

Just close your eyes and relax...



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Tri Health  Beauty

Indulgence never looked so good!

We invite you to enjoy the professional care and service we offer.

With the combined benefits of highly professional and trained staff and top quality products, we offer you a personalised service, tailored specifically to meet your individual needs.

Clarins Pro-Active Facial *(Hydrating, Energizing or Age Defying)*

Pro-Active facials fuel the skin with an intensive concentrate of active plant extracts and aromatic oils which offer the skin the equivalent of seven days treatment in one single application.

To heighten activity of these professional products, the clarins experts have developed a series of specific massage movements for the pro-active range. Taking skin care to a new realm. Luxurious treatment with remarkable results.

Clarins Personal Blend Facial

A classic facial customised by your therapist to restore your skin to a perfect state of balance.

Deeply relaxing massage using plant-based creams and oils that can soothe sensitivity, replenish youthful firmness or clear congestion and blemishes.

Clarins Deep Cleansing Facial

Deep cleanses and exfoliates the skin. Includes a face, neck and shoulder massage followed by a mask.

Men's Skin Care Maintenance Programme

A treatment designed for men, to deep cleanse and soothe the skin.

Particularly suitable for shaving irritation. A perfect compliment to your shaving routine.



Soothing... body and soul

Clarins Pro-Active Body *(Renewing, Firming or Redefining)*

Pro-Active Body fuel the skin with an intensive concentrate of active plant extracts and aromatic oils which offer the skin the equivalent of seven days treatment in one single application.

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Pro-Active Body polish

Most intensive method of Body exfoliation using professional Pro-Active products for a deeper exfoliation and a more intensive skin softness and re-hydration skin is left soft, smooth and silky.

Clarins Mother To Be

Ideal from 3 months onwards, this combined facial and body treatment will soothe and condition your skin to leave you relaxed and refreshed.

Hot Stone Therapy

Involves the use of hot basalt stones of varying sizes to key points on the body. Giving a deep massage and creating sensations of comfort and warmth.



Soothe the body, ease the mind...

eye care

Eyelash Tint

A water resistant and semi-permanent alternative to mascara. Ideal for contact lens wearers.

(A skin test is required 24 hours in advance which is free of charge.)

anti-stress care

Sea & Sense Hot Stone Treatments

Swedish Massage

A traditional massage to alleviate muscular tension.

Aromatherapy Full Body Massage/Back Massage

The relaxing and effective antidote to stress uses a combination of deep relaxing massage with the therapeutic effect of pure essential oils. A complete head to toe treatment which helps to improve muscle tone and stimulates the elimination of toxins.

Strengthens the immune system and promotes a healthy equilibrium between mind, body and spirit.

hand & foot care

Manicure

A specialist prescription treatment to enhance your nails and take care of your cuticles.

The treatment includes filing and trimming of the nails as well as a relaxing hand and arm massage, followed by a nail paint rich in vitamins A, D and E.

French Manicure

A special manicure using French-style varnish for a healthy, natural look.

Deluxe Manicure

For dry dehydrated hands and nails. Hands and nails are covered in rich cream before being placed into heated mittens to re-moisturise and soften the skin. Followed by a full manicure.

Aroma Foot Therapy Pedicure

A complete foot treatment including trimming and filing of nails, removal of excess hard skin with relaxing foot massage, followed by an optional nail paint with vitamins A, D and E.



...forget the world

hair removal

Waxing

A temporary method of hair removal which is quick, effective, relatively pain free and has superb long lasting effects for between 4-6 weeks.

A 50% cancellation charge will apply if notice is given less than 24 hours in advance

Deluxe Aroma Pedicure

For dehydrated feet and nails. Feet and nails are covered in rich cream before being placed into thermal booties to re-moisturise and soften the skin, followed by a full Nail pedicure.



