



Little day spa

Price list

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A warm welcome from Little Day Spa

Here at Little Day Spa, our aim is to spoil and pamper you. Our boutique spa is exclusively for women, so for all you bride to be's, expectant mums, or busy girls who simply want to wind down, then our range of treatments offer the ultimate in sheer indulgence.

Little Day Spa offer such a choice in hand and foot treatments, that from the relaxation of our massaging pedi spas to the unique experience of the 'Sex & the City' nail bar - we know you'll keep coming back for more. **For all you amazing mamas to be** don't feel left out! We've also created the perfect package designed just for you, as we appreciate this is such a special time in a woman's life.

Put on your robe and slippers and spa til-you-drop in our wet room offering sauna, steam and jacuzzi. **Feeling peckish?**

Well, why not stay for lunch in our luxurious dining room.

From facials to body treatments, hair care to tanning - we've simply thought of everything.

Open Tuesday & Wednesday 10am til 5pm, Thursday 10am til 8pm, Friday & Saturday 10am til 6pm

Facial Treatments

HYDRADERMIE

This Guinot Star Facial - for a clearer, healthier, more radiant skin.

Time: 1hr 15mins Price: £42 Course of 3: £120

HYDRADERMIE PLUS

Hydradermie is the most effective deep-cleansing treatment for your face.

Time: 1hr 30mins Price: £50 Course of 3: £145

HYDRADERMIE LIFT

A rejuvenating facial for visibly younger skin with no injections!

Time: 45mins Price: £35 Course of 3: £100

AROMATIC

A healing and truly wonderful facial for an instant pick-me-up.

Time: 45mins Price: £35

BEAUTE NEUVE

A renewing, gentle peeling treatment for a dull and congested complexion.

Time: 45mins Price: £40 Course of 3: £110

LIFTOSOME

A facial for mature skin, with a thermal mask to help shape features and restore elasticity.

Time: 1hr 15mins Price: £50

AROMA VIE

A taster facial, allowing you to experience the skincare professionals that is Guinot.

Time: 25mins Price: £25

ÜBER SASSY FACIAL

A luxurious treat that will leave the body and mind completely relaxed, resulting in a brighter and radiant complexion. Facial treatments include neck, shoulder, hand and arm, foot and leg.

Time: 1hr 15mins Price: £45 Course of 3: £120

ÜBER SASSY BRIGHT EYES

Sassy bright eyes is the ultimate rejuvenating treatment for tired eyes. Treatment consists of massage, drainage movements and eye mask.

Time: 30mins Price: £20

Guinot Body Treatments

AROMATIC BODY MINCEUR - Contouring treatment

This treatment concentrates on the abdomen, thighs and buttocks. Recommended before a special occasion.

Time: 1hr Price: £46 Course of 3: £125

AROMATIC SPA - Ultimate full body treatment

Includes all of the above treatment as well as an aromatic facial.

Time: 2hrs Price: £65

AROMATIC BODY BIEN-ETRE - 'Well-being' treatment

Includes a full body exfoliation, de-stressing massage.

Time: 1hr 45mins Price: £55

Vibro-tone Body Treatments

This unique treatment using cycloidal vibration is not only clinically proven to reduce cellulite it also provides a deep tissue massage like no other. With so many therapeutic effects and benefits for the skin and body tissue, it's no wonder it's at a new level of total well being.

ENERGISE AND DETOX

Help wake up a sluggish circulation and banish low energy levels with an invigorating body cleansing treatment to re-charge, re-energise and renew.

Time: 40mins Price: £35 Course of 3: £95

STRESS RELEASE

Let Vibro-tone help melt away tensions and built up anxiety in the body with this unique treatment. Leaving you re-balanced and re-centred.

Time: 40mins Price: £35 Course of 3: £95

PURIFY AND SLIM

A slimming treatment designed to increase lymphatic drainage and rid the body of waste and toxins. Best in a course of 10 at 2 a week.

Time: 1hr Price: £55 Course of 10: £480

LOVE YOUR LEGS

Kiss goodbye to puffy knees and swollen ankles. Relieve heavy and tired legs and make each step you take lighter.

Time: 45mins Price: £40 Course of 3: £110

TOTAL BODY EXPERIENCE

Experience the special effects of the Vibrotone bed by simply compiling this treatment with a whole body massage or facial.

Price: £10

Universal Contour Wrap

One wrap £40.00

Course of 3 £100.00

Hydrotherm

The sensation of floating and the feeling of warmth promotes an immediate sense of well being. This system allows our therapist to work by using your own body weight as the source of pressure. Once you experience this method of massage you won't want it any other way.

