

Bodyzone Treatment List

Prepare to be pampered, indulged, rejuvenated and invigorated

(Valid 1 November 2009 – 31 March 2010)



[COMFORT ZONE]

Facial Treatments

An exclusive Italian product range using combinations of marine plant derived minerals and essential oils. All [comfort zone] facials begin with the Tranquility Welcome Ritual and includes a deeply relaxing massage of the face, neck and shoulders.

Recover touch facial 45 minutes

This treatment is full of antioxidants! Suitable for all skin types, especially for sun damaged skin £35.00

Sacred nature organic facial 45 minutes

A nourishing treatment that detoxifies and protects £38.00

Rebalance

Hydramemory – 24hr deep hydrating treatment 60 minutes

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture in the skin whilst the special ingredient trehalose taken from a desert plant works to increase the moisture and leave the skin feeling like silk £38.00

Skin resonance (sensitive skins) 60 minutes

A decongesting and rebalancing facial for reactive skin with reddening or fragile capillaries £38.00

Purify

Active pureness rebalancing – deep purifying treatment 60 minutes

Deep cleansing treatment recommended for oily or combination skins, extracts

of sage, balm mint and orange fruit water deeply cleanse and leave the skin feeling fresh and restored £39.50

Active pureness regenerating 60 minutes

Balances and treats problem skins, using fruit acids to gently exfoliate surface cells leaving the skin fresh and clear £46.00

Renew and Nourish

Glorious Skin (lifting and tensing) 60 minutes

This treatment gives an immediate lifting and tensing effect, working on the muscle contractions that naturally cause the skin to sag and facial muscles to drop. This treatment will give ongoing lifting and firming effects especially when used in conjunction with a special homecare programme £55.00

Chrono-reverser Collagen (anti-aging) 60 minutes

An extraordinary treatment to resurface, revitalize and deeply hydrate the skin, while stimulating a cellular awakening and the microcirculation of the skin. This treatment will assure perfect texture, plumped lines and supple moisturized skin with a long lasting glow £50.00

Eye supreme anti aging 30 minutes

A specific treatment to rejuvenate the area around the eye, attenuating unsightly swelling, dark circles and expression lines. It provides deep nourishment and protection against free radicals £25.00
If taken with a facial £20.00

Lip blooming (to incorporate within a facial only)

A treatment for the lips and lip contour that reduces small wrinkles and replenishes and re-plumps the lips. Uses a synergy of rose and fruit extracts £10.00

Lighten and Whiten

Absolute Pearl – dull/pigmentation prone skin 60 minutes

This facial is excellent for treating uneven colour and light or dark spot areas while improving skin luminosity. Uses brightening extracts of lemon and white willow bark. *Great pre-wedding facial* £42.00

Body Treatments [comfort zone]

Body strategist refining cellulite treatment 60 minutes

Intense cellulite reducing treatment, carnitine and caffeine have an exceptional effect on eliminating fatty deposits. The hot and cold effect increases blood circulation to the areas being treated £48.00

Body strategist nutritional treatment 75 minutes

Anti-oxidant treatment that improves tone and elasticity. Using a unique gel body mask blended for each treatment. This aromatic treatment uses the benefits of organic pumpkin cells, tomato, basil combined with vitamins B1, B2 and vitamin C to deeply nourish the tissues and recondition the skin (suitable during pregnancy) £48.00

Tranquility ritual treatment 60 minutes

This precious combination of a delicate texture, aromaticological olfactive notes and the power of the human touch, renders this a unique experience to deeply relax body and mind £48.00

D-age body firming anti-aging treatment 75 minutes

Using a synergy of active ingredients to firm and repair damaged skin. Kamani oil stimulates collagen synthesis and walnut works against the adverse effects of atmospheric pollution. D-age also works to reduce the appearance of stretch marks and aids in the prevention of new ones £48.00

Monticelli mud 75 minutes

Enriched with Monticelli thermal mud taken from the mineral rich river banks of Monticelli Italy. Detoxifying and draining action due to the active ingredients in the soft Monticelli thermal mud, enriched with mineral salt thermal waters from terme de monticelli. Healing and restorative benefits £48.00

Detoxifying mud therapy 75 minutes

Using intense marine sediment and essential oils to produce intense purification, stimulates the lymphatic system and remineralises the skin. This is an extremely intense treatment which will reduce and drain excess fluid..... £48.00

GUINOT

A renowned French range at the forefront of beauty treatments with more than 30 years of professional skincare experience. Guinot has a scientific basis for product development; hence all treatments are effective and luxurious.

