

spa treatment menu

prices valid from 1st August 2021

Treatment Terms and Conditions

- Please arrive 15 minutes before your treatment time
- A treatment medical consultation card must be completed before treatments, some treatments may not be suitable with certain medical conditions
- Some treatments are not suitable during the first trimester of pregnancy, please ask when booking
- A skin patch test is required 24 hours before all tinting treatments
- The minimum age for body, facial and waxing treatments is 16 years old
- Treatments are available to members and non – members
- Members and hotel guests are entitled to 20% discount off all full price treatments

Opening Hours:

Tuesday - Saturday 10am - 6pm

*these hours are subject to change

To book a treatment or spa day package please contact us on **01536 464772** or **corby@3dhealthandfitness.co.uk**

Gift vouchers available to purchase for treatments and spa day packages as a gift (valid for 12 months)

Retail beauty products are also available to purchase

Pampered & Polished, Holiday Inn Corby - Kettering A43, Geddington Road, Corby, Northamptonshire, NN18 8ET

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massage treatments

Face and Body Scrub

50 minutes **£35.00**

Dull, tired, lacklustre skin? This face and body treatment will remove dead skin and leave your skin feeling invigorated and refreshed.

Relaxing Back / Full Body Massage

25 minutes / 50 minutes **£30.00 / £40.00**

Allow your stress and strains to melt away with light to medium pressure massage.

Deep Tissue Back / Full Body Massage

25 minutes / 55 minutes **£35.00 / £45.00**

Banishes tight muscles with deeply therapeutic massage techniques.

Hot Stones Back / Full Body Massage

25 minutes / 55 minutes **£35.00 / £45.00**

Everyday stress and strains disappear with this heavenly massage using hot stones and warm oils.

Indian Head Massage

40 minutes **£35.00**

Holistic massage techniques are applied to the upper back, neck, shoulders and scalp. Using essential oils, this treatment stimulates circulation, combats stress, fatigue and tension, improves the condition of the scalp and hair, and leaves you feeling deeply relaxed.

facials

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Aromatherapy Discovery Facial

25 minutes **£35.00**

When you're short of time this is perfect rescue remedy to help revitalise tired skin leaving it fresh and radiant.

Aromatherapy Face Massage

55 minutes **£45.00**

A facial suitable for all looking to target your skin priorities whilst brightening and rebalancing the skin.

Lifting Aromatherapy Face Massage

75 minutes **£55.00**

A facial ideal for those targeting the signs of ageing and the need to destress and bring a sense of well-being.

hand and foot care

Mini Manicure / Pedicure

25 minutes **£15.00 or both for £25.00**

Nail file and polish of hands or feet.

Deluxe Manicure / Deluxe Pedicure

60 minutes **£30.00 or both for £50.00**

Our pampering deluxe manicure and pedicure treatment includes filing, cuticle tidy, exfoliation for the hands and hard skin removal, foot soak, exfoliation and nourishing foot mask for the feet. Both finished with a standard polish.

Gel Nails

45 minutes **£30.00**

Gel Nail Removal

15 minutes **£10.00**

(no charge if gel was originally applied by us and a reapplication is being done)

Removal of current gel polish.

waxing and tinting

Eyelash / Eyebrow Tint*

15 minutes **£10.00 each or £15.00 for both**

*patch test required 24 hours before

Underarm Wax

15 minutes **£10.00**

Eyebrow Wax

15 minutes **£10.00**

Lip Wax

15 minutes **£5.00**

Chin Wax

15 minutes **£5.00**

Bikini Wax

15 minutes **£15.00**

Half Leg Wax

30 minutes **£20.00**

Full Leg Wax

60 minutes **£25.00**

Full Leg and Bikini Wax

75 minutes **£30.00**

Back or Chest Wax

30 minutes **£20.00**

day spa packages

Gold Package

£70.00 per person

- Includes a Relaxing Full Body Massage and Discovery Facial

Silver Package

£55.00 per person

- Includes a Relaxing Back Massage + Indian Head Massage or Discovery Facial

Bronze Package

£35.00 per person

- Includes Mini Manicure + Mini Pedicure

Afternoon Tea Spa Package

£90.00 per couple (Tuesday - Thursday)

£100 per couple (Friday & Saturday)

(minimum 2 people)

- Includes back neck and shoulder massage or Discovery Facial
- Additional massage / facial can be added on for an extra £20.00
- Afternoon Tea with a glass of sparkling wine

All day spa packages include:

- Full use of the leisure facilities
- Robe and towels provided
- Slippers can be purchased on the day at £2.00 per pair
- Use of a locker throughout the day (padlocks can be hired for £2.00 per padlock)

Please advise us of any dietary requirements / food allergies upon booking

Overnight spa packages are also available. Please contact hotel reservations on **01536 401020** or email reservations@hicolorby.com

Spa packages may be purchased as a gift voucher valid for 12 months

Day Spa Terms & Conditions

- Bookings are subject to availability.
- Arrival time 10am
- Departure time 5pm
- Full payment is required at time of booking and is non-refundable
- We cannot take provisional bookings
- Treatments in the package cannot be changed
- Additional treatments may be added to a booking
- When making a spa day booking, please state the names of all the guests attending and selected treatments
- Minimum age for spa day guests is 16yrs

