



Boutique Beauty Salon and Spa Treatments





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Please note: Clients are responsible for arriving at the correct time and day for their appointment and five minutes before treatment is due to begin. Late arrivals will have the treatment shortened to finish at the correct time. Missed appointments will be charged at the full rate if we have not managed to re-book the space.

All treatments booked must be paid for before the day (or credit card details held).

Packages booked at any time must be paid for in full before the day and a written confirmation of terms and conditions will be returned with receipt of payment.

Terms & Conditions of Bookings

- Cancellation must either be in writing or by telephone directly to a Tranquility staff member at least 24 hours before the booking.
- Cancellations with more than 24 hours notice will either be re-booked for another day or refunded (less 10% administration charge.)
- Cancellations within 24 hours prior to booking only 50% refund given.
- Failing to cancel your booking, no refund will be given.

Prices are current from January 2010



Aroma Mosaic Face

Essential

DEHYDRATED/
NORMAL SKIN



Aromassage

The relaxation massage for the face

Decleor devotes its own special art of massage to your face. Let your therapist's trained hands soothe & relax your entire face, neck & shoulders. Application of hot towels & a soothing hand & arm massage complete this indulgent experience. A massage tailored to your specific skin requirements from the selection on the left.

55mins £45

Purify

COMBINATION/
OILY SKIN



Aroma Plasticie

The classic aromatic facial

This facial is an essential part of the Decleor skincare system allowing you to discover the benefits of aromatherapy products for your skin type. At the heart of the treatment is a mask that has a truly unique & surprising texture with Linseed, Wheatgerm & Sunflower, leaving the skin soft, velvety & luminous. Tailor the facial to your specific skin requirements from the selection on the left.

55mins £48

Nourish

DRY
SKIN



Aroma Expert

The specific aromatic facial

These targeted treatments provide an expert response to the needs of every skin type. Even the most demanding skin is satisfied with the results from the concentrate of highly targeted active ingredients used within these facials. Tailor this indulgent experience to your specific skin type from the selection on the left.

85mins £60

Soothe

SENSITIVE
SKIN



Expression Wrinkle smoothing

A fusion of nature and science smoothing the appearance of expression lines and wrinkles. This incredible facial uses the latest innovation and natural ingredients to produce an immediate action on expression lines. The famous acclaimed anti ageing ingredient Retinol is used to stimulate the skins natural collagen production and produce a plumping effect on the contours of the face to give a youthful glow.

85 mins £65

Lift

MATURE
SKIN



Experience Lifting intensifier

Re-stimulate your skin with this deeply reviving facial. Targeting both slackening of the skin and loss of firmness, fine lines and wrinkles that become more obvious with age are softened and the skin is flooded with moisture to ensure the complexion appears naturally radiant and youthful.

85mins £68

Excellence Age Defying

Utilising the cutting edge of Decleor's skin care development this amazing treatment restores facial volume with innovative lipo-filling technology. Wrinkles appear plumped from within the skin and the contours of the face appear reshaped.

85mins £70

Aroma Express Facial

A cleansing & revitalising facial for those short on time requiring maximum results. Ideal before that special occasion.

25mins £28

Radiance

DULL SKIN WITH
PIGMENTATION



Alpha + Facial

Decleor's original AHA treatment to help eliminate fine lines & reduce pigmentation.

25mins £28

Vital Eyes

A unique intensive anti-ageing eye treatment that instantly melts away tension, reduces puffiness & dark shadows as well as diminishing all traces of fatigue.

25mins £28



Aroma Mosaic Body

Aromassage

55mins £45

The treatment for absolute well-being.

A full body massage using techniques & aromatic balms exclusive to Decleor to ease, soothe & relax every part of your body. A treatment to melt away tension, eliminate toxins & fill your body with a new energy leaving you feeling invigorated & restored from deep within. Customise your massage by choosing from the following selection: either Relax, Flow, Detox or Tonic.

Aroma Envelopment (Aroma Envelopment Detox)

**55mins £50
85mins £70**

A true cocoon of effectiveness.

A treatment to leave you feeling replenished, your skin soft & all of your needs met to perfection. A creamy body mask is at the heart of all these treatments, which are tailored to meet your specific requirements. All envelopments include exfoliation, massage application of aromatic body balms & finishing with a moisturising body lotion. Customise your treatment by choosing from the following selection: either Relax, Flow, Detox or Tonic.

