

Minx™



Sienna^x
PROFESSIONAL SPRAY TAN

THE NORTH SPA

18 NORTH ROAD

ST HELENS

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A MODERN DAY SANCTUARY

**BEAUTY - MASSAGE
AND FLOATATION
CENTRE**

nsi®

nail systems international

O·P·I

The World Leader in Professional Nail Care

At **The North Spa** our aim is to pamper and indulge all our clients.

We offer clients the opportunity to take some all important time out and give themselves time to relax and unwind, recharge and rebalance in our friendly, relaxing, stress free environment.

That's why we have developed a wide range of treatments and services alongside our expert Therapists to make sure your experience with us is truly perfect.

Offering relaxing massage, fabulous facials, body wraps and deluxe beauty treatments include waxing, manicures, pedicures, body toning and non surgical face lifts designed for both men and women to keep you looking and feeling your very best

So whether you visit for a 30 minute treatment or an indulgent spa day we really do offer something for everyone

Appointments

Please arrive 10 minutes before your appointment time to allow you to complete a client consultation form and relax before your treatment starts.

If you are running late for your appointment please contact us as soon as possible we will always try to accommodate your full treatment time permitting but may have to shorten it if this should not be possible.

If you need to cancel or change any part of your appointment please give us at least 24 hours notice. You may incur cancellation charges up to the full cost of the original booking.

Relevant medical conditions

Please inform us at the time of booking of any medical condition including pregnancy, epilepsy, diabetes, skin conditions etc as some treatments may not be appropriate for you or may need to be adapted to suit your individual requirements.

Gift Vouchers and courses

An ideal gift for any occasion is a North Spa gift voucher. They are available for any amount or any treatment/treatments. They are valid for six months and if you can't get in we will happily take payment by card over the phone and post them to any destination in the UK. All courses are to be paid in full on or before commencement. Courses are non refundable and must be taken within 6 months of the first treatment.

Beauty Treatments

Waxing Treatments

All our waxing treatments use products that contain tea tree natural essential oil. Tea Tree offers anti viral and anti bacterial benefits with a mild anaesthetic action. You will benefit from improved skin healing and recovery after the tea tree waxing treatment. We find this is also a good choice if you suffer from ingrown hairs after waxing. A soothing organic tea tree lotion is applied to the skin afterwards to further help with the skins recovery. Non tea tree products also available.

Eyebrow	£7.00
Half Leg	£13.00
¾ Leg	£15.00
Full Leg	£18.00
Bikini Line	£10.00
Underarm	£9.00
Forearm	£9.00
Full arm	£12.00
Lip or Chin	£5.00
Lip & chin	£9.00
Chest	£18.50
Back	£20.00
Toes	£5.00
Tummy	£7.00



Threading

Threading is an ancient method of hair removal. It is popular in many Arabic countries, as well as Indian and Persian culture where it is called *Bande Abru*.

("Abru" means eyebrow, and "Band" is the thread).

Using a pure, thin, twisted cotton thread which is rolled over untidy hairlines, moustaches and so on, plucking the hair at the follicle level. Unlike tweezing where a single hair is pulled out each time, threading can remove an entire row of hair, resulting in a straighter line and a defined finish.

Eyebrow Shaping	£10
Middle of Brows	£5
Upper Lip	£7
Sides	£10
Forehead	£7
Cheeks	£10
Neck	£7
Chin	£7
Whole Face (incl. brows)	£30

Eye enhancements

Eye brow tinting	£7.00
Eyebrow wax and tint	£12.00
Eyebrow threading & tint	£15.00
Eye lash tinting	£9.00
Eyebrow and lash tint	£15.00
Eye lash perm	£25.00
Eye lash perm and tint	£32.00
Eye lash extensions	£15.00
Sculptured Brows <i>(same as HD)</i>	£20.00
All in the eyes	£22.00

Clients may have reactions to certain tints or perm lotion therefore unless a waiver is signed a patch/sensitivity test will be required 24 hours before the treatment. This involves a small amount of the solution being applied to the back of the neck or elbow and takes only seconds too

Hand & foot treatments

Using the finest O.P.I & Sparitual Vegan friendly products

Hand Treatments

File and Re-polish £7.50

Manicure £15.00 includes cleanse, cuticle work, filing-shape, buff, and polish

Luxury Manicure £20.00

includes cleanse, cuticle work, filing-shape, buff, gentle exfoliation, hand mask, heated mitts, relaxing hand and arm massage and polish

Paraffin wax Manicure £25.00

treatment is the same as the luxury manicure but utilises paraffin wax as the mask this helps with dry skin conditions such as eczema and psoriasis. It is also very good for suffers of arthritis and rheumatism as the wax heats the muscles and joints helping to relieve pain and discomfort in the hands.

