



the balcony
health & beauty

treatment guide & price list

Welcome to The Balcony Health & Beauty

Found within The Fountain Spa Health & Leisure Club, The Balcony Health & Beauty Salon is open to both members and non members. Our highly skilled professional therapists offer a vast range of health & beauty treatments in a relaxed and friendly environment. We use high quality, results-driven products to ensure that you get the best from your visit to our salon.

Elemis combine dynamic ingredients, medical grade formulas and dedicated research to provide a range of Spa therapies that offer scientific solutions to every skin, body or lifestyle concern.

The Jessica brand is used for our Manicures, Pedicures and Geleration Nails. They are a 'natural nail company' concentrating on bringing your own nails to their optimum condition.

Fake Bake if the UK's leading professional self tan and spray tan brand. Fake Bake products are paraben free and rich in botanical ingredients, using naturally derived tanning agents to create a longer lasting, more natural looking result.

Australian Body Care (ABC) products are used for all our waxing treatments. They deliver high standard products using superior quality ingredients with antiseptic properties (Tea Tree) to promote skin healing.

Minx Nails are the 'look at me' fashion forward nail accessory that has stormed the UK. They are a solid foil nail coating with an adhesive backing that is heat activated. They come in a variety of colours and designs.

Opening Times

Monday	11am - 7pm
Tuesday	11am - 7pm
Wednesday	9am - 8pm
Thursday	9am - 8pm
Friday	9am - 6pm
Saturday	9am - 5pm
Sunday*	10am - 6pm

*Subject to availability

The logo for Elemis, featuring the brand name in a stylized, serif font with a horizontal line underneath.The logo for Jessica, consisting of a stylized 'J' symbol above the word 'JESSICA' in a bold, sans-serif font.The logo for Minx, with the word 'Minx' in a large, stylized, handwritten-style font and 'NAILS.COM' in a smaller font to the right.

Balcony Information

- Treatments are only available to persons over 16 years of age.
- Members of The Fountain Spa Health & Leisure Club receive a 10% discount on beauty treatments*.
*Exclusions apply
- A full 24 hours notice is required in the event of cancellation. A 50% fee may be chargeable if less than 24 hours notice of cancellation is received.
- Timekeeping - we understand that all of our customers have busy lives. If you are running late please let us know. Unfortunately if you are running very late we may be unable to offer you your appointment, as we can't keep other clients waiting.
- Gift Vouchers - The Balcony Health & Beauty Gift Vouchers offer the perfect gift solution whatever the occasion. They are valid for 6 months and can be tailor-made for any amount or treatment.
- Spa Pamper Packages - if you book a Spa Pamper Package with us you can use the Gym, Sauna, Steam Room, Spa Bath, Swimming Pool and the range of Fitness Classes before you indulge in your relaxing treatments.
- Please let us know when making your appointment if you are pregnant, have high or low blood pressure, seaweed or seafood allergies, thyroid problems or asthma as some of our treatments may not be suitable.
- A £20.00 deposit is required for all treatment bookings of 1½ hours or more and for all Spa Packages.

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Waxing & Tinting

Waxing

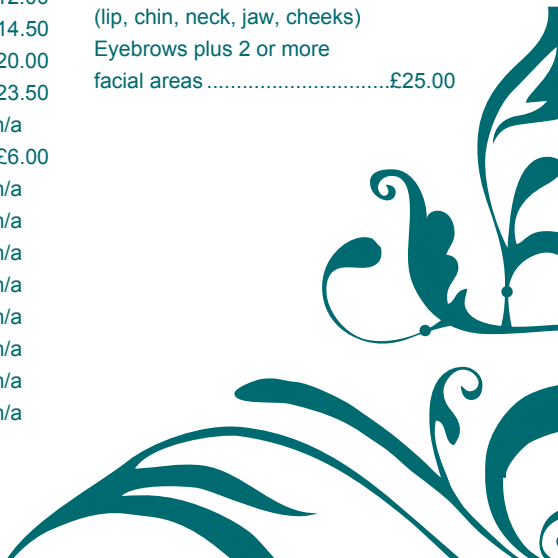
We recommend that you do not have any heat treatments such as sunbeds, sauna or steam room sessions for a minimum of 8 hours before or after waxing. Use of the swimming pool is not advised for a minimum of 8 hours after waxing.

