

## THE COVE'S ADVANCED SKINCARE

The Cove Spa believes 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** (45 mins) £60  
Microdermabrasion helps to target skin conditions like acne scarring, pigmentation and deep wrinkles.

**CACI Non-Surgical Facelift** (60 mins) £70  
Tiny electrical impulses will lift and tone the facial muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

**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 Anti-Aging Facial** (90 mins) £95  
The ultimate non-surgical facial which includes lifting, toning, microdermabrasion, LED light therapy, plumping of fine lines and wrinkles. This includes a collagen mask infused with powerful hydrating properties such as hyaluronic acid, vitamin E and C

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

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

**CACI Non-Surgical Facelift with Jowl and Eye Revive** (90 mins) £115  
The original non-surgical facelift with the extra benefit of both the jowl and eye revive treatment.

**CACI Eye Revive** (40 mins) £50  
**CACI Wrinkle Revolution** (20 mins) £35  
**CACI Jowl Lift** (30 mins) £40  
**CACI Hydratone** (15 mins) £30  
**Lip Plump/Party Pout** (15 mins) £25

## ENVIRON FACIALS

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skincare products, help deliver more of what the skin needs where it needs it most - making real lasting difference to your skin, for life.

**Radiance Reveal** (60 mins) £70 | (90 mins) £85  
A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

**Youth reset** (60 mins) £70 | (90 mins) £85  
Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for more youthful appearance.

**Decongestion Facial** (90 mins) £85  
Designed to revive the skin through deep-layer steam and extraction work in addition to three targeted areas for active vitamin penetration. An ideal fix for problematic, congested skin.

**Moisture Boost** (60 mins) £70 | (90 mins) £85  
Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, prompting a moisturised, glowing-looking skin.

**Comfort Calm** (60 mins) £70 | (90 mins) £85  
Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

## ENVIRON FOCUS TREATMENTS

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect when time is limited.

**Focus Jawline** (30 mins) £60  
This treatment can improve the appearance of an unwanted double chin.

**Focus Frown** (30 mins) £60  
An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in more youthful appearance.

**Focus Eye** (30 mins) £60  
Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

**Focus Texture** (30 mins) £60  
An intense combination of the three Environ technologies: dual ELECTROSONIC, COOL PEEL and MICRO PERFUSION improve the appearance of milia and scarring revealing smoother, evenly textured skin.

**Focus Even Tone** (30 mins) £60  
The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even tone.

**Focus On Filler** (30 mins) £60  
The Dual Effect Filler Serum is designed to stimulate the skin's natural synthesis of hyaluronic acid to smooth the appearance of lines, as well as restore adipose volume, resulting in a plumped, more radiant and visually rejuvenated, appearance.

## ENVIRON PEEL TREATMENTS

Environ's unique cool peel technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes, to safely and effectively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science.

**Youth Renew** (60 mins) £85  
This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

**Blemish Control** (60 mins) £85  
This powerful cool peel therapy assists with the management of blemish prone, distressed skin by purifying, cleansing and assisting to unclog pores and dissolve impurities.

**Moisture Boost** (60 mins) £85  
Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

**Bright Recovery** (60 mins) £85  
This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure..

**Deep Cleansing** (60 mins) £85  
This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed..

**Vibrant-C** (45 mins) £65  
A concentrated, vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy complexion with an even skin tone and texture because vitamin C is essential for the skin to function at its best..

## ADVANCED NUTRITION PROGRAMME

The Advanced Nutrition Programme has been developed as part of the International Institute for Anti-Aging (IIAA). Their speciality packs are the 'Rolls Royce' of dietary supplements. Please contact The Cove Spa for a complimentary initial consultation to understand what vitamins and minerals you need for long term results in how you look and feel.

## 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 Environ, both of which have anti-aging 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** (45 mins) £70  
**Signature Eye Treatment** (60 mins) £80  
**3D Full Face Skin Tightening** (60 mins) £150

## AROMATHERAPY ASSOCIATES FACIALS

**AA Express Facial** (30 mins) £40  
**AA Deep Cleanse Facial with AA back massage** (60 mins) £75 (90 mins) £100

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, leaving a super clean and fresh skin.

