



# H A R B O U R C L U B C H E L S E A

## S P A & W E L L N E S S M E N U

TREATMENT	DURATION (Mins)	MEMBER PRICE	NON MEMBER PRICE
<b>FACIALS</b>			
ESPA Back, Face and Scalp Treatment	90	£140.00	£170.00
ESPA Active Nutrients 'Glow From Within' Facial	60	£90.00	£110.00
ESPA Inner Beauty Facial	60	£90.00	£110.00
ESPA Express facial	30	£55.00	£65.00
<b>TARGET FACIALS</b>			
Hydra Facial Signature	30	£105.00	£120.00
Hydra Facial Deluxe	45	£135.00	£150.00
Hydra Facial Platinum (inc a booster)	60	£185.00	£199.00
Murad Rejuvenating Skin Peel	30	£65.00	£75.00
Murad Prescription Facial	60	£90.00	£110.00
Add 'HydraFacial Perk' Eye or Lip for additional £35.00 each			
Packages available on Deluxe & Platinum HydraFacials			
<b>MASSAGES</b>			
ESPA Inner Calm Massage †	60	£75.00	£85.00
Thai Massage	60	£90.00	£100.00
Peaceful Pregnancy Massage	60	£80.00	£96.00
Deep Tissue Massage † ^	60	£80.00	£96.00
Deep Tissue Massage † ^	30	£55.00	£65.00
ESPA Back, Neck and Shoulder Massage ††	30	£48.00	£58.00
Therapeutic Indian Head Massage †	30	£55.00	£60.00

### PERSONALISE YOUR MASSAGE EXPERIENCE

Add an additional 15/30 minutes to selected massages † £20.00/40.00

Melt away any tension by adding Hot Stones † or Theragun @ £15.00 ^ to selected massages

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TREATMENT	DURATION (Mins)	MEMBER PRICE	NON MEMBER PRICE
<b>BODY TREATMENTS</b>			
Skin Smoothing Salt Scrub	30	£45.00	£52.00
Detox Cleansing Wrap	60	£75.00	£90.00
<b>FINISHING TOUCHES</b>			
Eyebrow Tint	15	£16.00	£19.50
Eyelash Tint	15	£16.00	£19.50
Lash & Brow Tint	15	£25.00	£33.50
Eyebrow Shape or Wax	15	£14.00	£16.50
Spray Tan	15	£50.00	£60.00
Spray Tan (Face)		£15.00	£15.00
<b>BROWS &amp; LASHES</b>			
Brow Sculpt - Lamination	60	£60.00	£70.00
HD Brows	45	£47.00	£52.00
LVL Lashlift	60	£60.00	£70.00
<b>Lash Extensions</b>			
Classic Lash Extensions	90	£90.00	£99.00
Hybrid Lash Extensions	120	£100.00	£110.00
Russian Lash Extensions	120	£140.00	£160.00
Classic Infills	60	£70.00	£80.00
Hybrid Infills	90	£75.00	£85.00
Russian Infills	90	£85.00	£95.00
Removal	30	£25.00	£30.00
Removal with Full Set	15-30	£10.00	£10.00
<b>NATURAL NAILS TREATMENTS</b>			
Luxury Manicure	70	£55.00	£60.00
Luxury Pedicure	70	£65.00	£70.00
Manicure	55	£35.00	£42.50
Pedicure	55	£40.00	£45.00
Express Manicure or Express Pedicure	25	£30.00	£35.00

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TREATMENT	DURATION (Mins)	MEMBER PRICE	NON MEMBER PRICE
GEL POLISH NATURAL NAILS TREATMENTS			
Express Gel Manicure or Express Gel Pedicure	25	£35.00	£42.00
Gel Nails (Hands or Feet)	55	£55.00	£65.00
Gel Polish Removal	15	£18.50	£22.50
NAIL EXTENSIONS			
Nail Extensions Full Set	85	£80.00	£89.00
Nail Overlay Full Set	70	£70.00	£79.00
Nail Extension Infill	55	£65.00	£70.00
Nail Overlay Infill	55	£65.00	£70.00
Soak Off, Removal	15- 25	£25.00	£25.00
French Polish   £10.00 • Nail Design Art   £2.00 per nail (must be requested when booking)			
LYCON HAIR REMOVAL - STRIP OR HOT WAX			
1/2 Arm Wax   §	15	£16.00	£19.50
Arm Wax   §	25	£21.50	£26.50
1/2 Leg Wax   §	25	£26.00	£31.00
Full Leg Wax   §	30	£35.00	£42.00
Chin or Lip or Eyebrow Wax § +	15	£16.00	£19.50
Men's Waxing § +	30	£35.00	£42.00
Underarm Wax +	15	£16.00	£19.50
Standard Bikini Wax +	15	£29.00	£33.00
Extended High Bikini Wax +	25	£35.00	£40.00
Brazilian or Hollywood Wax +	30	£45.00	£49.00
STRIP WAX   §   •   HOT WAX +			
HAIR REMOVAL PACKAGES			
1/2 Leg & Bikini Wax	40	£49.00	£54.00
1/2 Leg & Brazilian Wax	45	£65.00	£70.00
Full Leg & Bikini Wax	45	£57.00	£62.00
Full Leg & Brazilian Wax	60	£70.00	£75.00



