



BURLEIGH
SPRINGS
Leisure & Therapy Centre



Dermalogica skin treatments

Skin treatments at Burleigh Springs are individually designed to suit your skin. Using professional Dermalogica products and a skin analysis, we will create the perfect skin treatment for you.

Your skin will look and feel dramatically improved, with reduced signs of ageing, uneven skin tone, acne or dehydration. Microcurrent can be used to drive products deeper into the skin for optimal results.

Loyalty card scheme
Our loyalty card scheme offers 20% off standard treatment prices as shown

Dermalogica prescribed skin treatments

		Members and loyalty card holders
60 minutes	£53.00	£42.40
30 minutes	£35.00	£28.00

Age Smart skin treatment

The Dermalogica Age Smart Facial is scientifically proven to impact on the causes of skin ageing before they start. The skin is given an intense boost, to firm, smooth, nourish and regenerate. Over time this helps to reduce the signs of ageing and protect against further damage.

		Members and loyalty card holders
75 minutes	£61.00	£48.80

Natural face lift

An advanced facial to defy visible signs of ageing. The Natural face lift is a complete approach to skin health from the inside and outside. The advanced facial techniques produce the same benefits as physical exercise.

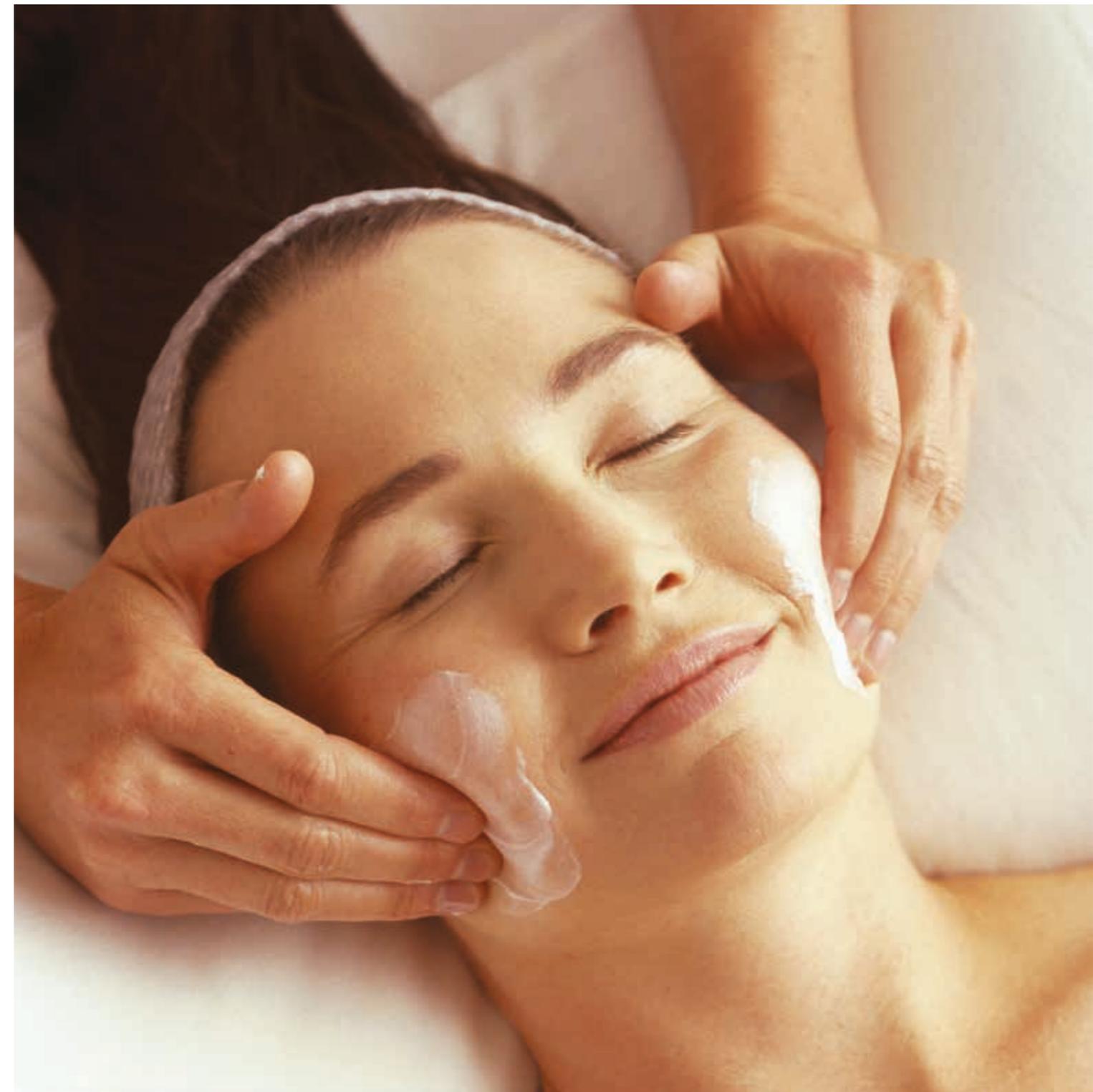
		Members and loyalty card holders
70 minutes	£61.00	£48.80