Hydradermie Treatments

Hydradermie 75 minutes approx

A complete electrical facial, incorporating specific gels tailoring to specific skins needs. This treatment deep cleanses, rehydrates and stimulates cellular regeneration providing an anti-ageing effect. Includes a face and shoulder massage. Excellent for all skin types over 15 years of age..... £50.00

Course of 3 £135.00

Course of 6 £270.00

Hydradermie plus 90 minutes approx

This could be considered the 'ultimate facial' – the hydradermie, plus more!
A three step treatment for the eyes, face, neck and décolleté incorporating specialised massage, gels, ampoules and masks. Tones, hydrates and helps to prevent wrinkles £69.50
Course of 3 £187.65
Course of 6 £375.30

Très Homme 75 minutes approx

The hydradermie facial adapted for the man using the Guinot 'Très Homme' skincare range £52.00

Hydradermie Lift Yeux 60 minutes

The lift yeux tightens, tones and smooths the skin around the eyes widening the eye contour and reducing puffiness and under-eye shadows £48.00
Course of 3 £129.60

Hydradermie lift express 60 minutes

Non-surgical lifting facial treatment for mature skin (30+). It is a two part treatment with lymphatic drainage to eliminate toxins plus stimulation to tone the muscles of the face and neck £49.00
Course of 10 £441.00

Hydradermie lift deluxe 135 minutes

Combination of the hydradermie plus and hydradermie lift express £95.00

Super hydradermie lift 105 minutes

Combination of hydradermie and hydradermie lift express £73.50

Liftosome 60 minutes

A specifically developed facial to treat the problems associated with mature skin. Using a high concentration of Vitamin C and proteins, this treatment strengthens elasticity and firmness while stimulating cellular regeneration £53.00
Course of 2 £95.40

Please note: If you suffer with Claustrophobia, that the mask applied during treatment sets hard

Beauté Neuve 60 minutes

A renewing treatment for all skin types. The Beauté Neuve facial uses fruit acids, amino acids and Vitamin C to beneficially effect each skin type. Dehydrated skin benefits from locked in moisture the production of collagen and elastin is stimulated in a more mature skin and sebaceous secretions are normalised, refining the texture of oily skin £42.00
Course of 3 £113.40

Essential facial 45 minutes

An introductory treatment to the Guinot range. Includes cleanse, massage and mask for all skin types £38.00

Holistic Body Treatments

Body polisher 30 minutes

An exfoliation treatment finished with an application of your appropriate moisturiser..... £31.50

Back facial 30 minutes

A deep cleansing treatment for the back £25.00

Indian head massage 30 minutes

A soothing and relaxing treatment to the shoulders, neck and scalp.

Balancing the body relieving pressure and soothing tension £28.00

Hot stone massage therapy

A powerful thermodynamic massage using heated basalt stones, that bestow an intense feeling of psychological and physical relaxation. With its natural essences, detoxifying and draining action it leaves the tissues elasticised and toned.

Full Body and Face (Includes full body exfoliation) – 105 minutes £72.00

Back Massage – 30 minutes £35.00

Swedish body massage

Massage is an age old method of restoring life and vitality, concentrating on different muscle groups and limbs, using a medium depth of massage. Improving skin and muscle texture and tone while easing tension and stress.

Full Body – 60 minutes £45.00

Back, Neck and Shoulders – 30 minutes £28.00

Aromatherapy

Aromatherapy is the use of pure essential oils, which can assist in the body's natural healing process. The oils are distilled from flowers, herbs, roots, barks and resins – each has it's own unique and individual therapeutic property.

Back, Neck and Shoulder Massage – 30 minutes £30.00

Full Body and Scalp Massage – 75 minutes £50.00

St Tropez – the ultimate spray tan 30 minutes

Indulge yourself with a natural sun kissed tan. St Tropez tanning is designed

to give you the ultimate salon experience. Your body is sprayed with a fine mist leaving you with a golden glow that lasts for days!

Full body including face £28.00

St Tropez plus exfoliation

St Tropez Body Polish followed by a St Tropez tan to get an optimum effect

45 minutes £40.00

Inner c 20 minutes

Relax and refresh in the effervescent bath. Choose either Tonifying,

Revitalizing or Relieving bath oils £15.00

Taken without a therapist present.

Waxing

Half leg wax – 30 minutes £18.00

Three quarter leg wax – 35 mins £22.00

Full leg wax – 45 minutes £25.00

Full leg wax and bikini wax – 60 minutes £30.00

Bikini line wax – 15 minutes £13.00

Extended bikini wax – 20 minutes £15.00

Brazilian wax – 30 minutes £22.00

Hollywood wax – 45 minutes £27.00

Underarm wax – 15 minutes £10.00

Forearm wax – 20 minutes £13.00

Lip or chin wax – 10 minutes £6.50

Lip and chin wax – 30 minutes £10.00

Back wax – 30 minutes £16.00

Eyes (a patch test is required 24 hours before tinting)

Eyebrow reshape – 20 minutes	£9.00
Eyebrow tidy – 10 – 15 minutes	£7.50
Eyelash tint – 30 minutes	£14.00
Eyebrow tint – 15 minutes	£8.50
Eyelash and Eyebrow tint – 40 minutes	£20.00
Eyebrow tint and tidy – 20 minutes	£13.00
Eyelash perm – 60 minutes	£38.00

Jessica

Over 25 years ago, Jessica invented a revolutionary way to treat natural nails that changed forever the professional nail care industry. Jessica's hands-on experience as a manicurist convinced her that one treatment cannot be right for everyone. Working with the finest chemists, she created customized Basecoats and correctives, each precisely right for a specific problem or nail type. Each manicure starts with a complete analysis of the nails and treats each nail for its specific nail type.