FULL BODY MASSAGE

Imagine a full body massage floating on a bed of warm water without the need to turn over.

Time: 1hr Price: £45

BACK, SHOULDER AND NECK MASSAGE

Experience this massage with the sensation of floating and the feeling

Time: 30mins Price: £35

FLOATING FACIAL

Why not try a Guinot Aroma Vie facial on a floating bed?

Time: 30mins Price: £30

Pregnancy

MAMA MIO - MATERNITY MASSAGE

Complete body massage, using pre-natal techniques to help relax.

Time: 1hr Price: £45

MAMA MIO - LIGHTEN UP

Treatment consists of lower leg and foot massage with mineral foot soak.

Time: 30mins Price: £25

MAMA MIO - SMOOTHIE

Exfoliating treatment to gently buff and hydrate and smooth the skin.

Time: 1hr 15mins Price: £45

MAMA MIO - FREE LOADER

A wonderful lower back massage to release tensions and muscle fatigue.

Time: 45mins Price: £38

MAMA MIO - THE YUMMY TUMMY

Treatment consists of gentle skin brushing exfoliation, tummy mask and a lower leg and foot massage.

Time: 45mins Price: £42

MAMA MIO - FREE YOUR MIND

A pulse point massage of the face and a cooling eye compress along with a de-stressing head massage.

Time: 45mins Price: £35

MAMA MIO - 4TH TRIMESTER HEALING HOUR

Designed for the new mothers to relax and re-align their bodies so they can feel as one again

Time: 1hr Price: £45

Tanning

Fake Bake/Su-Do airbrush tanning. The tropical blitz system is a much quieter machine that delivers a 3 minute high speed tan. Develops in five hours, lasting up to seven days.

Full body	£20.00
Top up within 7 days	£12.00
Upper body	£15.00
Legs only	£10.00

Special Offer

Course of 10 full body applications £170.00

GUINOT

Full body application taking approx 45mins and leaves a natural looking tan in 3 hours	£25.00
Full body application plus product taking approx 45mins (5 application bottle)	£35.00
Full body (clients own Guinot tan) taking approx 45mins (5 application bottle)	£15.00

SOLARIUM TANNING FAST TANNING STAND UP SHOWER

3 mins	£1.50
10 sessions of 9mins	£30.00

Make-Up

BODYOGRAPHY PROFESSIONAL COSMETICS

Full make-up preparation and application (30 mins)	£25.00
Make-up lesson and preparation	£45.00
£10 voucher redeemable against make-up products on the day	
Eye make-up only	£10.00

MAC MAKE-UP

MAC airbrush foundation	£20.00
MAC eyes	£15.00

As we know how much we all love MAC,
Bridal Packages are available - see in spa for details

Beauty Treatments

WAXING

Full leg	£16.00
Half leg	£12.00
Underarm	£8.00
Bikini Line	£8.00
Brazilian	£15.00
Hollywood	£20.00
Forearm	£7.00
Upper lip	£5.00
Chin	£5.00
Full leg & bikini	£22.50
Lip and chin	£9.50
Forearm & underarm	£13.50

EYE TREATMENTS

Eye brow shape	£7.00
Eye brow tint	£6.00
Eye lash tint	£7.00
Eye brow shape tint and lash tint	£18.50

EYE LASH EXTENSIONS

Full set	£12.00
Half set	£6.00

SEMI PERMANENT

Semi permanent eyelash extensions	£55.00
Refill (30 mins) recommended 2-3 weeks	£20.00

Genie Tech

The new Genie machine was patented by Dr Baxendale, a professor of muscle dysfunction helping paraplegics and stroke victims restore some muscle function. The rosenblatts, two doctors from the UK have patented his technique into a softer version for cosmetic use inventing the Genie Tech.

This technique can be used on face & body for a maximum of 10 mins for face and 20 mins for body. These are maximum time allowances as it is not a current it's a wave. Baxendale wave which is 1000 times stronger than microcurrents on the market today. It does not tone muscle mass creating cell regeneration within our bodies.

Ladies this is as good as it gets without going under the knife. Give it a trial and see the results for yourself, it really does work!

GENIE TECH

Say goodbye to cosmetic surgery and experience the next generation of cosmetic treatments. Genie Complete is the worlds only 10 minute face lift with guaranteed results. This treatment is performed by a highly experienced therapist.

