



BEAUTY
AT THE BANKSIDE HEALTH CLUB

treatmentguide

t 020 7921 9343 or 0207 633 0441

beauty@thebanksidehealthclub.co.uk

www.thebanksidehealthclub.co.uk



Waxing

Hot

Warm

Half Leg Upper or Lower		£20
Full Leg		£30
Half Arm		£17
Full Arm		£20
Underarm	£14	£12
Upper Lip or Chin		£10
Bikini Standard	£18	£15
Bikini Extended	£21	£18
Brazilian	£37	£32
Hollywood	£40	£35

Hands&Feet

Look and feel like the rich and famous, and treat yourself to the luxurious Jessica Nails range. Sarah Jessica Parker, Demi Moore and Minnie Driver are just a few Jessica devotee's. Not only will you get an amazing confidence boost from knowing your hands and feet look fabulous, you will also be able to de-stress and unwind during these deeply relaxing treatments. It's the perfect pampering that you deserve.

Jessica Manicure 45 Mins £25

File, cuticle taming, hand massage & polish.

Luxury Jessica Manicure 75 Mins £35

File, cuticle taming, exfoliation hand mask, heated mitts, hand massage & polish.

File & Polish 20 Mins £15

Jessica Pedicure 60 Mins £35

File, cuticle taming, foot massage & polish.

Luxury Jessica Pedicure 90 Mins £45

File, cuticle taming, exfoliation, foot mask, heated booties, foot & calf massage & polish.

Add Jessica French Polish £4

To get the best results out of your manicure or pedicure please ensure that you leave enough time for your nails to dry, this will take one hour. For pedicures, please bring open shoes.



Brows&Lashes

Brow Tidy	15 Mins	£10
Brow Re-Shape	20 Mins	£14
Lash Tint	30 Mins	£15
Brow Tint	15 Mins	£12
Lash & Brow Tint	30 Mins	£22
Lash & Brow Tint & Shape	45 Mins	£30
Eyelash Perming	55 Mins	£40

Massage

Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits.

Back, Neck & Shoulders	30 Mins	£29
Full Body Massage	60 Mins	£49
Aromatherapy Back, Neck & Shoulders	30 Mins	£39
Aromatherapy Full Body Massage	60 Mins	£59
Hot Stone Massage	75 Mins	£69

Relax & drift away with this treasured treatment. As stones themselves are made up of minerals, they will soothe, relax & encourage deep relaxation.

G5 Massage	30 Mins	£27
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A mechanical massage that helps break down fatty deposits, increases blood circulation and reduces the appearance of cellulite. Highly recommended as a course of treatments.

Deep Tissue Sports Massage	60 Mins	£60
Why put up with sports injuries, aches and pains, stiffness and stress?	45 Mins	£50
Appointments available every Wednesday from 1.00pm - 8.00pm	30 Mins	£35



Face Treatments

Dermalogica® Face Treatments

Target your most pressing skin concerns and improve the health of your skin with a professional face treatment. Through your Face Mapping® Zone-by-zone skin analysis, we'll create a treatment that's customised to meet the needs of your skin, and using Dermalogica® professional products, we'll deliver healthier skin with a fresh appearance.

Dermalogica® Face Mapping

15 Mins

FREE

Our qualified therapists will use Dermalogica's face mapping to provide a deep look into your skin's health. They will analyse the 14 zones on the face, neck & chest and will recommend treatments specifically designed to address your personal skin concerns.

The Dermalogica® Face Treatment

This facial is customised to meet your individual requirements, based on your face mapping analysis.

30 Mins

£29

45 Mins

£45

60 Mins

£59

Dermalogica® Micro-Zone

20 Mins

£20

Target your most pressing skin concerns in just 20 minutes! The treatment delivers maximum results in minimal time. Firm, restructure, tone and brighten skin with this maximum strength exfoliation treatment. Hydroxy acids remove dulling surface debris to help reverse the signs of aging while a nourishing cocktail of vitamins, botanical extracts and conditioning agents help soothe and restore skin to optimal health.

AGE Smart Treatment

75 Mins

£65

Combined vitamin and hydroxyl acid exfoliation, energising massage techniques that release tension in the facial muscles and a specialised masque make this the ultimate skin therapy for prematurely aging, dry or devitalised skin. Skin will be noticeably firmer, smoother and revived.

MediBac Clearing Treatment

60 Mins

£59

Breakouts have finally met their match! We'll focus on deep cleansing, purification, extractions, and hydration to target current breakouts while helping to prevent future activity.



Face Treatments

Chromawhite TRx **60 Mins** **£59**

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment.

Add Galvanic & High Frequency **10 Mins** **£15**

This is an intensive treatment that uses advanced technology together with Dermalogica's highly effective formulas to provide key skin benefits.