Hands and feet – includes mini polish to take home

Luxury Manicure – 75 – 90 minutes (<i>Anti-Ageing and moisturising</i>)	£29.50
Standard Manicure – 45 – 60 minutes	£25.50
French Manicure – 45 – 60 minutes	£25.00
<i>(French Manicure does not include mini polish to take home)</i>	
Luxury Pedicure – 75 – 90 minutes (<i>Stimulating and good for reducing puffiness</i>).	£32.00
Standard Pedicure – 45 – 60 minutes	£28.00
Nail tidy and paint – 30 minutes	£13.50
Nail art – (price per nail)	£1.00

Acrylic nails

Full set – 120 minutes	£40.00
Refill – 60 minutes	£25.00
New nail – (price per nail)	£2.50
Soak off including a mini manicure – 90 minutes	£35.00

Paraffin wax treatment

Approx 30 minutes (<i>with Standard Manicure/Pedicure only</i>)	£10.00
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Good for arthritic and problem skin conditions.

Bodyzone Packages

Bodyzone taster package 60 minutes

Back, neck and shoulder massage plus (comfort zone) express facial	£48.00
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Ultimate glow 120 minutes approx

Body polish, St Tropez spray tan, nail tidy and paint on fingers and toes...	£65.00
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Top to toe 180 minutes approx

Back massage, 30 mins (comfort zone) facial, manicure and pedicure ...	£102.00
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Luxury top to toe 270 minutes approx

Body massage, 60 mins (comfort zone) facial, luxury manicure and luxury pedicure	£128.00
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Pre-holiday 150 minutes approx

File and polish on fingers and toes. Half leg and bikini wax.

*Eyelash tint and brow tidy	£68.00
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*A patch test is required 24 hours before tinting if booking for the first time.

Pregnancy 240 minutes approx
Luxury manicure, luxury pedicure, 60 mins (comfort zone) facial..... £84.00

**For wedding packages, booking in advance is essential*

Pre-wedding package 270 minutes approx
Body strategist nutritional body treatment and absolute pearl facial with manicure and pedicure£125.00

Wedding Make-up 60 minutes
Using Bare Escentuals make-up range£50.00
(This includes consultation, trial and make-up on the day)

Bare Escentuals Make-up
id minerals – so pure you can sleep in it 100% pure bare minerals with no additives and zero irritants. This make-up is weightless and provides an adjustable, flawless coverage with soft luminosity providing a healthy glow.
(Recommended by the British skin cancer foundation)

Make-up lesson including cleanse 60 minutes £25.00

Special Occasions Make-up 60 minutes £50.00
(This includes consultation, trial and make-up on the day)

Electrolysis

5 minutes £9.00
10 minutes £12.00
15 minutes £15.00
20 minutes £17.00



Feel your tension melting away the moment you step into Bodyzone. Allow our team of skilled therapists to pamper you as you leave the stresses of everyday life behind.

At Bodyzone we pride ourselves in delivering the ultimate experience in holistic body and beauty treatments offering an extensive treatment and product range from renowned names such as Guinot, Comfort Zone, Jessica, St. Tropez and i.d. Bare Escentuals.

It is our aim to ensure that you relax, enjoy and benefit from every treatment that you receive at Bodyzone.

Health hydro opening times

Monday	10.00 am – 6.00 pm	Tuesday	10.00 am – 6.00 pm
Wednesday	10.00 am – 6.00 pm	Thursday	10.00 am – 8.00 pm
Friday	10.00 am – 8.00 pm	Saturday	9.00 am – 5.00 pm
Sunday	10.00 am – 6.00 pm		

Physiotherapy

Offered by appointment only. Call Jill Amohia (MCSP) on 01395 234737
Chartered & State Registered Therapist.

Appointments

- It is advisable to make appointments in advance, however we will always do our best to accommodate your requests.
- Please arrive 10 minutes prior to your first appointment to complete a consultation form.

- A full consultation for all treatments is available on request.
- Due to treatments in progress and courtesy to other clients, we kindly ask you to switch off mobile phones.
- Please note that as a courtesy to all our Clients, a prompt appointment schedule is adhered to.
- Please be aware that if you arrive late for your appointment we will need to reduce your treatment time in order to keep the following clients' appointments.
- Very late arrival may mean your treatment is not honoured.
- We regret all Gift Vouchers are non-refundable.
- Packages and Special Offers are non-discountable.
- Pre-payments on 'day packages' are non-refundable in the event of cancellation.
- If you are on any medication, or have recently had an operation, it is advisable to consult your doctor before booking certain treatments.
- To prevent cross contamination, we are unable to treat clients with infectious/contagious conditions - i.e. flu, heavy cold, cold sores, verruca etc.

Charges

- Packages and group bookings of 4 or more to be paid in full on booking.
- We are happy to offer all members of Woodbury Park Golf, Leisure and Hotel guests a 10% discount on all treatments and products.

We do require 24 hours notice to cancel or re-schedule appointments or the full cost of your treatment will be charged.

Woodbury Park Hotel & Golf Club Ltd, Woodbury Castle, Woodbury, Exeter, Devon, EX5 1JJ

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