

HOLISTIC AND WELLBEING THERAPIES

We offer a range of wellbeing treatments which can be tailor-made to suit your concerns. We have a similar consultation process as we do within our skin clinic, whereby we liaise with you to find out what your needs and requirements are and advise a treatment plan accordingly which will allow you to get your results quicker and lead a more relaxed, stress-free lifestyle! If you are looking for a long term solution to wellbeing and relaxation, it is imperative that you are patient and allow yourself a course of treatments to get the best results.

HOLISTIC THERAPIES

(30 mins) £40 **Hopi-Ear Candle**

Ear candles, using only natural ingredients, are placed gently into the auditory canal for this pleasant and completely painless treatment. Benefits for those suffering form stress, hav fever, excessive ear wax or sensation of blocked ears, tinnitus, headaches, migraine and sinusitis.

Hopi Ear Candle with Lympathic Drainage (45 mins) £50 Combining the Hopi Ear Candle with the lymphatic drainage facial massage will allow a deeper cleansing of the sinuses and a better state of relaxation.

Reflexology A gentle therapeutic pressure point massage applied to the feet, detecting crystalline deposits and blockages along the energy lines, which correspond to imbalances felt within the body. Unblocking these lines restores the balance and promotes self-healing.

WELLBEING MASSAGES

(30 mins) £40 | (45 mins) £55 **Express Massage**

These massages are great for people with less time and only want the problem areas to be focused on. Swedish and Deep Tissue techniques will be applied and the pressure will vary according to personal choice.

Reflex Foot Therapy Massage This is a foot massage, working the pressure points of the feet, melting

away the stresses this muscle gets day to day! Ideal for a nice relaxing time while your feet are being tended to.

Indian Head Massage

(45 mins) £55

This ancient art of massage is excellent for the relief of chronic neck and shoulder stiffness, eye strain and headaches; it also helps with mental tiredness and improves circulation

Swedish Full Body Massage (60 mins) £65 | (90 mins) £90 A massage designed to ease tension, relieve stress and promote a general state of well-being.

Deep Tissue Full Body Massage (60 mins) £70 | (90 mins) £95 Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customized massage. Dynamic blends of essential oils are prescribed to target individual

needs and reduce specific stress and muscle tension

(60min) £75 | (90 mins) £100

We use basalt, volcanic stones that absorb and retain heat well this promotes faster muscle tension release and allows a combination of hot stone and traditional massage techniques.

Hot Lava Shells Massage (60min) £80 | (90 mins) £105 Relieve the deepest aches and pains, stress and tension with this revo lutionary and unique full body massage which uses the natural benefits of heated Tiger Clam Shells from the Tropics. The smooth shells are expertly glided over the body with varying pressures, techniques and precision by the therapist tailored to meet your particular needs.

THE COVE'S BODY AND BEAUTY TREATMENTS

he Cove Spa is a one-stop solution for all your beauty and body need: whether for regular maintenance or a one-off treat. We employ highly skilled ts who have experience not only in the treatments we provide, but also the benefits and opportunities the products and its ingredients may have on your individual skin type. Our approach is very much personalised to you!

CACI BODY

CACI Electro Cellulite Massager (ECM) Giving you instant lifting and contouring on the buttocks as well as toning the thighs. ECM stimulates circulation and lymphic drainage, which will help flush toxins away, resulting in smoother, tighter and brighter looking skin.

Caci Bust Treatment (30 mins) £45 Helps to lift, tone and strengthen muscles around the bust area, giving an enhanced, firmer and fuller appearance

Caci Legs and Buttocks

(30 mins) £45 Firms and tones the buttocks and thighs plus sculpting and contouring the buttocks

Caci Stomach/Abs (30 mins) £45 To define your stomach muscles, enhancing the firmed and toned look



DECLÉOR BODY

Aromatherapy Body Massage Our expert therapists will create your very own personally-tailored sculpting massage targeted to your individual needs. Aromatherapy Essential Oils help to relax and unwind, energise or harmonise your well-being. Whether its pure relaxation, body firming or refining your silhouette, this highly effective massage will ensure your needs will be

Decleor Total Body Care A complete body treatment to include a relaxing full body massage, mini facial and intense scalp massage.

www.thecovespa.co.uk

BEAUTY • SKINCARE • AESTHETICS



NAILS, HANDS & FEET

File & Polish (hands or feet) (30 mins) £20 Perfect for those with less time – giving you a well groomed look before you pop out to impress.

