

A close-up photograph of a woman lying down, her eyes closed, receiving a facial massage. Her head is resting on a beige towel, and her face is being gently touched by two hands with light-colored nail polish. The background is a plain, light color.

BEECHDOWN BEAUTY SPA  
TREATMENTS & PRICE LIST



# BEECHDOWN BEAUTY SPA

The Beechdown Beauty Spa offers the very best luxury beauty treatments in comfortable, elegant surroundings where the overall experience is enhanced by air-conditioning and a designer lighting system that creates the perfect mood for differing treatments.

The Spa offers safe, effective treatments for both women and men, though we only offer male massage to existing members of our Health Club.

## OPENING TIMES

Open 7 days a week,  
most evenings until 9pm

## GIFT VOUCHERS

Prestigious Gift Vouchers are available by post. Order by phone, at Reception or via our website.

## RETAIL

All Clarins retail products are available for purchase. Our therapists are qualified to recommend skin care products and routines to enable you to continue your treatment benefits at home.

## YOUR HEALTH

Please advise the Spa at the time of booking if you have any medical concerns.

## APPOINTMENTS

Please arrive promptly. Late arrival will reduce treatment time.

## CANCELLATION

A fee equivalent to 50% of the treatment price will be chargeable for cancellations within 24 hours of appointment.

## CONSULTATION

You will need to add a 20 minute consultation time to treatments marked \*



## RELAXING SPA DAYS...

Immerse yourself in all the fabulous facilities of the Beechdown Health Club whilst retreating to the calm serenity of the Day Spa lounge whenever you wish. Lunch in the light and airy restaurant, and be pampered in the Beauty Spa. This is a Day where your time is yours. Use it to energetically exercise... or delight in doing nothing.

*No other day will make you feel this good.*

CLASSIC DAY £49

PAMPER DAY £67

Includes mini facial or mini massage

RELAXING DAY £59

Includes relaxing infra-red detox  
sauna session

LUXURY DAY £85

Includes mini facial or mini  
massage, plus Classic Pedicure

INDULGENCE DAY £110

Includes Blissful Body Experience  
and Blissful Spa Facial

SPARKLE SPA DAY £88

(Available Mon - Thurs only)  
Includes mini facial, mini massage  
and mini manicure

Extra beauty treatments may be added to any of the above. Please ask at reception for a full list of our Spa Days or visit our website

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



# CLARINS TREATMENTS...

For over 40 years, Clarins has developed innovative treatments and products that protect and enhance the skin's youthful radiance and vitality and answer specific beauty concerns. Beechdown is your only local qualified Salon trained by Clarins to provide the full range of Clarins treatments.

*"Taking time out to treat your face and body is no longer a luxury, but a necessity of modern living. At Clarins, we ensure you look good and feel good"* Jacques Courtin-Clarins *Founder and President, Clarins*

## FACIAL TREATMENTS

### YOUTH BOOSTER 1HR 10MINS\* £50.50

Richly replenishes mature skin facing hormonal changes, leaving it velvety-smooth and youthfully radiant, with less noticeable lines.

*At Home: Clarins Super Restorative Care*

### SKIN FIRMER 1HR 10MINS\* £50.50

Restores deep-down youthful firmness and luminosity to skin that's starting to look less supple, smooth and fresh as the years go by.

*At Home: Clarins Extra Firming Care*

### THIRSTY

### SKIN SOOTHER 1HR 10MINS\* £50.50

Delivers a moisture rush to dehydrated or sensitive skin, to counteract the effects of pollution, air conditioning and stress. Taut skin feels silky-soft, comfortable and glowing again.

*At Home: Clarins Hydra-care Skin Care*

### RADIANCE RITUAL 1HR 10MINS\* £50.50

An immediate radiance and vitality boost for dull, tired-looking skin that's lost its sparkle.