Foot Treatments

File and Re-polish £10.00

Pedicure £18.00 Includes cleanse, cuticle work, shape, buff, and polish

Luxury pedicure £23.00

includes cleanse, cuticle work, shape, buff, exfoliation, mask, heated booties, relaxing foot and leg massage and polish

Paraffin wax pedicure £28.00

treatment is the same as the luxury pedicure but utilises paraffin wax as the mask. This helps with dry skin conditions such as eczema and psoriasis. It is also very good for suffers of arthritis and rheumatism as the wax heats the muscles and joints helping to relieve pain and discomfort in the feet. Also very good for soothing hard skin on the feet.

Add a sumptuous warm essential oil treatment to your manicure or pedicure for only £2

French polish or Shatter nails is an extra £2 on all manicures & pedicures



Callus peel £20

Don't just dream about pretty feet, simply Callus Peel away the hard skin and calluses. Includes foot and leg massage. In only 30 minutes you can see the difference and be stepping out in style.

Callus peel before and after

NSI, Nail Systems International,

Since 1957, NSI has been at the forefront of researching, developing and manufacturing high quality, innovative nail enhancement products with cutting edge ideas for the professional nail care industry. ***We use the best because you deserve the best!.***

NSI Acrylic Nails

Full set £25.00

Acrylic overlays (no tip acrylic over natural nail) £22.00

Infill's £20.00

Soak/file off & mini manicure £20.00

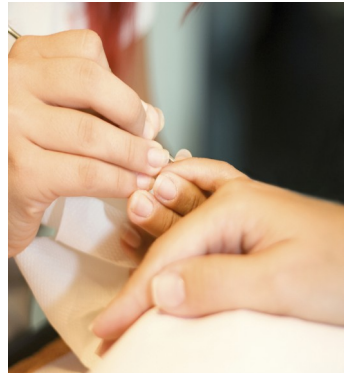
Full set colour glitter acrylic £28.00

Glitter acrylic overlays £25.00

Nail repairs (per nail) £3.50

Acrylic nails are guaranteed for 48hrs

but if they break before this time we will repair them free of charge



Shellac/Polish Pro Manicure - £20

a revolutionary light-cured formula that lasts an unbelievable two weeks without chipping, smudging or cracking. Shellac is the next generation of nail polish can be dried in minutes under a UV lamp and can soak off in just 10 minutes ..ask for details on colours available.



Minx Nails £20 (£30 Both fingers & toes)

Extend fashion to your fingers and toes!
Cutting edge innovation allowing you to get stylish eye catching designs in next to no time.. call in to see designs available..





Facial treatments

Luxury Facial £35.00 (Mini facial £20.00)

Using organically certified products which are free from petrochemicals, parabens, synthetic perfumes & harsh chemicals, this fabulous facial is tailored to address your individual skin needs. By adopting a truly holistic approach, this facial is designed to leave you feeling relaxed, with your skin feeling clean, fresh, nourished and hydrated. Using specialist massage moves, this treatment incorporates the elbows, arms, shoulders, décolleté, neck, throat, face and scalp to relieve tension and promote healthy skin cell renewal. Depending on your needs which are discussed in your consultation and skin care analysis, this treatment offers you deep cleansing, skin toning and refining, exfoliating and polishing, treatment masks for the face and eye area, hydrating, moisturising and nourishing products all tailored for you as an individual.

Bespoke Facials:- From £45.00

Custom designed especially for you!

Our approach as skincare experts is holistic and we believe that skincare is a journey.

Advice is practical, detailed and specific and by utilising massage, Diamond Microdermabrasion, Dermalift and many more techniques and procedures we will work with you to find your perfect treatment and answer all your needs then you are on your journey to flawless, younger looking, trouble-free skin. Each facial treatment is bespoke and expertly tailored for your exact skincare needs so you will leave with corrected, radiant, glowing skin, feeling loved and truly pampered.

Warming Thai Herbal Compress Facial £45.00



The refreshing fragrant perfume of Thai herbs, plants and fruits wafts over you clearing your mind of jumbled thoughts. This re-balancing facial provides a moisture boost leaving your skin feeling completely soothed and hydrated. A double cleanse, exfoliation and deep tissue massage using warm Thai herbal compresses on the face and neck help firm, tone and de-stress the skin. Feel the relief as the heated herbal compresses iron out the tension in your face making you feel as good as new. This facial treatment finishes with a series of light Thai body stretches. It provides the ultimate in detoxification, rebalancing and relaxation and is a leading treatment in Thai spas as well as in luxury high end spas around the world.