**AA Soothing Facial with AA back massage** (60 mins) £75 (90 mins) £100

Achieve a heightened state of relaxation and well-being with this soothing range of AA's finest products; ideal for sensitive, over-reactive skin.

**AA Essential Rose Facial with AA back massage** (60 mins) £75 (90 mins) £100

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

**AA Age Repair Treatment** (90 mins) £90

An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.



## HIFU FACE LIFT

**HIFU - Brow Lift** (30 mins) £400  
**HIFU - Eye Lift** (45 mins) £650  
**HIFU - Neck to Jaw Line Lift** (45 mins) £650  
**HIFU - Mid and Lower Face Lift** (45 mins) £750  
**HIFU - Neck and Jowl Lift** (60 mins) £850  
**HIFU - Full Face Lift** (90 mins) £1050  
**HIFU - Full Face & Neck Lift** (120 mins) £1500



## 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!

## 3D HIFU BODY CONTOURING

**3D HIFU Body - (10 Squares)** (45 mins) £700  
**3D HIFU Body - (15 Squares)** (60 mins) £1000  
**3D HIFU Body - (20 Squares)** (90 mins) £1300  
**3D HIFU Cellulite - (10 Squares)** (45 mins) £700  
**3D HIFU Cellulite - (15 Squares)** (60 mins) £1000  
**3D HIFU Cellulite - (20 Squares)** (90 mins) £1300

## 3D FAT REMOVAL TREATMENTS

**Fat Reduction** (cavitation inch-loss) (60 mins) £150 | (90 mins) £200  
**Skin Tightening** (radio frequency) (60 mins) £150 | (90 mins) £200  
**Cellulite Removal** (60 mins) £190 | (90 mins) £260  
**Double Chin Reduction** (Chin cryo) (30 mins) £300  
**Fat Freezing** (Cryolipolisis 1 areas) (60 mins) £350  
**Fat Freezing** (Cryolipolisis 2 areas) (60 mins) £600  
**Fat Freezing** (Cryolipolisis 4 areas) (90 mins) £1000  
**Fat Reduction + Skin Tightening** (90 mins) £250

**3D Shockwave Therapy** (15 mins) £50 | (30 mins) £90  
3D Shockwave works by stimulating the fat breakdown, collagen synthesis and lymphatic drainage

## CACI BODY TREATMENTS

**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

**ECM – Electro Cellulite Massager** (30 mins) £45  
Giving you instant lifting and contouring on the buttocks as well as toning the thighs. ECM stimulates circulation and lymphatic drainage, which will help flush toxins away, resulting in smoother, tighter and brighter looking skin.

## JANE IREDALE MINERAL MAKE UP

The Cove Spa are proud suppliers of leading mineral make up brand Jane Iredale, bought to you by the iiaa. Please contact our team for a bespoke make up consultation or day/evening/special occasion make-over or feel free to purchase from our online shop at thecovespa.co.uk

## 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, Jane Iredale mineral make-up and the infamous Universal Contour 'inch-loss' Wrap.

**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**  
Eyebrow Wax £14  
Chin Wax £12  
Lip Wax £12  
Lip & Chin £21  
Eyebrows, Upper Lip & Chin £30  
Abdomen £18  
Underarms £15  
Sides of Face £16  
Half Arms £20  
Full Arms £25  
Half Leg £22  
Full leg £33  
Bikini Line £18  
Extended Bikini £21  
Half Leg and Bikini £33  
Full leg and Bikini £40  
Half Leg and Ext. Bikini £36  
Full Leg and Ext. Bikini £45  
Half Leg & Brazilian £58  
Full Leg & Brazilian £68  
Half Leg & Hollywood £60  
Full Leg & Hollywood £70

**Hot Wax**  
Eyebrow £16  
Lip £14  
Chin £14  
Lip & Chin £23  
Eyebrows, Upper Lip & Chin £34  
Underarms £18  
Bikini line £21  
Extended Bikini £26  
Brazilian £38  
Hollywood £40

**Male Waxing**  
Back or Chest £30  
Back and Chest £55  
Mens waxing is also available for other areas as displayed above.

