes**

LVL can give you longer looking lashes, without the need for lash extensions and can last up to 6 weeks depending on your hair growth.

LVL lashes will add length, volume and lift to your natural lashes.

A completely natural, low maintenance treatment.

A patch test is required 48 hours before treatment.

Time - 60 minutes

Price - £58.00

### **LVL lashes with bottom lash tint**

LVL can give you longer looking lashes, without the need for lash extensions and can last up to 6 weeks depending on your hair growth.

LVL lashes will add length, volume and lift to your natural lashes.

A completely natural, low maintenance treatment.

With bottom lash tint.

A patch test is required 48 hours before treatment.

Time - 75 minutes

Price - £66.00

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## 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 - £63.50

### Lava Shells Back Massage

Time - Half hour treatment

Price - £45.00

## 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 - £52.00

### 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 - £52.00

### 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 - £46.00

### Cranial Scalp Massage

This treatment is for those who have lots of tension and stress in there busy lifestyles.

**Cranial Massage, Decreases stress relief from migraines and headaches, helps to soothe tight muscles in the neck and facial areas, also helps you aid better sleep.**

Time - 25 minute treatment

Price - £32.00

### 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 - £36.00

### 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 - £52.00

### 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 - £68.00

### 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 - £105.00

### 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 - £37.00

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## **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 - £53.00

## **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 - £55.00

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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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## 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 - £14.00

Course of 10 (plus 1 free)  
Price - £140.00

Time - 10 minutes  
Price - £16.50

Course of 10 (plus 1 free)  
Price - £165.00

Time - 15 minutes  
Price - £19.50

Course of 10 (plus 1 free)  
Price - £195.00

Time - 20 minutes  
Price - £26.00

Course of 10 (plus 1 free)  
Price - £260.00

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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 - £22.00

**Half leg upper thigh wax**  
Price - £24.00

**Half leg and basic bikini**  
Price - £32.50

**Half leg and Brazilian  
(without underneath)**  
Price - £42.00

**Half leg and Brazilian  
(with underneath)**  
Price - £48.00

**Half leg and Hollywood**  
Price - £57.00

**Upper half leg and basic bikini**  
Price - £36.00

**Upper half leg and Brazilian  
(without underneath)**  
Price - £46.00

**Upper half leg and Brazilian  
(with underneath)**  
Price - £52.00

**Three quarter leg wax**  
Price - £27.00

**Full leg wax**  
Price - £32.50

**Full leg and basic bikini**  
Price - £40.00

**Full leg and Brazilian  
(without underneath)**  
Price - £51.00

**Full leg and Brazilian  
(with underneath)**  
Price - £57.00

**Full leg and Hollywood**  
Price - £72.00

**Basic bikini**  
Price - £13.50

**Brazilian (without underneath)**  
Price - £24.00

**Brazilian (with underneath)**  
Price - £31.00

**Hollywood**  
Price - £42.00

**Half arm wax**  
Price - £16.00

**Full arm wax**  
Price - £25.00

**Under arm wax**  
Price - £13.50

**Lip wax**  
Price - £10.50

**Chin wax**  
Price - £10.50

**Lip and chin wax**  
Price - £16.00

**Eyebrow shape**  
Price - £12.50

**Mens waxing**

**Chest wax**  
Price - £29.00

**Back wax**  
Price - £29.00

**Back wax plus tops of arms**  
Price - £34.00



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## MANICURES

### **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 - £36.50

### **Infill**

Price - £36.50

### **Soak Off Gel, followed by a Treatment Manicure**

Price - £36.50

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 - £32.50

### **Express Manicure File Paint**

Price - £23.00

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## 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 - £39.50

### Spa Pedicure, file & paint on toes

Price - £23.00

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## **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 - £49.00

### Chin

Prices from - £49.00

### Upper lip and chin

Prices from - £88.00

### Beard area

Prices from - £115.00

### Centre of brow

Prices from - £37.00

### Under arms

Prices from - £89.00

### Forearms

Prices from - £94.00

### Full arm

Prices from - £173.00

### Breast area

Prices from - £104.00

### Chest

Prices from - £245.00

### Abdomen

Prices from - £89.00

### Shoulders

Prices from - £99.00

### 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 - £65.00

### Hands

prices from - £65.00

### Arms

prices from - £125.00

### 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 - £80.00

### Cheeks

prices from - £90.00

### Cheeks and nose

prices from - £149.00

### Neck

prices from - £165.00

### Back upper

Prices from - £204.00

### Back lower

Prices from - £185.00

### Back full

Prices from - £305.00

### Buttocks

Prices from - £129.00

### Bikini standard

Prices from - £89.00

### Under arm and bikini standard

Prices from - £166.00

### Brazilian (with no underneath)

Prices from - £104.00

### Brazilian (with underneath)

Prices from - £115.00

### Lower leg

Prices from - £141.00

### Upper leg

Prices from - £181.00

### Full leg

Prices from - £320.00

### Hands or feet

Prices from - £35.00

### 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 - £360.00

One single treatment

Price - £60.00

### 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 - £75.00

Course of 6, buy 5 get one free

Price - £492.00

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## 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