Diamond microdermabrasion treatment

Imagine having flawless skin, the kind of glowing complexion that seems to ooze from every pore of Hollywood's finest.

Picture yourself glimpsing a reflection in a mirror or shop window, and savouring the fact that the head-turner is you

Well, dream no more. Air-brushed perfection is no longer a privilege limited to the rich and famous.

The North Spa is offering clients the ultimate in A-list rejuvenation - Diamond Microdermabrasion - the route to a flawless peaches and cream complexion.

Diamond Microdermabrasion works by using real diamond tips to gently and effectively remove top layers of the epidermis. As redundant skin is removed, the vacuum action stimulates collagen and elastin production, improving the blood flow and giving firmer, healthier-looking skin.

Diamond Microdermabrasion is a non-invasive procedure which helps to smooth out fine lines and wrinkles, evening out skin tone, texture and mild pigmentation anomalies, while sympathetically dealing with unsightly blotches, large pores and blackheads. It can treat many areas of the body, not just the face.

Most importantly, skin texture and tone is improved with each treatment - generating younger looking, clearer skin on a developing basis.

Unlike standard microdermabrasion that uses crystals, diamonds are also completely hypoallergenic, triggering no known allergic reactions.

Rediscover that youthful glow. After all, why should the stars hog the limelight..

The Gold treatment- £35

Course of 6 Gold Treatments for only £150

Cleanse, Tone followed by a session of Diamond Microdermabrasion. This facial is completed using a gel mask with collagen and lavender to promote cell replacement for smooth soft skin and finally a luxury organic moisturiser specially selected for your skin type.

The Platinum treatment- £50

Course of 6 Platinum Treatments for only £250

Cleanse, Tone followed by a session of Diamond Microdermabrasion. This facial is completed using Bio active ampoules of nutrients and vitamins which are massaged into your skin then you relax whilst a specially selected mask to match your personal requirements (Collagen & Green Tea Detoxifying & Anti oxidant mask or an instant cooling ICEMASK with Vitamin C and Aloe Vera-powerful antiageing) is applied followed by a luxury organic moisturiser specially selected for your skin type

Amazing Eye Boost Treatment

Derma-Lift, Diamond Dermabrasion, Eyebrow shape, Eyebrow tint and Eyelash tint £40.

A patch test is required prior to this treatment

Body Areas By Quotation

Examples: Hands & Feet £30, Stretch Marks from £50, Back from £50

Organic Eye Treatment £20.00

(or only £10.00 when incorporated in the facial of your choice)

The skin around the eye is the thinnest on the body. This means that moisture from this delicate area evaporates quickly and because the eyes are so expressive the skin around them forms wrinkles faster than elsewhere on the face. This area tends to be highly sensitive and needs treating with care when tackling fine lines, wrinkles, puffiness and dark circles so as not to cause irritation. Less is certainly more when treating this area and the specialist organic products used in this treatment rehydrate and firm the area diluting the signs of aging and rescuing tired, puffy skin through a pure elixir of nutritional plant extracts, proteins and vitamins to nourish and protect sensitive skin surrounding the eyes.



`Mu` Advanced Skincare Treatment for men £35

`Mu` is the symbol for `nothing` in far eastern culture. The skincare products we use to cleanse, tone, exfoliate and moisturise your skin, contain `nothing` but organically derived ingredients made with oils from PURE and UNADULTERATED plants combined with proteins, multi-vitamins and detoxifying botanical ingredients and absolutely no harsh chemicals that dry out the skin and induce spots or prematurely age.

"Is this really the best a man can get"?

Utilising the specialist products, heated towels and advanced massage techniques you will leave feeling relaxed and rejuvenated to tackle the world outside!

Men's Pit Stop Facial £25

An express facial to rejuvenate tired looking skin includes the use of steamed hot towels cleanse, exfoliate, tone and moisturise.

Clients are entitled to a 10% discount off the price of Essentially Yours organic products when having an organic facial treatment.. ask for your discount today!

Silhouette Dermalift

Non surgical Face & Body Lift

A Dermalift treatment is extremely comfortable and it excels in dealing with the signs of ageing. It has the ability to reduce lines and wrinkles and improve skin texture to give you a fresher appearance with smoother, regenerated skin.