(60 mins) £30 | MEN £25 Preserve the youthfulness and beauty of your hands with a gentle treatment, finishing off with a perfect polish.

Luxury Manicure (75 mins) £40 | MEN £35 Includes a full manicure with a luxury masque placed on the hands to give that extra soft and supple feeling. **Paraffin Manicure**

(75 mins) £50 | MEN £45 Replacing the luxury masque for a full paraffin wax treatment helps promote a relaxing, calm and nourishing therapy

A traditional foot treatment aimed at enhancing your feet to perfection. ncludes foot soak, scrub and massaged followed by cuticle repair, toe nail trim, buff and polish.

(60 mins) £40 | MEN £35

Luxury Pedicure (75 mins) £50 | MEN £45 Includes a full pedicure with a luxury masque to give that extra baby soft feeling on the feet – feel revitalised and fully pampered!

Paraffin Pedicure (75 mins) £60 | MEN £55 Replacing the luxury masque for a full paraffin wax treatment helps promote a relaxing, calm and nourishing therapy

Pedicure

| Gel Colour Overlay (hands or feet) | (30 mins) £30 |
|------------------------------------|---------------|
| Gel Manicure | (60 mins) £40 |
| Gel Luxury Manicure | (75 mins) £50 |
| Gel Paraffin Manicure | (75 mins) £60 |
| Gel Pedicure | (60 mins) £45 |
| Gel Luxury Pedicure | (75 mins) £55 |
| Gel Paraffin Pedicure | (75 mins) £65 |
| Gel Soak Off (hands or feet) | (30 mins) £15 |
| | |

French nails carry a £5 supplement on the prices listed above and can

Foot Peel

Callus Peel (45 mins) £40 Callus Peel (add on) (30 mins) £30

BODY POLISHING AND INCH LOSS

Body Scrub Radiance and Lotion An exotic exfoliation to revitalise and refresh your body, giving that radiant

Body Scrub Radiance and Massage (60 mins) £65 Perfectly combine the exotic exfoliation with a relaxing massage, giving that all round cleanse for the body, mind and senses!

Endermologie

Intelligently stimulated, the skin is capable of undergoing amazing transformations: boosting the production of rejuvenating substances (collagen, elastin, hyaluronic acid) for firmer skin, activating fat cells' elimination process to reshape your figure, stimulating fluid exchanges

SHRINKING VIOLET BODY WRAP

The Shrinking Violet Body Wrap is guaranteed to lose unwanted fat...and then keep on losing. It's revolutionary method to remove unwanted body fat naturally, is painless, effortless and can successfully remove fat in problem areas, such as the stomach, thighs, buttocks, arms and legs. Majority of clients to date have lost 9 to 10 inches from their bodies in total. (90 mins) £85

EAR PIERCING

The ear-piercing system conforming to E.U standards of health and hygiene, using safe and sterile conditions.

Minimum age 10 years old – £30 including aftercare solution

BEAUTY TREATMENTS

As well as skincare, The Cove Spa's also offer a comprehensive range of beauty treatments including spray tanning, manicures, pedicures, gel nail enhancements, brow and lash treatments and body contouring solutions