**Tinting\***  
(patch test required atleast 24 hours prior to treatment)  
Eyebrow £13  
Eyelash £20  
Eyelash & Eyebrow £28  
Eyebrow Tint & Shape £25  
Eyelash Tint, Brow Tint & Shape £38

**Electrolysis**  
(15 mins) £20 / (30 mins) £30

**LVL Lash Lift\***  
(60 mins) £60

**Eyelash Extensions\***  
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  
Exfoliation & Spray Tan (45 mins) £50

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



## 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) £48  
Gel Luxury Pedicure (75 mins) £58  
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!

**Environ Body Sculpt** (60 mins) £70  
This effective treatment is a great way to help smooth stubborn cellulite while firming and tightening the skin. The active ingredients in Environ's Body Profile Gel are driven deep into the lower layers to assist in the reduction of the 'orange peel effect' on upper thighs and buttocks; leaving skin smooth and hydrated.

**Universal Contour Inch-Loss Wrap**  
Universal Contour Inch-Loss Wrap (120 mins) £90  
Wrap with Measurement Service (135 mins) £100

Lose 6 inches in just 2 hours that will stay off for at least 30 days.

**The benefits of having a wrap are as follows:**  
• Toning • Cleansing • Firming • Detoxifying • Exfoliating • Skin Tightening





## 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

Hopi Ear Candling, or Thermo Auricular Therapy as it is also known, can be used to treat many conditions of the ear, nose and throat area such as: ear wax and glue ear, sore throats, hay fever, relaxing and calming effect in cases of stress, noises in the ears, ringing, tinnitus etc. The candles work on a chimney principle, drawing any impurities to the surface where they can be gently removed. They equalise the pressure in the head and ears, making them suitable for most conditions.

### 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

Otherwise known as zone therapy is an alternative treatment method involving the practice of massaging, squeezing, or pushing on specific areas of the feet which have a beneficial effect on other parts of the body to improve health.

## WELLBEING MESSAGES

### Express Massages (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 is excellent for the clarity of the mind as it releases the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

### Swedish Full Body Massage (60 mins) £65 | (90 mins) £90

The therapist will use hands to manipulate the soft tissues of the body, particularly the muscles. It can be used for relaxation or stimulation, depending on your individual needs.

### Deep Tissue Massage (60 mins) £70 | (90 mins) £95

We focus on the deeper layers of muscle tissue aiming to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas.

### Thai Oil Massage (60 mins) £70

A deep body massage focusing on the meridian lines and acupressure points, stimulating the flow of vital energy for emotional and physical healing. Thai oil massage uses manipulation and stretching to ease aching muscles with firm pressure.

### Hot Stone Massage (60 mins) £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.

### Lava Shells Massage (60 mins) £80 | (90 mins) £105

For the ultimate, calming massage, the Lava Shells Relax treatment is the soothing solution. As the therapist glides the marine polished sea shells smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm.

### Pregnancy Massage (45 mins) £60 | (60 mins) £75

Pregnancy is a beautiful and natural condition – nine transformative months full of excitement and joy. But there's no doubt about it, the physical and emotional changes of pregnancy can be hard to bear. Pregnancy massage effectively eases these discomforts, bringing peace and tranquillity to both mother and baby.

### AA Intensive Muscle Release (60 mins) £80 | (90 mins) £105

An intensive massage works deep into stiff, tight, aching muscles, to instantly release pain and tension

### AA Ultimate Aromatherapy Experience (60 mins) £80 | (90 mins) £105

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.



## COVE SPA'S DAY PACKAGES & RITUALS

We offer a range of pre-planned spa day packages which are set to take you on a journey of total relaxation and sensuous revitalisation. Feel free to contact us should you like to tailor make a package for you and your loved ones. Each ritual includes time in our Infrared Therapy Room, which will ensure you walk away completely relaxed and refreshed! For those who want pampering in less time, why not consider one of our sumptuous Mini Rituals.

