



Treatment Studio



TREATMENT RESERVATIONS: 0118 989 7575

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 new Treatment Studio at Pulse 8.

EYE CARE AND WAXING TREATMENTS

	Members	Spa	Guest
EYELASH TINT	£15.00	18pts	£18.00
EYEBROW TINT	£10.00	12pts	£12.00
EYELASH & BROW TINT	£20.00	24pts	£24.00
EYEBROW RE-SHAPE	£15.00	18pts	£18.00
EYEBROW TIDY	£10.00	12pts	£12.00
FULL LEG WAX	£30.00	36pts	£36.00
HALF LEG WAX	£20.00	24pts	£24.00
FOREARM WAX	£20.00	24pts	£24.00
BIKINI WAX (STANDARD)	£10.00	12pts	£12.00
UNDER ARM WAX	£10.00	12pts	£12.00
BACK WAX/CHEST WAX	£20.00	24pts	£24.00
LIP WAX	£10.00	12pts	£12.00
CHIN WAX	£10.00	12pts	£12.00
LIP, CHIN AND EYEBROW WAX	£20.00	24pts	£24.00
HALF-LEG, BIKINI AND UNDERARM WAX	£32.00	38pts	£38.00
FULL LEG AND BIKINI WAX	£35.00	42pts	£42.00
HALF LEG & BIKINI WAX	£28.00	32pts	£32.00

ELECTROLYSIS

	Cost	Spa	Guest	
CONSULTATION – TO BE BOOKED 48 HRS PRIOR TO TREATMENT	15 mins	FREE	0pts	FREE
ELECTROLYSIS TREATMENT	10 mins	£12.00	14pts	£14.00
COURSE OF SIX 10 MINUTE TREATMENTS		£64.00	77pts	£76.00

We cannot perform waxing or electrolysis treatments if a client has been using skin thinning creams, have used or are going to use any of the water or heat facilities (including the sauna and steam rooms), have been to the gym or have recently sunbathed. In these instances the skin becomes softened and this can result in the top layer coming away with the wax.

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 at patch test.

EXPRESS FACIAL TREATMENTS

	Cost	Spa	Guest	
CLARINS LADIES EXPRESS PRESCRIPTIVE FACIAL	25 mins	£20.00	24pts	£24.00

A revitalising facial that leaves your skin replenished and energised. Tailored to suit your skin type.

CLARINS MEN'S FACIAL	25 mins	£20.00	24pts	£24.00
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A facial using products and techniques designed specifically to treat the needs of mens skin. Includes a relaxing scalp massage to de-stress and ease away tension.



ST. TROPEZ ULTIMATE SPRAY TAN

		Members		Guest
FIRST APPOINTMENT INCLUDING FREE CONSULTATION (Please note a patch test is required 24 hrs prior to your treatment)	25 mins	£30.00	36pts	£36.00
FULL BODY SUNLESS TANNING TREATMENT FOR THE ULTIMATE YEAR-ROUND TAN	10 mins	£30.00	36pts	£36.00
COURSE OF SIX TREATMENTS	10 mins	£162.50	194pts	£195.00

MANICURES AND PEDICURES

		Members		Guest
MINI-MANICURE WITH OPTIONAL POLISH	40 mins	£28.00	34pts	£34.00
DELUXE MANICURE	55 mins	£35.00	42pts	£42.00
MINI-PEDICURE WITH OPTIONAL POLISH	40 mins	£28.00	34pts	£34.00
DELUXE PEDICURE	55 mins	£35.00	42pts	£42.00
SHAPE AND POLISH FOR FINGERS OR TOES (Please confirm on booking)	25 mins	£20.00	24pts	£24.00


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 can be applied to the natural nail or as a sculpted extension (please advise which you need on booking). It dries instantly under a UV lamp in your choice of colour, french or a natural finish. Is designed to be as natural as possible and is non-chip.

OVERLAYS – A GEL APPLIED TO THE NATURAL NAIL

Can be applied to fingers or toes.


(Please note that pools cannot be used within 72 hours of your treatment)

		Members		Guest
CLEAR OVERLAYS	1 hr 10 mins	£35.00	42pts	£42.00
COLOUR OVERLAYS	1 hr 10 mins	£38.00	45pts	£45.00
FRENCH OVERLAYS	1 hr 25 mins	£42.00	47pts	£47.00

FULL SET SCULPTURES – NATURAL NAIL EXTENSIONS

		Members		Guest
CLEAR	2 hrs 10 mins	£55.00	65pts	£64.00
COLOUR	2 hrs 10 mins	£58.00	69pts	£68.00
FRENCH	2 hrs 25 mins	£60.00	72pts	£72.00

INFILL

		Members		Guest
CLEAR	1 hr 10 mins	£35.00	42pts	£42.00
COLOUR	1 hr 10 mins	£38.00	45pts	£45.00
FRENCH	1 hr 25 mins	£42.00	47pts	£47.00
SOAK OFF	30 mins	£15.00	18pts	£18.00
REPAIRS	10 mins per nail	£10.00	12pts	£12.00

MASSAGE

		Members		Guest
SPORTS MASSAGE DEEP TISSUE MASSAGE	25 mins	£27.50	33pts	£33.00
SPORTS MASSAGE DEEP TISSUE MASSAGE	55 mins	£50.00	60pts	£60.00

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.