Aroma Localised

Prices & timings vary

The benefits of targeted action.

Aroma Localised Relax

25mins £28

Inspired by oriental techniques, this aromatherapy massage has been designed specifically for the head, neck & shoulders, to produce a condition of deep relaxation.

Aroma Localised Flow

55mins £50

The perfect antidote for tired, aching legs. This instantly refreshing treatment will put a bounce back in your stride.

Aroma Localised Detox

55mins £50

Specifically designed to target vulnerable areas such as hips, thighs, bottoms & stomach. Essential oils, anti-cellulite massage & a powerful mask help to break down fatty deposits, drain toxins & reduce the appearance of cellulite.

Aroma Localised Tonic (Bust and Décolleté)

40mins £35

Sun exposure, weight loss & breast-feeding can all take their toll on this most fragile area, accelerating the ageing process. This intensive firming treatment enables the skin to regain its firmness & elasticity to reduce the signs of ageing.

Aroma Localised Tonic

85mins £70

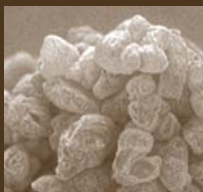
A body firming treatment to leave your skin feeling toned, soft & smooth. Ideal after weight loss, this treatment will help to firm the skin and is the perfect answer to prevent & beat stretch marks due to pregnancy.

Aroma Exfoliation Ritual

25mins £33

Full body exfoliation using fruit seeds mixed with the Decleor Aromessence Relax oil. A luxurious and pampering treat for your skin followed by an application of ultra nourishing body lotion.

Relax
TO SOOTHE
YOUR BODY



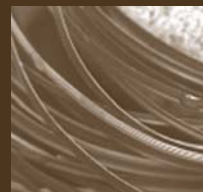
Flow
TO ENERGISE
YOUR BODY



Detox
TO REFINE
YOUR BODY



Tonic
TO FIRM
YOUR BODY





Treatments for Men

BABOR TREATMENTS FOR MEN

Energy Release Face 55mins £55

An anti stress facial to revive tired skin. Using a mask packed with collagen it gives the complexion a fresh and powerfully energised appearance.

Sensational Eye Treatment 25mins £28

A firming and rejuvenating treatment for the delicate skin of the eye area targeting fine lines puffiness and dark circles.

Energy Release Back 55mins £45

Using a volcanic body mask this treatment exfoliates and deep cleanses the skin followed by an invigorating back massage.

Executive Manicure 25mins £20

An express treatment to tidy cuticles and shape nails with a relaxing hand massage.

Hand Energiser 55mins £30

A deluxe treatment including exfoliation, hot towels and a moisturising paraffin wax dip.

Executive Pedicure 25mins £25

An express treatment to tidy nails and cuticles and remove hard skin finishing with a relaxing foot massage.

Feet Vitalizer 55mins £35

A deluxe treatment which includes hard skin removal exfoliation hot towels and a moisturising paraffin wax dip.

DECLEOR FACE

Aroma Express facial 25mins £28

A cleansing facial using clove extract to revitalise tired skin, leaving it feeling clean and healthy.

Aromassage Homme 55mins £45

A special art of massage focusing on the well being and relaxation of your skin. Application of hot towels and a soothing hand massage complete this indulgent experience.

Aromaplastie Homme 55mins £48

An essential part of the Decleor skincare system allowing you to discover the benefits of aromatherapy for your skin. A facial to replenish the skin sweeping away signs of fatigue and dull complexions.

Aroma Expert Homme 85mins £60

A facial with enhanced balancing and hydrating powers designed to tackle even the most demanding skin. The highly targeted active ingredients provide an expert response to your skins needs.

DECLEOR BODY

Aromassage 55mins £45

A full body massage using techniques and aromatic balms exclusive to Decleor. A treatment to melt away tension, eliminate toxins and fill your body with a new energy leaving you feeling invigorated and restored. Choose between a Relaxing or Energising massage.

Re-generating Exfoliating Ritual 25mins £33

A full body exfoliation using fruit seeds and the Decleor Aromessence Relax oil to invigorate and hydrate the skin. An application of nourishing body lotion completes the ritual.

Re-activating Flow Envelopment 55mins £50

An all over treatment designed to stimulate circulation and boost energy levels. This includes an invigorating and exfoliating application of flow balm a cooling gel mask and finishing with a moisturising body lotion.