## COVE'S MINI SPA RITUALS

### Massage and File & Polish (75 mins) £70

Step into the Infrared Therapy Room 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 Infrared Therapy Room 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...!

## INFRARED THERAPY ROOM @ ST. ALBANS

1 Person: (15 Mins) £20 - (30 Mins) £35

A session in the infra-red therapy room allows for a great start to any treatment.

See the benefits below for yourself and take advantage of this unique facility:

- Pain relief & muscle relaxation
- Promotes skin tone, elasticity, pore cleansing, and healing of skin conditions such as acne, eczema, psoriasis and dermatitis
- Assists weight loss and increases metabolism
- Accelerates the breakdown of fat and cellulite
- Improves circulation to deep and superficial tissues
- Helps to boost the immune response to kill viruses and bacteria
- Accelerates wound healing from injuries and surgeries and reduces scar formation



## DAY SPA RITUALS

### Cove Signature Ritual (180 mins) £150

Our perfect all around ritual...one of our favourites and a must! We start your pathway to wellness by offering you our Infrared Therapy Room surrounded by candles and warmth, you can start to unwind. You will then receive a massage of your choice, using our aroma blended oils, we will tend to any tense muscles and help to melt the stresses away...You will then be treated using our exotic skincare products, to an facial taking advantage of our signature lymphatic drainage massage. Your final step to wellness will be with either a reflex foot massage or a scalp massage. You will literally feel like you're floating on earth having the most blissful few hours well spent... This is the perfect all around wellbeing spa package for a man or a woman.

### Cove's Glow Ritual (180 mins) £150

Get that all around face and body glow... To prepare for your ritual, you will step into the warmth of the Infrared Therapy Room. We will then introduce the body polishing and exfoliating treatment where you body will be revitalised from head to toe. This will be followed with an express massage to rehydrate your glowing skin with luxurious scented oils and aromas...The ritual will continue with a facial, using exotic products offering the unique lymphatic drainage massage. We will finish off with that much needed file and polish for the hands and feet, allowing for that perfect all around glow ready for any occasion, whether it's a party, a holiday or even just to simply get pampered!

### Cove Hideaway De-Stress Ritual (150 mins) £135

Let this hideaway ritual melt the stresses of your life away... We will start your journey with a welcoming foot ritual. You will then be led into the calming Infrared Therapy Room where you will start to feel all the pressures of the day melt away. Continuing the relaxation pathway, you will next receive a hot stone massage using basalt, volcanic stones. Your final stop will be either a foot reflex therapy massage or a soothing facial using our exotic natural ingredients. You will feel completely revitalised and full of energy!

### Pampering Ritual for Madame in the Cove (180 mins) £150

Melt away with this luxurious ritual... To begin the relaxing journey, step into the Infrared Therapy Room where you will begin to wind down. You will then be chaperoned to receive a Swedish full body massage using sensory aromas of your choice or an facial offering our unique lymphatic drainage facial massage. Your pathway to serenity will continue with some tender, love and care to your hands with a file and polish of your choice followed by the enjoyment of our deluxe foot ritual during which you will be given a luxury pedicure. You will walk away as if you are floating...

### Pampering Ritual for Monsieur in the Cove (180 mins) £150

Relax and revitalise yourself with this great all around ritual... To begin the relaxing journey, step into the Infrared Therapy Room where you will begin to wind down. This will be followed by a deep tissue full body massage, using authentic oils, tending to aching muscles, leaving you feeling totally revitalised. For that all over radiant look, we will then give you an facial, specifically designed for deep cleansing, moisturising and relaxation. Your final stop will be either an express reflex foot therapy treatment or a scalp massage to invigorate the senses. Whatever you choose, you will be sure to walk away feeling like a new man!

