

## Body Massage

Aching muscles and fatigued body? Your professional skin therapist will ease away tensions and stress whilst improving blood circulation and enhancing glow leaving you with revitalised, nourished skin and invigorated mind and body.

### Swedish Massage

This traditional massage will increase oxygen flow to the blood and release toxins from the muscles. It reduces stress both emotionally and physically and helps to reduce recovery from muscle strain. It enables the bodies' circulation to increase without increasing the heart load. It can also help to stretch tendons and ligaments whilst stimulating the skin and soothing the nervous system

<b>Back, Neck &amp; Shoulder</b>	<b>£30</b>
<b>Purifying Back Treatment</b>	<b>£40</b>
<b>Full Body Massage</b>	<b>£45</b>
<b>Pregnancy Massage</b>	
<b>Back Massage</b>	<b>£30</b>
<b>Full Body Massage</b>	<b>£45</b>

This massage is only available after 12 weeks of pregnancy

### Hot Stone Therapeutic Massage

This deep, warm, relaxing treatment uses traditional methods of massage and incorporates volcanic basalt stones heated to a comfortable temperature enabling a deep level of relaxation. Known not only for its healing effects it is the ultimate journey for mind, body and soul. Stone therapy is pure decadence.

<b>Back, Neck &amp; Shoulders</b>	<b>£40</b>
<b>Back and Legs Massage</b>	<b>£50</b>
<b>Full Body Massage</b>	<b>£60</b>

### Aromatherapy Massage

<b>Full Body Massage</b>	<b>£50</b>
<b>Back, Neck &amp; Shoulder</b>	<b>£35</b>
<b>Indian Head Massage, 30 mins</b>	<b>£35</b>

The head, neck, face and shoulders are massaged with the purpose of manipulating energy channels. A build up of negative energy can occur in these channels causing common ailments such as stress, anxiety and general aches and pains. This 30 minute massage can help to decrease these complaints and increase blood supply and muscle relaxation

## Body Wraps

Indulge your skin and body, this treatment includes body brushing full body exfoliation then rest in a warm body wrap whilst enjoying a relaxing scalp massage

**Power Recovery** **£55**

(ideal for those suffering with signs of premature ageing or dry, sensitive or irritated skin)

**Nourishing Sea Mud** **£55**

(A cleansing and nourishing treatment suitable for all skin types stimulates circulation)

## Waxing for Ladies

<b>Half leg wax (knee + below)</b>	<b>£15</b>
<b>¾ Leg wax</b>	<b>£22</b>
<b>Full leg wax</b>	<b>£25</b>
<b>Under arm Wax</b>	<b>£11</b>
<b>Bikini line wax</b>	<b>£15</b>
<b>Brazilian wax</b>	<b>£25</b>
<b>Hollywood</b>	<b>£32</b>
<b>Eyebrows</b>	<b>£9</b>
<b>Upper Lip</b>	<b>£8</b>
<b>Chin</b>	<b>£10</b>
<b>Forearms</b>	<b>£15</b>
<b>Fingers/ toes</b>	<b>£10</b>
<b>Extended Bikini</b>	<b>£18</b>

## JUST FOR MEN

<b>Gents Hand &amp; Nail</b>	<b>£25</b>
<b>Executive foot care</b>	<b>£25</b>
<b>Chest wax</b>	<b>£25</b>
<b>Back wax</b>	<b>£25</b>
<b>Shoulder wax</b>	<b>£20</b>
<b>Full legs</b>	<b>£25</b>
<b>Eyebrows</b>	<b>£11</b>

We have a 24 hour cancellation policy and all weekend appointments will be asked to provide a 50% non refundable deposit

### Opening Times:

Mon-Thurs: 11.00-19.00

Fridays: 10.00-19.00

Saturdays: 09.00-17.00

Sundays: 10.00-16.00

**Tel: 023 9246 6214**

[www.langstonehotel.co.uk](http://www.langstonehotel.co.uk)

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INFINITE BEAUTY

@The Langstone

## Hand & Feet Treatments

**File & Polish £15**  
**Jessica Manicure £30**  
Includes exfoliation, massage and cuticle care. Nails will be beautifully shaped and treated with a prescriptive base coat and finished with the perfect polish.

**Zen Spa Pedicure £35**  
Hard skin will be removed; massage with deep conditioning creams leaving your feet softer and smoother. Cuticles will be groomed and toenails beautifully shaped and finished with the perfect polish.

**Deluxe manicure or pedicure £40**  
Hard skin will be removed; massage with deep conditioning creams and masque leaving your hands/ feet softer and smoother. Cuticles will be groomed and nails beautifully shaped and finished with the perfect polish.

**GELERATION**  
GELeration's gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. GELeration is available in a range of Jessica's most popular colours.