Re-mineralising Detox Envelopment 55mins £50

A treatment to eliminate toxins, leave you feeling replenished and your skin soft. Including a detoxifying exfoliation and massage, followed by a purifying sea weed mask and finishing with a conditioning body lotion.

Back Cleanse 40mins £35

Designed to deal with congestion of the back and shoulder area this treatment is perfect for those hard to reach places. Includes exfoliation and a purifying mask to really deep cleanse the skin.

WAXING

1/2 Chest Wax £16

Full Chest Wax £28

1/2 Back Wax £16

Full Back Wax £28



Pure Indulgence - Treatments by Babor

FACE

Sensational Eye Treatment

25mins £28 (with eyelash tint £38)

A firming and rejuvenating treatment for the delicate skin of the eye area targeting fine lines, puffiness and dark circles. An eyelash tint can be added in to enhance the effect of the treatment.

HSR Power lifting Express

25mins £45

Short of time? This rapid lifting treatment tones the skin and increases elasticity. Thanks to the intensity of the active ingredients, fine lines are instantly smoothed and the contours of the face, neck and décolleté are firmed.

HSR Power lifting Deluxe

55mins £80

Every now and then your skin needs a little fitness routine. Get your skin into fabulous shape with this powerful formula. Cotton fleeces saturated with High Skin Refiner lifting complex have an intensely firming effect with long lasting results. A fountain of youth for your skin. Your therapist will be able to recommend HSR products to complement your treatment and continue the benefits!

Ultimate High Skin Refiner

85mins £90

Take luxury to the next level with the addition of a divine massage of the face and décolleté to the HSR skin energy system. Reveal a youthful complexion and emerge totally relaxed.

Oxygen Facial

55mins £55

This treatment breathes life into the skin whilst gently resurfacing the upper layers of the dermis to deliver a radiant glow. After a deep cleanse and exfoliation the skin is massaged with oxygen fluid which is contained in airtight ampoules ensuring the product remains active through the application. These fluids stimulate the cells respiration, increase cell activity and boost cell regeneration. Ideal for those with tired, stressed skins or simply wanting to brighten and smooth the complexion.

Mimical Control with Q10

55mins £65

Facial expressions are what makes us unique, but they also leave their traces leading to the formation of lines. This intensive dual action facial provides both the vital strength and energy, giving your skin relief with co-enzyme Q10. It also reduces depth of expression lines to give a more youthful appearance.

Simply Divine Champagne Facial

55mins £75

Have you ever wanted to bathe in Champagne? This treatment is sheer luxury as the products are enriched with real champagne which has an intensely vitalising and hydrating effect. Treatment begins with a warm cleanse and the application of vitalising mask, then exfoliation, relaxing massage and the unique Ultimate Care Foam mask with Veuve Cliquot. This is the glamorous way to fight the signs of ageing!!

Sea Creation

85mins £125

For those who like to indulge in a little luxury... The Rolls Royce of facials!! From the very depths of the sea the secrets of rejuvenation and turning back time are found within the ingredients of this treatment, combining key elements of pearl proteins, sea silk and ocifique algae complex. The treatment begins with a back massage followed by a warm cleanse, deep exfoliation, massage of the face with Tiger cowrie shells and application of the delicious Sea Creation mask during which you will receive a relaxing hand or foot massage.



Pure Indulgence - Treatments by Babor

SPA AROUND THE WORLD TREATMENT RITUALS TO TRANSPORT YOU TO EXOTIC LOCATIONS



Shadiva of India

120mins £80

Based upon Ayurveda the ancient form of Indian medicine using products relative to your 'Dosha' (body type). This breathtaking two hour massage incorporates the scalp, face and body.



Khanya of Africa

120mins £90

This treatment concept is based on the healing powers of marula oil and tea tree extracts that enables you to experience the soul of this fascinating Continent - from head to toe! The combination of a salt scrub, special massages and an exclusive facial treatment leaves your skin with a new vitality you can feel.



Scentao of Asia

120mins £80

The special Scentao formulas contain extremely valuable active ingredients for the skin. Green tea ginseng and ginkgo biloba have long been recognised in many parts of Asia as precious medicinal plants. The whole body is massaged with Mexican lava stones further enhancing this anti stress ritual and includes a refreshing facial treatment to complete the experience.