| | Threading | | Hot Wax | |
|---|----------------------------|-----|---|-----|
| ı | Eyebrow | £14 | Eyebrow | £16 |
| | Upper lip | £12 | Lip | £14 |
| | Chin | £12 | Chin | £14 |
| | Lip & Chin | £18 | Lip & Chin | £23 |
| | Eyebrow, Upper Lip & Chin | £30 | Eyebrows, Upper Lip & Chin | £34 |
| | Sides of Face | £16 | Underarms | £22 |
| | Full Face | £40 | Bikini line | £23 |
| | Waxing | | Extended Bikini | £28 |
| | Warm Wax | | Brazilian | £40 |
| | | | Hollywood | £45 |
| | Eyebrow Wax | £14 | | |
| | Chin Wax | £12 | Male Waxing | |
| | Lip Wax | £12 | Back or Chest | £30 |
| | Lip & Chin | £21 | Back and Chest | £55 |
| | Eyebrows, Upper Lip & Chin | £30 | Wiells waxing is also available for our | |
| | Abdomen | £20 | areas as displayed above. | |
| | Underarms | £18 | Tinting* | |
| | Sides of Face | £18 | • | |
| | Half Arms | £22 | (patch test required atleast 24 hours | |
| | Full Arms | £28 | prior to treatment) | |
| | Half Leg | £22 | Eyebrow | £12 |
| | Full leg | £35 | Eyelash | £18 |
| | Bikini Line | £20 | Eyelash & Eyebrow | £25 |
| | Extended Bikini | £25 | Eyebrow Tint & Shape | £24 |
| | Half Leg and Bikini | £35 | Eyelash Tint, Brow Tint & Shape | £35 |

Full Leg & Hollywood

£40

£50 £60

Full leg and Bikini

Half Leg and Ext. Bikini

Full Leg and Ext. Bikini Half Leg & Brazilian

Full Leg & Brazilian Half Leg & Hollywood

Exfoliation & Spray Tan

Evelash Extensions*

| Lyciasii Exterisions | |
|----------------------|-----------------|
| Full Set | (120 mins) £85 |
| Half Set | (75 mins) £65 |
| 3 weekly maintenance | (75 mins) £50 |
| Lash removal | (30 mins) £20 |
| | |
| Spray Tanning* | |
| Full Body Spray Tan | (30 mins) £35 |

Electrolysis

LVL Lash Lift*

(60 mins) £60

(15 mins) £20 / (30 mins) £30

(45 mins) £50

*(Tint, Glue and /or Tan patch test required at least 24 hours prior to treatment)

3D TRILOGY LASER HAIR REMOVAL

Using the 'Power of three' levels of wavelengths, combined with the speed of results, ensures great results for most skin types. 3D-Trilogyice is the latest advance in laser hair removal technology.

This powerful combination of different penetration and absorption of the safes and most comprehensive hair removal solutions available in the market today

| Micro Areas Middle Of Eyebrow Fore head Feet & Toes Hands & Fingers | £39 | Medium Areas Extended Bikini Half Leg Half Arm Abdomen Shoulders Full Face | £69 |
|---|-----|--|-----|
| Small Areas Lip Chin Standard Bikini Underarm Buttocks Cheeks Side Of Face Neck | £49 | Large Areas Full Face & Neck Full Leg Full Arm Brazilian Hollywood Chest Back | £99 |

The Cove's TEEN Favourites

Whilst many of our treatments are suitable for teenagers, here's a selected few of our favourites to choose from **Teenage Facial Indian Head Massage** (45 mins) £55

Reflex Foot Therapy (40 mins) £48 Choose any of our lovely Jessica Nail Treatments too

The Cove's Mother-to-be Treats

Here's a handful of our favourite pregnancy treats to choose from- for ladies over 12 weeks of pregnancy

Pregnancy Massage (45 mins) £60 | (60 mins) £75 Mother to be Ritual (90 mins) £100 Take the weight off your feet and enjoy a relaxing 45 minute pregnancy massage and express facial- enough to revive you for the journey ahead



DOWNLOAD THE COVE SPA MOBILE APP





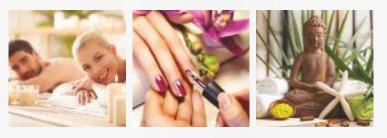


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BEAUTY • SKINCARE • AESTHETICS

BOURNE END PRICE LIST





Treatments at The Cove are inspired by our passion for excellence. Our desire is that your experience goes beyond your expectations.



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> **Bourne End** 01628 529688

www.thecovespa.co.uk

THE COVE'S ADVANCED SKINCARE

We believe in results backed by scientific research and proof. We want to provide only the best for your skin – what it 'actually needs' We welcome men, women and teenagers to book a complimentary consultation where our highly skilled therapist will complete a detailed skin analysis whilst understanding what you would like to achieve before setting out a treatment plan inclusive of specific treatments, products and related frequencies

It is imperative you are patient and disciplined in order to see optimal results from the prescribed treatment plan. Often a course of treatments, combined with homecare products, will be required. We are at hand for any questions or support you require during the progress of your treatment plan.

