



Fleur de Jouvence £29.00

A pure stabilised Aloe Vera gel combined with nature's own hydrolysed elastin and collagen. This treatment is suitable for all ages and skin types including sensitive skin.

Sonya Facial £42.00

An anti-ageing formula using superior natural ingredients including Aloe Vera, fruit extracts, white tea and super-hydrating moisturisers.

Lacue Deep Sea Facial	
Spa Express Facial	£23.50
Spa Deeps Cleans Facial	£39.50

Jessica Nails

Jessica Nails provide essential nutrients and vitamins to the skin and nails.

Express Manicure	£18.00
Standard Manicure	£26.50
Luxury Manicure	£32.00
Express Pedicure	£21.50
Standard Pedicure	£26.50
Luxury Pedicure	£35.00
File and Polish	£12.00

Massage

Massage helps to relax you and restore your senses of well-being. It also reduces stress and muscle tension. A blissful way to spend some personal leisure time...

Full Body Massage	£47.00
Back, Neck and Shoulders	£28.50
Leg Massage	£28.50
Indian Head Massage	£28.50
Hot Stone Massage	£59.50
Aromatherapy Massage	£59.50
Reflexology Massage	£44.50
Back, Neck, Shoulders	
Hot Stone Massage	£29.50

Body Wrap £49.50

The Aloe Vera products are used to great effect to help the skin retain moisture, restore and renew itself for truly soft and smooth skin.

Reflexology £34.00

Are you tired, out of sorts or stressed? This deeply relaxing therapy encourages the body to work naturally to restore its own natural healthy balance.

To make a booking please contact us on 07919 024 867 or ext. 6070
For more information visit: www.karenlouise.co.uk



Waxing

Half Leg	£15.00
Full Leg	£24.00
Bikini	from £7.50
Full Leg & Bikini	£29.00
Underarms	£9.50
Forearms	£9.50
Lip	£7.00
Lip & Chin	£9.50
Chin	£7.00
Back & Chest	from £16.00
Abdomen	from £9.50

Poolside Mini Treatments **£11.50**

In addition to all our lovely treatments, poolside mini treatments are also available. They cost just £11.50 each (charged at this price when not pre-booked in a package).

- Finger or Toe Nail Shape & Polish
- Hand & Arm Exfoliation & Massage
- Foot & Leg Exfoliation & Massage
- Head Massage
- Mini-Facial

Back to Fitness Sports Massages

Examination & Assessment	
Injury Diagnosis	
Wide Range of Treatments	
Specific Rehabilitation	
1 hour	£49.50
(First Appointment is 1 hour)	
1/2 hour	£39.50

Spray Tanning

Instant feel good factor provided. Let us do the work and come out feeling fantastic.

Full Body	£22.50
Half Body	£15.50
Arms, face, chest and back	£14.50
Legs	£12.00

Eyes

Eyelash Tint	£12.00
Eyebrow Tint	£9.00
Eyebrow Shape	£8.50
Eyelash Perm	£19.50
Eyelash Tint, Eyebrow Tint	£15.00
Lash Tint, Brow Tint & Shape	£23.00

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