



Mind Body & Soul at Oasis

Telephone Mind Body & Soul on 01472 806 499 or the call the club 01472 251 682 and select option 3

Waxing

Eye Brow Wax £8
Top Lip Wax £6
Chin Wax £6
Sides of Face Wax £10
Under arm Wax £8
Bikini Wax £10
Half Leg Wax £14
Full Leg Wax £18

Tinting

Eyelash Tint £10.00
Eyelash Wax & Tint £20.00
Full Lash Extension by
NOIR £35
Full Lash Extension is
perfect for every day,
special occasion or
holidays it adds length,
volume and lift to your
natural eyelashes.

Reflexology

Time: (40-60 minutes) £30.00

This form of massage stimulates deep blood flow and therefore can be used to relieve very tender areas where deep manual massage may be too painful. It can also be incorporated into your slimming program to help break down cellulite.

Pedicures & Manicures

Gel Pedicure £30

Includes shaping of the nails, cuticle work, gentle buff of the nails, followed by your chosen gel colour is then applied, followed by a mini leg and foot massage and cuticle oil is then applied.

Deluxe Pedicure

Time: 75 Minutes £30

Includes a relaxing foot soak, followed by an exfoliation to polish away dead skin cells. Cuticle work is carried out followed by shaping of nails and a gentle buff of the nails. A Mask is then applied to your feet which are followed by heated booties. Followed by a relaxing leg and foot massage. Nail strengthen is then added to the nails.

Express Pedicure

Time: 30 Minutes £20

Express Pedicure is tailored to you, choose any 3 from the following, the express pedicure is finished with a nail strengthen and cuticle oil

Cutting and filling of the nails

Hard skin removal

Cuticle work

Mini leg and foot massage

Mini foot mask

Mini foot scrub

Express Manicure

Time: 30 Minutes £20

Includes hand soak, cuticle work, file followed by a relaxing hand and arm massage and Nail strengthens to finish. Cuticle oil is applied

Treatments

Full body & Scalp £45

For those who want a massage that goes a little bit deeper helps to relieve day to day stress as well as muscle aches and pains.

Hopi Ear Candling

Time 45 Minutes - £24

The Candles work on a chimney principle, drawing out any impurities to the surface where they can be gently removed. They equalize the pressure in the head and ears making it suitable for most conditions. They can be seen to improve with the following conditions:

- Excessive or compacted ear wax in the ears.
- Irritation in the ears
- Relaxing and calming effect on stress
 - Can help with migraines, glue ear, tinnitus, cold also sinusitis

G5

Time: 20 minute trial £20

G5 is excellent for toning, increasing circulation and to aid in the breakdown of fatty deposits and cellulite. Particularly good for back, shoulders, thighs, hips, buttocks and stomach.

This machine also gives a deeper tissue Massage than manual.

Reiki

time: (40-60) Minutes £35

An energy healing treatment treating the person's body, mind and spirit prompting healing by unblocking the body's own chakras.

Deluxe Manicure

Time: 60 Minutes £35

Includes hand soak, exfoliation of the hands to polish away dead skin cells, cuticle work is carried out followed by shaping of the nails and a gentle buff of the nails. A mask is then applied to the hands followed by hot mitts and a hand and arm massage to finish.

Nail strengthen is then Added to the nails.

Gel Manicure £25

Includes shaping of the nails, cuticle work, gentle buff of the nails, your chosen gel colour is then applied, followed by a mini hand and arm massage and cuticle oil is then applied.

Gel Soak off £6

Mini Treats

Mini Body Scrub

Time: 30 Minutes £30

A luxury full body exfoliation that revitalizes the body and mind using natural dead sea salt, vitamin E and coconut oil. Skin is lightly polished from head to toe followed by warmed body lotion to stimulate your senses.

2 in 1 petite treatments

Spa 2 in 1 treatments incorporate two elements of spa therapy in just one treatment offering the ultimate Spa experience and great value.

Silky skin exfoliation & Back Massage

Time: 45 Minutes £40

A fully body exfoliation using salt brushing followed by a back massage that relieves muscular tension and leaves the skin feeling smooth and deeply nourished.

Complete calmness Facial & Back Massage

Time: 45 Minutes £40

A relaxing back massage that helps relieves aches and pains. Followed by a relaxing facial to enhance hydration.

Age Away facial & body exfoliation

60Minutes £55

A Unique Anti-Ageing mineral body exfoliation followed by an anti-ageing seaweed facial and scalp massage, that leaves the skin feeling nourished, hydrated, and fine lines smoothed.

Body Treatments

Ache Away deep Tissue massage

Time: 30 Minutes £35

A deep tissue back massage that dissolves muscular tension. This ideal back treatment is perfect for those suffering with aching muscles.

Indulgence Black Mud body wraps.

Time: 75 Minutes £60

This Calming full body Treatment Nourishes the skin and relaxes aching muscles and joints. A Full body exfoliation is followed by the application of warm dead sea mud to soften, sooth and condition the skin with naturally healing minerals.

Spa Find Hot Salt Rock

Time: 60 Minute £65

This treatment is ideal to get deep into your muscles and the heat from the salt rocks helps to ease any muscle aches as well as joint pains. The salt rock contains 84 minerals which are absorbed into your body throughout the treatment.

Express Elegance treatment

Time: 30 minutes £35.00

A mini facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, a nourishing mud mask to suit your skin type and a mini facial massage, leaving your skin refreshed and glowing.

NEW Pro Crystallage & Ageing

Sensory facial

75mins £70

Using the healing powers of the Amethyst crystals, with the Gua Sha stones helps to sculp the facial contours, and a magnesium-rich silky mousse masks reduces underlying inflammation before infusing serum and enrich sea Kelp crème brightens and rejuvenates the complexion this unique facial leaves you feeling deeply relaxed and is suitable for all skin types

Spa find facials

Prescriptive mud facial Treatment

60 minutes £55

A deep cleansing hydrating facial with a mineral mud masks to suit your skin type. Designed to rebalance oily/ combination skin or revives delicate/ dry skin. Deeply relaxing, visible results.

Youthful You Algimud Anti-Ageing Facial

75 Minutes £65

A luxury anti-ageing facial with unique peel Of mask combing Dead Sea mud and seaweed. Your face is cocooned in active ingredients of our specialized algimud mask.

Mind Body & Soul

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