BODY TREATMENTS

Sweet Mousse Peeling

55mins £40

Using the unique fruit complex the whole body is exfoliated to intensively smooth and brighten dull skin. Hot towels are used to remove the fruit mousse and the body is massaged with a vitamin body butter to drench the skin with moisture.

Fruity Lifting Power

85mins £65

This treatment includes the fruit mousse peeling and then a creamy mask is applied to the body to firm and tone the skin. While the mask takes effect a mini facial is performed to leave you feeling totally relaxed.

Vitamin Body Cocoon

85mins £65

For skins that are extremely dry this treatment begins with a milky fruit scrub to smooth the body. A rich mask is then applied to the skin and whilst wrapped up a mini facial is performed to complete the experience

Babor Express Anti-Cellulite Treatment

25mins £38

Enhance your body's contours forever. This effective treatment begins by body brushing to remove dry skin, followed by an invigorating massage with Babor's "Stop 3" Anti-cellulite gel. For combating the early stages of cellulite.

Babor Intense Anti-Cellulite Treatment

55mins £65

Cellulite is created by pockets of water, toxins and fat cells trapped under the skin causing the "orange peel" effect. This intensive treatment incorporating our self heating "Thermo-modelage" mask removes dry flaky skin and stimulates the circulation to help banish cellulite, ensuring the skin tissues are smoother and firmer. A course of 6 treatments is recommended for optimum results £360.



Massage & Tanning

TRANQUILITY SIGNATURE MASSAGE TREATMENTS

| | |
|--------------------------|------------|
| <i>Back Massage</i> | 25mins £28 |
| <i>Full Body Massage</i> | 55mins £42 |

Aroma Back Bliss 25mins £30 (with hot stones £33)

Exfoliation of the back followed by the application of hot towels and a back massage using Decleor Aromessences. To intensify this massage we can add in the hot stones to relax the muscles further.

Aroma Body Bliss 85mins £70 (with hot stones £73)

The whole body is exfoliated top to toe followed by a relaxing massage using the Decleor Aromessences. This treatment can be further enhanced with the addition of hot stones to melt away stress and tension.

Heavenly Hot Stone Massage 55mins £65

The whole body is massaged with aromatherapy oils by hand and then with Mexican lava stones to promote relaxation.

Aromatherapy 85mins £70

A prescriptive aromatherapy treatment tailored to suit your individual needs. After a consultation we will blend oils that will ease stress and re-balance the body. This treatment includes massage of the face & body.

Reflexology 55mins £40

This holistic therapy uses manipulation on the soles of the feet with varying degrees of pressure. Each pressure point worked on by the Therapist is linked to a corresponding part of the body. The pressure applied to these areas aims to kickstart the body's natural healing processes whilst providing an intensely relaxing experience, during which you may even fall asleep.

TANNING TREATMENTS

Looking for a beautiful golden tan pre-holiday, for a party or to look fabulous for your wedding? Why not try one of our selection of tanning treatments to suit your skin type.

Cream Tan Application

We will exfoliate you followed by application of the tan, ideal in the winter or when your skin is drier. We recommend St Tropez for darker skin tones and Decleor for lighter skin tones.

| | |
|-----------------------------------|------------|
| <i>Full Body</i> | 55mins £45 |
| <i>Upper Body (waist upwards)</i> | 25mins £35 |
| <i>Legs</i> | 25mins £25 |

Spray Tan Application

For the perfect tan you should exfoliate prior to the treatment or if you prefer this can be added on and completed in the salon. On the day please avoid wearing perfume, deodorant or moisturising cream.

Pre-Tan Exfoliation 20mins £20

St Tropez 15mins £25

Fake Bake - Classic 15mins £20

Fake Bake - Dark 15mins £20

Aroma Sun Treatments

Two luxurious treatments to both prepare the skin for your holiday, and to soothe and prolong your tan on arriving home.

Sunrise 85mins with Self Tan £75 55mins without Self Tan £55

Exquisite skin preparation for the sun combining sea salts, essential oils and flower petals to gently exfoliate & soften the skin, leaving it silky smooth & ready for an all over glow. Pure aromatherapy balms are massaged into your face and body to ease tension & soothe as well as boosting the skins defence to the sun, stimulating melanin production for that longer lasting tan. The optional finishing touch to this treatment is the professional application of the Decleor self-tan to leave your skin glowing.