Dermalift Nonsurgical Face Lift £35.00

Using a low level electrical micro-current to stimulate and regenerate cells and muscles. The electrical current will help to tone, lift and reshape sagging muscles, regenerate the cells and hydrate and firm the skin.

Fine lines and wrinkles become plumped out and begin to soften.

Luxury Dermafusion facial £45.00

Bringing together nature, science and technology utilizing specialist masks that are infused deep into the lower levels of the skin to refresh, rejuvenate and replenish tired skin. Call for details on all treatments available e.g., collagen, anti wrinkle, firming,...



Dermalift Nonsurgical Face Lift with Dermafusion £60.00 Dermalift Eye Lift treatment £20.00

Dermalift Body Treatment Using faradic current in conjunction with a slimming or anti-cellulite gel to spot treat a problem area such as thighs, breast, buttocks or stomach to improve poor circulation, even skin tone, reduce cellulite, tone, lift and firm the skin and muscles.

£30-1 area, £50-2 areas £66-3 areas

Full body lymph drainage massage £30
(with a slimming or anti-cellulite gel)



A course of 10-12 treatments for face or body is recommended for optimum results comprising 2 treatments per week and thereafter 1 per month.

**Book a course of 10 or more treatments and receive
25% OFF the total price**

Health & Beauty
Products From The Dead Sea



Body treatments

Body Glow Ritual £40

Give your skin a real glow.... This wonderful treatment uses a personalised selection of polishes, scrubs, body creams & aroma oils to make your skin look and feel like new. This treatment is perfect before a holiday or before a Spray Tan application.

This treatment will improve circulation, lymph flow and helps desquamation (skin renewal process).

Using a sugar or salt based product, your skin is exfoliated with particular emphasis on problem areas (i.e. feet, knees etc) using a combination of massage techniques. Hot towels are used to remove the excess scrub before a generous layer of body cream or aroma oil blended for your specific skin needs is applied

Dead Sea Mud Treatment £40

Dead sea mud is applied to the entire body area. You are then wrapped up snugly for 20-30mins allowing the mud to work on hydrating, nourishing and detoxifying your skin . The mud is then removed with hot towels. you are now ready for the application of aromatic oils or body cream specific for your skin type/needs to complete this treatment.

Body Glow Ritual and Dead sea mud treatment are also available as a package deal together for only £65.00

Back Renewal Treatment £40

This treatment is designed to deep cleanse, decongest, clarify and nourish your hard to reach back area leaving it feeling like new whilst releasing tension and combating tight muscles. The treatment begins with a deep cleanse and exfoliate before a deep pore cleansing dead sea mud mask is applied. This is removed with hot towels helping tired muscles to relax, relieving tension and aiding and improving circulation.

The treatment is completed with a relaxing back massage complimented with personalised massage oil blended to your specific needs.

Sienna X Spray tanning

Full body £20

2 applications within 10 days
(same person) £30

Group bookings 3 or more people
£14.50 each



Spray tanning for a natural looking tan - A professional spray tan that's good for you

more popular than ever before thanks to developments in product formulations and application equipment. Gone are the days of the 'orange' jibes that plagued the industry, as Sienna X spray tanning now gives a gorgeous, natural- looking tan without the inherent dangers of skin damage that can result from over exposure to UVA/B rays, letting you look stunningly tanned all year round.

Just some of the reasons why you should have a Sienna x spray tan, its ...

Quick – takes just 10/15 minutes

Safe – no UVA/UVB to damage your skin

So natural looking – different strengths to suit your skin type

Good for you – no wrinkles just nourishing/moisturising ingredients

High profile – top shows love Sienna X

Confidence boosting – you'll love the way it makes you look and feel

The advertisement features a woman with short dark hair, smiling and wearing a blue sequined dress. The background is dark with purple bokeh lights. Text is overlaid in white and pink. A purple diagonal banner in the top right corner says 'new!'.

*be bronzed
in just 2 hours
tonight's the night to look amazing...*

find out more... CALL 01744 755702 today!

Massage/Holistic Treatments

The North Spa provides a unique pampering and relaxation experience, allowing you to unwind, escape and fully rejuvenate. With a wealth of experience, each therapist works on your individual needs enabling you to transport to a more tranquil world....sounds like bliss? Then read on...

Aromatherapy Massage

Full body, face and scalp £40...Full body £35...Back neck & shoulder £25

This fusion of eastern and western massage helps to restore your body's natural equilibrium incorporating pressure point techniques and specially blended essential oils. The depth of the aromatherapy massage movements can be adapted to suit your needs. 'Mum-To-Be' aromatherapy massage oils are available.