Pro Power Peel*

Looking for a professional peel experience? Our all-new Pro Power Peel redefines the peel experience. Our strongest and fastest peel yet, the Pro Power Peel collection features a full suite of peel products, including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). Your skin therapist will create a customised peel to instantly rejuvenate and refresh your skin. With a unique system of three different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts.

		Members and loyalty card holders
60 minutes	£80.00	£64.00
30 minutes	£50.00	£40.00

*Patch test required 72 hours prior to first treatment





Body and massage treatments

We offer a range of solution led body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

Body treatments

Body wrap

This personalised body wrap is designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation, a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied. Skin feels nourished and hydrated and the mind and body left totally relaxed after a soothing scalp massage.

		<small>Members and loyalty card holders</small>
55 minutes	£53.00	£42.40

Salt and oil scrub

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

		<small>Members and loyalty card holders</small>
25 minutes	£35.00	£28.00

Invigorating foot treatment

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation, therapeutic foot and lower leg massage.

		<small>Members and loyalty card holders</small>
25 minutes	£35.00	£28.00

Maternity

Pre and post natal treatment

A deeply nourishing body massage to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation is followed by a soothing body massage, focusing on the areas needed to alleviate muscle aches, whilst helping to relax, restore and revitalise.

		<small>Members and loyalty card holders</small>
75 minutes	£66.00	£52.80

Mum-to-be treatment

A package specifically designed with the mum-to-be in mind. Includes a pedicure with leg massage, plus a mini facial and hand massage.

		<small>Members and loyalty card holders</small>
75 minutes	£60.00	£48.00

Massage treatments

Body massage

All of our massage treatments begin with a sensory test to establish the ideal aromatherapy oil for your treatment. Our therapists are trained in different massage techniques so that the depth of pressure can be tailored to your needs.

Back, neck and shoulder massage

25 minutes £35.00

Shoulder, neck and scalp massage

25 minutes £35.00

Full body massage

55 minutes £53.00

Stress buster massage

55 minutes £53.00

Burleigh Springs Hero treatment

Back, face and scalp treatment. Renowned as our 'Hero' treatment and loved by all; this experience delivers triple results by targeting three key areas – back, face and scalp, making it the ideal treatment for anyone. Includes back exfoliation; back massage, personalised facial and scalp massage. Pure relaxation!

80 minutes £66.00 Members and loyalty card holders £52.80

Hot stone massage

A therapeutic body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

This treatment can also be performed using cold stones during hot weather or recommended if you suffer with hot flushes.