Sunset 85mins £75

Created to replenish & soothe your sun exposed skin from top-to-toe. This unique treatment will prolong your tan with a much needed moisture boost. Massage of the face and body with a delicious After-sun balm that simply melts into your skin. Finishing the treatment with an application of the Anti-sunburn gel to repair, strengthen & soothe the most vulnerable sun stressed skins.



HANDS

Jessica File and Paint 15 mins £15

Filing and shaping of the nails followed with a varnish using the exclusive range of custom colours by Jessica.

Jessica Express Manicure 25 mins £22
(With french polish) £25

This includes filing and shaping the nails, cuticle work mini hand massage and painting of the nails.

Jessica Luxury Paraffin Wax Manicure
55 mins £30

A real pampering treat for your hands! We will exfoliate and file the nails followed by application of creams and oils to hydrate the hands and soften the cuticles. The hands are then dipped in warm paraffin wax and popped into mittens followed by cuticle work, massage and painting.

Jessica Le Remedi Anti Ageing Manicure
55 mins £33

Turn back time on one of the most delicate areas with a 'facial' for your hands. We will begin by exfoliating and applying an anti-ageing mask to the hands and then a relaxing massage and cuticle work and painting.

FEET

Jessica File and Paint 15 mins £15

Filing and shaping of the nails followed with a varnish using the exclusive range of custom colours by Jessica.

Jessica Express Pedicure 25 mins £25
(With french polish) £28

This includes filing and clipping of the toenails, hard skin removal, exfoliation cuticle work and mini massage followed by a varnish using the custom colours exclusive to Jessica.

Jessica Luxury Paraffin Wax Pedicure
55 mins £35

Starting with hard skin removal we will then exfoliate the feet followed by application of oils and creams to soften the skin. The feet are then dipped in paraffin wax and popped in to booties. When the mask is ready we will complete the pedicure with cuticle work, massage and paint.

Jessica Zen Spa Luxury Pedicure
55 mins £35

This pedicure is like a facial for the feet and lower legs. First we begin by removing the hard skin with a foot file and exfoliating with the enzyme scrub on the feet and lower legs. Using an aromatherapy mask (either relaxing or energising) the feet are then popped in to booties. To finish we complete cuticle work, massage and painting of the nails.

*Nail Art by hand and gems are available complimentary on request.

LASH TREATMENTS

Eye brow tint £10.50

Eye brow tint and shape £18

Eye lash tint £14.50

Lash and brow tint £19

False lashes half set £10

False lashes full set £20

MAKE UP

Cleanse and make up £28

Make up lesson £38

St Tropez Air brush foundation (lasts 24hrs) £25
(with full make up) £45

WAXING

Eye brow £10

Underarm £10

Lip/Chin £10

Forearm £16

Full Arm £19

Classic Bikini £12

Brazilian £18

Hollywood 45mins £30

1/2 Leg £16

1/2 Leg & Bikini £24

3/4 Leg £19

Full Leg £24

Full Leg & Bikini £28

WEDDINGS (in Salon)

Bridal make up trial 55mins £50

On the day £35

(if airbrush used) £45

PLATINUM WEDDING SERVICE

Louise Eaton has twelve years experience in wedding make up and now offers a flexible service for those who wish to have make up at their venue, hotel or home. Wedding consultations are available with her, during which you will be able to discuss your needs both leading up to the wedding and on the day itself. You will also receive a personal wedding treatment prescription to get you looking and feeling your very best.

Prices

Individual quotations will be given depending on the location of the booking.

For further information please contact: Louise at the salon on 01273 423357 or e-mail her at info@tranquilityinthecity.com Website: www.tranquilityinthecity.com



Tranquility Packages

Come and visit us for an indulgent morning or afternoon to get that 'just got back from a spa break' feeling.

FOR HER

Recharge

1hr £45

• Aroma back bliss with hot stones • Choice of Manicure, pedicure or mini facial

Restore

1hr 25mins £70

• Mini facial • Aroma back bliss with hot stones • Manicure or pedicure

Revitalise

2hrs 25mins £110

• Aromassage Relax • Aromaplastie facial • Manicure or pedicure

Rejuvenate

3hrs £120

• Detox envelopment • Aroma expert radiance/lift facial

Ultimate Indulgence

4hrs £160

• Aromassage Body (choose from Relax Flow Detox or Tonic)
• Aromaplastie facial • Luxury paraffin wax manicure and pedicure • Make up

Mother To Be

1hr 25mins £80

Enjoy a delightful massage of the neck and shoulders followed by the lower legs and feet and application of a cooling gel. We then will massage firming and toning oil to support the skin in its most vulnerable areas- stomach, thighs and décolleté followed by application of a mask during which you will enjoy a mini facial and your toenails trimmed and painted.