# H A R B O U R C L U B C H E L S E A

## M E D I C A L & L I F E S T Y L E M E N U

TREATMENT	DURATION (Mins)	PRICE	TREATMENT	DURATION (Mins)	PRICE
<b>MASSAGES</b>			<b>AESTHETICS CLINIC</b>		
Deep Tissue Massage	30	£60.00	<b>Wrinkle relaxing injections</b>		
Deep Tissue Massage	60	£90.00	Select forehead, between brows or both eyes*		
Deep Tissue Massage	90	£120.00	1 area	from	£170.00
Sports Massage	30	£60.00	2 areas	from	£210.00
Sports Massage	60	£90.00	3 areas	from	£260.00
Sports Massage	90	£120.00	<i>(Inclusive of optional brow lift)</i>		
Pregnancy Massage	60	£90.00	Additional areas £50 each		
Reflexology	60	£90.00	(Bunny lines, lower Jaw or around mouth)		
<b>PODIATRY</b>			Free 2 week top up inclusive, if required.		
Podiatry Consultation	30	£100.00	*£10 supplement for men		
Biomechanics	60	£295.00	<b>Dermal Fillers : Juvederm 2, 3 &amp; Smile</b>		
Orthotics	30	prices vary	Areas that can be treated are lips, nose-mouth		
<b>truSculpt® flex</b>			lines, nose reshaping, jawline, Marionette lines,		
Rapid Muscle Sculpting	15	£450.00	tear throughs, glabellar, fine lines		
Package of 4 sessions		£1600.00	<i>Complimentary consultations available</i>		
<b>OSTEOPATHY</b>			<i>to discuss requirements and needs</i>		
Osteopathy Rehab	60	£110.00	1 Syringe		£250.00
Osteopathy	90	£165.00	2 syringe		£450.00
Osteopathy	120	£220.00	3 syringe		£650.00
<b>PHYSIOTHERAPY</b>			<b>Juvederm 4 &amp; Volumna</b>		
Physiotherapy Consultation	45	£110.00	For deep lines, augmentation, volume loss,		
Physiotherapy Rehab	60	£120.00	underarms, palms, foot fillers and more.		
Physiotherapy Follow Up	30	£65.00		from	£280.00

**PLEASE SEE FOLLOWING PAGE FOR INFUSIONS, VITAMIN INJECTIONS AND BLOOD TESTS**

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PROCEDURE	PRICE	PRICE
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VITAMIN INFUSIONS

Basic Revita Wellness Infusion	£150.00	Relax And Restore Infusion	£370.00
Anti Aging Infusion	£370.00	Pre Workout Infusion	£240.00
Energy Booster Infusion	£290.00	Post Workout Infusion	£240.00
Fat Burning And Detox Infusion	£400.00	Skin Brightening Infusion**	£250.00
Immuno Booster Infusion	£370.00	Course recommended. Price does not include mandatory G6PD blood test.	
Hair, Skin And Nails Infusion	£350.00		

*\*\*Blood test required, price does not include blood test fee  
Please note for session times, all infusions should take up to 45mins*

INFUSION ADD-ONS & IM INJECTIONS

	Single Price	Course of 3
Glutathione IV or Injection	£90.00	£250.00
B5 & B6 Combo	£90.00	£250.00
Biotin Injection	£70.00	£190.00
B12 Injection	£70.00	£190.00

DIAGNOSTIC TESTING

BLOOD TESTING

	Single Price
Single lab regular blood test	£50.00
Single lab centrifugal blood test	£75.00
Shipment of samples to lab	£15.00 (per test)
Food intolerance blood testing (7 food groups)	£199.00
Food intolerance PLUS Coeliac diagnostic blood testing	£299.00
Comprehensive vitamin deficiency screen	£650.00
Mineral deficiency screen	£275.00
Vitamin D levels blood test	£100.00
Vitamin B12 levels blood test	£90.00
G6PD (test for skin brightening infusions)	£95.00
Lipid/Cholesterol profile	£150.00
Well woman profile	£195.00
Well man profile	£195.00
Heavy metal screen	£400.00