

Hair removal waxing with PHD

An effective method of hair removal for both men and women, using warm wax with a disposable applicator for each client.

Full leg	£20.00
Full leg & bikini	£25.00
Half leg	£15.00
Half leg & bikini	£20.00
Bikini line	£8.00
Underarm	£8.00
Eyebrows	£10.00
Lip or Chin	£6.00
Lip & chin	£10.00
Back <i>or</i> Chest	£15.00

Leisure Club Members receive a 15% discount on all treatments booked Monday to Friday inclusive

Relaxation packages can be tailor made to suit your individual requirements. Please ask for details.

Gift Vouchers can be purchased for any sum or treatment required.

Dermalogica Treatments

De-Stress Facial 60 mins

A relaxing and calming treatment that combines the primary facial and a half hour back massage £40.00

Men's Skin Care Treatment 60 mins

This treatment takes factors such as shaving habits into account to help prevent ingrown hairs and other skin problems unique to men £35.00

The Treatment 60 mins

An individual tailored facial that will help to improve all skin conditions £40.00

Power Regeneration Treatment 75mins

Ideal for prematurely aged skin conditions. Powerful retinol-based exfoliation is followed with deep penetrating vitamin therapies to ensure skin is youthful and toned £50.00

Skin Brightening Treatment 60 mins

Helps to balance uneven skin pigmentation and dull lifeless skin. Skin appears radiant and full of vitality £40.00

Primary Facial 25 mins

A complete maintenance treatment for all skin conditions in which the skin is cleansed and conditioned £25.00

Health & Beauty At The Ramada Grange

Proprietor
Vivien Barton
Telephone:- 07833 045081
Beauty & Skincare Treatments by Qualified
Therapists

To enhance your treatment experience the following information is given:

Please arrive ten minutes before your appointment to allow yourself time to change and to complete your personal consultation.

We respectfully request that clients wear briefs or dry swimwear during treatment.

All Leisure Day or Leisure Break treatments can be upgraded at an additional cost.

Payment must be made at the time of treatment. Please allow 24 hours notice of cancellation or a 50% fee will be incurred.

Any client who is not a resident of a leisure club member, will be charged a £10 fee should they wish to use the hotel's leisure facilities

HOLISTIC THERAPIES

Aromatherapy is an ancient art of natural healing using pure essences extracted from plants and flowers and applying them through massage to the body. This holistic therapy enhances the body's own healing ability and inspires the body, mind & spirit to achieve a perfect balance.

Full Body Massage 60 mins £45.00

This is a deeply relaxing treatment. Each essential oil has its own therapeutic and healing properties and each treatment is tailored to suit individual needs.

Aroma De-Stress Massage 40 mins £35.00

A soothing treatment especially for the neck, shoulders, back and backs of the legs. Ideal for aching muscles, promoting relaxation.

Back & Shoulder Massage 25 mins £25.00

A tailored back massage helps alleviate deep rooted tension in the back, shoulders and neck muscles leaving you feeling relaxed and tension free.

Leg Massage 25 mins £25.00

Especially for aching muscles, cellulite & reviving tired legs. Includes a specially chosen blend of oils.

Thai Foot Massage 60 mins £40.00

This method of massage incorporates the feet and legs, stimulating the reflex points and working along the energy lines bringing harmony to the body.

ALTERNATIVE THERAPIES

Indian Head Massage 30 mins £23.00

This treatment can aid with stress, tension, migraine, headaches, insomnia, circulation and can promote healthy hair growth. This treatment includes a back, neck, shoulder, head, face and upper arm massage

Hopi Ear Candling 45 mins £30.00

This therapy is used to treat many conditions such as noise in the ear, ringing, tinnitus, sinusitis, glue ear, catarrh, colds, 'flu, migraine, headaches and can be useful to aid with snoring. It is a very relaxing treatment which is followed up by a Facial massage. The candles are made from premium quality pesticide-free untreated cotton which has been soaked in pure beeswax, honey extract, Sage, St Johns Wort & Chamomile.

Reiki 60 mins £35.00

A safe and natural choice in healing therapy by Vivien Qualified Reiki Master

Reiki is a tremendously powerful holistic healing system that can deal with problems of any kind, whether physical, mental, emotional or spiritual and often succeeds where other treatments have failed. Reiki is safe to use anytime, anywhere and in any situation. A treatment consists of the recipient simply lying fully clothed on a couch and relaxing, it can also be given whilst in a sitting position.

BEAUTY TREATMENTS

Hand and Foot Care Treatments

Hand and Foot treatments using the renowned OPI long lasting nail lacquers and *dermalogica* spa body products

Manicure	£24.00
Manicure including paraffin wax	£28.00
Reshape and varnish	£15.00
Pedicure	£26.00
Pedicure including paraffin wax	£30.00
Paraffin wax treatment only	£15.00
Varnish only	£10.00

Eye Care

Eyelash, Brow Tidy & Tint	£20.00
Eyelash & Brow Tint	£16.00
Eyelash Tint	£12.00
Eyebrow Tint	£8.00
Eyebrow Shape	£9.00
Eyebrow Tidy	£6.00

Eye Treatments

(Patch test required 24hr prior to treatment)
Eyelash Perm & Tint £30.00

Wedding make-overs

Using Jane Iredale mineral makeup, recommended by dermatologists and skincare professionals.

Bride	£40.00
Mother of the Bride/Groom	£30.00
Bridesmaids	£30.00

(Trial recommended)