*At Home: Clarins Energising Skin Care*

### OILY SKIN RESCUER 1HR 10MINS\* £50.50

Regulates excess oiliness and rescues oily or combination skin from breakouts, shine and open pores.

*At Home: Clarins Truly Matte Skin Care*

### AROMATIC BALANCER 50MINS\* £39.50

Oily and congested, dry and dull, dehydrated or sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

*At Home: Clarins Aroma-Phyto Skin Care*

## WEEKDAY TREAT

### 50 MINUTE SPARKLE 50MINS £25.00

A mini facial to deep cleanse and moisturise, followed by a reshape and varnish.

*Available weekdays until 4pm*

# BODY EXFOLIATING TREATMENTS

## GENTLE

SKIN SMOOTHER 30MINS\* £27.50

Visibly brighter, super-soft skin is the main benefits of this highly efficient body treatment. Enriched with fruit enzymes, it also refines, refreshes and detoxifies. Body products applied afterwards are perfectly absorbed.

*At Home: Clarins Soothing Body Scrub*

AROMATIC POLISHER 30MINS\* £29.50

More than a body scrub, this is a total well-being treatment that incorporates aromatherapeutic oils to delight the senses and warm the body. And while your mind is rebalanced, dulling dead skin is polished away, circulation is boosted and smooth, nourished, fragrant skin is revealed. Choose relaxing or revitalising treatment.

*At Home: Clarins Aromatic Body Polishers*

# BODY TREATMENTS

FIGURE SHAPER 1HR 10MINS\* £50.50

Intensive stimulating treatment refines the appearance of skin, perking up overall tone and helping your body to look smoother and more streamlined. Circulation is boosted, reducing fluid retention.

*At Home: Clarins Total Body Lift*

SUPER HYDRATER 1HR 10MINS\* £50.50

Drenches dry or dehydrated skin in moisture, dramatically transforming its texture. Suddenly your skin feels smooth and silky-soft to the touch.

*At Home: Clarins Moisture Rich Body Lotion*

## INTENSIVE

BODY FIRMER 1HR 10MINS\* £50.50

Restores youthful firmness and deep-down luxurious softness to skin that's starting to lose condition. Your body looks and feels more supple, toned and revitalised, your skin is nourished and satin-smooth and stretch marks are less noticeable.

*At Home: Clarins Extra Firming Body Care*

ANTI-AGEING SPECIAL 1HR 10MINS\* £50.50

A youth booster for skin that looks dry, dull and lined, this makes a real impact on smoothness, softness and luminosity. It's particularly good for skin that's showing signs of ageing and sun damage (like age spots on the chest) or simply neglect.

*At Home: Clarins Renew – Plus Body Serum*

## AROMATIC

BODY BALANCER 50MINS\* £39.50

Pure pleasure and a real must for out of condition skin. Aromatherapy massage helps the absorption of custom blended oils and creams, which deeply replenish as they firm, detoxify and relax the body.

*At Home: Clarins Toning or Relaxing Body Balm*

SO NATURAL SELF TANNER 1HR £39.50

This crème de la crème of self tanning treatments for face and body includes a pampering massage and gives skin a gorgeous, long lasting glowing, golden colour that looks as natural in winter as it does in summer... and you can even get dressed immediately.

*At Home: Clarins Self Tanners*



## CLARINS SIGNATURE MASSAGES

### CHILL OUT MASSAGE 1HR 10MINS\* £46.50

Slow and relaxing massage melt tension in body and mind, leaving you feel calm and rebalanced.

*At Home: Clarins Relax Body Treatment Oil*

### WAKE UP MASSAGE 1HR 10MINS\* £46.50

More stimulating massage movements relieve aching muscles and leave you feeling fresh and clear-headed, with perked-up skin tone.

*At Home: Clarins Tonic Body Oil*

## MOTHER TO BE & NEW MUM TREATMENT

### PAMPERING FACE & BODY TREATMENT 1HR\* £39.50

Pure indulgence for face and body, adapted to your pre and post natal stage of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energised and wonderfully relaxed, with baby soft skin.

