

## MASSAGES

### SWEDISH MASSAGE

Eases muscle tension and pain, by improving blood and lymph circulation to increase energy levels.

30 minutes - £35      60 minutes - £55

### DEEP TISSUE MASSAGE

Invigorating, firm treatment to release muscle tension and aches.

30 minutes - £40      60 minutes - £65

### THERAPEUTIC MASSAGE

Useful for chronic back pain, sports injuries and spine problems.

30 minutes - £40      60 minutes - £65

### LA STONE THERAPY

Relaxing, deep tissue massage using hot and cold lava stones.

75 minutes - £75

### INDIAN HEAD MASSAGE

Useful for headache, eyestrain, jaw ache and sinuses.

30 minutes - £35

### PREGNANCY MASSAGE

Massage during pregnancy that combines therapeutic bodywork paying great attention to the special needs of the mother-to-be. Pregnancy massage takes two forms, pre-natal and post-natal rejuvenation.

75 minutes - £70

### AROMATHERAPY MASSAGE

Natural healing tradition where an aromatherapy massage can bring new life to the body.

30 minutes - £35      60 minutes - £60      75 minutes - £75

### REFLEXOLOGY

Using pressure points on the feet to improve body functions and to encourage the natural healing processes in the body to work more effectively and efficiently.

30 minutes - £35      60 minutes - £55

### HERBAL BLEND BAG AND AROMA MASSAGE

A warm bag of blended petals to work on the meridian points followed by a aroma massage.

30 minutes - £40      75 minutes - £75

### AYUS LOMI MASSAGE

Unique combination of Ayurvedic and Hawaiian Ayus Lomi massage traditions and rituals.

120 minutes - £120

### CHAIR MASSAGE

Fully clothed massage while seated in a specially designed chair. The focus is on the head, neck, shoulders, back, arms and hands. The massage can last from 10 to 20 minutes, still leaving you energised.

10 minutes - £10      15 minutes - £15      20 minutes - £20

## BODY TREATMENTS

### FITNESS WRAP

Instant inch loss! Ideal support for your diet, perfect after pregnancy or just to help you get into that little black dress. In 120 minutes relax and enjoy a mini-facial as well. Course of six treatments recommended.

120 minutes - £110      Course of 6 treatments - £590 (save £70)

### CASHMERE AND SILK BODY WRAP

Cocooned in pure luxury, for luminous and silky soft skin.

60 minutes - £65

### MILK AND HONEY WRAP

A cocktail of active ingredients will restore balance and hydration.

60 minutes - £65

### AROMA ALGAE WRAP

Helps to detox and firm the body. Enjoy a facial massage with natural Quartz crystal wands.

90 minutes - £85

### RELAXING/ENERGISING BODY MOMENTS

Full body sugar/salt scrub with relaxing massage techniques combined with special blended relaxing or energising essential oils which will help restore calmness, natural balance, energy levels to promote well-being.

70 minutes - £70

### SPA SENSATION BODY SUGER OR SALT SCRUB

Full body exfoliation for your skin which will smooth and condition your skin.

30 minutes - £30

### DETOXIFYING SALT FOOT WRAP WITH FACIAL

Sea salt to cleanse and stimulate the body, mind and feet.

60 minutes - £45

### SHAPING CELLULITE TREATMENT

Includes a dry body brush, AHA peel and application of algae pack to your problem area. Finished with invigorating massage using BIODROGA firming gel.

60 minutes - £60

### SPA FITNESS CELLU-POWER CONTOURING TREATMENT FROM JEAN D'ESTREES

An effective, professional method that uses specific treatment products containing 100% natural active ingredients. This treatment is recommended in 10 sessions with 2-3 sessions a week. To maintain results, or for prevention, we recommend 1 session a month for 5 months.

75 minutes - £75 (Buy a course of 4 and receive the 5th one for free!)

### COCOA AND CRUSHED COCONUT BODY WRAP

This delicious treatment with cocoa and crushed coconut is a complete relaxing, nourishing and hydrating programme. Exfoliation, a rich cocoa-coconut body wrap and a regenerating, nourishing sculpting massage. This treatment should be carried out once a month to maintain optimum hydration and relaxation.

