

Therapy Rooms

Reward yourself with a selection of skin and body treatments in the relaxing environment of The Therapy Rooms. Expert skin care therapists are here to offer you the advice, techniques and experience needed to achieve optimum results - for both men and women. Our aim is to provide a total care service for your skin health and body wellbeing. Our reward is your recommendation.

Dermalogica® is only sold through professionals qualified to analyse your skin and prescribe the correct regime to maintain your skin's health.

Facials

The ultimate in relaxation. A facial relieves tension and stress, and helps to improve the condition of the skin's tone and texture. All of our facial treatments are customised to suit each client's personal skin care needs.

Luxury Facial £39.30
Double Cleanse, Exfoliation, Extractions, Facial Massage, Masque & Moisturise plus one of the following:
Dermalogica face mapping prescription
Eyebrow shape & eye massage
Scalp massage

Classic Facial £29.45
Double Cleanse, Exfoliation, Extractions, Facial Massage, Masque & Moisturise

Express Facial £18.55
Double Cleanse, Exfoliation, Masque & Moisturise

Men's Facial £29.45
Double Cleanse, Exfoliation, Extractions, Facial massage, Masque & Moisturise

Course bookings: 6 sessions for the price of 5

Other Treatments

Eyes
Eyebrow shape (wax or tweezers method) £6.73
Brow Tint £7.85
Lash Tint £12.90
Lash & Brow Combined £18.55
Eyelash Perming £29.20

Please note: Tinting and Perming both require test patches 24 hours prior to treatment

Body Treatments

Hydro Active Mineral Salt Scrub £31.50
Mineral rich sea salt, seaweed and fruit enzymes combine to smooth and revitalise the skin. Includes friction massage and gentle cloth buffing. Best results are achieved when followed by a Hydro or Mud Wrap treatment.

Enzymatic Sea Mud Wrap £31.50
Detoxify your body with a warm purifying seaweed and mud poultice, infused with aromatic botanical extracts and fruit enzymes.

Body Therapy Hydro Wrap £31.50
An ultra soothing and hydrating treatment, supplemented with aromatherapy oils, oceanic algae or hydroxyl acids. A pure aloe-based pack in a thermal wrap to infuse the skin with moisture.

Massage

Swedish Massage
With ever-increasing stress in our lives, take time to reduce your tension and ensure your wellbeing with a Swedish massage. This will increase your blood circulation, improve lymphatic drainage, relax taut muscles and leave you feeling rejuvenated.

Full Body Massage £34.80
Anti Stress Massage (Includes face/décolleté and scalp) £25.25
Back Massage £19.05
Deep Cleansing Back Treatment £26.95
Includes steaming, exfoliation and relaxing massage

Hot Stone Massage
A relaxing treatment using hot volcanic basalt stones of varying sizes giving a deep tissue massage and creating a sensation of warmth and comfort.

Full Body Massage £50.00
Back Massage £25.00

Aromatherapy Massage
Aromatherapy is a holistic treatment that has a powerful influence on mind, body and spirit. Achieve balance and harmony in your life with pure essential oils.

Aroma Body Massage £37.05
Aroma Back Massage £21.35

Hopi Ear Candle £24.00
A gentle alternative to ear syringing. A relaxing non-invasive treatment.

Jessica Nail Care System

Jessica Manicure £23.00
Hand soak, cuticle work, file, moisturize & paint

Luxury Jessica Manicure £28.05
Hand soak, exfoliation, cuticle work, file, paraffin wax masque, moisturize & paint

Jessica French Manicure £24.75

Jessica Pedicure £28.05
Foot soak, cuticle work, foot & nail file, moisturise & paint

Luxury Jessica Pedicure £32.00
Foot soak, exfoliation, cuticle work, foot & nailfile, paraffin wax masque, moisturise & paint

Nail Shape & Jessica Varnish £15.15

Waxing

Full Leg, Bikini and Underarm £35.85
Full Leg and Bikini £29.75
Half Leg Bikini & Underarm £28.05
Three Quarter Leg, Bikini & Underarm £32.25
Full Leg £24.75
Half Leg & Bikini £21.90
Three Quarter Leg £19.10
Three Quarter Leg and Bikini £26.10
Upper Thigh £16.80
Half Leg £15.70
Forearm £13.45
Underarm £9.50
Bikini £9.50
Extended Bikini Line £11.80
Facial Hair (lip or chin) £6.70
Men's Back/Chest Wax £19.10

St. Tropez Tanning

Full body St. Tropez Tanning including exfoliation £38.00

Other treatments are also available

Please ask for further details and prices

Sunbed

Details of prices and availability are as follows:

Sunbed

Single Session	£5.30
Course of 5	£24.15
Course of 10	£42.50
Lifestyle Member	£2.45

Cancellations with less than 24 hours notice will be charged for or will forfeit one course session

Therapists

To ensure the highest standards our therapists are fully qualified in beauty therapy (via City & Guilds, NVQ 2 & 3 and IHBC). Further 'post-graduate' training is then received at the world's leading skin care education facility, 'The International Dermal Institute'. All of our therapists are committed to hygiene management for your comfort and convenience

Opening Times

The Therapy Rooms

Monday	09.00 - 21.00
Tuesday	11.00 - 19.30
Wednesday	09.00 - 16.30
Thursday	09.00 - 21.00
Friday	09.00 - 16.30
Saturday	09.00 - 16.30
Sunday	Closed

Sauna & Spa

Monday and Thursday	11.00 - 21.30
Tuesday, Wednesday and Friday	07.15 - 21.30
Saturday	09.30 - 16.00
Sunday	09.00 - 20.00

Information

There is a 10% discount on treatments for senior citizens, Lifestyle Members and students. This discount cannot be used in conjunction with any other offer and does not apply to beauty and sunbed courses.

Gift Vouchers are available from Reception from £5.

A £10 non-refundable deposit is required on treatments worth £20 or more.

Please give 24 hours notice (48 hours on weekends and Bank Holidays) of any cancellations to avoid a 50% fee being charged.

For further information or to make an appointment please call 01892 540744.

We look forward to welcoming you to The Therapy Rooms.

Available in large print.

Prices are valid April 2010 – March 2011

- Access for those with special needs
- Free access for carers

tunbridge wells sports centre

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Working in
partnership with



therapy rooms



tunbridge wells
sports centre

www.tunbridgewells-leisure.com