*At Home: Clarins Stretch Mark Control, Tonic Body Treatment Oil, Energising Leg Emulsion*

## TREATMENTS FOR MEN

### SKIN BLITZ FACIAL 50MINS\* £39.50

Shaving bumps and irritation, stress and tiredness, greyness and congestion. Whatever life has done to your skin, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

*At Home: Clarins Mens Skin Care*

### MUSCLE EASE BODY MASSAGE 50MINS\* £39.50

Whether you've over-done it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of well being.

*At Home: Clarins Relax Body Treatment Oil*

### ENERGISING BACK, NECK AND SCALP MASSAGE 30MINS\* £27.50

Back cleansing and deep massage rolled into one rejuvenating treatment that sorts out congested skin and tired muscles. The ultimate post-exercise pick me up, it leaves you feeling chilled out instead of strung out.

*At Home: Clarins Tonic Body Treatment Oil*



# DIAMONDTOME™

## DIAMONDTOME™ MICRODERM- ABRASION

**DiamondTome™** Skin Resurfacing offers benefits to anyone who wants to improve specific skin conditions and rejuvenate the overall health and appearance of their skin.

- Rejuvenates sun damaged skin – face and neck
- Reduce age spots
- Minimise blotchy skin colouring
- Reduce acne and superficial scars from past injury
- Extract blackheads and whiteheads
- Oily Skin
- Reduces fine lines and wrinkles
- Improve overall skin health

DIAMOND FACIAL 20MINS\* £31.50

DIAMOND DELUXE FACIAL 50MINS\* £40.50  
Includes a Crystal Clear face mask, plus foot, hand and scalp massage.

DIAMOND DELUXE+ 50MINS\* £45.50  
Includes a Crystal Clear face and eye mask, plus foot, hand and scalp massage.

**NB** Avoid sauna, jacuzzi, swimming, sunbed and exercise 24 hours before and after DiamondTome™ Microdermabrasion

## CRYSTAL CLEAR BLISSFUL TREATMENTS

BLISSFUL SPA FACIAL 1HR\* £34.50  
Suitable for all skin types including sensitive skin. Gently smooths the skin providing intensive rejuvenation and leaving a perfectly cleansed, moisturised and firmer complexion. Includes a foot, hand and scalp massage.

BLISSFUL EYE TREATMENT 30MINS\* £22.50  
A treatment to lift, smooth and hydrate the eyes creating a look that is noticeably younger and fresher within 30 minutes. Includes a foot, hand and scalp massage.

MINI BLISSFUL FACIAL 30MINS\* £25.50  
This facial is an excellent choice for a quick salon fix. Includes cleanse, exfoliation and mask. Also includes a foot, hand and scalp massage.

ACNE FACIAL TREATMENT 30MINS\* £25.50  
This unique acne treatment reduces the excess sebum associated with acne prone skin. The active ingredient used helps reduce the inflammation helping to promote clearer skin. Includes a foot, hand and scalp massage.

BLISSFUL BODY EXPERIENCE 1HR\* £35.50  
Deluxe body experience oxygenates and smoothes the skin with a gentle exfoliation, while a reviving massage awakens the skins senses while firming and detoxifying. Perfect for dry, sluggish circulation and cellulite.

**NB** Blissful + acne treatments do not include microdermabrasion. Add Blissful Eye Treatment to any Blissful Facial for £6



## HANDS & FEET...

*NB Please allow a further 10 minutes after manicures/pedicures to allow polish to dry. We recommend you bring flip-flops with pedicures. French polish is available on all manicures and pedicures. The treatment takes an additional 10 minutes and incurs an additional £6 charge. It is advisable to book a French polish at the time of booking your appointment.*

### JESSICA MANICURE

MINI MANICURE 30MINS £15.00  
Includes massage, file and paint.