CACI FACIALS

Backed by over 20 years of research, CACL is the best-known system. within the beauty industry, and results are often so dramatic that the CACI has become known as "The non-surgical face lift".

The CACI jowl lift treatment has been developed to specifically target muscle laxity around the jawline. Helping to lift, firm and redefine the facial contours and help improve the appearance of sagging jowls.

CACI Eye Revive (40 mins) £50 Soothes tired and puffy eyes, combats dark circles, reduces fine lines and wrinkles and lifts hooded eyes. The deeply nourishing hydro eye mask is then applied to soothe and detoxify, working wonders on tired

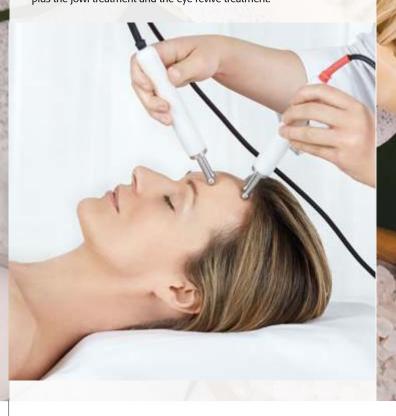
CACI Non-Surgical Facelift (60 mins) £70 CACI gently helps tighten and tone sagging muscles whilst smoothing the appearance of fine lines and wrinkles, renowned and favoured by

Super CACI Non-Surgical Facelift (75 mins) £80 For those wanting an intense version of the one-hour facelift for enhanced results; allowing fifteen minutes to focus on areas of muscle laxity.

CACI Non-Surgical Facelift Plus Jowl (75 mins) £85 The original CACI non-surgical treatment with the extra benefit of the

CACI Non-Surgical Facelift Plus Eye Revive (75 mins) £90 The original CACI non-surgical treatment with the extra benefits of the Eve revive treatment.

CACI Non-Surgical Facelift with Jowl and Eye Revive (90 mins) £115 The ultimate CACI treatment includes the original non-surgical face lift plus the jowl treatment and the eve revive treatment



MEDIK8 FACIALS

Medik8 is an award-winning global skincare brand sold only by skincare experts, with clinically proven results. The products are designed. developed and formulated by a team of biochemists and pharmacologists in a London biotechnology research acility. Medik8 makes only professional strength products with proven technologies specifically designed to target skin ageing, acne, redness, pigmentation and dryness.



(60 mins) £80

(60 mins) £70

Platinum Facial

A relaxing age-defying facial with our platinum infused Age Defying Platinum mask that visibly lifts, rejuvenates and firms the skin for a more youthful appearance.

Deep Hydration Facial

A complete nourishing and comforting facial to restore skin vitality for dull, flaky and compromised skin. Gentle exfoliation allows the long-lasting replenishing Medik8 Hero formulation to deeply deliver deep hydration.

Clarity Facial

Deep cleansing actives are used to target oily, problematic and plemished skin. Re-balancing products are used throughout this facial to soothe, calm and generate a clearer complexion.

(60 mins) £70 A gentle soothing treatment to instantly calm inflamed, hot, flushed, ed, sensitive and highly sensitised skin. Using intelligent formulations to aid skin recovery.

(60 mins) £70 A luxurious illuminating treatment to brighten even the dullest skin. A targeted results-driven facial to combat uneven pigmentation and skin tone, breathing new radiance and luminosity into the skin.

Targeted activities and gentle exfoliation are used to gently break down pore blockages and promote the appearance of a smoother complexion with less visible, enlarged pores.

MEDIK8 PEELS

The use of Medik8 topical Vitamin C and Retinol MUST be used a minimum of 2 weeks prior to any peel treatments and then continued use throughout the course for maximum results.

Universal AHA™

(45 mins) £65

Suitable for everyone and any skin concern, it visibly brightens, smoothes, decongests and revitalises the skin. Ideal for a first-time peel or to maintain results from other peels.