For smaller, more sensitive areas we now give you the choice of either traditional strip wax or our NEW Hot Wax. Hot wax is perfect for those more intimate areas, by adhering only to the hair there is less skin irritation, less painful and can help to reduce ingrown hairs.

	STRIP WAX	HOT WAX
Eyebrow Wax.....	£8.75	£9.75
Underarm Wax.....	£9.50	£11.00
Lip OR Chin Wax.....	£10.00	£8.50
Lip & Chin.....	£10.00	£12.00
Bikini Wax (to the pant line).....	£10.00	£12.00
High Bikini.....	£11.50	£14.50
Brazilian Bikini (a narrow strip) ..	£17.50	£20.00
Hollywood Bikini (all off).....	n/a	£23.50
Forearm Wax.....	£14.00	n/a
Tummy Wax.....	£5.00	£6.00
Toes Wax.....	£2.00	n/a
1/2 Leg Wax.....	£16.50	n/a
3/4 Leg Wax.....	£19.50	n/a
Full Leg Wax.....	£23.00	n/a
Back Wax.....	£20.50	n/a
1/2 Back Wax.....	£13.00	n/a
Chest Wax.....	£21.00	n/a
Back & Chest Wax.....	£39.00	n/a

Threading

Eyebrow Threading	£8.75
Facial Threading per area	£8.50
(lip, chin, neck, jaw, cheeks)	
Eyebrows plus 2 or more facial areas	£25.00





Tanning - Let your body glow without the sun

Fake Bake Spray Tans

Preparation notes: The day before your treatment, you are required to exfoliate and moisturise your skin at home. For best results use the Fake Bake Passion Fruit Body Scrub and Oil-Free Moisturiser. It is advised that no soap products are used on your skin on the day of your treatment.

Why not upgrade to a Deluxe Spray Tan where we can prepare your skin for you for an additional £10, adding 15 minutes to your treatment.

Fake Bake Beyond Bronze A natural, flawless tan that lasts around 3 days - perfect for regular tanners.	30 min	£15.00
Fake Bake Original A favourite of many, working with your natural tones to develop the perfect tan.	30 min	£18.00
Fake Bake Darker Ideal for those regular tanners looking for something a bit darker.	30 min	£18.00
Fake Bake Gold includes natural anti-oxidants to help combat free-radicals that can age skin.	30 min	£20.00
Fake Bake 60min For those last minute tans - ready in 1 hour for a light tan, 2 hours for medium or 3 hours for dark.	30 min	£20.00

...don't worry, your highly experienced therapist can help you decide on the best tan for you.

Fake Bake Cream Gold A longer lasting alternative to the Spray Tan. Fake Bake Gold is a complete salon professional tanning system, from preparing and nourishing your skin through to the application of the Fake Bake Cream Tan itself. With the correct homecare, Fake Bake Cream Tan can last up to 10 days.	1 hour	£40.00
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Tinting

A Tint Test is required 24 hours prior to first time tinting in this salon.
This only takes a few minutes and is free of charge.

Eyebrow Tint.....	£7.50
Eyelash Tint.....	£13.00
Eyelash & Eyebrow Tint.....	£18.00
Eyelash Tint & Eyebrow Wax	£20.00
Eyelash & Eyebrow Tint & Eyebrow Wax	£25.00



Hands and Feet

Have hands and feet to be proud of with our Jessica Manicures and Pedicures.

Jessica Manicures

Mini Manicure

Nails are filed, shaped and buffed prior to the application of your choice of nail colour.

£16.00

Manicure

This manicure includes filing and shaping of the nails, cuticle work, an application of hand cream, base coat, two coats of colour and a topcoat to create those perfect looking nails.

