



aura

DAY SPA

ADVICE

Please inform Aura Day Spa at the time of booking if you are currently receiving medical treatment or have done so recently as some treatments may not be suitable or may require your doctors consent. Please also make us aware at the time of booking if you are pregnant or suffer from any allergies. If you are unsure about any condition, past or present, please ask at the time of booking.

Please check our website for details of service info, spa etiquette & facilities, appointments and cancellation policy.

If you have had Cancer within the last five years, please make us aware at time of booking, as not all treatments may be suitable.

GUINOT Facials

Hydraderm Cellular Energy Treatments

Discover the alternative to aesthetic medicine. Using a combination of Dynamic Ionisation, Thermal Energy or lifting stimulation, Guinot's patented technology will allow you to achieve visible, clinically proven results just after one of our chosen treatments. Guinot's most advanced treatment yet.

	Time	Per Treatment	Course
Hydraderm Youth	Approx 70 mins	88	(3) 250
Hydraderm Advanced Lift	Approx 50 mins	75	(10) 600 (2 complimentary)

Hydraderm Youth Includes Advanced Lift	Approx 100 mins	130	(3) 360
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Eye Lift

The Eye Contour Treatment

This unique treatment reduces signs of ageing and fatigue in the eye contour area. The combination of exclusive eye massage techniques and muscle stimulation using micro currents works to visibly lift, tone, aid drainage and boost microcirculation.

	40 Mins	65	(3) 175
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	Time	Per Treatment	Course
Hydraclean (Express Cleansing Facial)	30 mins	40	(3) 112.50
GUINOT Hydradermie2	75 mins	79	(3) 220
Hydradermie2 Age Logic	90 mins	98	(3) 275

Holistic Facial Treatments

	Time	Per Treatment	Course
Age Summum - The 'Anti Ageing' Treatment Incorporating pure Vitamin C and active pro-collagen. Ideal if you are concerned with signs of ageing.	50 mins	82	(3) 230

Lift Summum – The Firming and Lifting Treatment

The unique stimulating massage visibly lifts and firms while the active ingredients Collagen XVIII helps improve elasticity. The Anti-Wrinkle Eraser diminishes the appearance of wrinkles, whilst the unique specific face and décolleté masks restore a youthful appearance.

	50 mins	82	(3) 230
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	Time	Per Treatment	Course
Aromatic with Essential Oils Relaxing Aromatherapy Facial	45 mins	68	(3) 190
Guinot Prescription Facial Express Prescriptive Facial	40 mins	50	(3) 138
Radiance Hydra Peeling Skin Renewal Treatment This Cosmetic Peel using Phytic Acid is far more comfortable than a medical peel, yet still provides outstanding and instantly visible results.	45 mins	75	(3) 210

Ultimate Guinot Anti - Ageing Package

We have created this package for you prior to a Special Occasion or Event or just to allow you to experience all of our best Guinot Facials for Ultimate results for your skin.

(For Best Results we advise following the 4 week plan)

- Week 1 Hydra Peeling
- Week 2 Hydraderm Youth with Advanced Lift
- Week 3 Hydraderm Advanced Lift
- Week 4 Age Summum
- £300 Saving £62

ELEMENTAL HERBOLOGY Facials

Based on the ancient philosophy of Chinese medicine Elemental Herbology uses plant based products to deliver exquisite treatments.

Available in some of the best Spas worldwide including Waldorf Astoria Maldives, Mandarin Oriental Hong Kong and The Marker Dublin to name a few...

	Time	Per Treatment
Five Element Aroma Facial	60 mins	75
Five Element Aroma Facial incl. back massage	90 mins	98
Rejuvenating Age Support Facial	90 mins	98
Age Support Eye Lift	10 mins (Add on)	15

CACI Facials*

The most effective non-surgical anti-ageing treatments available.

	Time	Per Treatment	Course
CACI Ultra	90 mins	94	
CACI Booster	75 mins	82	(10) 656
CACI Classic	60 mins	68	(10) 544
CACI Hydratone	30 mins	35	
CACI Eye Lift	30 mins	40	(10) 320
CACI Jowl Lift	30 mins	40	(10) 320
CACI Acne	45 mins	61	(10) 488
CACI Deep Wrinkle	30 mins	40	(10) 320

* For best results a course of 10 treatments is recommended

ALUMIER MD Skin Peels

Alumier MD Peels are the next generation of clinical exfoliation. With a variety of peels, each with a unique complex of ingredients, your therapist can customise your treatments to target your specific skin concerns and reveal a more radiant, soft and luminous skin.

A consultation is recommended prior to receiving any of the Clinical Peels listed below. We do advise using AlumierMD homecare products 2 weeks prior to your peel to reduce sensitivity.