### Mother to be Ritual in the Cove (120 mins) £100

Put your feet up and let the ritual take it's course... You will begin the pathway to wellness with a pregnancy massage, bringing peace and tranquillity to both mother and baby. You will then be chaperoned to receive a foot ritual as we know how much pressure the feet can take in these months of your life. This will lead into a deluxe pedicure with a luxury mask. This hydrating treatment will finish off with a beautiful polish of your choice, that will leave your feet feeling and looking like new. You will walk away feeling much, much lighter...

### Mens Relaxing Ritual (90 mins) £80

Where men can simply unwind, relax and rebalance... You start your relaxing journey by taking in the warmth of the Infrared Therapy Room...which will instantly help you to de-stress...you will then be treated to a back, neck, shoulder & scalp massage to help ease the tension and help you completely unwind ...your final sensory stop will be either the reflex foot therapy or the hopi ear candle... you will walk away feeling a refreshed man!

### Lovers' Cove Ritual for TWO (120 mins) £100 per person

Relax and Pamper yourselves together, where you will get a Thai foot Ritual side by side once you've enjoyed a sip of refreshment of your choice in our Infrared Therapy Room. You will then be chaperoned into the warmth of our relaxing treatment rooms, surrounded by candles and ambience, where you will be spoilt with a tantalising Thai oil full body massage. The journey will end with a scalp or foot massage...Preparing you both to continue the rest of day completely relaxed.

### Cove's 'Beat the Cold' Ritual (150 mins) £135

This warming ritual will start with a session in our Infrared Therapy Room. You will then be treated to a full body Hot Stone Massage to heat & de-stress your body. Followed by a Facial to leave your skin glowing with hydration, ready for the cold days! To add a glamorous and festive touch to this Ritual, we finish with a File & Polish of your choice to the hands or feet OR you can clear away and refresh your senses with our Hopi Ear Candles finishing in a calm sensation!



## 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-Trilogice is the latest advance in laser hair removal technology.

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

<b>Micro Areas</b>	<b>£39</b>	<b>Medium Areas</b>	<b>£69</b>
Middle Of Eyebrow		Extended Bikini	
Fore head		Half Leg	
Feet & Toes		Half Arm	
Hands & Fingers		Abdomen	
		Shoulders	
		Full Face	

<b>Small Areas</b>	<b>£49</b>	<b>Large Areas</b>	<b>£99</b>
Lip		Full Face & Neck	
Chin		Full Leg	
Standard Bikini		Full Arm	
Underarm		Brazilian	
Buttocks		Hollywood	
Cheeks		Chest	
Side Of Face		Back	
Neck			

## 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**

## 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

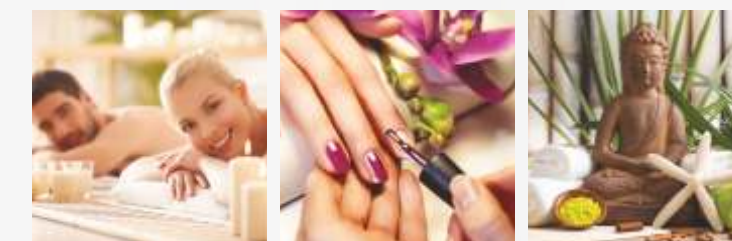
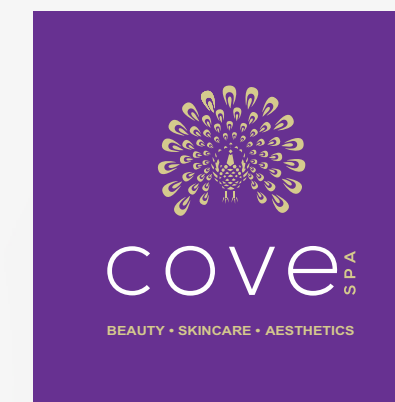
Aromatherapy Associates Rose Facial	(60 mins) £75
Pregnancy Massage	(45 mins) £60   (60 mins) £75
Mother to be Ritual	(120 mins) £100



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## ST ALBANS 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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BEAUTY • SKINCARE • AESTHETICS



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