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Treatment List

Face Mapping

Truly understanding your skin is the first step towards a lifetime of skin health, and our Face Mapping® skin analysis takes the guesswork out of getting skin health results! Not only will we diagnose your skin's concerns, we'll prescribe a no-nonsense home care and treatment regimen to deliver your optimum skin health in your 14 unique zones.

MicroZone® Facial

Get on-the-spot skin solutions with MicroZone® treatments. A Dermalogica skin therapist will analyze your skin, then perform a zone-specific treatment designed to solve your skin problem, in about 20 minutes. MicroZone® treatments are just the quick fix for troubled skin, and they're the ideal maintenance service between Dermalogica Skin Treatments.

Work with your Dermalogica therapist to find the right MicroZone® to meet your needs:

- flash exfoliation / resurface, smooth, brighten
- eye rescue / brighten, firm, revitalize
- lip renewal / smooth your smile
- blackhead relief / clear and prevent breakouts
- rapid spot clearing / speedy breakout recovery
- hand repair / heal rough hands
- men's skin fitness / make shaving problems history

Dermalogica Spa luxury Facial

The Dermalogica Skin Treatment is fully inclusive to deliver your skin's best health, and involve a combination of professional double cleansing, exfoliation, extractions (as needed), masque, toner and skin protection. Includes relaxing hot stone hand, arm and foot massage.

Dermalogica Touch Therapies 15 minutes

While no one knows your skin better than your Dermalogica Academy Skin Therapist, only you know how you feel. That's why you can customize any Dermalogica Skin Treatment with your choice of Touch Therapies, 15-minutes of extra attention where you need it most. Choose the treatment that addresses your needs that day:

- stress relief / back
- aroma-point / face
- deep tissue / face and shoulder

Men's Skin Care

Maintenance Programme

A treatment designed for men, to deep cleanse and soothe the skin. Particularly suitable for shaving irritation. A perfect complement to your shaving routine.

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Mother - To - Be

Ideal from 3 months onwards, this combined facial and body treatment will soothe and condition your skin to leave you relaxed and refreshed.

Dermalogica Full Body Polish

This spa treatment leaves the skin exfoliated, fresh, soft and moisturised. An abrasive body exfoliator is massaged vigorously into the skin, rinsed off and finished with a rich luxurious moisturiser to reveal clean smooth skin.

St Tropez Tanning

For a medium to darker skin tone tan. This is used to achieve dark bronzed results.

Eye & Neck Care

Eyelash Tint

A water resistant and semi-permanent alternative to mascara. Ideal for contact lens wearers. (A skin test is required 24 hours in advance which is free of charge.)

Anti-Stress Care

Hot Stone Treatments

A relaxing heat treatment using warm stones to soothe away stress and tension.

Hot Stone Combo

Using both hot stones and aromatherapy massage this intensive back massage will relieve and relax back ache and distress to the highest level.

Swedish Massage

A traditional massage to alleviate muscular tension.

Aromatherapy Full Body Massage/Back Massage

The relaxing and effective antidote to stress uses a combination of deep relaxing massage with the therapeutic effect of pure essential oils.

Indian Head Massage

This treatment will soothe away stress and tension leaving you refreshed, relaxed and with a renewed clarity of mind.

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Jessica Hand & Foot Care

Manicure

A specialist prescription treatment to enhance your nails and take care of your cuticles.

The treatment includes filing and trimming of the nails as well as a relaxing hand and arm massage, followed by a nail paint rich in vitamins A, D and E.

French Manicure

A special manicure using French-style varnish for a healthy, natural look.

Deluxe Manicure

For dry dehydrated hands and nails. Hands and nails are covered in rich cream before being placed into heated mittens to re-moisturise and soften the skin. Followed by a full Jessica manicure.

Aroma Foot Therapy Pedicure

A complete foot treatment including trimming and filing of nails, removal of excess hard skin with relaxing foot massage, followed by an optional nail paint with vitamins A, D and E.

Deluxe Aroma Pedicure

For dehydrated feet and nails. Feet and nails are covered in rich cream before being placed into thermal booties to re-moisturise and soften the skin, followed by a full Jessica pedicure.

Le Remedi Hand

Treatment (Anti Ageing)

Hands age more quickly than the face. This is a luxury and effective treatment for the hands to leave them softer, smoother, firmer and more attractive.

Gel Nails

Jessica Geleration polish offers you a longer lasting manicure with total protection for your nails. The polish is chip resistant and can last up to 3 weeks. Comes in a variety of colours.

Waxing

A temporary method of hair removal which is quick, effective, relatively pain free and has superb long lasting effects for between 4-6 weeks.

Advanced Waxing

Method of hair removal used in bikini area to offer a more thorough wax.

A 50% cancellation charge will apply if notice is given less than 24 hours in advance.