Price List

Clarins Facials

Clarins Pro-Active Facial
(Anti Ageing, Hydrating or Energizing)
Clarins Personal Blend Facial
Clarins Deep Cleansing Facial

Clarins body Care

Clarins Pro-Active Body
Clarins Mother To Be
Clarins Prescription Body Treatment
Clarins Pro-Active Body Polish

Hot Stone Therapy*

Full Body Top to Toe
Basic Body
Back, Neck and Shoulder
Hot Stone Exfoliation
(ideal prelude to hot stone treatment)

Time (approx)	Member	Non Member
1 hr 30mins	£50.00	£55.00
1 hr	£33.00	£36.00
45mins	£28.00	£31.00
1 hr 30mins	£50.00	£55.00
1 hr 15mins	£35.00	£38.50
1 hr	£33.00	£36.00
30mins	£21.00	£23.00
1 hr 30mins	£50.00	£55.00
1 hr	£40.00	£44.00
30mins	£30.00	£33.00
1 hr	£35.00	£38.50

Anti-Stress Care

Aromatherapy Back Massage
Back, Neck & Shoulder Massage
Leg Massage
Swedish Full Body Massage
Aromatherapy Full Body Massage
Aromatherapy Back Massage & Hot Stone
Therapy Treatment Combo

Time (approx)	Member	Non Member
30mins	£25.00	£27.50
30mins	£21.00	£23.00
30mins	£21.00	£23.00
1 hr	£30.00	£33.00
1 hr 15mins	£36.00	£39.60
1 hr	£45.00	£50.00



Price List

Hand & Foot Care

Nail Re-Varnish	30mins	£12.50	£15.00
Nail Manicure	45mins	£21.00	£23.00
French Manicure	1hr	£23.00	£25.30
Nail Deluxe Manicure	1hr	£27.00	£30.00
Aroma Foot Therapy Pedicure	1hr	£27.00	£30.00
Deluxe Aroma Foot Pedicure	1hr 15mins	£28.00	£31.00

Hair removal & Waxing

Under Arm	15mins	£8.00	£9.00
Eyebrow	15mins	£8.00	£9.00
Lip or Chin	15mins	£8.00	£9.00
Lip & Chin	15mins	£14.00	£15.50
Bikini (<i>basic tidy up</i>)	15mins	£8.00	£9.00

Advanced Bikini

Brazilian (<i>thin vertical strip</i>)	20mins	£15.00	£16.50
Playboy (<i>narrow strip top only</i>)	20mins	£20.00	£22.00
Hollywood (<i>all gone</i>)	20mins	£25.00	£27.50
Ankle to Knee	30mins	£14.00	£15.50
3/4 Leg	30mins	£17.00	£19.00
Full Leg	1hr	£19.00	£21.00
Full Leg & Bikini	1hr	£25.00	£27.50

*N.B. No Heat Treatments 24 hours Prior to Waxing



Men's Programme

Chest Waxing	30mins	£16.00	£17.50
Back Waxing	30mins	£16.00	£17.50
Manicure	30mins	£16.00	£17.50
Skin Care Maintenance Programme	45mins	£27.00	£30.00
Aroma Foot Pedicure	45mins	£20.00	£22.00
Back, Neck & Scalp Treatment	45mins	£27.00	£30.00
Clarins Tailored for Men	1hr 15mins	£35.00	£38.50

Spa Days*

Options' Day (*select 2 of the following*) Back, Neck and Shoulder Massage
Deep Cleansing Facial • Nail Manicure • Nail Pedicure **£59.00**

Spa Experience Aromatherapy Back, Neck & Shoulder Massage
Deep Cleansing Facial • Manicure or Pedicure **£79.00**

*All days are fully inclusive of light lunch and use of our facilities plus complimentary towels and toiletries.

Please Note · We are open to non-members · Gift vouchers are available from reception · A 50% deposit is required for all Treatment Days · All courses are valid for 6 months · Treatment and Tanning courses must be pre-paid and are not refundable or transferable · A 50% cancellation charge will apply if notice is given less than 24 hours in advance · Products used in treatment are available for home purchase · A 50% deposit is required for treatments over 2 hours.