Time: 20mins Price: £25 Course of 10: £230

BASIC GENIE COMPLETE COURSE OF SLIMTONE TREATMENTS

Slimming, Toning, Cellulite, Back, Stress and Back Sciatica.

Time: 20-30mins

x1 Treatments: £35

x10 Treatments: £315

GENIE "PARTY EYES"

Late nights usually equate to puffy eyes and having to resort to sunglasses to hide the evidence, even when there is no sun! Genie has come to the rescue with a quick and effective signature treatment known as "Party Eyes" which combines Lymphatic Drainage and Micro-Tech therapy so you can face the world with confidence again.

Time: 20mins

Price: £20

Treatment Frequency: Course of 5 treatments: 1 per week £80

TAKE 10 - THE 10 MINUTE NON SURGICAL FACE LIFT

Time: 10mins

Trial Price: £15

x1 Treatments: £25

x10 Treatments: £200

GENIE “EYES LIKE DIAMONDS”

Eyes are the windows of the soul which give your face energy and individually, so keep your peepers sparkling and enhance their beauty with Genie “Eyes Like Diamonds” treatment.

“Eyes Like Diamonds” uses an effective combination of Genie Take 10 and Micro-Tech therapy, which is programmed to be gentle to delicate skin around the eye area to instantly lift, tone and revive sagging skin round the eyes, smooth fine lines and wrinkles, tighten tissues and enhance circulation promoting instant radiance.

With genie, radiant, youthful looking eyes need not be all nip/tuck!

Time: 20mins

Treatments Cost: £25

Treatments Frequency: An initial course of 5 treatments (£100)

is recommended for maximum results -

Leave 48hrs between treatments.

Courses can also be extended to 10-15 treatments - 3 per week.

GENIE “NECK REVIVAL”

Preserving a youthful appearance is a common goal, especially amongst middle aged women. However, the area that’s a dead giveaway for your true age, yet trends to be neglected, is the neck and décolleté.

Time: 20mins

Treatments Cost: £15

Treatments Frequency: Every 2-4 weeks

GENIE “SATIN CLEAVAGE”

The décolleté is a delicate area of the chest which can easily show signs of ageing with fine lines, crêpe sun damaged skin and loss of tone within the muscles. During the summer months this area is more exposed to harmful UV rays which can accelerate the ageing process. The Genie “Satin Cleavage” treatment combines two innovative machines that will firstly exfoliate and then deeply moisturise the area.

Time: 60mins approx

Treatments Cost: £45 approx

Treatments Frequency: Perfect as a one off treatment or for long term results a course of 5-10 treatments is recommended - once a week - from £180

GENIE “AGE DEFYING”

Want to stay looking young and radiant without going under the knife? genie can help you combat the signs of ageing with the Genie “Age Defying” salon treatment. As skin ages, facial muscles begin to shrink and the drooping effect on the face and neck can be very ageing.

Combined with in-salon specialty masks and creams, your “Age Defying” facial can be tailor made to suit your ageing needs.

Time: 50mins approx

Treatments Cost: £55 approx

Nail Treatments

JESSICA

THE NATURAL NAIL COMPANY FRENCH POLISH

include £1.00 to cost of treatments

MANICURE

File and polish	£7.00
Jessica manicure	£14.00
Jessica deluxe manicure (la remedie/hot mits)	£22.00
Super deluxe	
includes la remedie, anti ageing treatment	£25.00

PEDICURE

File and polish	£7.00
Jessica pedicure	£16.00
Zen Spa pedicure	£22.00

N.S.I.

Full set	£27.00
Gel overlay	£28.50
Infil	£18.00
White infil	£21.00
Full set sculpted white tip	£29.00
Re-balance	£21.00
Full set removal & nail tidy	£10.00
Air brush nail design	£1.00
Rhinestones	50p
Express Nails Temporary Weekend Nails	£12.00
Nail repair	£3.00

BIO SCULPTURE GEL OVERLAY

Gel systems with over 90 colours

Full set over natural nails	£30.00
Full set with tips	£35.00
Infil	£20.00
Full set removal	£10.00
Removal when new set applied	£5.00
Maintenance Kits	£10.00
Full set toes	£20.00
Full toe set removal and renewed (1 hour 15 mins)	£25.00

Hair

	PRICE
Shampoo & finish	£16.00
Shampoo & finish (long and curly)	£18.00
Dry cut	£10.00
Cut & finish	£25.00
Cut & service	£17.00
Full head highlights	£60.00
2/3 highlights	£50.00
1/3 highlights	£40.00
Full head colour	£40.00
Root tint	£30.00
DIA colour (semi)	£30.00
Toner	£10.00

EXTRA TREATMENTS

	PRICE
Kérastase hair treatments	£8.00
Velcros	£5.00
Bendy's	£8.00
Rollers	£8.00
Tongs	£15.00
GHD	£12.00

HAIR UPS CONSULTATION REQUIRED

Bridal packages available.