70 minutes - £65

## SPA ETIQUETTE

### HEALTH AROMA TERMS AND CONDITIONS

Health Aroma is a limited company operating at Thistle City Barbican Hotel independently from Otium Health and Leisure. Health Aroma is responsible only for the Beauty and Holistic treatments provided by the company. Spa and Fitness facilities are under Otium management and responsibilities.

### HEALTH MATTERS

Leave the hectic everyday routine behind you. Enjoy a feeling of total relaxation and let yourself be pampered. Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

### SPA ARRIVAL

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive ten minutes before the scheduled time to check in and prepare to enjoy your treatment.

### CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time. Failure to arrive or cancellation with less than two hours notice will be charged at 100%.

### SPA DAY PASS

Enjoy our swimming pool, jacuzzi, sauna and steam rooms for just a £10.00 charge. Spa facilities are complimentary for all hotel guests.

### GROUP BOOKINGS

We offer 10% discount for group bookings of 6 people or more.

### COURSES

Buy a course of treatments. Terms and Conditions Apply. Ask your therapist for our Loyalty Card.

### CUSTOMISED GIFT VOUCHERS

Vouchers are available, redeemable for treatment and products.

### PARTIES

Book your Hen / Birthday / Corporate party with us. Check for our special offers. Call 020 7956 6042 or email info@healtharoma.co.uk

### LOST PROPERTY

Health Aroma does not take responsibility for clients personal belongings. Any personal belongings left in Health Aroma treatment rooms are done so at the owner's risk.

### HOURS OF SERVICE:

Monday - Friday	10.00am - 8.00pm, Tuesday 10.00am - 9.00pm
Saturday	10.00am - 7.00pm
Sunday	10.00am - 5.00pm

Dial Number 020 7956 6042 or Extension 6042 from your hotel room or call Galia on 07865 045 759 for reservations and enquiries.

# HEALTH AROMA

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THISTLE CITY BARBICAN HOTEL

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## PACKAGES

### HEAD TO TOE

It's time for you to feel special: Royal Aquamarine crystal face massage, Aromatherapy massage, Manicure, Pedicure and make-up application.

210 minutes - £170

### GREAT EXPECTATIONS

Mother to be - Be pretty for your great day! Package includes pregnancy massage, mini-facial and pedicure.

150 minutes - £140

### BRIDE TO BE

Get ready for your special day! Package includes cashmere and silk body wrap, prescriptive facial and vanity stop manicure & pedicure.

180 minutes - £150

### HEALTH AROMA RITUAL

Aromatherapy foot polish, Herbal blend & Aroma massage, Ayurvedic Facial.

150 minutes - £145

## HANDS & FEET

### NNC PRESCRIPTIVE MANICURE

For nails that need a bit of extra TLC.

45 minutes - £30

### PIT STOP MANICURE

Perfect for the girl on the move!

30 minutes - £25

### AROMA SPA MANICURE

A wellness treatment for hands and nails, includes nourishing orchid hand mask and relaxing scalp massage.

70 minutes - £40

### VANITY HANDS

Perfect nourishing treatment for artificial nails.

30 minutes - £25

File & re-varnish hands 15 minutes - £15

File & re-varnish french manicure 20 minutes - £18

French manicure 60 minutes - £30

### AROMA SPA PEDICURE

Wellness treatment for feet and toe nails. After bathing in Hibiscus salts and flowers followed on by an invigorating massage with sugar cane foot scrub. Peppermint foot butter will melt away any rough skin, while you are enjoying a cooling foot pack and will be treated to a relaxing head massage.

90 minutes - £45

### VANITY TOE TIDY

When colour is all you need! A quick shape, cuticle work, relaxing foot massage and nail polish applied - and you are ready to go.

30 minutes - £25

### VANITY SPA DOUBLE CHOCOLATE

A deeply nourishing and pampering experience which includes the hands and feet dipped in milk chocolate paraffin wax. Great treatment for dry and tired hands and feet.