Swedish Massage

Full body, face and scalp £38...Full body £33...Back neck & shoulder £23... leg massage £20

Our massage therapists utilise Swedish Massage as the foundation for a treatment and blend in various techniques to address the specific needs of the client. In general, the manipulation of the body's soft tissue (i.e. the skin, muscles, tendons, ligaments) using the hands is a gentle, flowing massage technique that uses varying degrees of pressure and stretching movements. It is most commonly used for relaxation and improving well-being as well as easing muscular tension.

Aroma-sport Massage

1 Hour £40, 45mins £35, 30mins £30

Due to the build up of *Lactic & Uric Acids* (waste products) within the muscles following any major activity, both the performance and movement of the muscle becomes restricted. Prolonged reduction of muscle movement / performance will lead to injury. By draining the waste products from the muscles and applying various stretches it is possible to enable quicker recovery times. Massage can also aid in mobilising the fat/cellulite cells within the body. This fusion of massage techniques combines the healing properties of essential oils with deep tissue massage - experience the enhanced benefits. Incorporating pressure point techniques and specially designed oil blends for specific injuries and ailments. The depth and style of the massage movements can be adapted to suit your needs.

Sports injury treatment **£40** per 1hour session

This specialist service offers clients expert assessment and treatment of specific sports injuries. Whether acute or chronic, the treatment and advice on offer will not only target your current injury, but will also focus on prevention. We aim to maximise the sporting potential of all our clients whether competing at an elite or recreational level.

Crystal Therapy £25

The energies of crystals have been used in healing and for protection by numerous civilisations for many thousands of years. The various parts of our bodies vibrate at different rates but all in harmony. When one or more of these parts vibrate at an incorrect rate we have disharmony, this can lead to pain, discomfort and illness. By applying crystals to increase or decrease the vibration of the affected part peace, harmony and good health will be restored.

Reiki £30

Reiki is a Japanese form of healing that is becoming increasingly popular worldwide. Reiki involves the transfer of energy to the client to enhance the body's natural ability to heal itself through the balancing of energy. Reiki utilises specific techniques for restoring and balancing the natural life force energy within the body. It is a holistic, natural, hands-on energy healing system that touches on all levels: body, mind, and spirit.

Reiki-massage £40

Reiki involves the transfer of energy to the patient to enhance the body's natural ability to heal itself through the balancing of energy. Reiki utilises specific techniques for restoring and balancing the natural life force energy within the body. It is a holistic, natural, hands-on energy healing system that touches on all levels: body, mind, and spirit. Combine this with specially selected oils which enhance the Reiki effect when applied to your chakras in a wonderfully relaxing back massage then you have a Reiki-massage

Colon Massage £20

This treatment has a number of fantastic benefits for the entire body—the most common association with Colon massage is as a cure for constipation. Many clients also find that this is a great form of detoxification. Colon massage helps to cleanse the body naturally of toxins and chemicals which have built up, leaving the whole body feeling rejuvenated. Colon massage offers many of the same benefits of Colon Hydrotherapy, in a more comfortable, gentle experience .

Reflexology £30

Reflexology is a complementary therapy, which works on the feet to help treat the whole person not just the prevailing symptoms.

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance

Indian Head Massage £25

Indian Head Massage is a technique of manipulating soft tissues in the shoulders and scalp. A range of different massage pressures and rhythms are used in order to stimulate and relax the muscles and release fibrous adhesions such as knots and nodules. Indian Head Massage can help to relieve eye strain, jaw ache, sinus congestion, insomnia and shoulder and neck ache as well as promoting hair growth by the stimulation of the scalp.

Hopi ear candling (thermal auricular therapy) £25

Ear candles have a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the Ear candle, generating a massage-like effect on the eardrum. This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. This physical effect is often described directly after the treatment as a soothing, pressure and pain relieving sensation, mainly in the ear and head area.

Treatment may also spontaneously cause freer nasal breathing and an improved sense of smell, even when the nose was blocked before treatment.

Hot stone Massage Full body £45...Back neck & shoulder £30

It is estimated that one stroke with a stone is worth ten strokes with the hand.

Thus Hot Stone Therapy is calculated to be ten times deeper and last ten times longer. Through the application of water heated basalt stones, this wonderful therapy targets key points on the body, giving a deep massage and creating sensations of comfort and warmth.