EXTENSIONS CONSULTATION REQUIRED

Choices of Remi, Russian and European

Packages

MOTHER AND DAUGHTER RITUAL

Designed not to leave each others side all day.

2x deluxe Jessica manicure, 2x deluxe Zenspa pedicure 2x Kerestase hair treatments shampoo and finish. Lite lunch and a bottle of complimentary wine.

Time: 5hrs Price £160 for 2 people (£80 per person)

ENERGISE AND DETOX

Little Day Spa's full energise and detox programme, Full use of spa facilities. Includes Vibrotone energise and detox, detox hot bath treatment, nourishing foot and leg massage, Indian head massage, herbal tea infusions throughout the day, lite lunch is also included.

Time: 3hrs 30mins Price £90 per person

T.L.C.

Treat yourself and your body to some well earned tender loving care. Full use of spa facilities. Guinot Body Beinetre combines a full body exfoliation, full body massage, back mask, Guinot Hydrdemie Facial, Jessica deluxe manicure, deluxe Zenspa pedicure, Kerestase hair treatment shampoo and finish, lite lunch & glass of wine is also included.

Time: approx 5hrs 45 mins Price £160 per person

SLIM YOURSELF

See and be who you want to be. Full use of spa facilities. Includes light skin brushing followed by a Vibrotone purify and slim treatment, universal contour wrap, pressure point massage of the face promoting Lyphatic drainage of the face. Nutritional advice, information and tips. Spray tan to be redeemed within one week of the spa package. Healthy light lunch and herbal infusions.

Time: 3hrs 45mins Price £125 per person

HOLIDAY

The pre-holiday package that will leave you beach perfect. Includes a full body exfoliation, full leg and bikini wax, under arm wax, eye brow tint/shape and eye lash tint, Jessica file and polish, Zenspa massaging pedi spa pedicure, complimentary lunch and a glass of wine, use of spa facilities are optional.

Time: 4hrs Price £100 per person

THE '5 STAR' TREATMENT

Experience some V.I.P. pampering. Full use of spa facilities. Includes a hot bath treatment with detoxing properties, top to toe treatment including Kerestase scalp conditioning treatment, pressure point facial, body scrub, hydrating body massage and hand & foot treatments. Shampoo cut and finish, special occasion make-up with Bodyography-Oxyplex. Light lunch and a glass of wine is also included.

*Other treatments include NSI nail extensions, bio sculpt gel toes.

*Nail treatments can be changed, subject to agreement.

Time: approx 7hrs Price £200 per person

SPA TEASER

Why not catch up with friends in the tranquillity of the Little Day Spa. Full use of spa facilities. Includes Uber sassy preview facial, back neck and shoulder massage using essential oils, manicure and pedicure.

Group of 3 or more £85 3hrs 30mins

8 1/2 MONTHS

All you amazing mamas to be don't feel left out, there's a package for you too!

Mama mio - The Smoothie (the full body exfoliation treatment), Mama mio - Free your mind, pressure point facial, Mama Mio - Freeloader lower back massage. Jessica file and polish, hands and feet. Also includes a light lunch.

*Extras may include; waxing/half leg, bikini and underarm, eye treatments, eyebrow tint and shape, eyelash tint.

Time: 4hrs Price £120.00

GIVE ME BACK MY BODY!

For that well earned rest and need for pampering during the 4th trimester. Full use of spa, which is facilitated especially for the Mama Mio 4th trimester healing hour (a relaxing top to toe massage to help realign and restore your body). Mama mio - The Smoothie (the full body exfoliation treatment), Jessica manicure and Zenspa pedicure. This is your day and you've earned it. Life lunch and glass of wine also included.

Time: 5hrs Price £110.00*

MAKE ME A MISS'US'

Wedding package with a difference. This special once in a lifetime package is for one of the most memorable days in your life. Make that all important decision and let The Little Day Spa take care of all your pre-wedding pampering, right up to and including the big day. Package includes pre-wedding treatments discussed at consultation.

*Consultation required to establish the needs as each bride is different, so no package is the same.

Book date as early as possible to avoid disappointment!