£23.00

Delux Manicure

This luxurious treatment will rejuvenate and hydrate dry, dehydrated hands and nails. Rich oils and creams are applied, your hands are then placed into heated mitts designed to soften and hydrate your skin and nails. The full manicure is then carried out and you receive a free mini polish.

£32.00

French Polish with any manicure an extra £1.50

Jessica Pedicures

Open toed shoes are advised when having a pedicure to reduce the chance of smudging the polish.

Mini Pedicure

Nails are filed, shaped and buffed prior to the application of your choice of nail colour.

£16.00

Pedicure

Feet are exfoliated, toenails shaped and cuticles tidied. Completed with a foot massage and polish.

£26.00

Delux Pedicure

A totally luxurious treatment which hydrates and nourishes dry feet and nails. Includes heated booties, massage, a full pedicure and a free mini polish for you to keep.

£35.00

French Polish with any pedicure an extra £1.50



Hands and Feet

Minx^{NAILS}

J
JESSICA

Have hands and feet to be proud of with our Jessica Geleration & Minx Nails.

Jessica Geleration Nails

Semi-permanent nail colour – Long lasting nail polish, chip resistant, no smudging, simple non damaging removal. Lasts up to 3 weeks, available in a variety of colours or French.

Geleration Manicure

£30.00

This treatment includes filing and shaping of the nails, cuticle work if required, application of the Geleration nail colour of your choice followed by the application of hand cream.

Geleration Pedicure

£30.00

Feet are cleansed, toenails shaped and cuticles tidied prior to the application of your choice of Geleration nail colour. Your treatment is completed by the application of foot cream.

Deluxe Geleration Pedicure

£40.00

Treat your feet as well as your toes with our Deluxe Geleration Pedicure. Enjoy all the benefits of a Geleration Pedicure with the addition of foot soak, exfoliation & massage to make your feet feel like they are walking on air...

Geleration Nail Removal & Reapplication

£30.00

Geleration Nail Infills/Refresh

£20.00

Geleration Nail Removal

£15.00

Geleration Nail Repair (per nail)

£2.00

Minx Nails

Minx nails have become the latest must have fashion accessory for the celebs. Minx is a solid foil nail coating that comes in sparkly metallic and a variety of colours and designs. Non-chip, Non-Smudge and lasts for 3 – 5 weeks.

Minx Nail Pedicure

£25.00

Feet are cleansed, toenails shaped and cuticles tidied prior to the application of your chosen Minx pattern.

Massage

Elemis

From the soles of your feet to the crown of your head, calm your body and mind and drift away from it all with our range of relaxing massage.

Aromastones Full Body Massage **1hr 10min** **£59.00**

An unforgettable, deeply relaxing full body massage combining your therapist's hands with heated basalt stones to instantly melt away stress and tension. Treating your full body, face, scalp and feet.

Mother-To-Be Full Body Massage **1hr 10min** **£59.00**

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy, helping to relieve tension in the lower and upper back as well as alleviating swelling of the hands and feet.

Face & Body Sensation **1hr 10min** **£55.00**

The perfect treatment duo to help alleviate stress, ease aching muscles in your back and legs and leave your face feeling pampered and radiant. Experience a luxurious massage on your back and legs using heated basalt stones combined with the cooling sensations of instant refreshing gel. Once you feel suitably relaxed, you will then be treated to an Advanced Power Facial designed to restore your skin's youthful radiance.

Back of Body Stones Massage **45 min** **£39.50**

A 45 minute 'Back of Body' massage combining the warming sensation of heated stones with the cooling sensation of Instant Refreshing Gel for a relaxing yet rejuvenating massage experience. A must have treatment for all...

Spa Massage

This treatment combines a wide range of massage techniques adapted to suit your specific needs. Ideal to help relax and relieve stress and muscular tension.

Spa Full Body Massage **1 hour** **£45.00**

Spa Back, Neck, Shoulder & Face Massage **45 min** **£38.00**

Spa Back of Body Massage **45 min** **£38.00**

Spa Back Massage **30 min** **£28.00**

Indian Head Massage

An intensely relaxing massage concentrating on the main areas that concern us all; head, neck and shoulders. This treatment is perfect for reducing tension to relieve headaches, stiffness and aching muscles in these areas.

