

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 Jowl Lift (30 mins) £40
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 eyes.

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 celebrities.

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 jowl lift.

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



Platinum Facial (60 mins) £80
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 (60 mins) £70
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 blemished skin. Re-balancing products are used throughout this facial to soothe, calm and generate a clearer complexion.

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

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

Pore Refining Facial (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

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.

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

Rewind™ (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.

Clarity™ (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.

Even™ (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.

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

Age Reversal Facial (90 mins) £120
Signature Jowl Treatment (45min) £75
Signature Eye Treatment (60min) £85



DECLÉOR

DECLÉOR FACIALS

Decléor’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.

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

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

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

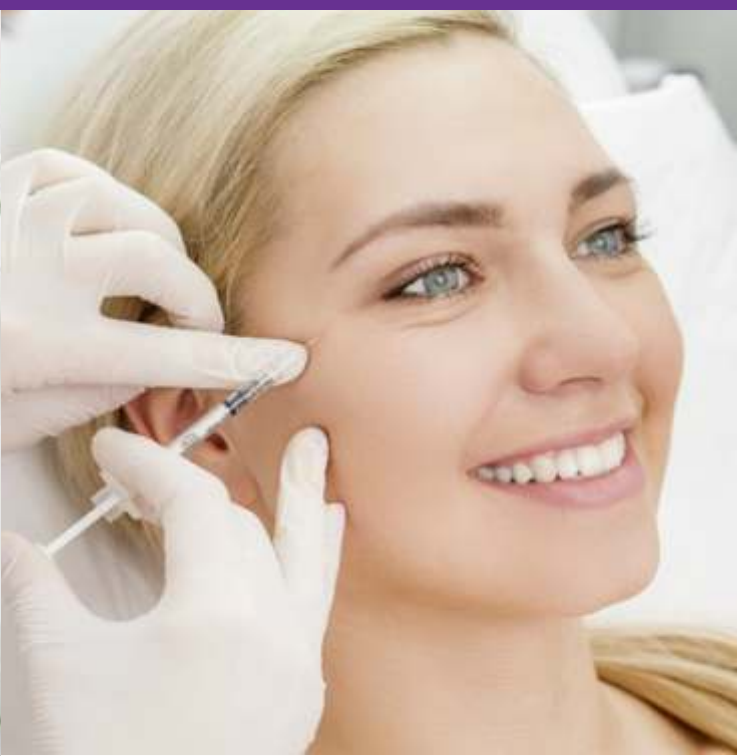
A facial ideal for those targeting the signs of ageing and the need to destress and bring a sense of well-being.



THE COVE’S AESTHETICS CLINIC

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 (30 mins) £400
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
Proffhilo Bioremodelling (1ml) £300 / (2ml) £550 / (3ml) £800

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



COVE’S MINI SPA RITUALS

Massage and File & Polish (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...stepping out of the cove revitalised..!

Facial and File & Polish (75 mins) £70

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...!



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.

Time Precious (30 mins) £40
This introductory facial provides a quick and instant pick-me-up for any occasion.

Pro Collagen Age Defy (60 mins) £70
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 glow.

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 (60 mins) £70
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 even 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 (60 mins) £70
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 (60 mins) £70
Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear.

White Brightening Pigment Perfecter (60 mins) £70
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 re-tone.

ELEMIS BIOTEC Line Eraser (60 mins) £80| (90 mins) £100
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 mins) £100
Detoxify and repair damaged tissue with this thorough and deep 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.





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

Hopi-Ear Candle (30 mins) £40

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

Hopi Ear Candle with Lymphatic 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 (45 mins) £60

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 MESSAGES

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

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 (40 mins) £48

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.

Hot Stone Massage (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 revolutionary 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

The 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 therapists 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) (30 mins) £45

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 (90 mins) £100

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 met.

Decléor Total Body Care (90 mins) £100

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

ELEMIS BODY

Absolute Spa Ritual (120 mins) £120

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!



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.

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

Pedicure (60 mins) £40 | MEN £35

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 take an additional 15 mins

Foot Peel

Callus Peel (45 mins) £40

Callus Peel (add on) (30 mins) £30

BODY POLISHING AND INCH LOSS

Body Scrub Radiance and Lotion (30 mins) £40

An exotic exfoliation to revitalise and refresh your body, giving that radiant glow!

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 (90 mins) £85

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.

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

Eyebrow £14

Upper Lip £12

Chin £12

Lip & Chin £18

Eyebrow, Upper Lip & Chin £30

Sides of Face £16

Full Face £40

Waxing

Warm Wax £14

Eyebrow Wax £12

Chin Wax £12

Lip Wax £21

Lip & Chin £21

Eyebrows, Upper Lip & Chin £30

Abdomen £20

Underarms £18

Sides of Face £18

Half Arms £22

Full Arms £28

Half Leg £22

Full leg £35

Bikini Line £20

Extended Bikini £25

Half Leg and Bikini £35

Full leg and Bikini £45

Half Leg and Ext. Bikini £40

Full Leg and Ext. Bikini £50

Half Leg & Brazilian £60

Full Leg & Brazilian £70

Half Leg & Hollywood £65

Full Leg & Hollywood £75

Eyelash Extensions*

Full Set (120 mins) £85

Half Set (75 mins) £65

3 weekly maintenance (75 mins) £45

Lash removal (30 mins) £20

LVL Lash Lift*

(60 mins) £60

*(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 permanent hair reduction, ageing, sun damaged skin, acne and pigmentation.

Micro Areas £39

Middle Of Eyebrow

Fore head

Feet & Toes

Hands & Fingers

Medium Areas £69

Extended Bikini

Half Leg

Half Arm

Abdomen

Shoulders

Full Face

Small Areas £49

Lip

Chin

Standard Bikini

Underarm

Buttocks

Cheeks

Side Of Face

Neck

Large Areas £99

Full Face & Neck

Full Leg

Full Arm

Brazilian

Hollywood

Chest

Back

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



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www.thecovespa.co.uk

cove SPA

BEAUTY • SKINCARE • AESTHETICS

HARPENDEN PRICE LIST



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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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