	Time	Per Treatment
Alumier Consultation <i>Redeemable against your treatment.</i>	30 mins	30
Detox Clear	35 mins	90
Vitamin A Boost	35 mins	90
Radiant 20/10	35 mins	90
Radiant 30	35 mins	90
The Ultimate Glow Peel (Our Strongest Peel)	35 mins	120

Course of 3 Ultimate Glow Peel - £300 (saving £60) and receive a complimentary post-procedure prescription of products.

Course of 6 Ultimate Glow Peel - £595 (saving £125) and receive a complimentary post-procedure prescription of products.

All other Alumier Peels, Course of 3 - £225 (saving £45) and receive a complimentary post-procedure prescription of products.

All other Alumier Peels, Course of 6 - £420 (saving £120) and receive a complimentary post-procedure prescription of products.

3D-Skintech

3D-skintech is a revolution in non-surgical aesthetic skincare market.

What is unique about our concept is that we combine the latest clinical technologies to ensure that we can offer the most effective treatments for anti-ageing, pigmentation and acne.

Not only that but we can adapt different levels of treatment depending on whether we are treating under preventative protocols right up to the most curative applications.

3D-skintech utilises the following 4 technologies:

- Diamond Microdermabrasion
- Meso Therapy (without needles)
- Radio Frequency
- Full LED Light Therapy

Your trained Aesthetician will be able to prescribe an exacting facial to suit your specific needs.

Consultation required - Time: up to 30 mins - £30 (deducted from treatment)

	Time	Per Treatment
3D SkinTech Complete Aesthetic Facial Incl 4 technologies	90 mins	150
3D SkinTech incl 2 Technologies	60 mins	95
3D SkinTech Radio Frequency Treatment	35 mins	65



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A New Dimension In Clinical Skin Care

Microdermabrasion

	Time	Per Treatment	Course of 10
Crystal Clear Microdermabrasion Treatment Face & Neck	50 mins	69	620
<i>A course of 10 treatments is recommended, 1 per week</i>			
Crystal Clear Deluxe Microdermabrasion Treatment	75 mins	89	800
<i>A course of 10 treatments is recommended, 1 per week</i>			

Massage Menu

	Time	Per Treatment	Course
Five Element Aroma Massage	60 mins	75	
	90 mins	98	
Ho-Leaf & Rosemary Deep Tissue Muscle Melt	60 mins	75	
	90 mins	98	
Five Element Foot Soak and Foot & Leg Massage	30 mins	40	
Five Element Acupressure Scalp Massage	45 mins	55	
Deep Tissue Massage	120 mins	130	(3) 365
	60 mins	75	(3) 210
	30 mins	45	(3) 120
Lava Shell Rescue Treatment	105 mins	99	
Hot Lava Shell Relax Face & Body	90 mins	95	

	Time	Per Treatment	Course
Hot Lava Shell Relax Body Massage	60 mins	75	
Hot Lava Shell Back Massage	30 mins	42	
Guinot Aromatic Douceur	80 mins	89	
Five Element De-stress Back Therapy	50 mins	65	(3) 185
Intense Nourishment Body Treatment	90 mins	105	
<i>Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out of condition skin.</i>			
Indian Head Massage	35 mins	39	
Reflex Zone Therapy	50 mins	59	
Combo of Indian Head Massage & Reflex Zone Therapy	80 mins	92	
Hopi Ear Candle Treatment	40 mins	42	
Full Body Massage	50 mins	65	(3) 179
Back Tension Massage	25 mins	35	(3) 95
Neom Full Body Massage	60 mins	75	
<i>Using Neom's luxurious intensive skin treatment candle.</i>			
Coconut Shell Cream Body Scrub Ritual	45 mins	55	
Macadamia and Papaya Body Scrub Ritual	45 mins	55	
Express Macadamia and Papaya Body Scrub	25 mins	35	

Detoxifying and Anti Cellulite Treatments

Ionithermie Express (for a fast effective treatment)

The Ionithermie body treatment portfolio comprises a choice of 4 body treatments to target specific problem areas:

Hip & Thigh Sculpture, Cheek Lift, Tummy Trim, Arm & Tummy Trim.

	Time	Per Treatment
	1 hour	79
Course of 5	355	Course of 10 710

Slim Logic (the ultimate anti-cellulite treatment)

A double action manual treatment with caffeine, using massage techniques to break down cellulite deposits and an anti-fluid retention wrap to eliminate excess fluid, leaving the silhouette refined and body contours smooth.

	Time	Per Treatment
	50 mins	69
Course of 4	260	4 week challenge 300

The 4 week challenge is one treatment per week, Slim Logic Cream and Slim Logic Capsules to boost your results at home.