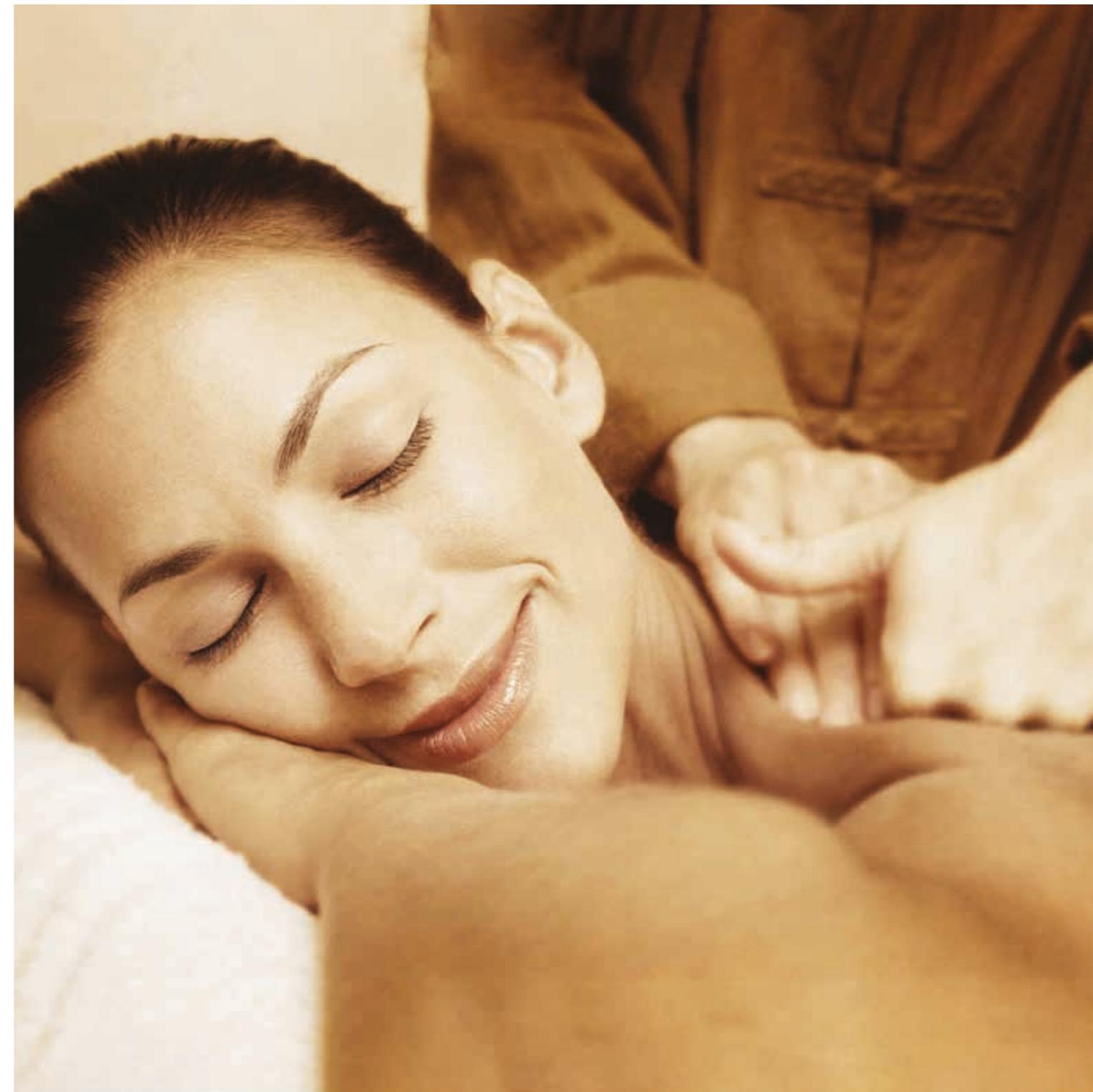
60 minutes £60.00

30 minutes £40.00

Hopi ear candle treatments

Centuries old, candling continues to be used as a soothing and relaxing treatment for the ears. Ear candling can help with the relief in symptoms of hayfever, sinusitis, migraines, glue ear, snoring, compacted ear wax, tinnitus and much more.

45 minutes £36.00 Members and loyalty card holders £28.80



Hand and foot treatments

CND Shellac[™]
Power Polish[™]

Manicure and pedicure

All of our manicure and pedicure treatments include a nail polish and file to take away with you.

		Members and loyalty card holders
Luxury or french manicure	£37.50	£30.00
Manicure	£31.50	£25.20
Luxury or french pedicure	£39.50	£31.60
Pedicure	£33.50	£26.80
Mens hand or foot treatment	£27.50	£22.00
Nail file and paint (no polish to take away)	£22.00	£17.60

Shellac nails

Shellac is a cured gel polish, with zero dry time and a natural strong nail protection. Results are a high gloss shine that can last up to 14 days.

		Members and loyalty card holders
Shellac	£25.00	£20.00
Shellac removal	£10.00	£8.00
French polish	£5.00 extra	
Manicure or pedicure and Shellac	£43.00	£34.40
Shellac removal and apply	£34.00	£27.20

Hair removal

Electrolysis

Fully qualified electrologists performing hygienic and professional hair removal. Our therapists use the sterex stainless steel system for total hygiene.

