

# Relax and Unwind



## Massage

Using a blend of essential oils to suit your needs, techniques include aromatherapy, sports, Indian head and Swedish.

30 minutes ..... £16.00

60 minutes ..... £30.00

90 minutes ..... £44.00

Kinesiology taping per area ..... £4.00

When booked as part of sports massage ..... £2.00

## Facials

Choose from three different facial treatments to suit your skin's needs. All include cleanse, exfoliate, hot towel, a 20 minute face and neck massage and tone and moisturise treatment. Choose from: repair & balance, detox & boost or nourish & rejuvenate.

Full 60 minute facial ..... £28.00

With eyebrow shape ..... £30.00

With eyelash tint\* ..... £30.00

With eyebrow shape and tint\* ..... £32.00

Express facial ..... £16.00

(30 minute cleanse, exfoliate, mask, tone & moisturise)

## Pedicures

Full pedicure including tidying nails, treating and tidying cuticles, renewal of hard skin, exfoliation and a relaxing foot and lower leg massage ..... £25.00

With french polish ..... £27.00

With luxury moisturising heat treatment ..... £30.00

With paraffin wax treatment ..... £32.00

**Alison Campbell - Massage & Beauty Therapist**

 **01209 714766**

[www.carnbrealeisurecentre.co.uk](http://www.carnbrealeisurecentre.co.uk)



**carnbrea**  
leisure centre

# Relax and Unwind



## Manicures

Full manicure including nail shape and tidy, cuticle treatment and tidying, and a relaxing hand and arm massage .....	£20.00
With french polish .....	£22.00
With luxury moisturising heat treatment .....	£25.00
With paraffin wax treatment .....	£30.00
Exfoliate, paraffin wax and massage only .....	£18.00

## Waxing

Half leg .....	£15.00
Full leg .....	£30.00
Under arm .....	£12.00
Bikini .....	£12.00
Eyebrows .....	£6.00
Lip & chin .....	£6.00
Eyebrow plus lip & chin .....	£10.00

## Tinting\*

Eyelash tint .....	£6.00
Eyebrow tint .....	£5.00
Eyebrow & eyelash tint .....	£10.00
Eyebrow tint & shape .....	£10.00
Eyebrow tint & shape plus eyelash tint* .....	£15.00

\*Patch tests are required for these treatments. Please ensure you book a patch test appointment at least 24 hours before your treatment.

**GIFT VOUCHERS AVAILABLE!**

**Please note that a cancellation charge of 50% of the treatment value will be applied to any appointments cancelled with less than 24 hours notice.**



**carnbrea**  
leisure centre