Additional Treatments for the Body

To increase the effectiveness and relaxation benefits of your treatments, we recommend including our Infra Red Sauna before your treatment and a Dry Floatation Therapy after your treatment.

	Time	Per Treatment
Infra Red Sauna	30 mins	20
Dry Floatation Therapy	25 mins	30
Japanese Bathing Experience	60 mins	60

For the Mother-To-Be

Pregnancy Treatments (after first 12 weeks). Reduce stretch marks & swollen ankles with our unique packages proven to relieve some of the effects of pregnancy & reduce worries or tensions that are inevitable when you are a mother-to-be! All Facials (from week 1) are suitable throughout pregnancy with the exception of Crystal Clear Microdermabrasion, Hydradermie Lift Treatments and CACI Treatments.

Massage & Body Treatments

	Time	Per Treatment
Pre-Natal Well Being Massage	60 mins	75
Five Element De Stress		
Pre-Natal Back Massage	50 mins	65
Indian Head Massage	35 mins	39
<i>Suitable from 12 weeks</i>		
Reflex Zone Therapy	50 mins	59
<i>Suitable from 12 weeks</i>		
Combo of Indian Head Massage & Reflex Zone Therapy		
<i>Suitable from 12 weeks</i>	80 mins	92
Hopi Ear Candle Treatment	40 mins	42
<i>Suitable from week 1</i>		

Manicures And Pedicures *(Please remember to bring your flip flops)*
(See website for details)

Pregnancy Package

Pre-Natal Well Being Massage		
Spa Pedicure	105 mins	118

Aura Spa Packages

Each treatment lasts 25 mins - Minimum of 2 treatments per package.

Choose from

- Aura Taster Facial
- Customised Scalp Massage
- Japanese Slipper Bath
- Swedish Back Tension Massage
- Full Body Exfoliation

2 treatments £68 | 3 treatments £100 | 4 treatments £125

Rituals

	Time	Per Treatment
Relax & Unwind		
30 mins in our Infra Red Sauna followed by a relaxing 50 mins Full Body Massage finishing with a Spa Pedicure.	130 mins	135 per person
The Ultimate Floating Aromatherapy Experience		
Macadamia and Papaya Full Body Exfoliation followed by Dry Floatation Therapy and 60 mins Five Element Aroma Body Massage.	Approx 120 mins	140

Time Per Treatment

Elemental Bliss:

For the ultimate hydration experience, this top-to-toe ritual is comprised of coconut shell cream body scrub, Five Element Aroma Massage using Water Oil, Moisture Replenish Facial and Scalp Massage.

160 mins 195

Jennifer Young - Beauty despite Cancer

Created with the help of the NHS these natural and luxurious products are perfect for dry, sore, itchy, flaky and sensitive skin and the treatments are designed to lift the mood and improve health and well-being. The products and treatments help to combat the side effects of cancer treatment.

	Time	Per Treatment
Jennifer Young Glowing Facial	55 mins	78
Jennifer Young Express Glowing Facial	25 mins	48
Jennifer Young Indulgent Massage	55 mins	78
Jennifer Young Express Indulgent Massage	25 mins	48
Jennifer Young Top To Toe	75 mins	100
Jennifer Young Specialist Hand and Nail Treatment	40 mins	49
Jennifer Young Specialist Foot and Nail Treatment	40 mins	49

Hands

	Time	Per Treatment		Time	Per Treatment
Polish Application	15 mins	15	Spa Pedicure	50 mins	47
File & Polish	20 mins	22	Deluxe Spa Pedicure <i>"for the softest feet on the planet"</i>	90 mins	83
Essential Manicure	30 mins	30	Spa Pedicure for Men	40 mins	42
Spa Manicure	50 mins	42	Shellac Application	40 mins	36
Deluxe Spa Manicure	60 mins	52	Shellac Application including Spa Pedicure	60 mins	58
Spa Manicure for Men	30 mins	32	Shellac Application including Deluxe Spa Pedicure	100 mins	93
Shellac Application	40 mins	35			
Shellac Application including Spa Manicure	60 mins	58			
Shellac Removal (Hands or Feet)	15 mins	10			
Removal of any other Gel Polish	30 mins	25			

For Hand and Foot Treatments, to avoid disappointment please inform us at time of booking if you need Gel Polish removed before your manicure/ pedicure as extra time must be allocated.

