

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.)

Gelatine Verbena Eye Contour Treatment

This superfirming treatment is designed to reduce puffiness and dark circles.

Anti-Stress Care

Swedish Massage

A traditional massage to alleviate muscular tension.

Aromatherapy Full Body Massage/Back Massage

The relaxing and effective antidote to stress using a combination of deep relaxing massage with the therapeutic effect of pure essential oils. A complete head to toe treatment which helps to improve muscle tone, stimulates the elimination of toxins, strengthens the immune system and promotes a healthy equilibrium between mind, body and spirit.

Reflexology

Reflexology is a form of 'alternative' or 'complimentary' medicine and involves a method of treatment using massage to reflex areas found in the feet. These areas correspond to all parts of the body allowing the whole body to be represented. This natural therapy allows symptoms to be treated but also the causes of symptoms. NB: Subject to availability

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

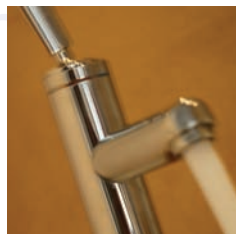
A special manicure using French-style varnish for a healthy, natural look.

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 Foot Therapy 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.



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.

Hair Removal

Wedding Packages

Bridal Package

A package that includes many of your favourite treatments to help get that special day started for you. This includes a back, neck and shoulder massage, A Thalgo Deep Cleaning Facial, a Thalgo Full Body Exfoliation, a Jessica Manicure, a trial make up and your wedding day make up. It is recommended that treatments are divided into separate appointments leading up to the wedding day.

Bridesmaid Package

This is a little treat for the bridesmaids. This includes a Thalgo Deep Cleaning Facial, a Jessica Manicure, trial make up and Wedding day make up.

Mother of the Bride Package

A treat for your Mum. This includes a Thalgo Deep Cleaning Facial, a Jessica Manicure and a back, neck and shoulder massage.

Salon Opening Hours*

Monday	Closed
Tuesday	2.00pm - 10.00pm
Wednesday	9.00am - 10.00pm
Thursday	9.00am - 5.00pm
Friday	2.00pm - 9.00pm
Saturday	10.00am - 6.00pm
Sunday	9.00am - 3.00pm

* Hours subject to availability

Beauty Treatment Days

Beauty treatment days are available by:

Selecting and booking the treatments at the time required.

Paying an additional £10 for use of club facilities, (pool, spa, steam room, sauna and gym).

Lunch is available separately in the hotel if required.

Vouchers can be purchased from LivingWell reception.

At LivingWell we invite you to enjoy the professional care and service we offer. With the combined benefits of highly professional and trained staff and top quality products, we offer you a personalised service, tailored specifically to meet your individual needs.

Please Note

- We are open to non-members
- Gift vouchers are available from reception
- A 50% deposit is required for all Treatment Days
- All vouchers and courses are valid for 6 months
- Treatment and Tanning courses must be pre-paid and are not refundable or transferable
- 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.



LivingWell Health Club
Hilton Hotel, Bearsted Road, Weaving
Maidstone, Kent ME14 5AA
Tel: 01622 734 872 Fax: 01622 734 879
www.livingwell.com



Beauty
Relaxation
Purifying
Sensitive
Toning
Healing
Cleansing
Pampering
Styling



Facials

Thalgo Pick-Me-Up

An excellent cleansing and exfoliating treatment to help revive dull skin.

Thalgo Deep Cleansing

Deep cleanses and exfoliates the skin. Includes a face, neck and shoulder massage followed by a mask.

Aromatherapy Essential

Combines seaweed and essential oils to moisturise the skin and create instant radiance.

O2 Re-oxygenating

Re-oxygenating marine concentrates and natural fruit acids revitalise dull, sluggish skin leaving it with a healthy, radiant glow.

Re-balancing Seaweed Treatment (for face or back)

Uses a warm relaxing marine algae poultice rich in vitamins, minerals and trace elements. Helps to eliminate impurities, leaving skin fresh, revived and invigorated. Ideal to re-balance oily, congested and problem skin.

Thalgodermyl Facial

A specific anti-acne treatment to reduce inflammation and excess oiliness.

Gelatine Verbena

A warm and deeply relaxing heat mask using lemon verbena extract to leave your skin smooth and rehydrated. Ideal for fragile, delicate or dry skins.

Men's Skin Care Maintenance Programme

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

Cold Marine Facial

An excellent cold facial for sensitive and dehydrated skin. It eliminates toxins and has a tightening effect which smooths and relaxes stress and age related lines.



Thalgo Facials	Time approx	Member	Non Member
Thalgo Pick-Me-Up	30 mins	£19.00	£21.00
Thalgo Deep Cleansing	45 mins	£24.00	£26.00
Aromatherapy Essential (for radiance & moisturisation)	1 hr	£34.00	£36.00
O2 Re-oxygenating (for stressed or back skin)	1 hr	£34.00	£36.00
Re-Balancing Seaweed Treatment (for face or back)	1 hr	£34.00	£36.00
Thalgodermyl (for acne skin) (for face or back)	1 hr	£36.00	£38.00
Extreme Comfort	1 hr	£39.00	£41.00
Cold Marine Facial (for sensitive skin)	1 hr	£39.00	£41.00

Eye & Neck Care	Time approx	Member	Non Member
Eyelash Tint*	30 mins	£11.00	£12.00
Eyebrow Tint*	15 mins	£9.00	£10.00
Eyelash & Brow Tint*	30 mins	£16.00	£18.00
Eyebrow Shapes	15 mins	£8.00	£9.00
Gelatine Verbena Eye Treatment	45 mins	£24.00	£26.00