CLASSIC MANICURE 50MINS £19.00  
Includes scrub, cuticle work, filing, massage and paint.

DELUXE MANICURE 1HR £26.50  
Includes Classic Manicure with an option of heated mitts or La Remedi anti-ageing hand treatment.

DELUXE+ MANICURE 1HR 20MINS £31.50  
Includes Classic Manicure, heated mitts and La Remedi anti-ageing hand treatment.

### JESSICA PEDICURE

CLASSIC PEDICURE 1HR £27.00  
Includes scrub, cuticle work, filing, massage and paint.

DELUXE PEDICURE 1HR 20MINS £31.50  
Includes Classic Pedicure and heated booties.

### BIO SCULPTURE NAIL EXTENSIONS

GEL EXTENSIONS £48.50

INFILLS\* £29.50

REPAIR PER NAIL £7.00

PERMANENT COLOUR  
OR CLEAR GEL OVERLAYS  
TOES OR FINGERS £35.00

PERMANENT COLOUR  
OR CLEAR GEL INFILLS\*  
TOES OR FINGERS £26.50

EXTENSION/OVERLAY REMOVAL £11.00

*\*Includes 1 nail repair if required. Please book an extra repair for each nail broken prior to your treatment.*

# ST TROPEZ AIRPORT

ST TROPEZ TAN 20MINS £30.50

The tan is applied by a therapist with a spray leaving you with instant colour which will develop over 8 hours and last for up to 7 days. We recommend you exfoliate and moisturise top to toe 24 hours prior to your treatment.

**NB** A patch test is required 24 hours prior to your treatment. Please wear old, loose dark clothing for your treatment.



# MAKE-UP & EYE TREATMENTS

MAKE-UP £24.50

MAKE-UP LESSON £29.50

BRIDAL MAKE-UP INCLUDES TRIAL £43.50

EYEBROW TINT £6.00

EYELASH TINT £14.00

EYELASH & EYEBROW TINT £17.00

EYEBROW SHAPE £7.50

OUTLINE & DEFINE £15.50

Includes eyelash tint & eyebrow shape.  
Available weekdays till 4pm only.

**NB** Eyelash tint and eyebrow tint require a sensitivity test 24 hours before tinting

# HAIR REMOVAL WAXING

HALF LEG £14.50

THREE QUARTER LEG £18.00

FULL LEG £23.00

HALF LEG & BIKINI £21.00

FULL LEG & BIKINI £27.50

BIKINI OR UNDERARM £8.50

BRAZILIAN £18.50

HOLLYWOOD £25.50

HALF ARM £14.50

TOP LIP OR CHIN £7.50

TOP LIP & CHIN £9.50

EYEBROW £7.50

HALF CHEST OR BACK £16.00

FULL CHEST OR BACK £20.00

*Book a trim - (1/2 leg, bikini & underarm for £24.00).  
Only available weekdays up to 4pm*

# ELECTROLYSIS

PERMANENT  
HAIR REMOVAL UP TO 15MINS £10.50

PERMANENT  
HAIR REMOVAL UP TO 30MINS £17.00

**NB** All equipment is sterile & hygienically disposed of.



## HOLISTIC MASSAGES

**INDIAN HEAD MASSAGE** 50MINS\* £31.50

Indian head massage is a deeply relaxing massage which helps relieve tension in the neck, shoulders and scalp. It improves blood and lymph flow to the upper body and promotes relaxation, aids a better night sleep and balances the body's energy points.

**HOT STONE MASSAGE**

Stone massage involves the application of basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage. Stone massage makes you feel deeply relaxed, allowing you to let go of all the stress that is held within your body.

