Whether you want to unwind or add a touch of glamour, kick back and let us do the hard work. Book online at No1Traveller.com or call 08442 64 64 40.

# Massages

#### Core revival

This body massage uses Aromatherapy Associates' acclaimed Muscle De-Stress Gel to leave you feeling calm

30 mins - £35 (back, neck & shoulder)

60 mins - £65 (full body)

90 mins - £95 (fully body including face & scalp massage)

### **Back rejuvenation**

This back massage uses Dermalogica's deep-cleansing scrub to revitalise your skin and leave you feeling refreshed.

30 mins - £35

#### Flight relief for shoulder or head

This calming head or shoulder massage uses Aromatherapy Associates oils to give any time-pressed traveller the perfect treatment.

15 mins - £15 (choose shoulder or head)

#### Flight overhaul

Enjoy a Dermalogica<sup>®</sup> UltraCalming<sup>™</sup> skin treatment and a complete 90 minute head-to-toe massage.

150 mins - £135

# Flight relief for legs & feet

This leg & foot massage uses Aromatherapy Associates oils to quickly relieve tired, swollen legs & feet whilst improving circulation, tension and stress.

30 mins - £30

# Jet lag revival package

Make yourself feel human again with our ultimate pampering package. Including a full body Core revival massage, a 20 minute microZone<sup>®</sup> facial and a manicure or pedicure.

120 mins - £100

# Fix it Massage

Tell our therapist what hurts and they will work away your aches & pains. 15 mins - £15

#### Showers

Put some power in your shower. Fluffy towels and hairdryers are included.

£10 or free with any £25+ treatment

# Skin treatments by **dermalogica**

#### Face Mapping® skin analysis

A professional consultation that reveals your skin's past, present and healthiest future.

10 mins - complimentary

#### Skin bar

Learn about your skin with Face Mapping®, and then learn how to use the products, hand-on.

15 mins - complimentary

#### AGE Smart® facial

Give your skin a revitalising power boost with this treatment designed to nourish, regenerate and energise skin.

75 mins - £75

#### **UltraCalming facial**

This treatment will hydrate, soothe, calm and replenish travel-stressed skin.

60 mins - £65

#### **Prescriptive facial**

A choice of products to suit your skin. Our therapists will recommend a treatment to suit you.

60 mins - £65

#### microZone<sup>®</sup>

We'll address your top skin concern with our exclusive Dermalogica<sup>®</sup> microZone<sup>®</sup> treatments - the quick-fix for troubled skin. Ask a therapist for more details.

20 mins - £20 (choose from the below)

### microZone® moisture boost

Rehydrate and replenish dry, thirsty skin. This deeply penetrating, moisture surge treatment lifts away dulling skin debris to reveal plump new skin.

# microZone® men's skin fitness

If shaving brings out the worst in your skin, help it recover from damage while cleaning, clearing, soothing and calming.

# microZone® age management

Revitalise and energise while fighting the signs of ageing with this restorative treatment.

#### microZone® flash exfoliation

Resurface, smooth and brighten dull lacklustre skin with this maximum strength exfoliation treatment.

#### microZone® eye rescue

Treat multiple eye area concerns like dark circles, puffiness and wrinkles with this advanced peptide eye treatment.

# Nails

#### File & polish

Base coat plus colour on hands or feet.

15 mins - £18

#### Express manicure or pedicure

Skin conditioning, base coat and colour.

30 mins - £25

### Luxury manicure or pedicure

Conditioning massage, cuticle treatment, base coat and colour.

Manicure 60 mins - £40 Pedicure 60 mins - £45

# Men's manicure or pedicure

We shape, groom, soak and give a finish with a buff or neutral polish.

30 mins - £25

# Two week polish

Cuticle treatment, file and application of Artistic gel polish on your fingers or toes, giving a flawless finish for up to two weeks.

40 mins - £35

### Two week manicure or pedicure

Conditioning massage, cuticle treatment, file and application of Artistic gel polish, giving a flawless finish for up to two weeks.

Manicure 60 mins - £45 Pedicure 60 mins - £45

#### **Tinting**

Eyebrow 15 mins - £15 Eyelash 15 mins - £15

#### Eye Opener

Eyelash & brow tint plus eyebrow shape 45 mins - £25

# Waxing

Get set for your holiday with our range of pre-flight preparation treatments. Both strip and hot wax are available. Please note that times are approximate.

#### Bikini

Regular bikini	20 mins - £15
High cut bikini	20 mins - £20
Brazilian*	30 mins - £25
Hollywood*	30 mins - £35

#### Face & arm

Underarm	15 mins - £12
Lip	10 mins - £10
Chin	10 mins - £10
Eyebrow	15 mins - £10
Face	25 mins - £20
Forearm	25 mins - £20
Full arm	35 mins - £25

#### Leg

Halfleg	30 mins - £1
Upperleg	30 mins - £2
Three-quarter leg	35 mins - £2
Full leg	45 mins - £3

### Men's

\*Hot wax only

 Chest
 25 mins - £15

 Chest & abdomen 30 mins - £25

 Shoulders
 10 mins - £15

 Back
 25 mins - £25

 Back & shoulders
 35 mins - £30

Please note all treatments are subject to availability.