**Jessica Gel manicure £40**  
**Gel Shape and Polish £30**  
**Zen Spa Gel Pedicure £40**  
**Gel removal FREE with any other GEL treatment**  
**...or as an individual treatment £10**  
**Gems or Glitters additional 5p per nail**

## Eye Treatments

**Eyelash tint £13\***  
**Eyebrow tint £10\***  
**Lash and Brow tint with Brow wax £27\***  
\*Patch test required 24 hours prior to treatment  
**LVL Lashes £30**  
semi-permanent lift, enhances and elongates natural lashes, includes tint and can last up to 8 weeks \* patch test required 48 hours prior to treatment

## Gentlemen's facial

Includes double cleansing, exfoliation, massage, masque, steam extraction treatment, hydration and moisturising.

**Gentlemen's Facial - 1 Hour £45**

## Why Dermalogica?

When Dermalogica meets skin, skin health is redefined. Our promise to you is that your skin will never have felt as clean, or as healthy, as after one of our professional services; nor will you leave our Skin Bar® without truly understanding your skin, and its needs. Our therapists are among the best trained in the industry, and each has postgraduate certification from The International Dermal Institute.

What does that mean for your skin?

Quite simply: Real Treatments. Real Answers. Real Products. Real Results!

## Dermalogica skin Treatment

**Dermalogica Facial – 1 Hour £50**  
**Express Dermalogica Facial – 30 mins £40**  
**Teenage Facial – 30 mins £30**

The original Dermalogica Skin Treatment is 100% customised to your skin need's, based on consultation and a thorough, zone-by-zone Face Mapping® skin analysis, making it one treatment that's different every time! Prescribed for you, each treatment includes professional double cleansing, exfoliation, (results enhancing electrical modalities?) extractions, masque, toner and skin protection with SPF. To complete your experience you can customise your skin treatment with your choice of Touch Therapies. As Dermalogica professionals, we may choose a mixture from the following dermalogica health system or segmented lines to create the ultimate prescriptive treatment:

**AGE smart®**  
Are the signs of ageing more prevalent on your skin? AGE Smart® will give it a revitalising power boost to firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin ageing.

**MediBac Clearing®**  
It's the end of the line for adult acne with this powerful line of products that will jump-start acne clearing and help prevent acne well beyond the treatment.

**UltraCalming™**  
The Dermalogica UltraCalming™ products are serious relief for sensitised skin that calms, soothes and replenishes the most aggravated, irritated, inflamed skin.

**Powerbright TRx®**  
Accelerate skin brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment

## Dermalogica Touch Therapies

**15 minutes each £15**  
While no one knows your skin better than your Dermalogica Skin Therapist, only you know how you feel. That's why you can customise your Dermalogica Skin Treatment with your choice of Touch Therapy, 15 minutes of extra attention where you need it most. Choose 1 or more;

- **Stress relief neck & shoulder massage**
- **Stress relief back massage**
- **Stress relief foot massage**
- **Stress relief scalp massage**

## Hopi Ear Candle

This is a fantastic stress reducing treatment. It can help to soften compacted ear wax, helps aid a sore throat, congestion, tinnitus, glue ear, sinusitis, rhinitis and vertigo to name but a few.

**Thermal Auricular Therapy**

**20-30 mins £25**

**Ear Candles with short lymphatic drainage**

**Deluxe Thermal Auricular Therapy - 1 Hour £55**

This hour long treatment consists of a facial cleanse, tone,mask, ear candles, massage and moisturise, incorporating Dermalogica Skincare.

## Anti-Ageing

**Microdermabrasion Treatment £50**  
**Course of 3 (saving £35) £115**

## Non Surgical Face Lift

**Microcurrent facial £55**  
**Course of 6 £295**  
**Combined package £85**  
**Course of 10 combined treatments £700**

## Infinite Packages

### Package A

30 minute Dermalogica Facial  
30 minute Purifying Back Treatment to include scrub & massage  
Full use of leisure facilities, pool, Jacuzzi, sauna and steam room  
Afternoon Tea  
£99 ( treatment duration approx 1hr)

### Package B

30 minute Dermalogica Facial  
30 minute Swedish Massage  
Full use of leisure facilities, pool, Jacuzzi, sauna and steam room  
Afternoon Tea  
£99 (treatment duration approx. 1hr)

### Package C

Dermalogica Facial  
Jessica File and Polish for Fingers and Toes  
Full use of leisure facilities, pool, Jacuzzi, sauna and steam room  
Afternoon Tea  
£120 (treatment duration approx. 2hr)  
Upgrade to gels for £10 per application (fingers or toes)  
£130 (fingers or toes 2 ½ hours)  
£140.00 (fingers and toes 3hrs)

## Infinite Bridal & Special Occasion

### Jessica Manicure

### Jessica Pedicure

### Full Body Swedish Massage

### Make-up on the day

£125

Special Occasion/Prom Make-up - £30

Bridal trial - £30

...with gels - £40

Bridal – Wedding Day - £45

Make-up and Gels - £60

Trial session and Wedding Day combined - £90

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