Feet *(Please bring flip flops)*

	Time	Per Treatment
Nail Trim and File	15 mins	15
Polish Application	15 mins	16
Callus Peel Treatment <i>(Dissolves hard dry skin on feet)</i>	30 mins	31
File & Polish	25 mins	26

Tanning

	Per Treatment
LA Tan	
Fast Tan (develops in up to 4 hours)	20
LA Tan (develops overnight)	20
<i>PURCHASE A COURSE OF 10 FOR THE PRICE OF 8</i>	160

	Per Treatment
St. Tropez Tan	
Fast Tan (develops in up to 4 hours)	30
St. Tropez Tan (develops overnight)	30
<i>PURCHASE A COURSE OF 10 FOR THE PRICE OF 8</i>	240

LVL Lashes

- Length, Volume, Lift
- The UK's No1 Lash Lift
- Lifts Natural Lashes for 6-8 Weeks

The LVL Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory. (Includes eyelash tint).

60 Mins £75 1st Treatment

1st Treatment includes Conditioning Serum

£60 Thereafter

Threading

	Time	Per Treatment
Eyebrow Shape		17.95
Eyebrow Package <i>Shape & Colour for beautifully defined eyebrows</i>		27.50
Upper Lip		11
Chin		11
Forehead		15
Sides of Face		17.50

Eyes

	Time	Per Treatment
Eyebrow Tweeze	15 mins	13
Eyelash Tint <i>Patch Test required 24hrs prior to treatment</i>	20 mins	15.50
Eyebrow Tint	10 mins	10
Eyelash & Eyebrow Tint	30 mins	22
Eyelash Tint, Eyebrow Tint & Eyebrow Wax	40 mins	33.50

Waxing

Please refrain from waxing if you are currently using Glycolic Acid, Retin A or Roaccutane as well as if you have any sort of rash, infection or skin disorder. Let your Therapist know about any medications you are currently using.

	Time	Per Treatment		Time	Per Treatment
			1/2 Leg	20 mins	20
			1/2 Leg incl Standard Bikini	30 mins	30
			1/2 Leg incl Californian Bikini	30 mins	35
			1/2 Leg incl Brazilian Bikini	45 mins	45
			1/2 Leg incl Hollywood Bikini	60 mins	56
Full Leg	40 mins	32	Standard Bikini	15 mins	17
Full Leg incl Standard Bikini	45 mins	39	Californian Bikini	20 mins	21
Full Leg incl Californian Bikini	45 mins	42	Brazilian Bikini	30 mins	30
Full Leg incl Brazilian Bikini	60 mins	55	Hollywood Bikini	40 mins	43
Full Leg incl Hollywood Bikini	70 mins	65	Under Arms	15 mins	12
Upper Leg incl Standard Bikini	30 mins	34	Full Arms	30 mins	22
Upper Leg incl Californian Bikini	30 mins	36	Forearms	15mins	16
Upper Leg incl Brazilian Bikini	45 mins	45	Lip Wax	10 mins	10
Upper Leg incl Hollywood Bikini	60 mins	57	Chin Wax	10 mins	10
3/4 Leg	30 mins	28	Lip & Chin Wax	15mins	17.50
3/4 Leg incl Standard Bikini	40 mins	35	Sides of Face	15 mins	15
3/4 Leg incl Californian Bikini	40 mins	38	Eyebrows	15 mins	14
3/4 Leg incl Brazilian Bikini	60 mins	49			
3/4 Leg incl Hollywood Bikini	75 mins	62			

JUST FOR MEN

	Time	Per Treatment
Eyebrow Wax	15mins	14
Back & Shoulder Wax	45 mins	36
Chest Wax	30 mins	27

Electrolysis

Hair Removal using Diathermy

	Time	Per Treatment
	10 mins	15
	15 mins	21
	20 mins	25
	30 mins	35

Milia Extraction

(Using Sterile Micro Lance)

21

Skin Tag Removal (using Diathermy)

Up to 15 mins

46

Up to 30 mins

77

Gift Vouchers

Gift Vouchers are available to purchase to a value of your choice or a treatment of your choice. The voucher must be produced at time of payment.

Please note: We cannot track vouchers. Invalid if lost or stolen.

Cancellations

Due to the high demand of our Therapists time, we request that if for any reason you need to cancel your treatment, you do so within 24 hours of your appointment or you may be charged in full for services booked.

If you book your services within 24 hours of your appointment, we take your appointment as confirmed and you may be charged in full if you cancel.

This policy - allows others to enjoy our services as well as recognising the value of the time of our talented Spa Therapists.

Policies and Protocols

Please refer to our website for more information on our services and our Spa policies and protocols.

Please note the Spa closing times as our Chill Out Room and shower facilities must be vacated 15 mins prior to the Spa closing.

This means the Chill Out Room and Shower facilities are not available for appointments that end close to closing time.

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DAY SPA

FOR DETAILS ON ALL OUR TREATMENTS AND POLICIES PLEASE CHECK OUR WEBSITE

www.auradayspa.co.uk

DOWNLOAD OUR FREE MOBILE APP

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