



THE TREATMENT STUDIO
AT PULSE 8

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Treatment Reservations: 0118 989 7580

Nirvana Spa and Pulse 8 welcome you to the “Treatment Studio”, allowing you to enjoy the benefits of Express and Service Treatments to suit your busy lifestyle. The following treatments all take place in our Treatment Studio at Pulse 8.

WAXING	Members	Spa Points	Guest
Half Leg Wax	£20.00	24	£24.00
Full Leg Wax	£30.00	36	£36.00
Standard Bikini Line	£10.00	12	£12.00
Californian	£20.00	24	£24.00
Brazilian	£28.00	33	£33.60
Hollywood	£35.00	42	£42.00
Underarm	£10.00	12	£12.00
Forearm wax	£20.00	24	£24.00
Lip	£10.00	12	£12.00
Chin	£10.00	12	£12.00
COMBO WAXING	Members	Spa Points	Guest
Half leg & bikini	£28.00	33	£33.80
Half leg, bikini & underarm	£32.00	38	£38.00
Full leg & bikini	£35.00	42	£42.00
Lip, chin, eyebrows	£20.00	24	£24.00
EYE TREATMENTS	Members	Spa Points	Guest
Eyebrow tidy	£10.00	12	£12.00
Eyebrow reshape	£15.00	18	£18.00
Eyelash tint*	£18.00	20	£20.00
Eyebrow tint*	£10.00	12	£12.00
Eyelash & brow tint*	£20.00	24	£24.00

*A patch test must be booked at least 24 hours prior to an eyelash or eyebrow tint. However, this is not necessary if you have had these treatments at Nirvana Spa or Pulse 8 Health & Fitness Club in the previous six months and already completed a patch test.

ELECTROLYSIS		Members	Spa Points	Guest
Consultation – to be booked 48 hours prior to the treatment	15 minutes	FREE	0	FREE
Electrolysis	10 minutes	£12.00	14	£14.00
Course of 60 minutes		£64.00	77	£76.00
We cannot perform waxing or electrolysis treatments if a client has been using skin thinning creams, has used or is going to use any of the water or heat facilities (including the sauna and steam rooms), has been to the gym or has recently sunbathed. In these instances the skin becomes softened and this can result in the top layer coming away with the wax.				
ST TROPEZ TANNING		Members	Spa Points	Guest
This super-fine spray delivers the ultra-even, ultra-smooth all-over tan you've always wanted. Infused with conditioning aloe vera and long-lasting colour, you'll have a perfectly natural looking tan in an instant. Innovative Aromaguard™ fragrance technology eliminates the tell-tale self tan aroma and gives a beautiful subtle, yet refreshing fragrance.				
St Tropez Ultimate Spray Tan 1st Appointment*				
Includes consultation (please note: a patch test is required 24 hours prior to your treatment)	30minutes	£30.00	36	£36.00
St Tropez Spray Tan*	10 minutes	£30.00	36	£36.00
Course of 6 Treatments	10 minutes	£162.50	194	£195.00
MANICURES AND PEDICURES		Members	Spa Points	Guest
Shape and Polish for Fingers or Toes	25 minutes	£20.00	24	£24.00
Jessica Express Manicure				
Your cuticles are conditioned and moisturised and your nails beautifully shaped and treated with a prescriptive basecoat.	25 minutes	£22.50	27	£27.00
Jessica Express Pedicure				
Your feet will be smoothed down with the removal of hard skin and soothing cream, your cuticles nourished and toe nails perfectly shaped and treated with a prescriptive basecoat.	25 minutes	£22.00	27	£27.00
Jessica Prescriptive Manicure				
Your nails will be treated for their specific nail type. The manicure will include exfoliation, massage and cuticle care. Your nails will be beautifully shaped and treated with a prescriptive basecoat, finishing with a colour polish of your choice.	40 minutes	£28.00	34	£34.00
Jessica Prescriptive Pedicure				
This pedicure includes removal of hard skin followed by exfoliation, massage and cuticle care. Your toenails will be beautifully shaped and treated with a prescriptive basecoat, finishing with a colour polish of your choice.	40 minutes	£28.00	34	£34.00

MANICURES AND PEDICURES (continued)

Members

Spa Points

Guest

Jessica Deluxe Manicure

You will have a choice of thermal heated mittens or the hand care range of LeRemedi to aid ultra hydration for smooth, soft hands. This treatment includes an exfoliation, massage and cuticle care. Your nails will be beautifully shaped and treated with a prescriptive basecoat, finishing with a colour polish of your choice.

55 minutes

£35.00

42

£42.00

Jessica Deluxe Pedicure

You will have a choice of thermal heated booties or energizing/calming conditioning treatment for the feet. Hard skin will be removed, feet and legs massaged with smoothing cream leaving them softer. Your cuticles will be groomed and toenails will be beautifully shaped and treated with a prescriptive basecoat, finishing with a colour polish of your choice.

55 minutes

£35.00

42

£42.00

GEL NAILS**JESSICA GELERATION**

The new GELeration soft gel overlay system is quick and will preserve the natural nail underneath. It provides extra strength and longevity for manicures, glides on like a polish but performs like a gel. Have a manicure, and nails will be instantly dry leaving you free to carry on with your day.

GELeration Gel Overlay Manicure

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

40 minutes

£35.00

42

£42.00

GELeration Deluxe Gel Overlay Manicure

Includes the benefits of the luxurious LeRemedi Hand Treatment. Your hands will be smoother, silkier and firmer. Cuticles will be cared for, nails shaped and finished with Jessica's GELeration gel polish.

55 minutes

£40.00

48

£48.00

GELeration Shape & Polish

Nails are filed, shaped and finished with Jessica's GELeration gel polish.