(45 mins) £65 An ultra-gentle but effective solution to target signs of ageing around the delicate eye area.

(45 mins) £65 A targeted formulation that helps to promote collagen production to reduce the appearance of fine lines and wrinkles. It fades imperfections. Leaving the skin visibly smoothed and rejuvenated.

A powerful blend of acids that sink deep into pores to effectively clarify and decongest the complexion. Rapidly brings blemishes under control and dramatically reduces the risk of future breakouts.

A brightening peel targeting sun damage, hyperpigmentation and dull uneven skin. Helping to minimise melanin production, the Even peel visibly fades pigmentation for a more even and radiant complexion.

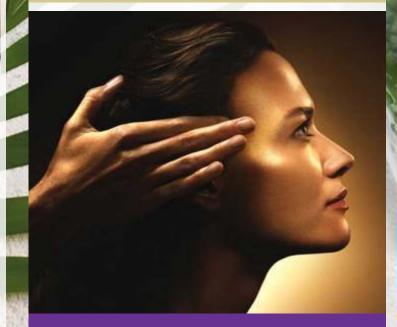
(45 mins) £65 A new addition for extremely sensitive or redness-prone skin to visibly smooth skin texture and help promote a stronger skin barrier.

THE COVE'S SIGNATURE SKINCARE TREATMENTS

Designed to turn back the clock – leaving your skin feeling plump, radiant and glowing! Cove Spa's Signature skincare treatments co of two world-class product houses, CACI and Medik8, both of which have antiaging cosmetology that aids the process of healthier, younger and radiant looking skin. The results are noticeable very soon into your course of facials thing the Cove offer enticing package promotions for!

Age Reversal Facial Signature Jowl Treatment Signature Eye Treatment

(45min) £75 (60min) £85



DECLÉOR

DECLÉOR FACIALS

Decleor's holistic facials are famous worldwide for their heavenly feel and simply stunning results. The use of expert massage techniques and 100% pure, preservative-free essential oils, address the demands of every single skin type to leave all complexions balanced, comforted and glowing with health.

Discover Facial (30 mins) £40 Short of time? Discover this rescue remedy. Includes revitalising massage, essential oils and a gentle polish to wake-up tired skin leaving it fresh and radiant.

(60 mins) £70 **Aromatherapy Facial** with back massage (90 mins) £85

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

Lifting Aromatherapy Facial (60 mins) £70 (90 mins) £85 with back massage

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

COVE'S MINI SPA RITUALS

Massage and File & Polish (75 mins) £70 Step into the warmth of our relaxing treatment rooms where your expert therapist will treat you to a hot stone massage helping you to melt the stresses away... you will then get a choice of a beautiful file and polish finish for either your hands or

your feet... stepping out of the cove revitalised..! **Facial and File & Polish**

We will welcome you with a foot or hand ritual which will help you to relax the senses. This will then be followed by a beautiful file and polish on either your choice of hands or feet giving them an instant groomed look and feel. Your final stop will be the express facial, where your skin will get that much needed tender, love and care...

Facial & Massage

Step into the warmth of our relaxing treatment rooms to begin the ritual where your mind, body and senses will start to unwind...we then provide you with an express facial of your choice incorporating a back, neck, shoulder and scalp assage! Perfect ritual when you only have an hour or so to spare...!

THE COVE'S AESTHETICS CLINIC

Profhilo Bioremodelling

Red Vein Removal (15 mins) £50 / (30 mins) £85 Milia Removal (15 mins) £40 Skin Tag Removal (15 mins) £50 / (30 mins) £85 Mole Removal (15 mins) £65 / (30 mins) £120 Semi-Permanent Make-up Consultation (30 mins) £50 **Dermal Fillers** (0.55ml) £260. (1ml) £500 Wrinkle Relaxation (3 Sites) £300 / (2 Sites) £250 / (1 Site) £180 Lip or Cheek Enhancement Lips £350 / Cheek £350 Hyperhidrosis | (Palms or Underarms) £450 Tension Headache Relief (30 mins) £350 Jaw Width Reduction (40 mins) £350 Teeth Grinding (bruxism) (40 mins) £450 Jawline Definition (30 mins) £400 Hand Rejuvenation (30 mins) £350 Non Surgical Rhinoplasty Non Surgical Chin Augmentation (30 mins) £350 Non Surgical Cheek Augmentation (1ml) £300 / (2ml) £500 / (3ml) £700 The Nefertiti Lift (30 mins) £450 Facial Contouring (30 mins) £550