Indian Head Massage **50 min** **£40.00**

Indian Head Massage **25 min** **£28.00**

Massage - Complementary Therapies

These treatments are performed by specially qualified and experienced therapists. Booking times vary throughout the week so please phone to enquire about availability.

Thai Massage

Traditional Thai Massage is a 2500 year old technique for relaxing the body and quieting the mind. It can help to relieve physical problems such as back pain, tense shoulders and neck, stiffness, poor posture, indigestion and sciatica, as well as more mental problems like stress and lethargy.

Thai Traditional Massage	50 min	£40.00
Thai Herbal Oil Massage	50 min	£40.00
Thai Foot Massage	50 min	£40.00

Sports and Remedial Massage

A deep, intense massage concentrating on problem areas to help relieve muscular aches and pains. It helps to loosen and relax tense, overworked muscles and alleviate postural problems.

Sports & Remedial Massage	50 min	£40.00
Sports & Remedial Massage	25 min	£30.00

Reflexology

The whole body is treated through pressure being applied to reflex points on the feet that relate to the corresponding organs and systems within the body. An ideal treatment to help reduce stress, relieve aches and pains and help improve circulation.

50 min £40.00

Chiropractor*

By working primarily with the Spinal Column, the Chiropractor's ultimate goal is to restore, maintain and optimise spinal alignment and nervous system function in order for clients to have the greatest opportunity to achieve optimal health.

Physiotherapy*

Physiotherapy can be beneficial for joint, back, neck & soft tissue pain and injuries, as well as optimal recovery following surgery. Treatment can include hands-on techniques, sports taping, acupuncture and individual Pilates programmes.

45-60min initial appointment	£45.00
20-30min follow-up	£30.00
45-60min follow-up	£45.00

Chiropody/Podiatry*

If you have problems with your feet, seek advice from our on-site podiatrist to keep your feet in top condition. Treating many foot conditions including: ingrowing toenails, fungal nails, corns, calluses, verrucas and athlete's foot.

30-40mins £30.00

* The Fountain Spa Leisure Club Member's discount is not applicable to these treatments.

Elemis Facials

Elemis Anti-Ageing Facials

These superior face treatments are the ultimate in hands-on scientific skin-therapy. Incorporating Japanese eye silks and advanced anti-ageing treatment masks, all aimed at slowing skin ageing.

Pro Collagen Quartz Lift Facial

1hr £62.00

See a younger, firmer future. Helps to firm skin and plump out wrinkles. Up to 94% reduction in wrinkles and up to 57% improvement in skin firmness*

Visible Brilliance Facial

1hr £62.00

Visibly increases elasticity and hydration to fight ageing. Up to 61% increase in hydration and up to 40% increase in elasticity*

Tri Enzyme Resurfacing Facial

1hr £62.00

Peel away the years for smoother, more radiant skin. Up to 75% skin resurfacing and up to 32% increase in skin smoothness*

NEW Pro-Intense Lift Effect Facial

1hr £62.00

Powered by breakthrough technology, lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

96% of women stated that their facial contours appeared **firmed, lifted and shaped***

90% of women stated that the sagging on their cheeks and neck was **visibly improved***

* Independent Clinical Trials

Gents Anti-Ageing Facials

Skin IQ+ Facial

1hr £62.00

Protecting against the harsh, ageing effects of shaving and environmental damage, this facial is the ultimate overhaul for male skin.

Urban Cleanse Facial

1hr £62.00

A deep cleansing, complete skin detox. This super grooming facial works overtime to eliminate blocked pores, accelerate skin repair and neutralise impurities, leaving the skin visibly clear and squeaky clean.



Elemis Facials



Skin Specific Facials

These prescription facials combine specialised deep cleansing and eastern massage techniques to help bring radiance and vitality to skin.