Thalgo Body Care	Time approx	Member	Non Member
Body Exfoliation Treatment	45 mins	£21.00	£23.00
Frigi-Thalgo (anti-cellulite treatment) Course (x6)	1 hr 15mins	£35.00 £175.00	£37.00 £185.00
Marine Algae Envelopment Course (x6)	1 hr 15mins	£37.00 £183.00	£39.00 £195.00
Thalgomince Body Treatment (contouring & firming) Course (x6)	1 hr	£37.00 £183.00	£39.00 £195.00
Bust De Modalage Course (x6)	1 hr	£40.00 £197.00	£42.00 £220.00
Livingwell Deluxe Back Treatment Course (x6)	1 hr	£31.00 £151.00	£33.00 £160.00

* Patch test 24hrs in advance

Anti-Stress Care	Time approx	Member	Non Member
Swedish Full Body Massage	1 hr	£30.00	£32.00
Back, Neck & Shoulder Massage	30 mins	£20.00	£22.00
Leg Massage	20 mins	£18.00	£20.00
Aromatherapy Full Body Massage	1 hr	£39.00	£41.00
Aromatherapy Back Massage	30 mins	£25.00	£27.00
Reflexology	45 mins	£20.00	£22.00
Course (x6) NB:Subject to availability.		£92.00	£105.00



Hand & Foot Care	Time approx	Member	Non Member
Jessica Manicure	45 mins	£21.00	£23.00
French Manicure	45 mins	£22.00	£24.00
Jessica Deluxe Manicure	1 hr	£26.00	£28.00
Jessica Re-Varnish	30 mins	£8.00	£10.00
Aroma Foot Therapy Pedicure	1 hr	£26.00	£28.00
Deluxe Aroma Foot Pedicure	1 hr 30mins	£30.00	£32.00

Hair Removal/Waxing	Time approx	Member	Non Member
Ankle to Knee	30 mins	£14.00	£16.00
3/4 Leg	45 mins	£17.00	£19.00
Full Leg	1 hr	£20.00	£22.00
Bikini	15 mins	£9.00	£10.00
Brazilian	30 mins	£12.00	£14.00
Under Arm	15 mins	£9.00	£10.00
Eyebrow	15 mins	£9.00	£10.00
Lip or Chin	15 mins	£8.00	£9.00
Lip and Chin	15 mins	£11.00	£12.00
Forearm	30 mins	£10.00	£11.00
Full Arm	45 mins	£13.00	£15.00

* N.B. no heat treatments 24 hours prior to waxing

Gentlemen's Programme	Time approx	Member	Non Member
Skin Care Maintenance Programme	45 mins	£24.00	£26.00
Manicure	30 mins	£17.00	£19.00
Aroma Foot Pedicure	45 mins	£18.00	£20.00
Chest Waxing	30 mins	£17.00	£19.00
Back Waxing	30 mins	£17.00	£19.00

Beauty Packages	Time approx	Member	Non Member
Head to Toe	3 hrs	£62.00	£67.00
Detox Delight	1 hr 45mins	£47.00	£52.00
Express Experience	1 hr 30mins	£30.00	£32.00
For Men Only	1 hr 45mins	£35.00	£37.00

Wedding Packages	Time approx	Member	Non Member
Bridal Package	Times may vary	£135.00	£150.00
Bridesmaids Package	Times may vary	£87.00	£97.00
Mother of the Bride Package	2 hrs	£47.00	£52.00

Thalgo Body Care

Body Exfoliating Treatment

A gentle treatment using a hydrating, smooth textured cream to help remove the body's dry dead skin cells whilst purifying and softening the skin.

Frigi Thalgo

A simple cold wrap treatment to eliminate excess fluid from hips and thighs. Perfect for poor circulation or tired, heavy legs.

Marine Algae Envelopment

This relaxing and detoxifying body envelopment liberates all the riches of marine algae helping to rebalance your metabolism, activate circulation and is also the ultimate tonic for stress, aches and pains.

Thalgomince Body Contouring and Firming

Using marine algae plants and proteins. Thalgomince restores elasticity to the skin, particularly after pregnancy or weight loss.

Thalgobodytherm

This is a warm and cold wrap to help treat different problems simultaneously. These problems can range from poor circulation or difficult digestion to stress. A perfect treatment for the client who wants to have an overall body maintenance.

LivingWell Deluxe Back Treatment

Exclusive to LivingWell a luxury one hour treatment which will exfoliate, detoxify, nourish and leave you feeling totally relaxed.

Beauty Packages

Head to Toe

This is 3 hours of total pampering and relaxation. The package includes a Thalgo Deep Cleaning Facial, a full body scrub, a Jessica Manicure and an aroma Foot Therapy Pedicure.

Detox Delight

Burning the candle at both ends, stressed out and working too hard, then this is the package for you. It includes a Thalgo full body scrub, a delicious comfort eye treatment and a Thalgo Deep Cleansing Facial.

Express Experience

This is a great treatment for those that just do not have time to treat themselves but love to have treatments. The package includes a mini Jessica Manicure, a Mini Aroma Foot Therapy Pedicure and a Mini Thalgo Facial.

For Men Only

For those men who need a little looking after, this includes a Thalgo Skin Care Maintenance treatment and a Back, Neck and Shoulder Massage.