

## ELEMIS FACIALS

30minutes £45  
50minutes £70  
80minutes £85

**ELEMIS**  
LONDON

## Manicures & Pedicures

Standard Manicure or Pedicure no polish £25  
soak, cut, file, cuticles, massage

Standard Manicure or Pedicure with polish £30  
soak, cut, file, cuticles, massage and polish (foot filing)

Luxury Manicure or Pedicure  
with polish £40  
with CND Shellac £42  
soak, cut, file, cuticles, exfoliation, massage, heated booties/mitts, (foot filing) , polish

CND Shellac Manicure or Pedicure £32  
cut, file, cuticles, application of gel polish designed to last upto 2 weeks

CND Shellac removal and reapplication £33  
removal of CND shellac, cut, file, cuticles, reapplication of shellac

CND removal £22  
removal of CND shellac that has been applied at TOR with standard manicure included and strengthener applied

## Hair removal

Facial waxing / Threading  
1 area £10  
2 areas £14  
3 areas £18

Underarm wax £10  
1/2 leg £22  
Full leg £32  
Basic or extended bikini wax from £15  
Brazilian / Hollywood £30  
Chest wax £22  
Back wax £25  
Chest & back wax £45  
Male intimate wax from £45

## Electrolysis

Patch test and consultation must be done beforehand.  
Using a fine wire and electrical current over a number of treatments for hair removal. This can also be used for immediate removal of skin tags, thread veins, dermatosis papulosa nigra, milia, blood spots, sebaceous hyperplasia.

£1 per minute (min 10 mins) for hair removal

£25 per 15minutes for advanced electrolysis

CND™

footlogix®  
PEDICUTICALS



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

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Monday - Closed  
Tuesday - 9.30am - 2.30pm  
Wednesday - 9.30am - 7pm  
Thursday - 10am - 8pm  
Friday - 9.30am - 6.30pm  
Saturday - 9am - 4pm  
Sunday - Closed

The Body Lab  
Unit 19  
Ashworth Road  
Swindon  
SN5 7YG

## ELEMIS Expert Touch Nourish Facial 30min / 50min

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

## ELEMIS Expert Touch Renew Facial 30min / 50min

Improve skin firmness, whilst reducing the look of fine lines & wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

## ELEMIS Expert Touch Reveal Facial 30min / 50min

Powered by patented Tri-Enzyme technology this facial helps to minimize the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

## ELEMIS Expert Touch Define Facial 50min / 80min

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. For the ultimate facial experience book our 80min option. (LED mask included in 80min option)

Upgrade any 30min or 50min facial with the ELEMIS LED medical grade mask - 10mins / £10

This can also be added onto most treatments as an additional extra.

**Facial Packages available, pay for 5 get your 6th one free +25% off all Elemis products**

### Remedial Massage

Pressure Light/Medium

Using Grapeseed oil and a combination of techniques to ease stress and tension

30minutes	£40
45minutes	£48
60minutes	£55

### Aromatherapy Massage

Pressure Light/Medium

Using a choice of Aromatherapy oils to suit your needs to help you relax and unwind, along with a combination of techniques to help ease stress

30minutes	£42
45minutes	£50
60minutes	£57

### Deep Tissue Massage

Designed specifically for people who suffer with aches & pains. A fully freestyle Massage including using forearms, elbows and knuckles to get into tight muscles whilst using Aromatherapy oils.

30minutes	£44
40minutes	£51
60minutes	£58

### Hot Stone Massage

The ultimate heat treatment using Basalt Stones that retain the heat. This treatment involves massaging with the stones to obtain the deepest levels of relaxation for the muscles.

30minutes	£48
45minutes	£57
60minutes	£65

### Lava Shell Massage

Using clam shells which mimic the pressure and intricacy of using hands combined with the flowing massage of the self reheating shells.

30minutes	£48
40minutes	£57
60minutes	£65

### Indian Head Massage

Focusing on the head, neck, shoulders and arms. This massage uses techniques to help deeply release tension build up. Can be performed clothed.

35minutes	£42
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### Massage add ons

Full body brushing £10 (15mins)

Back Scrub £7 (5mins)

Hair & Scalp Massage £7 (10mins)

**Massage packages available, pay for 5 get your 6th one free cannot be used in conjunction with any other discount**

### Specialist Massage

#### Hydrotherm & Tranquil Touch £65 (60minutes)

This unique Massage is performed on top of a heated water-style bed layer. Supporting your spine for the perfect alignment whilst being led on your back the entire treatment, we are still able to work on the back as well as the rest of the body whilst working deeply into the muscles taking you to another place of relaxation .

Tranquil Touch is a Hydrotherm Massage, but specifically for anyone undergoing cancer treatment without the need for a doctors note. This treatment aims to provide a caring, informed massage to alleviate symptoms of discomfort caused by treatment you maybe undergoing.

#### Pregnancy Massage £50 (45minutes)

#### Ultimate Pregnancy Massage £70 (75minutes)

During this Massage you will be led on both sides and cradling the pregnancy pillow for the ultimate comfort and to allow us to reach areas which need it the most. This Massage covers back, neck, shoulders, legs and arms and uses Elemis Body Oils.

The Ultimate Pregnancy Massage also includes a foot massage, along with an Elemis Taster Facial with hair & scalp massage for the ultimate pregnancy pamper.

**Must be 12weeks+ and have verbal or written consent from midwife.**

### Pro Glow Couture £75 (60minutes)

Combining a back of the body Hot Stone Massage with a 30minutes prescriptive anti-ageing Facial to send you to a place of deep relaxation

### Hopi Ear Candling £42 (45minutes)

A candle is rested within the ear and lit working to draw out congestion. The heat and oils work to rebalance pressure and stimulate the blood lymph. This treatment includes a deep facial massage to help relieve congestion around the sinuses.

### Reflexology £45 (40minutes)

A non intrusive complimentary health therapy. Based on the theory that different points on the feet correspond to different areas on the body, we can work on areas of the body that cannot be reached through traditional massage to promote better health and wellbeing.

### ELEMIS Frangipani Wrap £60 (60minutes)

Designed to quench the thirst of dry and dehydrated skin. This treatment starts with dry body brushing to buff away dry skin cells. Followed by the application of the infamous Frangipani Oil, you are then wrapped for the heat to help penetrate the oil into the skin. Whilst wrapped you can enjoy an ELEMIS mini facial with hair and scalp massage. Once unwrapped Frangipani body cream is then applied to lock in all the moisture and leave your skin silky soft and smelling indulgent.

### Eye treatments

**Patch test required 24hours prior to tinting, lashlifting and brow lamination**

Eyebrow tint	£12
Eyebrow tint & tidy	£20
Brow lamination	£38

Eyelash tint	£20
Eyelash lift & tint	£42
Eyelash tint, brow tint & tidy.	£32
Lashlift, tint & Brow Lamination	£62