Fruit Active Glow Facial - Bring back the glow to a lifeless complexion	50 min	£42.00
Exotic Moisture Dew Facial - Treat your skin to a moisture boost	50 min	£42.00
Herbal Lavender Repair Facial - For perfect restoration of skin balance	50 min	£42.00

Express Facials

These facial treatments are suited to all skin types and are a great way to combat the effects of urban living.

Elemis Power Boost facial	30 min	£45.00
The Elemis Power Boost Facial condenses the advanced techniques from the Advanced Facials into a superb 30min treatment to give you maximum results when you are short on time.		
Elemis Silk EyeZone Therapy	30 min	£30.00
Specifically concentrating on the eye area, this therapy helps to reduce fine lines and dark circles.		
Essential Facial	30 min	£28.00
For those of you short of time, this introductory facial, adapted to your skin's needs, is the perfect 'pick-me-up' for your skin.		



Elemis Body Treatments

Elemis

The ultimate indulgence, incorporating nourishing oils, scrubs and lotions to leave your skin feeling revitalised.

Body Wraps

Why not include an Essential Facial with any of our Body Wraps for an additional £15.00

Cellutox Body Wrap* **1hr 15min** **£45.00**
Excellent for improving the dimpled appearance of cellulite and reducing water retention. A warm seaweed mask is applied to the body before you are cocooned in a comforting foil wrap. Let your thoughts drift away whilst you have a soothing face and scalp massage.

Musclease Body Wrap* **1hr 15min** **£45.00**
Helps to ease muscle spasms, fatigue, rheumatism and arthritis. A warm seaweed body mask, combined with a blend of essential oils is applied to the body before being cocooned in a comforting foil wrap. Also includes a soothing face and scalp massage.

Exotic Coconut Rub and Milk Wrap **1hr 15min** **£45.00**
A traditional Balanese recipe of Coconut, Huge, Spices and Lavender polishes the skin, whilst exotic body oil indulges your senses. A warmed milk bath is poured over your entire body before being cocooned in a comforting foil wrap as you relax and enjoy a soothing scalp massage. Ideal for skin problems such as psoriasis and eczema.

Exotic Frangipani Body Nourish Wrap **1hr 15min** **£45.00**
With the most exotic aroma and texture imaginable, Frangipani Monoi oil will soothe, condition and soften your skin. Have your skin drenched in moisture and bathe in sensuality as you are cocooned in a comforting foil wrap and relax with a soothing scalp massage.

** Not suitable if you have high/low blood pressure, seaweed/iodine allergies or a thyroid deficiency.*

Elemis Body Treatments

Elemis

The ultimate indulgence, incorporating nourishing oils, scrubs and lotions to leave your skin feeling revitalised.

Cellulite Treatment

Body Sculpting Cellulite Treatment

1 hour £45.00

Redefine and smooth your silhouette. A detoxifying Fennel and Birch peel-off body mask is applied which, combined with specialist massage techniques, helps deeply cleanse the body's system. An excellent treatment for helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out. For maximum results; we recommend a course of this treatment. You can purchase a block booking of 3 treatments for £135, receiving the 4th free.

Exfoliation Treatment

Frangipani Monoi Salt Glow

45 min £35.00

An exotic full body exfoliation treatment to invigorate and revitalise the body. After a light body brushing, warm oil is dripped luxuriously all over your body before a sublime Lime and Ginger Salt Glow is applied. Leave with your skin glowing and vibrant.

Exotic Lime and Ginger Salt Glow

45 min £35.00

A luxurious salt exfoliation that melts on contact with the skin to leave it beautifully soft and nourished. Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian monoi oil and frangipani flowers seal in moisture leaving skin delicately fragranced.

Face & Body Treatment

Face & Body Sensation

1hr 10min £55.00

The perfect treatment duo to help alleviate stress, ease aching muscles in your back and legs and leave your face feeling pampered and radiant. Experience a luxurious massage on your back and legs using heated basalt stones combined with the cooling sensations of instant refreshing gel. Once you feel suitably relaxed, you will then be treated to an Advanced Power Facial designed to restore your skin's youthful radiance.



