#### 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, CACI 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".

CACI Microdermabrasion Microdermabrasion helps to target skin conditions like acne scarring,

pigmentation and deep wrinkles CACL low! 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.

(45 mins) £60

**CACI Eye Revive** 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 eye 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 facility. Medik8 makes only professional strength products with proven technologies specifically designed to target skin ageing, acne, redness, pigmentation and dryness.



(60 mins) £80

(45 mins) £65

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** (60 mins) £70 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.

A gentle soothing treatment to instantly calm inflamed, hot, flushed, red, 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.

(60 mins) £70 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**

Eve Reveal™

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.

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.

(45 mins) £65 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.

(45 mins) £65 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.

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 combines the strengths of two world-class product houses, CACI and Medik8, both of which have antiaging cosmetology that aids the process of healthier, younger and radiant ooking skin. The results are noticeable very soon into your course of facials something the Cove offer enticing package promotions for!

Age Reversal Facial Signature Jowl Treatment (45min) £75 **Signature Eye Treatment** (60min) £85



# **GUINOT**

Beautiful skin...smooth, clear, luminous, glowing with health...The revolutionary salon treatments and plant-based products of Guinot epitomise the greatest traditions of French skincare.

**Hvdradermie Lift Express** (30 mins) £60 The express lifting treatment. For those in a hurry, this treatment stimulates muscles resulting in a more youthful complexion.

The Ultimate Eye Lifting Treatment. This unique treatment reduces signs of ageing and fatigue around the eye contour area.

The star of beauty treatments. Achieve immediate results with Guinot's signature treatment created as the alternative to aesthetic medicine. This unique, age-defying treatment has 8 bespoke variations prescribed by your therapist to suit your skin type and beauty concerns, allowing you to achieve exceptional, visible and clinically proven results in one treatment.

**Hvdradermie Lift** The instant lifting treatment. This effective lifting treatment stimulates the facial muscles using low frequency micro-current to produce a toning action, invigorating the muscle fibres in the skin for smoother, firmer and more youthful complexion.

**Age Summum – Anti-Ageing** (60 min: Enriched with highly concentrated Vitamin C, Hyaluronic Acid and Pro-Collagen to firm facial tissue combating skin slackening.

Liftosome – Firming and Rejuvenating This treatment focus on restoring definition, tone and youth to skin showing signs of ageing and fatigue.

Hydra Peeling – Skin Renewal This treatment reduces signs of ageing, improves the complexion and reduces dark spots, offering visible results after just one treatment.

The anti-aging star treatment. Clinically proven to reduce wrinkle depth by up to 49.5% this specially designed anti-ageing Hydradermie facial puts extra focus on the eye contour, neck and d collet for an all-compassing age defying result.

Hydradermie Lift Deluxe The Ultimate Lifting Treatment. A combination of the Hydradermie Age Logic and Hydradermie Lift for the ultimate lifting effect. Experience immediate contouring results thanks to facial active ingredients and age-defying techniques.

#### THE COVE'S AESTHETICS CLINIC

Red Vein Removal (15 mins) £50 / (30 mins) £85 Milia Removal 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 Facial Contouring (30 mins) £550 Profhilo Bioremodelling (1ml) £300 / (2ml) £550 / (3ml) £800

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



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 (60 mins) £70
Experience the age-defying benefits of marine-charged Padina Pavonica (60 mins) £70 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**

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

(60 mins) £80| (90 mins) £95 **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) £95 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) £95 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** 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.

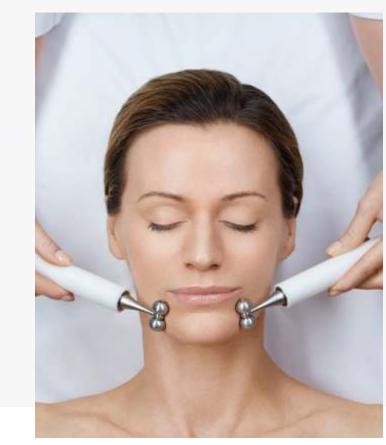
ELEMIS BIOTEC Blemish Control (60 mins) £80 (90 m Detoxify and repair damaged tissue with this thorough and deep (60 mins) £80| (90 mins) £95 cleansing facial leaving skin decongested and soothed.