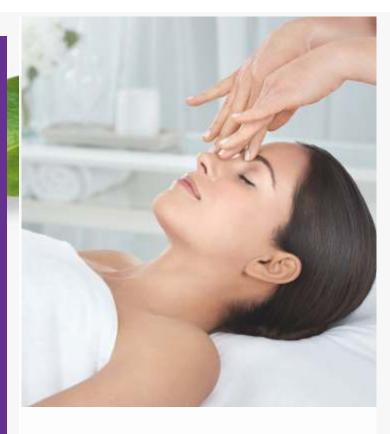
And many more treatments, such as chemical brow lift, bunny lines and gummy smiles, listed on our website

(1ml) £300 / (2ml) £550 / (3ml) £800



www.thecovespa.co.uk

BEAUTY • SKINCARE • AESTHETICS



ELEMIS FACIALS

ELEMIS is the leading luxury British spa and skincare brand with over 20 years' experience in treating both men and women in a professional environment. The successful combination of natural active ingredients together with cutting edge technology has enabled ELEMIS to bring to the market some of the most influential anti-ageing products and professional spa therapies the beauty industry has ever seen. ELEMIS defined by nature, led by science.

This introductory facial provides a quick and instant pick-me-up for any

Pro Collagen Age Defy
Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function.

Peptide 24/7 Skin Sync (60 mins) £70 Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested

Pro Definition Lift and Contour (60 mins) £70 Restore the architecture of your face with potent plant actives. For a profoundly, sculpted youthful effect.

Dynamic Resurfacing Precision Peel This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. White Brightening Pigment Perfecter. Illuminates and brightens for a naturally more ever complexion.

Superfood Pro Radiance (60 mins) £70 Energize and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin, plumper, radiant and lit up with good health.

Sensitive Skin Soother Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage. Skin is left

comfortable and calm

Anti-Blemish Mattify and Calm Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear.

White Brightening Pigment Perfecter Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

High performance Skin Energizer for Men (60 mins) £70 The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages.



ELEMIS BIOTEC delivers 7 highly-effective, super-charged facial treatments to re-boot cellular performance, enhancing the skin's ability to repair, renew and re-tone.

(60 mins) £80| (90 mins) £100 **ELEMIS BIOTEC Line Eraser** The ultimate wrinkle-smoothing facial to rejuvenate ageing skin. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC Firm-a-Lift (60 mins) £80| (90 mins) £100 Super-lift facial to help firm and tighten cheeks, neck and jaw line. A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Skin-Resurfacer (60 mins) £80| (90 mins) £100 Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines. For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and light therapy resulting in the smoothest skin imaginable

ELEMIS BIOTEC Radiance Renew (60 mins) £80| (90 mins) £100 Radiance-boosting, bio-electric facial to energise tired, dull and stressed skin. A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant, visibly brighter skin

ELEMIS BIOTEC Blemish Control (60 mins) £80 (90 m Detoxify and repair damaged tissue with this thorough and deep (60 mins) £80| (90 mins) £100 cleansing facial leaving skin decongested and soothed.

ELEMIS BIOTEC Sensitive Skin Soother (60 mins) £80 (90 mins) £100 Oxygen infusion and red-light therapy improve the skin's ability to repair itself. Calmness is restored and skin is soothed.

ELEMIS BIOTEC Super-Charge Facial for Men (60 mins) £80| (90 mins) £100 High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin. A multi-tasking, time efficient solution for the male complexion.

ELEMIS BIOTEC 24/7 Skin Sync (60 mins) £80| (90 mins) £100 This ground-breaking facial combine exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. Restores radiance, rebalances and replenishes.

ELEMIS BIOTEC Anti-Pigment Brightener (60 mins) £80| (90 mins) £100 Tackle uneven skin tone and discoloration with a dynamic combination of brightening actives, an ultrasonic peel, and light therapy.