		Members and loyalty card holders
15 minutes	£19.00	£15.20

Female intimate waxing

Using the Delsera hot wax system

		Members and loyalty card holders
Brazilian	£36.00	£28.80
Hollywood	£38.00	£30.40

Body waxing

Using the Phd disposable applicator system for the ultimate hygienic waxing.

		Members and loyalty card holders
Full leg	£33.00	£26.40
Full leg including basic bikini	£41.00	£32.80
Half leg	£23.00	£18.40
Back or chest including shoulders	£30.00	£24.00
Full arm	£22.00	£17.60
Basic bikini line	£15.00	£12.00
High leg bikini	£19.00	£15.20
Underarm	£15.00	£12.00
Top lip	£10.00	£8.00
Chin	£10.00	£8.00
Top lip and chin	£18.00	£14.40

Finishing touches

Spray tanning

Look and feel fantastic whatever the weather. Safer than exposing skin to UVA/B rays, spray tanning gives a gorgeous bronzed tan that lasts for days. A patch test is required for first time clients.

		Members and loyalty card holders
20 minutes	£22.00	£17.60

sienna

Angel eyes lashes

Wake up to the appearance of made up eyes. Angel Eyes gives you thick, dark, long eyelashes that look completely natural.

		Members and loyalty card holders
Full set of lashes*	£50.00	£40.00
2 week infills	£20.00	£16.00
3 week infills	£30.00	£24.00

Brow and lashes

		Members and loyalty card holders
Brow shape	£12.00	£9.60
Brow tint	£11.00	£8.80
Lash tint*	£16.00	£12.80
Brow and lash tint*	£23.50	£18.80
Brow shape and tint and lash tint	£34.00	£27.20
Lash lift and tint*	£45.00	£36.00
Brow shape and top lip	£20.00	£16.00

*New clients require a patch test at least 24 hours prior to treatment

Day spa packages and spa breaks

All of our spa packages include full use of the leisure club for the day; towel hire and tea and coffee. Please ensure you arrive in plenty of time to allow for completing consultation cards before treatments.

Spa Time	£40.00	Spa Break	£175.00
Choice of one 30 minute treatment each from: <ul style="list-style-type: none">• invigorating foot treatment• 30 minute facial• nail file and paint		Dinner, bed and breakfast in Burleigh Court for two people	
		Choice of one 30 minute treatment each from: <ul style="list-style-type: none">• invigorating foot treatment• 30 minute facial• nail file and paint	
Relaxation Day	£90.00		
Choice of two 30 minute treatments from: <ul style="list-style-type: none">• invigorating foot treatment• 30 minute facial• hot stone back massage• salt and oil scrub			
Lunch from our spa menu			

Guest passes

Just looking to use the leisure club for the day?

Guest pass	£15.00
Guest with a member	£10.00
Guest with a treatment	£10.00
Guest of The Link Hotel or Elite Athlete Centre	£8.00

Leisure club information

Sports massage

Stephen Lilley PT, PTST

Available every day by appointment

Payment by cash or cheque only

Personal training

Available every day by appointment, for a free consultation contact Burleigh Springs or call direct:

Stephen Lilley Dip PTST, REPS
07803 133326

Lorne Grabowski Dip PT
07929 400147

Payment by cash or cheque only

'dynamics' Power plate studio

1-2-1 induction, includes first class	£10.00
Classes (buy 10 and get 2 free)	£8.00
30 minute 1-2-1 session	£15.00

Gift vouchers

Vouchers are available for all our therapies, or to any value from £15.00 upwards. They make the ideal gift for a friend or loved one and come presented in a card and envelope.

Parking

We have a large, free secure car park to the front of the building.

Loyalty card scheme

All therapy centre clients are given a loyalty card, which entitles them to 20% off standard treatment prices, as long as treatments are taken within six weeks (excluding massage).

No children policy

Due to the atmosphere of the club, Burleigh Springs operates a no children policy.

Cancellation policy

Bookings for two or more people require a 50% deposit to secure the booking. Clients who wish to change or cancel an appointment are kindly requested to provide 24 hours notice or full payment for treatments may be charged.



**BURLEIGH
SPRINGS**

Leisure & Therapy Centre

Leisure club opening times

Monday to Friday 7am-9pm

Saturday 7am-8pm

Sunday 7am-6pm

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