Thalgo Micro-Dermabrasion Facial **75 Mins** **£69**

An excellent controlled method of skin resurfacing by gently exfoliating the outer layers of skin. An excellent treatment for aging skin, lines and wrinkles, blemishes, scars and much more.

Body Treatments

Body Mapping **15 Mins** **FREE**

Our qualified therapists will use Dermalogica's body mapping to provide a methodical approach to analysing your body concerns and ensure an accurate record is maintained for future treatments.

The therapist assesses your skin across the 14 zones on your body and will recommend treatments specifically designed to address your personal skin concerns. The body therapies can be performed as an individual treatment or as an 'add on' during the masque phase of a facial treatment.





Body Treatments

Mineral Salt **30 Mins** **£29**

Completely customised to either energize or reduce stress. Mineral sea salts and seaweed exfoliate, while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth silky skin. Botanical extracts help stimulate the senses, with the added benefit of warmth helping to invigorate the mind and body. Recommended for all skin conditions, except sensitive or sensitised skin.

Body Foliation Therapy **30 Mins** **£29**

Give your body the customised exfoliation it needs coupled with the warming sensation it craves! A gentle oatmeal and rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper pigmentation. Skin is smoother and prepped for maximum absorption of rich, smoothing botanical oils. Recommended for all skin types.

Scrub Therapy **30 Mins** **£29**

Completely customised to either energise or reduce stress, this therapy polishes the skin to a soft glow, while providing the critical hydration and nourishment skin needs. Mineral sea and seaweed exfoliate while skin smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body. Full body scrub using mineral salts and seaweed to gently exfoliate surface skin cells leaving the skin with a natural glow and smooth finish. Recommended for all skin conditions, except sensitive or sensitised skin.

Power Recover Therapy **30 Mins** **£29**

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves! A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate circulation and smooth skin. Customised essential oils provides aromatherapeutic and skin benefits while Caffeine provides all over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals. Recommended for drier or prematurely aging skin conditions.

Nourishing Sea Mud Therapy **30 Mins** **£29**

Stimulate circulation while smoothing skin with this body wrap therapy that promotes nourishment. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulates circulation and smooth skin. Customised essential oils provide aromatherapeutic and skin benefits while Caffeine provides all-over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals. Recommended for all skin types.



Tanning

Spray & Manual Tanning

SunFx gives a natural looking tan instantly that will last up to 5 days with no odour or streaks.

SunFx Spray Tan **20 Mins** **£29**

Application Tan **20 Mins** **£49**

Specially formulated to give you the deepest, richest tan.

Professional application including preparation, exfoliation and tanning application.

**wear dark loose clothing.*

Therapy For Men

Dermalogica® **20 Mins** **£20**
Microzone Mens Skin Fitness

Does shaving bring out the worst in your skin? Help your skin recover from current damage while cleaning, clearing, soothing & calming. We'll even outline a pre-shave, shave and post-shave home care regimen to help you maintain results.

Male Manicure **30 Mins** **£15**

Cut, file, cuticle taming, hand & nail hydration.

Male Pedicure **45 Mins** **£25**

Cut, file, cuticle taming, removal of hard skin, foot and nail hydration

Chest wax **£25** **Back wax** **£29**



Thalgo Micro - Dermabrasion For The Back **75 Mins** **£69**

A treatment that will offer your skin resurfacing by gently exfoliating the outer layers. Excellent therapy for open pores, blemishes, scars and much more.

Dermalogica® Thermal Touch For Back Purification **30 Mins** **£29**

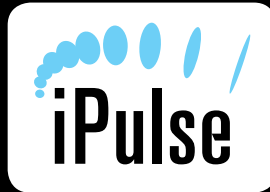
De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply cleansing scrub sloughs off dead skin cells readying skin for removal of toxins. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed.



IPL Treatment

IPL Hair Removal

Ipulse is a new type of hair removal technology which utilises light to disable the cells within the hair follicle and stops the hairs from growing back. This unique way of removing unwanted hair is quick, easy and affordable. Ask your therapist for the brochure and book your **FREE** consultation and patch test today.



Simply email:

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Salon Info

- Treatments available to members and non - members.
- Guests must be over the age of 18.
- Late arrival will result in treatment time being shortened.
- If you are unable to attend your appointment, please provide us at least 24 hours notice. Cancellations under this time will incur a 50% charge. Cancellations after 10am on the day of the treatment will incur 100% charge.
- Please inform us if you are pregnant as there are specific treatment contraindications.
- Gift vouchers are available. Please ask a member of the team for further information.



Blue Fin Building 110 Southwark Street, London

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Salon Opening Hours: Mon to Friday - 10.30am - 8pm Sat 10am - 4pm Sunday – Closed.

These hours may be subject to change, please see salon notices.