

## Manicures & Pedicure

**Our hands say a lot about us and well-groomed hands make a great impression.**

**Luxury Manicure** 1 hr 10 min £26.00  
Nails are filed, cuticles worked, then soaked in oils, exfoliated and masked. Your hands are then placed in heated mitts to achieve maximum results and hands and arms massaged.

**Pamper Manicure** 50 min £20.00  
**Finger Tidy – File, Buff, polish** 20 min £10.00

**Luxury Pedicure** £26.00  
Nails are filed, cuticles worked, exfoliated, moisturised and placed in heated boots to achieve maximum results.

**Pamper Pedicure** 50 min £20.00  
**Toe Tidy –File, buff, polish** 20 min £10.00

### **Callus Peel**

This foot treatment is designed to remove dry cracked skin on the heels, and balls of feet. This is a salon only treatment due to the product used contains acid.

40 min £20.00

### **Detox Foot Spa**

By placing your feet in the warm, salty, ionised water activated by an electronic array. This sends energising electrical signals up through the lymphatic systems, which stimulates the detox process. You simply sit back and relax for 30 minutes whilst the foot spa helps to draw toxins out of your body. The results will be renewed energy levels, both physical and mental, with a general feeling of well being.

40 min £15.00

## Calgel Organic Nail Enhancements

Calgel is a replacement nail system that does not damage your nails. The products are an organic, non toxic gel system that allow your nails to breath and strengthen  
The natural choice.

### **Nail Overlays**

Clear, coloured or French, using own nail £28.00

### **Toe Overlays**

Clear, coloured or French £25.00

### **Infills**

Clear, coloured or French infill – 2 week £19.00

Clear, coloured or French infill – 3 week £24.00

### **Removal**

Soak off £10.00

## Minx Nails

A veneer for the nails, wide range of colours & patterns for fingers & toes £20.00

## Shellac nails & Toes

Polish like nail colour that sets using a uv lamp, lasts 2weeks £25.00

## Waxing

Eyebrow £08.00  
Chin £06.00  
Lip £06.00  
Face £10.00  
Bikini Tidy £10.00  
Brazilian £20.00  
U/Arm £ 8.00  
Hollywood £25.00  
Full arm £15.00  
Half Arm £10.00  
Full Leg £24.00  
Half Leg £16.00  
Chest £20.00  
Back £20.00

## Vajazzle

Small design £10.00  
Big Patten £15.00  
Hollywood wax with vajazzle £35.00  
Brazilian wax with vajazzle £30.00

## Eyes

Eyebrow Tint 15 min £08.00  
Eyelash Tint 30 min £10.00  
Eyelash Perm 45 min £20.00  
Eyelash Extensions 2hours £60.00

## Body

### **Luxury Back Facial**

This hard to reach and often neglected area will be given a deep-cleansing, exfoliation, extractions if needed, and a mask to balance the skin. Helps treat and prevent breakouts, leaving skin incredibly smooth.  
Neck, Back & Shoulder Massage – Helps relieve stress, anxiety and mental tension.

60 min £40.00

### **Full Body Scrub**

A great treatment before your holiday/wedding or just to have a good exfoliate. This treatment works on the whole of the body removing the dead skin. Followed by a full body moisturise, to leave your skin feeling soft & glowing.

60 min £25.00

### **Thermal Energy Blanket**

Designed to help draw out the toxins in the body & helps to relieve Stress in the muscles.

Have this as an optional extra with a facial £5.00

## Facials

### **Luxury Facial**

Cleansing, Skin analysis, Exfoliation, Deep tissue massage to relax you and stimulate your skin and facial muscles. A mask targeted to your skin type (dry, oily, combination, sensitive, mature.) Application of toners and protective creams. Advice on home skin care.  
Includes a free neck and shoulder massage.

60 min £30.00

### **Anyday Facial**

Cleansing, Skin analysis, Exfoliation, Deep tissue massage to relax you and stimulate your skin and facial muscles.

45 min £25.00

### **Express Facial**

Cleansing, Exfoliation, Deep tissue massage to relax you and stimulate your skin and facial muscles. 30 min £15.00

## Crystal Clear Microdermabrasion

Crystal Clear Microdermabrasion offers a safe and controlled method of skin resurfacing by gently exfoliating the outer layers of the skin. An excellent and progressive solution to open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and much more.

The treatment also helps to increase new collagen and elastin fibres, resulting in a firmer and more toned texture. The gentle vacuum action also achieves an immediate lifting effect on tired muscles, just like a 'workout' for the face.

Crystal Clear Microdermabrasion can also be used all over the body, especially areas such as pimply backs of arms, in-growing hairs on the bikini area, congestion and scarring on back areas and also cellulite treatments for the legs.

