



 **indulge**
AT BEAUTY CARE

sit back and relax

**Hard day at work? Need a little pampering for a special event?
Looking for a gift for a loved one?**

At **indulge**, we have an extensive variety of treatments designed to maintain your health and well being. Not only do we offer a complete range of beauty treatments, we also have variety of complementary therapies, designed to ease the stresses of modern life. Our fully qualified therapists are on hand to make sure that your visit is a relaxing, enjoyable experience.

We are open 7 days a week, and you don't have to be a member of Living Well to use the Beauty Suite.

So go on - indulge yourself!

Telephone 0131 333 0888 to arrange an appointment.



packages

Holiday special

Session 1 hour 15 mins £40

1/2 leg wax; bikini line wax; under arm wax; eyebrow re-shape & eyelash tint.

Stress buster massage

Session 60 mins £33

Relaxing aromatherapy massage given to face, scalp, back, neck and shoulders

Lunchtime quick-fix massage

Session 15 mins £15

Relaxing acupressure massage given to upper body through clothes. Immediate relief from stress. No oil used.

Gift vouchers

Gift vouchers make an ideal gift for all occasions and are valid for 6 months. They can be made out for a particular treatment or for a stated value and are available at reception.

thalgo facials

Purity ritual facial

Single session 45 mins £28

A customised treatment for all skin types.

Oxygen facial

Single session 1 hour 15 mins £40

For stressed, dull, polluted and sluggish skin.
Increases O2 absorption for a brighter and clearer skin.

Extreme comfort facial

Single session 1 hour 15 mins £40

A delicious treatment targeting dry/very dry skin.
Using a warm comforting mask this treatment will give back radiance and softness.

Hydra-moisture source facial

Single session 1 hour 15 mins £42

This truly hydrating moisture treatment with a unique mask to combat dehydration, improves skin texture and leaves the skin feeling soft and radiant.

Aroma essential facial

Single session 1 hour 15 mins £40

For all skin types. Ultimate in relaxation using essential oils and mask to soften expression lines and relieve tension.

Cold marine facial

Single session 1 hour 15 mins £40

For sensitive skin. Particularly suited to fragile and delicate skin. A cool mint mask reduces redness, refines and tightens tension lines.

Marine collagen facial

Single session 1 hour 15 mins £48

Smooths out wrinkles. Tightens and generally revitalises the skin.

Extreme comfort eye treatment

Single session 45 mins £26

A nourishing eye treatment for dark circles, congestion and puffy eyelids.

thalgo body care

Body exfoliation

Back	30 mins	£22
Full body	50 mins	£30

For silky smooth skin, a body exfoliation using Thalgo products and moisturiser. Ideal for holidays or pre-tanning.

Rebalancing back treatment

Session	45 mins	£30
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Rich in natural active marine algae, this treatment cleanses and purifies to leave the skin radiant. Incorporates a relaxing back massage to ease away tensions.

Micronised marine algae wrap

Session	1 hour 30 mins	£46
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A relaxing and detoxifying body envelopment. Helps to re-balance your metabolism.

Thalgomince contour wrap

Session	1 hour 15 mins	£44
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Using marine algae combined with plant extracts. Concentrates on thighs and buttocks. It can be used during pregnancy to improve the skins elasticity and lessen stretch marks.

Aromaceane wrap

Session	1 hour 30 mins	£46
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An ultra relaxing and deep cleansing treatment for the whole body using sea mud and essential oils.

Indoceane

Session	1 hour 45 mins	£52
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With a holistic approach Indoceane offers relaxation and replenishment. The combination of sweet and savoury body scrub, oriental massage techniques and sublime silk body wrap will melt away tension and stress.



body treatments

St Tropez tanning treatment

Arms, face, neck and back (not stomach) 45 mins £27

Upper or lower body 45 mins £29

Full body and face 1 hour 15 mins £38

Indulge yourself with the richest looking tan. This aloe vera based lotion is non greasy and quick drying with a relaxing aromatic scent.

massage therapy

Swedish

Taster session	20 mins	£10
Back, neck and shoulders	40 mins	£24
Back, neck, shoulders and back of legs	50 mins	£28
Back, neck, shoulders and full legs	60 mins	£30
Full Body	1 hour 30 mins	£35

An invigorating massage to de-stress, take tension away, improve circulation, skin colour, mobility and muscle fitness.

Aromatherapy

Back, neck and shoulders	40 mins	£27
Back, neck, shoulders and back of legs	50 mins	£30
Back, neck, shoulders and full legs	60 mins	£35
Full body	1 hour 30 mins	£40

Essential oils are blended to suit individual needs. This helps to relax and de-stress.



massage therapy

Sports and remedial massage

Consultation and initial session	60 mins	£35
Follow-on session	30 mins	£20

A deep tissue massage, this treatment works best on targeted areas. It is effective for preventing injuries, post activity stiffness and preparing muscles for exercise. Not limited to sports enthusiasts, beneficial for other 'injuries', such as RSI, tennis elbow and sprained ankle.