25 minutes

£30.00

36

£36.00

ZenSpa Pedicure with GELeration

Choose from Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish.

55 minutes

£40.00

48

£48.00

GELeration Removal

If you have existing GELeration gel polish we would advise on having this removed prior to reapplication.

25 minutes

£15.00

18

£18.00

BIO SCULPTURE

Bio Sculpture Gel is a nail treatment applied as a coating to your own nails to strengthen and condition them without causing damage. It is applied to the natural nail and dries instantly under a UV lamp to give you a flawless finish.

BioSculpture Colour overlays	70 minutes	£38.00	42	£42.00
BioSculpture Clear overlay	70 minutes	£38.00	42	£42.00
BioSculpture French overlays	90 minutes	£42.00	45	£45.00
BioSculpture Soak off	25 minutes	£15.00	18	£18.00
BioSculpture repair	15 minutes per nail	£10.00	12	£12.00

FACIALS

Members

Spa Points

Guest

Celestial

A range of treatments and products created exclusively by the experts at Nirvana Spa. The beautiful Celestial range harnesses the natural energy of Gem Therapy, precious minerals and plant extracts to revitalise the skin.

Celestial Comfort Hydrating Spa Facial

A gentle cleansing ritual with refreshing exfoliation. Breathe deeply and enjoy a hydrating mask to help soften and smooth your skin while you receive a gentle head massage. An express route to more radiant hydrated skin.

25 minutes £25.00 30 £30.00

Celestial Clarity Aqua Balance Spa Facial

A purifying treatment which begins with a zesty face wash followed by a gentle exfoliation leaving skin feeling radiant and smooth. Relax while your skin is treated to a rebalancing face massage and enjoy the gentle scalp massage. This treatment leaves your skin refreshed and rebalanced.

25 minutes £25.00 30 £30.00

Clarins

Clarins has always favoured ingredients of natural origin, using the highest quality plant extracts in their most effective concentration for optimum beauty results. The products contain highly concentrated active plant extracts and aromatic oils.

Clarins Vitality Spa Facial

A revitalising facial that leaves your skin replenished and energised with application of aromatic oils, using facial massage techniques. The ideal facial for dry, dehydrated skin.

25 minutes £25.00 30 £30.00

Clarins Rebalancing Spa Facial

A purifying facial that leaves your skin fresh and rebalanced using deep cleansing face mask. Tension is eased with a shoulder and hand massage. This facial is ideal for oily, combination skin.

25 minutes £25.00 30 £30.00

MASSAGE		Members	Spa Points	Guest
Celestial Relaxing Aromatic Massage				
A truly relaxing experience, this is an intensive massage to the whole back and shoulders with a gentle neck stretch. Comfort's essential oil blend of soothing geranium, lavender and rosewood will help boost your immune system and restore a sense of happiness and well-being.	25 minutes	£27.50	33	£33.00
Celestial Rejuvenating Aromatic Massage				
A totally uplifting experience, this is an intensive massage to the whole back and shoulders with a gentle neck stretch. Clarity's essential oil blend of zingy citrus and refreshing bergamot oils will revitalise your body and invigorate your spirit.	25 minutes	£27.50	33	£33.00
Celestial Head in the Clouds				
This treatment is designed to send you to a higher state of relaxation. A relaxing massage to the face, scalp, neck and shoulders to remove tension and stress whilst encouraging a healthy scalp and lustrous hair.	25 minutes	£27.50	33	£33.00
Swedish massage				
This popular treatment offers you the choice of revitalizing and stimulating or soothing and relaxing massage.				
Back neck and shoulder massage	25 minutes	£27.50	33	£33.00
Full body massage	55 minutes	£50.00	60	£60.00
Sports massage				
This deep tissue massage is tailored to an area of your concern. This can help with rehabilitation of soft tissue injuries or, if preferred, a firmer massage.				
Back neck and shoulder massage	25 minutes	£27.50	33	£33.00
Full body massage	55 minutes	£50.00	60	£60.00

TREATMENTS FOR MEN		Members	Spa Points	Guest
WAXING				
Eyebrow tidy		£10.00	12	£12.00
Back wax		£20.00	24	£24.00
Chest wax		£20.00	24	£24.00
Combo chest & back wax		£32.00	38	£38.00
HAND AND FOOTCARE				
Gentleman's' Hand and Nail care				
Your hands are exfoliated to remove any dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.	25 minutes	£22.00	26	£26.00
Gentleman's Foot care				
Your feet will be smoothed down with the removal of hard skin and soothing cream, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother. Your cuticles pampered and toe nails perfectly shaped.	25 minutes	£22.00	26	£26.00
FACIALS				
Celestial Men's Spa Facial				
This treatment will ensure your skin will be looking its best with a skin cleanse, tone and moisture boost, including an Eye Focus to help remove dark circles, puffy eyes or sinus problems, with your choice from one of the following:				
Head and Scalp Focus – to encourage a health scalp and promote shiny hair	25 minutes	£25.00	30	£30.00
Neck and Shoulder Focus – some targeted massage to release tension and stress	25 minutes	£25.00	30	£30.00
Clarins Men's Stress Buster Facial				
This treatment uses products and techniques designed specifically to treat the needs of men's skin. This facial is tailored to your skins needs and will focus on rebalancing and purifying or hydrating and soothing. Includes a relaxing scalp massage to de-stress and ease away tension.	25 minutes	£25.00	30	£30.00

Cancellation Policy:

We require 24 hours notice of cancellation. If a treatment is cancelled within 24 hours and the booking is not reallocated, the full price will be charged. If you fail to arrive for an appointment, the full price will be charged. If you are late for a treatment the therapist will complete as much of the treatment as possible within the time that remains.



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