ELEMIS BIOTEC Sensitive Skin Soother (60 mins) £80 (90 mins) £95 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) £95 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) £95 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) £95 Tackle uneven skin tone and discoloration with a dynamic combination of brightening actives, an ultrasonic peel, and light therapy.





### 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.

(45 mins) £55 **Indian Head Massage** 

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 needs whether for regular maintenance or a one-off treat. We employ highly skilled sts 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** 

Firms and tones the buttocks and thighs plus sculpting and contouring the buttocks

(30 mins) £45

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



### **ELEMIS BODY**

The ultimate skin and body therapy for maximum results. Choose from one of the unique ELEMIS Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the full body massage. Two hours of pure relaxation with dramatic results!

# **COVE'S MINI SPA RITUALS**

Massage and File & Polish

(75 mins) £70

(75 mins) £70

Step into the relaxing treatment rooms to unwind and relax, before being treated 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... epping 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 (75 mins) £70

Step into the 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 massage! Perfect ritual when you only have an hour or so to spare...!



# **NAILS, HANDS & FEET**

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

Manicure (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

(60 mins) £40 | MEN £35 Pedicure A traditional foot treatment aimed at enhancing your feet to perfection. Includes foot soak, scrub and massaged followed by cuticle repair, toe nail trim. buff and polish.

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

## **Gel Nails**

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**

(30 mins) £40 **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!

## 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

Inreading		Hot Wax	
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	£20
Full Face	£40	Bikini line	£21
Waxing		Extended Bikini	£27
		Brazilian	£35
Warm Wax		Hollywood	£40
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	Mens waxing is also available fo	or other
Abdomen	£20	areas as displayed above.	
Underarms	£16	Tinting*	
Sides of Face	£16	Tinting*	
Half Arms	£20	(patch test required atleast 24 ho	urs
Full Arms	£26	prior to treatment)	
Half Leg	£20	Eyebrow	£12
Full leg	£30	Eyelash	£18
Bikini Line	£18	Eyelash & Eyebrow	£25
Extended Bikini	£24	Eyebrow Tint & Shape	£24
Half Leg and Bikini	£33	Eyelash Tint, Brow Tint & Shape	£35
Full leg and Bikini	£43		
Half Leg and Ext. Bikini	£38	Electrolysis	
Full Leg and Ext. Bikini	£50	(15 mins) £20 / (30 mins) £30	
Half Leg & Brazilian	£53		
Full Leg & Brazilian	£63	LVL Lash Lift*	
Half Lea & Hollywood	£58		

# **Eyelash Extensions\***

Full Set	(120 mins) £85
Half Set	(75 mins) £65
3 weekly maintenance	(75 mins) £50
Lash removal	(30 mins) £20

(60 mins) £55

# Spray Tanning\*

Half Leg & Hollywood Full Leg & Hollywood

-p,	
Full Body Spray Tan	(30 mins) £35
Exfoliation & Spray Tan	(45 mins) £50

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

# **PERMANENT HAIR REDUCTION** USING PULSED LIGHT BY PULSAR - IPL

The Pulsar multi-function intense pulsed light system is a technological breakthrough that can effectively and virtually without pain, treat permaner hair reduction, ageing, sun damaged skin, acne and pigmentation.

Micro Areas Middle Of Eyebrow Fore head Feet & Toes Hands & Fingers	£39	Medium Areas Extended Bikini Half Leg Half Arm Abdomen Shoulders Full Face	109
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** (45 mins) £60 **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** 

... App Store



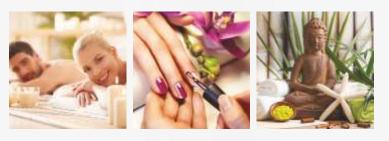


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**BEAUTY • SKINCARE • AESTHETICS** 

# **BUSHEY 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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