**Back Massage** 30MINS\* £25.50

**Full Body Massage** 1HR\* £50.50

**THAI & HERBAL**

**COMPRESSION MASSAGE** 1HR 30MINS\* £55.50

Dried herbs are wrapped in a muslin cloth and then steamed to release the potent qualities of the herbs. These hot compresses are systematically pressed over the body. This is followed by a Thai aroma massage which incorporates yoga, acupressure, deep stretching and gentle rocking.

**THAI FOOT MASSAGE** 1HR\* £33.50

A massage to the lower legs and feet using elements of shiatsu, reflexology, Chinese massage and yoga. Thai foot massage involves hands on stretching and massage, along with the use of a tool to stimulate the reflex points. It is taught by Buddhist monks in Thailand.

## MASSAGE & AROMATHERAPY

**BACK MASSAGE** 30MINS\* £20.50

**FULL BODY MASSAGE** 1HR\* £34.50

**AROMATHERAPY**

**BACK MASSAGE** 30MINS\* £22.50

**AROMATHERAPY**

**FULL BODY MASSAGE** 1HR\* £36.50

**REFLEXOLOGY** 40MINS\* £29.50

**SCALP MASSAGE** 30MINS\* £20.50

## BODY WRAP

A detox treatment using sea clay to promote inch loss by withdrawing toxins. It is also ideal for the treatment of cellulite and stretch marks. You are guaranteed to lose 6 inches in your first treatment.

**BODY WRAP** UP TO 1HR 50MINS £50.50

**BODY WRAP**

**& FACIAL** UP TO 1HR 50MINS £70.50



# GENIE COMPLETE...



*Non-invasive cosmetic treatments,  
non-surgical face lifts, body firming toning treatments*

GENIE NON-SURGICAL FACE  
LIFT TREATMENTS 30MINS\* £35.00

Instant, visible results after just one treatment. Genie works directly on tired and sagging facial muscles. Helps to eliminate lines and there by recreating the youthful contours of the face.

EYES LIKE DIAMONDS 20MINS\* £20.00

An intense eye treatment which includes a lift on the brow, reduction of fine line and wrinkles leaving your eye moisturised and refreshed.

**NB** *Eyes Like Diamonds can be taken without the face lift.*

LIP ENHANCEMENT 10MINS\* £10.00

Collagen pumped into the lips allowing a natural enhancement to the lips which will last up to 24 hrs.

CLEANSE 10MINS\* £10.00

A deep cleanse for oily, congested and active acne skins.

LYMPHATIC DRAINAGE

Lymph-drainage is the bodies natural waste disposal unit...

LYMPHATIC BODY 30MINS\* £35.00

Speeds up elimination of fat, helps with digestive problems, stress and fatigue. Cleanses the body of toxins after illness and improves general well being by eliminating day to day toxins.

LYMPHATIC FACE 20MINS\* £30.00

Lymphatic drainage reduces puffiness, increases cell regeneration allowing a reduction of the fine lines and wrinkles, and repairs ageing skin. Helps elimination of toxins caused by acne skin.

SLIMMING, TONING OR  
CELLULITE TREATMENT 20MINS\* £30.00

The Genie treatment works the muscles in much the same way as physical exercise. Slower at the start and gradually building. The electronic pulses simulate the effect of weight lifting: recontouring, re-shaping and firming by building up muscle mass.

Areas that can be treated: Waist, Bust/Chest, Abdomen, Inner and Outer Thighs, Arms, Back, Buttocks and Legs.

CELLULITE  
TREATMENT 1HR 30MINS\* £95.00

This is a one-off treatment designed for that special occasion, wedding, holiday etc. Slimtone burns off energy and disperses cellulite, followed by a Lymphatic Drainage treatment which speeds up elimination of waste and a Micro-Current treatment to smooth out the orange-peel effect.

**NB** *Lip Enhancement and Cleanse are only available as add ons to the Genie Non-Surgical Face Lift. Cleanse treatment can also be added to Crystal Clear Blissful Facials or Genie Lymphatic Face Drainage.*



beechdown

...more than you were expecting,  
for less than you expected

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