



Kensington Health Club & Spa

TREATMENTS FOR THE BODY

We have carefully formulated a unique collection of body treatments, restoring a feeling of wellbeing. Our therapists are trained to deliver the best results alongside using the best products, a true holistic approach.

Drift Away - Relaxing Massage

60 minute treatment, full body - £110.00

This deeply relaxing top-to-toe massage, formulated with a blend of Mediterranean essential oils including Frankincense, Lavender, Patchouli and Camomile. A must for when you need to wind down and have your moment of peace and quiet, a sense of calmness and relaxation is restored.

Work It Out Massage - Deep Muscle Massage

60 minute treatment, full body - £115.00

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, fatigued aching muscles. Using essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a workout - working on knots, tensions and tightness to help the detox process.

Rocks Of The Mediterranean - Hot Stone Massage

60 minute treatment, full body - £115.00

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. A truly warming full body experience.



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Signature Massage

75 minute treatment, full body - £115.00

A warming, relaxing treatment that will leave you feeling as good as you do after walking through a tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. Balance, harmony and body wellness is restored. This treatment ends with a unique scalp massage. This massage is particularly appropriate if you suffer from backache.

New Beginning's - Mum To Be Massage

60 minute treatment, full body - £110.00

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage. We use only oils that are safely formulated to be used during pregnancy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complemented with a face and scalp massage. This treatment is for those past their 12th week of pregnancy.

I'll Be Back - A Facial For The Back

30 minute treatment £45.00

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage.

The Outer Glow - Body Exfoliation

30 minute treatment £46.00

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. An intensely rejuvenating and relaxing experience



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Go Figure - A Firming, Toning, Tightening Body Detox Treatment

60 minute treatment £75.00

This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs and abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. This treatment can be a single treatment or for better results book a course of six treatments.

Aaahhh! Leg and Foot Energiser

30 minute treatment £42.00

This treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.



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NAIL TREATMENTS

Strong, conditioned, healthy nails that look stunning. That's what all our nail treatments offer. As well as the more traditional manicure and pedicure treatments we also offer the revolutionary new gel nails treatments from industry leading nail experts Jessica Nails. These treatments are so much more than just a file and paint!

Mini Manicure/Pedicure

30 minute Manicure treatment - £22

30 minute Pedicure treatment - £23

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.

Standard Manicure 45 minute treatment - £30

A full manicure to treat cuticles, re-shape nails and add some colour for a professional finish.

Standard Pedicure 45 minute treatment - £37

A refreshing pedicure to treat cuticles, re-shape nails and add some colour for a professional finish.

Prescriptive Therapeutic Manicure 60 minute treatment - £39

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts.

Prescriptive Therapeutic Pedicure 60 minute treatment - £49

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using a our specially designed heated booties to leave your skin feeling silky soft.

Polish only hands/feet 20 minute treatment - £15

Just to add a professional splash of colour to perfectly shaped nails.



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Gel Nails Overlay

60 minute Gel nails Manicure - £45

60 minute Gel nails Pedicure - £50

30 minute Express Gel nails Manicure - £24

30 minute Express Gel nails Pedicure - £30

15 minute Gel Removal - £10

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best.

FINISHING TOUCHES

Eyes

Eyes Eyelash tint - 30 minute treatment - £20

Eyebrow tint - 15 minute treatment - £15

Eyelash and eyebrow tint - 30 minute treatment - £29

Please note a patch test is required 24 hours prior to any tinting treatments



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