



## Beauty Treatments

### Massage

A deeply relaxing massage to relieve tension and alleviate aches and pains.

**Full Body including Head & Face £45.00**

**Back, Neck & Shoulders £28.00**

### Hot Stone Massage

Warmed volcanic rocks are used to massage away life's tensions and draw you into a truly deep state of meditative relaxation.

**Full Body £48.00**

**Back, Neck & Shoulders £32.00**

### Aromatherapy Massage

A combination of relaxing massage techniques together with the careful selection and blending of essential oils – sensory heaven.

**Full Body £49.00**

**Back, Neck & Shoulders £32**

### Acupuncture £35.00 (with a back massage £45)

Complementary medical practise that stimulates certain points of the body using fine needles.

### Hopi Ear Candles £28.00

Smoothing and relaxing treatment. Beneficial for migraine and sinusitis, vertigo & tinnitus.

### Indian Head Massage £27.00

Works on a physical and psychological level, alleviates stress and tension in the head neck and shoulders, upper back and face.

### Facials

#### Refreshing Facial £27.00

Suitable for all skin types. A Revitalising and replenishing facial leaving your skin refreshed.

#### Luxury Facial £43.00

A Luxurious indulgent facial. Includes massage of the face, neck and shoulders encouraging the regeneration of youthful new skin cells and a relaxing arm massage.

#### Dermaplaning £35.00 or with Intense Mask £45.00

Dermaplaning is a method of exfoliation that consists of using a scalpel to gently scrape off the top layer of dulling dead skin cells in order to reveal a smoother, brighter complexion, including unwanted facial hair.

#### Face Peel £35.00

Chemical peels are liquids placed onto the face to remove dead skin cells and stimulate the growth of new cells.

#### Microdermabrasion £45

Deluxe Facial – revealing younger, healthier skin. Targeting Acne, Scarring, fine Lines & Wrinkles.

#### Reflexology £25.00

Non-intrusive complementary health therapy, based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body.



**Waxing & Threading**

<b>Full Leg</b>	<b>£24.00</b>	<b>Lip Wax or Threading</b>	<b>£6.50</b>
<b>Half Leg</b>	<b>£15.00</b>	<b>Chin Wax or Threading</b>	<b>£6.50</b>
<b>Underarm</b>	<b>£10.00</b>	<b>Eyebrow Wax or Threading</b>	<b>£6.50</b>
<b>Full Arm</b>	<b>£14.00</b>	<b>Threading Full Face</b>	<b>£25.00</b>
<b>Bikini</b>	<b>£15.00</b>	<b>Back Wax</b>	<b>£20.00</b>
<b>Brazilian</b>	<b>£22.00</b>		

**Hands & Feet**

<b>File &amp; Polish</b>	<b>£15.00</b>	<b>Shellac Nails Hands or Feet</b>	<b>£24.00</b>
<b>Manicure</b>	<b>£25.00</b>	<b>Shellac Removal with Treatment</b>	<b>£10.00</b>
<b>Luxury Manicure</b>	<b>£42.00</b>	<b>Acrylic Nails</b>	<b>£28.00</b>
<b>Express Pedicure</b>	<b>£25.00</b>	<b>Acrylic Nail Maintenance (Backfill)</b>	<b>£20.00</b>
<b>Luxury Pedicure</b>	<b>£42.00</b>	<b>Acrylic Nails Removal</b>	<b>£15.00</b>

**Eyes**

<b>Eyebrow Tint</b>	<b>£6.50</b>	<b>Eyebrow Shape</b>	<b>£5.00</b>
<b>Eyelash Tint</b>	<b>£12.00</b>	<b>Weekend Lashes</b>	<b>£15.00</b>
<b>Eyelash Lifting &amp; Tint</b>	<b>£25.00</b>	<b>Classic Lashes</b>	<b>£35.00</b>

**Spray Tan £15.00**

Matching your natural skin tone with varying shades available.

**Makeup**

Bridal/Everyday/Glam looks available. For further information and prices please discuss with consultant.

**Ladies that Lunch Package**

**£70.00 per person**

Our half day package offers you coffee on arrival, followed by your choice of treatments, a tasty 2 course Lunch and use of the Swimming Pool & Sauna

Choice of 2 of the following deluxe treatments:

- Back, Neck & Shoulder Massage
- Aromatherapy Facial
- Deluxe Facial
- Hopi Ear Candles
- Indian Head Massage
- Reflexology

**Springfield Hotel & Health Club**

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Facebook – Springfield Hotel Beauty Salon

**Opening Hours**

Monday & Tuesday 11am-5pm, Wednesday 9am-5pm, Thursday & Friday 10am-8pm  
 Saturday – By Appointment & Sunday – Packages Only