Spa Pamper Packages

Elemis

Make the most of your spa day relaxing in our leisure facilities prior to your treatments. Whether it's an invigorating swim in the 20 metre pool, a relaxing dip in the spa bath or a sauna and steam – it's all included in your spa day.

Your day will begin upon arrival at The Fountain Spa reception where you will complete your spa day questionnaire and be issued with locker keys where you will find a towel, robe and slippers for use throughout your spa day. You can then relax as you please using the spa facilities prior to your spa treatment time.

Indulgence Spa Day

2hr £99.00

Your skin will be lightly body-brushed, smothered in exotic oils and polished with a traditional balinese coconut rub before a warmed milk bath is drizzled over your entire body. You will then be cocooned in a comforting foil wrap as you relax and enjoy our Elemis Power Booster Facial. Following an invigorating shower your Back and legs will be treated to a relaxing Spa Massage and full body moisturising to finish.

- Elemis Coconut Wrap and Milk Body Wrap
- Elemis Power Boost Facial*
- Back of Body Spa Massage
- Use of Leisure Facilities
- Towel, Robe & Slipper hire

Time Out Spa Day

2hr 15min £99.00

Have your skin lightly body brushed, drizzled with warm oil and exfoliated with our luxurious Frangipani Monoi Salt Glow. After a revitalising shower any muscular tension will be eased with a relaxing full body spa massage before the pampering is completed with our Elemis Power Boost Facial which is a results driven 30min facial.

- Elemis Frangipani Monoi Salt Glow
- Full Body Spa Massage
- Elemis Power Boost Facial*
- Use of Leisure Facilities
- Towel, Robe & Slipper Hire

**Facial can be upgraded to the Elemis Anti-Ageing Facial for £15, adding an extra 30mins to your spa treatment time. Please ask when booking.*

Spa Pamper Packages

Elemis

Absolute Spa Ritual Spa Day

1hr 30min £75.00

The ultimate skin and body therapy for maximum results. Enjoy the Elemis Power Boost facial combined with a relaxing Full Body Spa Massage. Two hours of pure relaxation.

- Elemis Power Boost Facial
- Full Body Spa Massage
- Use of Leisure Facilities
- Towel, Robe & Slipper Hire

Mini Pamper Spa Day

1hr 10min £43.00

- Elemis Frangipani Monoi Salt Glow
- Mini Manicure
- Use of Leisure Facilities
- Towel, Robe & Slipper Hire

Spa Beauty Packages

We can take care of all of your beauty essentials, with our full range of waxing, eye treatments, fake tanning and nail care advice.

Beauty Express Package

1hr 15min £50.00

- Fake Bake Spray Tan
- Mini Manicure
- Mini Pedicure

Geleration Package

1hr 30min £70.00

- Geleration Manicure
- Deluxe Geleration Pedicure
- Midi Polish to take home

The Fountain Spa Leisure Club Member's discount does not apply to these Packages.

Group Bookings

Very popular for a special day out. Just let us know when you would all like to come and which treatments everyone in your party would like. Give us a call with the details and we'll arrange everything and send you a proposed schedule for your group's treatments. For bookings of 4+ you can have use of the swimming pool, sauna, steam room and spa bath prior to your treatments. For more information give us a call on the number below.

Retail Products

All Elemis, Fake Bake and Jessica products are available for you to purchase for use at home, please ask your Therapist for advice on the best products for you.

Car Parking

There is free car parking available within the grounds of the Best Western Kings Manor Hotel for Balcony Health & Beauty clients during your visit.

Location

The Balcony Health & Beauty Salon is based within the Leisure Club of the Kings Manor Hotel. See map below.

the balcony
health & beauty

Contact details:

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search "The Balcony Health & Beauty"



The Balcony Health & Beauty Salon at The Fountain Spa Health & Leisure Club
Best Western Kings Manor Hotel, 100 Milton Road East, Edinburgh, EH15 2NP