YOUTHFUL YOU

Bring back yesterday with this package designed with treatments for a mature skin. Start the day by relaxing in the spa. Then be treated by a Guinot therapist to a Liftsome facial followed by a session of Geni-tec - the 20 minute face lift! Then comes the Body Minceur full body exfoliation with massage techniques, designed to stimulate circulation, finishing off with manicure, pedicure, shampoo and finish for well-being. Light lunch is also included.

Time: 5hrs Price £155 per person

WAKE ME UP

Feeling low on energy? Let us awaken you. Firstly you'll relax in the spa, and are then taken to your treatment room. The therapist will give you Uber Sassy Bright Eyes to rejuvenate tiredness, and stimulate blood supply with a light massage, followed by an eye mask. The on to our Vibrotone bed for an energise and detox treatment increasing oxygen in the body and waking up a sluggish circulation. Afterwards you will go downstairs for a manicure and pedicure to finish off. A light lunch and glass of wine is also included in this package.

Time: 4hrs Price £95 per person

GIRLY TIME MAKE A NIGHT OF IT WITH AN EVENING PAMPER PARTY

Make a night of it with an evening pamper party, full use of spa facilities, finger buffet with glass of complimentary wine, choice of treatment includes a manicure or pedicure.

*Please feel free to bring your own wine if you wish to carry on drinking.

*These two treatments are standard for this package, other treatments need to be booked as extras.

Available 5pm-8pm

Groups of 5-8 £50 per person Time: 3hrs

Groups of 8-10 £40 per person Time: 3hrs

TOTAL TRANQUILITY

Need to relax and just let go? A package designed to abandon yourself in total tranquillity. Start by relaxing in the spa hydrotherapy pool, steam, sauna at your own leisure. Your treatment will begin with a hydrotherm full body massage with an aromatic facial by a Guinot therapist using natural oils and plant extracts, this is followed by a manicure and deluxe Zenspa pedicure to finish off. A light lunch and glass of wine is also included in this package.

Time: 5hrs Price £120 per person

WELL-BEING

A package simply designed for your well-being. Start the day relaxing in the spa facilities at your own leisure before enjoying a wonderful Hydradermie facial by a Guinot therapist, followed by a hydrotherm back, neck and shoulder massage. Then downstairs to the Sex in the City Nail Bar for manicure and luxury Zenspa pedicure and to finish off, a shampoo and finish with our hair stylist. A light lunch and glass of wine is also included with this treatment.

Time: 5hrs Price £135 per person

SPA FIX

Covering every aspect of the treatments to the body, Quick Fix is an instant pick-me-up. Relaxing in the spa to start, before a Hydrotherm Aroma Vie facial followed by an aromatherapy back, neck and shoulder massage. The downstairs to our Sex in the City nail bar for a file & polish and pedicure with your lunch included, you can leave feeling refreshed and ready to go.

Time: 3hrs Price £85 per person

SPARTY ITS MY PARTY AND I'LL SPA IF I WANT TO

Grab your of your friends and go and sparty! Full use of our spa facilities. Finger buffet and non-alcoholic bubbly also available. A beautician will then treat you and your friends to a file and polish.

* Package available to ages 14-18

** Solarium available to ages 16+

*** Minimum of 5 people per party

**** Available 5-8pm

Time: 3hrs

Groups of 4 or more £30 per person

Groups of 6 or more £25 per person

Groups of 8 or more £22 per person

Groups of 10 or more £20 per person

Spa advice

For the comfort of all our guests we would like to ask you to not bring babies or small children when receiving a treatment.

You can however bring a chaperone who can wait with your child in the dinning room with complimentary refreshments on offer. (please check availability within spa)

We would like you to relax and feel comfortable, so please arrive 15 minutes prior to treatment of package times to ensure you have plenty of time to change.

Please bring your own swimwear to change into and loose clothing for comfort.

Please refrain from wearing jewellery and valuables, as while we hope to take good care of them, we can't be held responsible for any loss or damages.

Robe, slippers and lounge suits are supplied complimentary.

There is a room for possessions that is locked away by the therapist. Please again refrain from carrying unnecessary valuables.

To enjoy the peace and tranquillity in the littledayspa. We would like to kindly ask all guests to turn their mobile phones to silent and refrain from taking phone calls whilst receiving treatment, unless in case of emergencies.

All gift vouchers must be redeemed within six months of purchase. Vouchers must be presented to redeem their value.

Vouchers are non transferable and may not be exchanged for cash, nor will change be given.