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Price List

Facials

MicroZone Facial	30mins	£25.00
Deep Cleansing Facial	45mins	£32.00
Spa Luxury Facial (Includes Hot Stone Hand, Arm & Foot Massage)	1hr	£46.00

Eye Care

Eyebrow Tint*	15mins	£ 9.00
Eyebrow Shape	15mins	£ 9.00
Eyelash Tint*	30mins	£16.00
Eyelash Extension	45mins	£18.00
Eyelash & Brow Tint*	30mins	£21.00

*Patch test required 24/48 hours in advance

Lash Lift *	1hr	£35.00
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*Patch & Glue Test required 24/48 hours in advance

Hot Stone Therapy

Back, Neck and Shoulder	30mins	£32.00
Aromatherapy Back Massage & Hot Stone Therapy Treatment Combo	1hr	£46.00
Basic Body	1hr	£46.00

Anti-Stress

Back, Neck & Shoulder Massage	30mins	£25.00
Leg Massage	30mins	£25.00
Aromatherapy Back Massage	30mins	£28.00
Indian Head Massage	30mins	£32.00
Swedish Full Body Massage	1hr	£38.00
Aromatherapy Full Body Massage	1hr	£42.00
Mother-to-be	1hr 15mins	£42.00
Reflexology	45mins	£35.00
Dermalogica Touch Therapies	15mins	£15.00
Dermalogica Full Body Polish	45mins	£35.00

Hand & Foot Care

Jessica Re-Varnish	30mins	£16.00
Jessica Manicure	45mins	£26.00
French Manicure	45mins	£26.00
Aroma Foot Therapy Pedicure	1hr	£32.00
Jessica Deluxe Manicure (Inc La Remedi Hand Treatment)	1hr	£32.00
Paraffin Wax Manicure or Pedicure	1hr	£36.00
Deluxe Aroma Foot Pedicure	1hr 15mins	£36.00

Gel Nails Hands or Feet	45mins	£25.00
Gel Nails Hands & Feet	1hr 15mins	£40.00
Gel Nails soak off	30mins	£10.00

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Hair Removal & Waxing

Eyebrow	15mins	£ 9.00
Under Arm	15mins	£10.00
Bikini (basic tidy up)	15mins	£15.00
Lip or Chin	15mins	£10.00
Forearm	15mins	£12.00
Lip & Chin	15mins	£14.00
Ankle to Knee	30mins	£15.00
Full Arm	30mins	£15.00
3/4 Leg	45mins	£20.00
Full Leg	1hr	£23.00
Full Leg & Bikini	1hr 15mins	£32.00

Bare Necessities

½ Leg Wax, Bikini Wax, Eyebrow Shape & Tint and Eyelash Tint.	1hr 15mins	£40.00
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Advanced Bikini

Brazilian (thin vertical strip)	20mins	£20.00
Playboy (narrow strip top only)	20mins	£25.00
Hollywood (all gone)	20mins	£30.00

*N.B. No Heat Treatments 24 hours Prior to Waxing

Men's Programme

Chest Waxing	30mins	£20.00
Back Waxing	30mins	£17.00
Energising Back, Neck & Shoulder Massage	45mins	£30.00
Aroma Foot Pedicure	45mins	£30.00
Back, Neck & Scalp Treatment	45mins	£30.00

Tanning

Crazy Angels Spray Tan (full body)	30mins	£15.00
Crazy Angels Spray Tan (half body)	15mins	£10.00
St Tropez Spray Tan (full body)	30mins	£15.00
St Tropez Spray Tan (half only)	15mins	£10.00
Tan Optimising Scrub and Spray Tan	1Hr	£30.00
St Tropez Spray Express Tan (full body)	30mins	£25.00
St Tropez Spray Express Tan (half only)	15mins	£20.00

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Midweek Spa Days

Bronze Package

Swedish B/N/S Massage & Express Facial 50mins £30.00

Silver Package

Aromatherapy B/N/S/ Massage & Microzone Facial 1hr £35.00

Gold Package

Hot Stone B/N/S/ Massage & Deep Cleansing Facial 1hr 15mins £40.00

Midweek Spa packages include tea, coffee or glass of iced water

Spa Days

Options Day* (select 2 of the following)

Swedish Back, Neck and Shoulder Massage (30 mins) • Micro zone Facial (30 mins) • Jessica file and polish. (30mins) **£60.00**

Pamper Me* (select 2 of the following)

Hot Stone Back, Neck and Shoulder Massage (30 mins) • Deep Cleansing Facial (45 mins) • Jessica Manicure. (45 mins) **£70.00**

Spa Experience* (select 3 of the following)

Aromatherapy Back, Neck & Shoulder Massage (30 mins) • Deep Cleansing Facial (45 mins) • Manicure (45mins) or Pedicure (1 hr) **£80.00**

Dermalogica Spa Day* (all 3 of the following)

Choice of full body massage (1hr) • Deep Cleansing facial (45mins) • File & Polish (30 mins) **£90.00**

*Spa Day Packages include light lunch and use of our facilities.

Please Note · We are open to non-members · Gift vouchers are available from reception · All vouchers are valid for **6 months** · A **50%** cancellation charge will apply if notice is given less than 24 hours in advance · Products used in treatment are available for home purchase · A 50% deposit is required for group bookings over 2 hours · A 50% deposit is required for all Spa Days.

All treatments are subject to a consultation period which is incorporated within the advertised treatment time.

**For further information or to make an appointment please contact the Salon on
01355 354 410 or eastkilbride@youfitclubs.co.uk**