Hot stone therapy

Back, neck and shoulders	40 mins	£30
Back, neck, shoulders and back of legs	50 mins	£35
Full body	1 hour 30 mins	£50

A complete mind, body and soul treatment using hot basalt-volcanic stones. The ultimate in relaxation.

jessica manicures

Manicures

Express manicure

Session 30 mins **£18**

File, hand massage and polish.

Regular manicure

Session 45 mins **£22**

File, cuticle work, hand massage and polish.

Luxury manicure

Session 60 mins **£26**

The regular manicure (excluding polish), with a paraffin wax treatment.

Le Remedi hand treatment

Session 30 mins **£15**

A nourishing hand treatment.

Pedicure

Using Jessica's wonderful Zen Spa products.

Clients are advised to wear or bring open toed sandals or shoes to allow an adequate time for the polish to dry.

Express pedicure

Session 30 mins **£18**

File, foot massage and polish.

Regular pedicure

Session 60 mins **£26**

Feet soaked, exfoliated, nails filed, cuticle work, massage and polish

Luxury pedicure

Session 1 hour 15 mins **£30**

The regular pedicure (excluding polish), with a paraffin wax treatment.



nail enhancements

Enjoy beautiful nails 24/7

Acrylic	1 hour 30 mins	£ 40
Silk	1 hour 30 mins	£ 40
Gel	1 hour 30 mins	£ 40
Sculptured	1 hour 30 mins	£ 45
Nail art	from	£ 10
Natural nail capping	60 mins	£ 30
Maintenance	60 mins	£25
Repair	per nail	£5
Enhancement removal		£8

hair removal

Waxing

A temporary method of hair removal that has long lasting effects of between 4-6 weeks.

Top lip or chin	15 mins	£6
Top lip and chin	15 mins	£10
Eyebrow	15 mins	£10
Forearm	20 mins	£12
Half leg	30 mins	£16
Three quarter leg	40 mins	£20
Full leg	45 mins	£23
Full leg and bikini line	60 mins	£28
Bikini line or underarm	15 mins	£12
Back or chest	30 mins	£14

Electrolysis

A medically approved method of permanent hair removal.

5 minute treatment	£7
15 minute treatment	£10
30 minute treatment	£16

Eyes

Eye brow re-shape	15 mins	£10
Eye brow tint	15 mins	£8
Eyelash tint	30 mins	£11
Eyelash and Eyebrow tint	30 mins	£16

*Patch test required 24 hours in advance.



complementary therapies

Our complementary therapists work on specific days. Please contact us for more information.

Relaxation techniques

Taster session	15 mins	£10
Full session	45 mins	£25

Relaxation enhances well-being and restores harmony within the body. The practitioner will use breathing and various relaxation techniques to reduce stress, remove blockages and induce relaxation.

Bowen therapy

Session	45 mins	£40
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Specialising in back, neck and shoulder problems also sports injuries. The technique involves the therapist using fingers or thumbs to move over muscle. The work is very subtle, relaxing and gentle involving no hard or prolonged pressure.

complementary therapies

Reiki

Taster session	15 mins	£10
Full session	45 mins	£25

Reiki is a Japanese stress reduction technique which is a totally safe, non-intrusive process which enhances well-being.

Chakra balancing

Session	45 mins	£25
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Relax, re-balance energies and free blockages. A relaxing and invigorating experience.

Reflexology

Taster Session	30 mins	£20
Session	60 mins	£30
Course of 6 sessions		£160

A zone therapy treatment based on the reflexes in the feet relating to each organ and all parts of the body. It is a form of foot massage using thumb pressure techniques on the reflex points on the feet.

Indian Head Massage

Session	35 mins	£25
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Indian head massage has been practised in India for thousands of years. It is a wonderful, relaxing experience for relieving stress, anxiety & tension that accumulates in the head, face and neck in everyday life. Treatment carried out through clothes.

Acupressure

Session	20 mins	£20
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On-site massage uses pressure techniques (similar to Shiatsu) and is applied through clothes to the upper body. Feel re-energized and get immediate relief from stress.

Body MOT machine

Session	1 hour 30 mins	£75
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A fairly sensible idea, after all your body is more important than your car!

SCIO Bio-feedback Health Check- Are you always tired and don't know why? Want better health?

The machine measures all the areas under stress in the body like vitamin/mineral deficiency, toxic overload etc and recommendations are made for some changes.



complementary therapies

Hypnotherapy

Connie Weir is a qualified Psychologist, Clinical Hypnotherapist and Eating Disorders Councillor. Hypnotherapy is an entirely natural method where the client retains control throughout. Connie has successfully helped many people **stop smoking**, **manage their weight** and **conquer phobias** since setting up practice 5 years ago.

Stop Smoking

1 session per session £99

Sports Performance

1-3 sessions per session £99

Weight Control

1-3 sessions per session £75

Phobias

3 sessions per session £75

For a Hypnotherapy appointment please call:
0777 618 3695 or check out **www.connieweir.com**



Livingwell at Edinburgh Airport
Hilton Hotel
100 Eastfield Road
Edinburgh
EH28 8LL

Appointments: 0131 333 0888

Open 7 days a week

Cancellations

We specially book a therapist and a time slot for your treatment. If an appointment is cancelled less than 24 hours in advance, the full treatment cost will be charged.