



## Stephanies Days of Beauty

Stephanie has combined her expertise in beauty therapy and fitness to offer you special Days of Beauty, for an invigorating and relaxing break from the stress of everyday life. During the day guests can take time to work out in the gym or take advantage of the swimming pool, spa bath, sauna and steam room. A lunch is included in the hotel.

### A Touch Of Beauty Day £100.00

Thalgo pick me up facial  
Jessica Manicure  
Back, Neck, Shoulder and Scalp Massage

### Stress Away Day £85.00

Full Body Massage  
Scalp Massage  
Aromatherapy Foot Therapy

### Luxury Beauty Day £109.00

Thalgo pick me up facial  
Prescription Manicure  
Back, Neck and Shoulder Massage  
Aromatherapy Foot Therapy  
Eyelash Tint

### Pure Indulgence Day £126.50

Aroma Back Massage  
1 hour Thalgo Facial  
Shape and Varnish  
Indian Head Massage

### Wedding / Pre-holiday Package £125.00

Jessica Manicure, Jessica Pedicure  
St Tropez Tan  
Eyelash Tint,  
Eyebrow Tidy

### Twilight Relax £50.00

Choose one 30 minute treatment from the following four.  
Facial, Massage, Indian Head Massage or Manicure.  
Includes a glass of wine and bar snack in the Courtyard Bar.  
Available between 5pm and 9pm on Mondays and Thursdays.  
Great for a pamper after work or a girls night out.

## Eye Care

### Eyelash Tint\*

A water resistant semi-permanent alternative to mascara.  
Ideal for contact lens wearers.

Time 30 mins Price (member) £9.50 Price (non member) £10.50

### Eyebrow Tint\*

A water resistant semi-permanent alternative to eyebrow pencil.

Time 15 mins Price (member) £7.00 Price (non member) £9.00

### Eyelash and Brow Tint\*

Time 30 mins Price (member) £15.50 Price (non member) £17.50

### Eyebrow shape

Time 15 mins Price (member) £8.00 Price (non member) £9.00

\* Patch test required 24 hours in advance, which is free of charge.

## Eyelash Extensions

Have you ever dreamed of long dark lashes? Well now you can have them extending your own lash to whatever length you like. It lasts for 2-4 weeks. Ideal for a holiday, night out or every day wear. Treatment includes an eyelash tint.  
*Patch test required 24 hours in advance, which is free of charge.*

Time 1 hour Price (member) £30.00 Price (non member) £33.00

## Hair Removal

### 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.

	Time	Price (member)	Price (non member)
Full Leg	30 mins	£21.00	£23.50
Half Leg	15 mins	£14.50	£15.50
Under arm	15 mins	£9.00	£10.00
Bikini	15 mins	£9.00	£10.00
Back*	30 mins	from £10.00	£11.00
Chest*	30 mins	from £10.00	£11.00
Lip or Chin	5 mins	£6.00	£7.00
Arm	20 mins	£14.00	
Eyebrows	10 mins	£8.00	£9.00

\* No showering / swimming / sunbeds before or after waxing.

Back and Chest Wax is priced upon the amount of hair and time taken.

Stephanies Days of Beauty include lunch and the use of the clubs facilities. Robes and towels are provided, please bring appropriate footwear for the gym and swimming spa area. **Full payment is required, no refund on cancellation.**

### Cancellation policy for all other treatments:

24 Hours notice is required, otherwise 50% of treatment booked will be charged.

**Payment:** Cheque or cash only. Gift vouchers available.

**Please note:** All times are approximate.

# beauty by stephanie

B.A.B.T.A.C. NVO



Living Well Health Club, Hilton Northampton

100 Watering Lane, Collingtree, Northampton, NN4 0XW

Tel: 01604 702996 or 01604 702604 [www.beautybystephanie.co.uk](http://www.beautybystephanie.co.uk)



LivingWell  
HEALTH CLUBS

## Thalgo Facials

All facials include a skin analysis to enable us to offer you the most beneficial facials.

### Thalgo Basic Deep Cleansing\*

An excellent cleansing and exfoliating treatment to help revive dull skin.  
Time 45 mins    Price (member) £30.00    Price (non member) £33.00

### O2 Marine Facial

Revitalises dull sluggish skin leaving it with a healthy, radiant glow.  
Time 1 hour    Price (member) £34.00    Price (non member) £36.00

### Re-Balancing Facial

Using warm relaxing marine algae poultice rich in vitamins, minerals and trace elements, helps to eliminate impurities. Ideal to rebalance oily, congested and problem skins.  
Time 1 hour    Price (member) £34.00    Price (non member) £36.00

### Cold Marine Facial

The cold marine mask encourages vaso-constriction to help eliminate toxins whilst having a soothing and cooling effect. Ideal for sensitive skins prone to blotchiness. Incorporates relaxing scalp massage.  
Time 1 hour    Price (member) £34.00    Price (non member) £36.00

### Aroma Therapy Essential

Destressing, relaxing and nourishing. Combines seaweed and essential oils to moisturise the skin and create instant radiance.  
Time 1 hour    Price (member) £34.00    Price (non member) £36.00

### Hydra Source

Helps to alleviate dehydration lines and wrinkles, incorporates head and scalp massage.  
Time 1 hour    Price (member) £42.00    Price (non member) £44.00

## Non Surgical Micro Current Electro Lifting Treatment

This state of the art treatment allows us to diminish lines and wrinkles, makes your skin look younger and lifts any unwanted sagging. It gives you an immediate effect after just one treatment. All treatments include a relaxing scalp massage. To benefit from treatment, a course is recommended. When buying a course, you get 12 treatments but only pay for 10.