Single treatment £56.00  
Single treatment as part of a course £40.00

## Crystal Clear – Hands On

### **Crystal Clear Mini Mask Lift**

Skin consultation then a soothing cleanses. The mini mask lift is applied and the client rests for 20 minutes. Mask is removed to reveal instant results. Repair serum and brightening complex are applied to skin finish with a revitalising tonic. 30 min £25.00

### **Crystal Clear Facial with Facial Polish**

Skin consultation then gentle cleansing gel is applied. Followed by crystal clear oxygen facial polish, this exfoliates the skin and helps a wide range of skin problems. Then we apply a mini mask lift, for 15 minutes. Then a repair serum and brightening complex is applied, finished with revitalising tonic. Skin will feel toned smooth and lifted. Even after one treatment. 50 min £35.00

## Crystal Clear Eye- Lifting

Crystal Clear Eye-Lifting gently tightens and tones the skin and muscles while smoothing the appearance of fine lines and wrinkles. The treatment can be used as part of an intensive course or as a quick 'pick me up' prior to a party or special event.

### **Quick Eye Lift**

To include application of "Eye contour Lift" 30 min £25.00

## Universal Contour Wraps

The treatment works by compressing the soft tissue with elasticised cotton bandages, whilst the sea clay solution cleanses and purges the body of stored toxins that are stored between the fat cells. The treatment will take just under 2 hours from start to finish, you will be measured before & after the treatment so that inch loss can be calculated.

A course of wraps is often recommended, these should be taken 7 – 10 days apart. It is quite normal for a client to come down a complete dress size, without losing a pound in weight, over three wraps. Clients dieting would have even better results. Regardless of inch loss, a course of treatments will provide an excellent detoxification programme and is ideal after times of excess such as Christmas, holidays etc.

**Single Full Body Wrap** 2 hrs £40.00

**Single Partial Body Wrap** 1 hr 30 min £25.00  
(Note 6" loss guarantee not applicable with partial loss)

**Course of 3 Full Body Wrap** £99.00

**Single Body Wrap x 2 people** 2 hrs £70.00

Why not have a wrap done with your partner or friend? After wrapping you can relax together and catch up on the week while you lose inches and de-toxify!!!

## Sun Laboratories Spray Tan System

With Instant Spray Tan, you can achieve a natural and safe tan in 20 minutes. The treatment works on the outer layers of the skin and the tanning solution is projected onto the body in a fine mist ensuring even coverage all over. The results normally last for up to 7 days and just like a normal tan it will fade naturally over several days.

\*Full Body 1 Application £20.00

\*Half Body £15.00

## Mind and body

### **Indian Head Massage**

This treatment is designed to relax and leave you with a sense of calmness and tranquillity. Help relieve aching muscles, headaches, insomnia and a host of stress related ailments.

30 min £20.00, 45 min £25.00

### **Express Back Massage (Therapeutic Massage)**

This treatment is deep tissue massage using ginseng oil concentrating on knotted areas to relieve tension, stress and pressure.

30 min £20.00

### **Deluxe Back Massage**

This treatment is a deep tissue massage using oils concentrating on knotted areas to relieve tension, stress and pressure. The extra time allows the therapist to work on very tight and knotted muscle areas.

40 to 60 min £30.00

### **Full Body Massage**

This treatment is a muscle massage on back, legs, arms, shoulders and hands. Using oils or creams according to the client's preference. *(Please allow an extra 15 minutes to relax after treatment).*

1hr 15 min £35.00

### **Targeted Area Massage**

This treatment is a deep tissue massage using oils concentrating on the area you require most (arms, legs shoulders etc).

20min £ 15.00

### **Hot Stone Therapy**

A relaxing treatment with warm smooth volcanic stones. Treatment can be done as a deep tissue massage for a remedial effect or more superficial to ease tied muscles and relax the mind.

Full Body £37.50

Back £22.50

### **Thai foot/Leg Massage**

Thai foot massage works on the flexibility of the hip flexors, hamstrings, IT band, calf's and feet. This treatment helps remove the build up of toxins and waste by rocking and massage movements.

40 min £25.00

### **Hopi Ear Candles**

Following the candling a neck and face massage is carried out. This enhances the actions of the ear candles. It can also help to drain the sinuses, eliminate toxins and help with lymphatic drainage.

Some Conditions that can be helped by ear candling:  
Excess/Compacted ear wax, sinus problems, headaches, tinnitus, rhinitis, vertigo, hay fever, snoring and migraines.

One treatment £20.00

A course of three treatments is recommended at £50.00



CALGEL NAILS  
SPRAY TANNING  
WAXING  
EYE TREATMENTS  
MASSAGE

Hopi ear candles  
Universal contour wraps

**NON MEMBERS**

**WELCOME**

La Fitness

The Rushes

Loughborough

LE11 5BG

**01509 232788**

**07891169119**

(mobile number is direct line)

### Open Hours

Monday 9am – 8pm  
Tuesday 9am – 8pm  
Wednesday 9am – 8pm  
Thursday 9am – 8pm  
Friday 9am – 8pm  
Saturday 9am – 6pm  
Sunday - closed