Yummy Mummy

1hr 30mins £90

Be pampered and buff, tone and lift those delicate areas. An intense treatment for 3 months after birth to target the vulnerable bust and stomach area. Fabulous results and a chance to unwind.

Heavenly Ocean Bliss

3hrs £225

Treat someone very special (or yourself!) to this half day package of Pure Indulgence. You will be pampered from head to toe and feel like a real princess
• Scentao Hot Stone Massage • Luxury Babor Spa Manicure and Pedicure • Sea Creation Facial

Tranquility Romance Ritual

2hrs £130 per person

This deluxe package can be taken on it's own or enjoyed as a couple in our double room, this includes the Babor Simply Divine Champagne facial and Heavenly Rose Hot stone massage.

Gift Vouchers

Gift vouchers are available for any treatment or package, or as a monetary value. When booking with your voucher, please be aware that they are also subject to our terms and conditions of booking – see page 2 of brochure. They are valid for 6 months only and are non refundable. Goods may be purchased with our vouchers, from any of the ranges that we stock.

FOR HIM

Recharge

1hr £45

• Aroma back bliss with hot stones • Choice of Manicure, pedicure or mini facial

Restore

1hr 25mins £70

• Mini facial • Aroma back bliss with hot stones • Head Massage

Revitalise

2hrs £90

• Re-mineralising Detox Envelopment • Aromaplastie Homme Facial

Skin Fitness Programme

2hrs 25mins £110

• Aromamassage Flow (energising) • Aroma Expert Homme Facial
• Head Massage

Ultimate Indulgence 4 Men

3hrs £130

• Aromamassage Relax (full body) • Aromaplastie Homme Facial
• Head Massage • Manicure • Pedicure



Pamper Parties

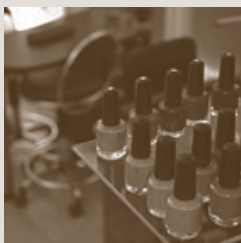


EXCLUSIVE PAMPER PARTIES FOR HEN GROUPS, BIRTHDAYS, CELEBRATIONS AND CORPORATE DAYS

Come and enjoy a morning or afternoon of complete indulgence at Tranquility in the City. We can arrange private parties for any occasion in our Manicure & Pedicure Studio where you can play your own music and decorate to suit your occasion if you wish!

A range of tempting treatments can be selected from our extensive menu or you can choose one of our 'Pampered Girls' packages. In between treatments you can relax and enjoy a gossip with the girls with a glass of champagne.

Lunches can also be arranged at your request with a delicious selection of gourmet sandwiches made to order by our local deli.



PAMPERED GIRLS IN THE CITY PACKAGES

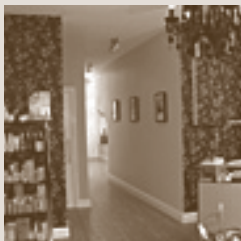
Silver package £50 - Choose **two** treatments from the list below

Gold package £70 - Choose **three** treatments from the list below

Treatment list: Aroma Express Facial, Decleor body polish, Back massage with hot stones, Manicure, Pedicure

Platinum package £95 - HSR Power lift facial, Back massage with hot stones, Manicure, Pedicure

Lunch can be added to any of the above at a cost of £5 per head or £6.50 including a dessert option.



How to book

To book your party with us call the salon on **01273 423357** or e-mail us at **info@tranquilityinthecity.com**. To secure the booking we need to take full payment and we will need a list of the treatments required. Once payment has been received the itinerary and terms and conditions will be sent out.



Boutique Beauty Salon and Spa Treatments

Opening Times

| | |
|------------------|------|
| <i>Monday</i> | 10-6 |
| <i>Tuesday</i> | 10-7 |
| <i>Wednesday</i> | 10-8 |
| <i>Thursday</i> | 10-7 |
| <i>Friday</i> | 10-7 |
| <i>Saturday</i> | 10-6 |
| <i>Sunday</i> | 10-4 |

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