100 minutes - £50

## EYE TREATMENTS & WAXING SERVICES

### EYELASH/EYEBROW

Eyelash Tint 15 minutes - £15

Eyebrow Tint 10 minutes - £10

Eyebrow & Eyelash Tint 20 minutes - £20

Eye Trio 45 minutes - £25

Eye Rejuvenating Treatment 30 minutes - £30

Make-Up Services 60 minutes - £30

Eyebrow Tidying 10 minutes - £10

Eyebrow Re-shaping 30 minutes - £20

### WAXING SERVICES

Full Leg 60 minutes - £27

Full Leg & Bikini 70 minutes - £37

Half Leg / Lower 15 minutes - £15

Half Leg / Lower & Bikini 30 minutes - £25

Half Leg / Upper 30 minutes - £18

Upper Leg & Bikini 40 minutes - £28

Full Arm 30 minutes - £20

Underarm 10 minutes - £10

Bikini / Extended Bikini strip wax 15 minutes - £12 / £15

Bikini / Extended Bikini peel-off wax 15 minutes - £15 / £18

Brazilian / Hollywood Hot Wax Up to 60 minutes - £30 / 35

Full Leg, Brazilian Hot Wax 120 minutes - £50

Lip or Chin / Lip & Chin 10 minutes - £6 / £10

Full Face 30 minutes - £25

## BIODROGA FACIALS

### CUSTOMISED FACIAL

Personalised treatment to cleanse, balance and moisturise your face, depending on your needs.

30 minutes - £35 60 minutes - £50

### PURAN TREATMENT (ACNE)

Balancing and calming treatment for impure skin.

60 minutes - £50

### ANTI-STRESS TREATMENT

Fine lines and wrinkles are smoothed and plumped with collagen, facial contours are firmed.

90 minutes - £70

### ALPHA ENERGISING FACIAL

This exceptional facial treatment with green coffee is designed to prevent the premature skin ageing process.

90 minutes - £70

### BACK FACIAL

Exfoliation, steam and deep cleansing followed by a mud mask.

30 minutes - £35

### MINI-LIFTING

A non-surgical face lift. Your skin is enveloped with unique algae peel-off mask.

60 minutes - £60

### GOLDEN CAVIAR

Luxury facial utilising extract of caviar, to moisturise and protect the skin from the ageing process. Great for dry skin!

90 minutes - £70

### ROYAL CRYSTAL TREATMENT

Lymphatic drainage and acupressure massage, using natural quartz crystals to massage your face. Best selling facial!

60 minutes - £60

### ROYAL MICRO-DERMABRASION

This is a 'hands-on' micro-dermabrasion (deep cleansing) facial for congested, dull skin. Great results even in 30 minutes.

30 minutes - £35 70 minutes - £70

### -30/40'S 'ANTI-FATIGUE' FACIAL BY JEAN D'ESTREES

Invigorated by Ginger and Vitamin C and energised with Cocoa, the skin looks rejuvenated and healthy.

90 minutes - £75

### BIO COSMETIC ORGANIC FACIAL BY JEAN D'ESTREES

The absolute beauty treatment. Skin care for the face, neck and the chest area. This facial is suitable for all skin types, uses paraben free products and provides excellent results. A monthly treatment is recommended.

60 minutes - £60

## MEN'S CLUB SENSATION TREATMENTS

### QUICK REFRESHER

A refreshing facial treatment for men who are short on time. Your skin will feel smooth and moisturised in no time.

60 minutes - £55

### EXECUTIVE MANICURE

Well groomed hands are a sure measure of your confidence. Your nails will be shaped and buffed, followed by hand massage.

30 minutes - £20

### MEN'S VANITY PEDICURE

Sit back and enjoy a therapeutic foot bath, followed by exfoliation and an aromatic foot massage.

45 minutes - £25

### MEN'S VITALITY

Intensive care treatment for new energy and total relaxation. Commencing with a hot towel back massage, leaving your skin feeling honed and toned. Followed by a relaxing facial.

90 minutes - £70

### MEN'S CLUB PACKAGE

Refreshing facial followed by an invigorating massage to release muscle tension. Package includes deep tissue massage and a quick refresher.

105 minutes - £105

### MEN'S WAXING

Shoulders and Neck 15 minutes - £17

Whole back 30 minutes - £25

Chest Wax 15 minutes - £20

Chest & Tummy 30 minutes - £30

Upper Body 70 minutes - £40

Full Body 120 minutes - from £70