### All over facial lifting

Time 1 hour    Price £45.00    Course of 12    £450.00

### Neck and jaw lifting

Time 45 mins    Price £40.00    Course of 12    £400.00

### Eye lifting

Time 45 mins    Price £40.00    Course of 12    £400.00

### Breast lifting

Time 45 mins    Price £40.00    Course of 12    £400.00

## Body Care

### Beauty Room Tasters

New to the beauty room, a little taste of each treatment. 30 minute facial and 30 minute back and scalp massage. Great for a first visit to the beauty room.  
Time 1 hour    Price (member) £42.00    Price (non member) £44.00

### Toning Body Wrap

Relaxing and detoxifying body treatment rebalances and relieves aches and pains.  
Time 1 hour    Price (member) £44.00    Price (non member) £45.00  
Course of 6    Price (member) £220.00    Price (non member) £225.00

### G5 Body Massage

A deep massage using an electrical piece of equipment which can help reduce fluid retention and tired aching muscles.  
Time 30 mins    Price (member) £18.00    Price (non member) £20.00  
Course of 10    Price (member) £144.00    Price (non member) £160.00

### Swedish Full Body\*

A traditional massage to alleviate muscular tension.  
Time 1 hour    Price (member) £33.00    Price (non member) £36.00  
Time 2 hour    Price (member) £60.00    Price (non member) £64.00

### Back, Neck and Shoulder Massage\*

Time 30 mins    Price (member) £21.00    Price (non member) £24.00

### Back, Neck Shoulder and Scalp Massage\*

Time 45 mins    Price (member) £25.00    Price (non member) £28.00

### Swedish Full Body and Scalp\*

Time 1 hr 15 mins    Price (member) £40.00    Price (non member) £44.00

### Frijo Thalgo

A simple cold wrap treatment to eliminate excess fluid from hips and thighs. Perfect for poor circulation or tired heavy legs.  
Time 1 hour    Price (member) £38.00    Price (non member) £40.00  
Course of 6    Price (member) £190.00    Price (non member) £200.00

### Indian Head Massage\*

A stimulating head massage which relieves tension, stress, neck stiffness, tiredness. Helps with insomnia and promotes hair growth.  
Time 45 mins    Price (member) £27.50    Price (non member) £31.50

### Hot Stone Therapy - Full Body Massage\*

Time 1 hour    Price (member) £43.00    Price (non member) £46.00

### Hot Stone Therapy - Back, Neck and Shoulder Massage\*

Time 30 mins    Price (member) £28.00    Price (non member) £31.00

### Hot Stone Signature Treatment - Back, Neck, Shoulder and Scalp Massage followed by a 30 minute Hot Stone Facial\*

Time 75 mins    Price (member) £67.00    Price (non member) £69.00

## Aromatherapy Massage

Incorporating essential oils to soothe away every day stresses and strains. Treatment involves lymph drainage and pressure point massage.

### Full Body Massage

Time 1 hour    Price (member) £37.00    Price (non member) £41.00

### Back, Neck and Shoulder Massage

Time 30 mins    Price (member) £24.00    Price (non member) £28.00

## Hand and Foot Care

### nsi Gel Nails

Available in natural, french white or colour.  
Full Set    90 mins    Price £38.00  
Infills / Maintenance    90 mins    Price £28.00  
New Nail    Price £4.00  
Removal & Manicure    1 hour    Price £26.00

### Jessica 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 relaxing hand and arm massage followed by a nail paint rich in vitamins A, D and E.  
Time 45 mins    Price (member) £21.00    Price (non member) £22.00

### French Manicure\*

Time 45 mins    Price (member) £21.50    Price (non member) £22.50

### Jessica 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.  
Time 1 hour    Price (member) £25.00    Price (non member) £26.00

### Jessica Aroma Foot Therapy Pedicure\*

A complete foot treatment including trimming and filing nails, removal of excess hard skin with a relaxing foot massage, followed by an optional nail paint rich in vitamins A, D and E.  
Time 45 mins    Price (member) £24.00    Price (non member) £25.00

### Jessica Deluxe Aroma Foot Therapy Pedicure\*

Dehydrated 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.  
Time 1 hour    Price (member) £27.00    Price (non member) £28.00

### Shape and Polish

Time 30 mins    Price (member) £10.00    Price (non member) £11.00

\*Suitable for men

## Tanning

### St Tropez Self Tan

Creates a natural looking tan in only a few hours. Also includes body exfoliation.  
Time 1 hour    Price (member) £35.00    Price (non member) £38.00

## Opening Times

Monday 6pm - 9.30pm | Tuesday 11am - 5pm | Wednesday Closed | Thursday 1pm - 9pm | Friday 10am - 5pm | Saturday 8.00am - 4.00pm | Sunday Closed