The direct heat that hot stone therapy provides relaxes muscles, allowing manipulation of a greater intensity than with regular massage. A Hot Stone therapy massage expands the blood vessels and pushes blood and unwanted waste materials through the body. This has a sedative effect on the nervous system.

Thai Hot Herbal Compress massage £50

Thai Style Hot Herbal Compress Massage has been practiced by Thai healers for many hundreds of years. The hot herbal compresses are steam heated and along with blended massage oils provide a truly unique experience; stimulating the senses, whilst the deep penetrating warmth and blended herbs of the hot compresses soothe and alleviate muscle tension, aches and pains, and trigger a powerful body purification and detoxification process.

The treatment combines eastern massage techniques with a light pressure patting, rolling, kneading and gentle but deeply effective massage. The heat from the compress carries the herbal essences and the essential oils deep into the skin, underlying tissues and organs. The treatment brings about a deep sensation of comfort and warmth whilst stimulating the body to detoxify and heal itself. The warm herbal compresses are made up of a blend of up to 20 traditional Thai herbs.





Floatation

"Salus Per Aquam" ("health through water")

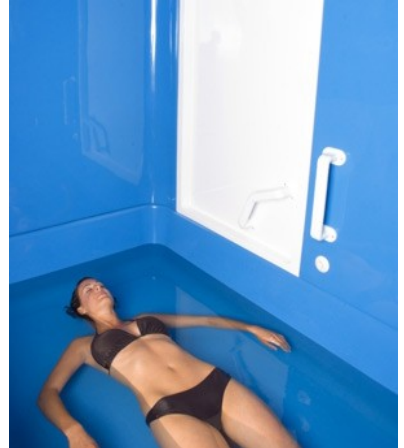
Just imagine.....

"Close your eyes and feel the tension float away as you lie back in a shallow pool of warm Epsom salts. Enjoy the feeling of total relaxation, undisturbed by external distractions such as sight, sound and gravity. This allows the body to balance and heal internally. All the senses are rested."

Just one hour of floating has the restorative effects of 4 hours undisturbed sleep.
The Benefits

Floating is amazingly beneficial in a number of areas including:

- o Stress
 - o Muscle pain
 - o Back pain – endorsed by UK Back Pain Association
 - o Arthritis – endorsed by UK Arthritic Association
 - o Rheumatism
 - o Insomnia
 - o Migraines
 - o Jet lag
 - o Injury recovery
 - o Breaking addictions
 - o Alleviating discomfort in all stages of pregnancy
 - o Reduce the heart rate and blood pressure
 - o Release the body's natural painkillers – beta-endorphins
 - o Assisting healing
 - o Floating promotes general well-being:
 - o Epsom salts leave skin feeling super soft
 - o Promotes accelerated effective learning,
 - o Perfect environment to listen to self-help suggestion CDs
 - o Inspires creativity
 - o Improves athletic performance
- regularly used by the Australian Institute of Sport (AIS) and Carl Lewis used a float tank during preparation for his gold medal long jump at the 1988 Seoul Olympics.



A single session is £35 (Off Peak Tue, Wed & Thur 10am or 11.30am £25).

It's important to have at least 3 sessions to feel the full benefits of floating.
We offer pre-paid packages of 3 float sessions for £60, 5 float sessions for £90 or 10 for £150

FAR Infra Red cabin

£10 per person

Or book 2 people in the cabin together for only £15

Why Infrared deep heat?

Because infrared penetrates safely and comfortably up to 45mm inside your body, you perspire far more than you do in a traditional sauna. Impurities are eliminated through your skin using lower comfortable temperatures.



Increases blood circulation and strengthens your cardiovascular system

As your body increases sweat production to cool itself, your heart works harder pumping blood, achieving the conditioning benefits of continuous exercise. By widening your blood vessels and enriching your blood with oxygen, you feel more energetic and your skin gets a beautiful, youthful glow.

JUST A FEW OF THE FANTASTIC REASONS TO BATHE IN THE CLEANSING WARMTH OF THE INFRARED SAUNA

Easy Weight Control-Your body burns up to 1000 calories in just one 30-minute session

Detox your body-Scientific analysis shows infrared heat induced sweat contains 5-6 times more toxins, fat and impurities than normal sweat

Improve your immune system & cardiovascular system-Infrared Saunas are popular in Europe because of their ability to improve your immune & vascular systems and give you increased vitality and the energy for your daily tasks.

A 30 minute session creates approximately the same amount of perspiration as a ten-kilometre run.

Platinum Detox £15

A detox foot spa treatment detoxifies and produces an improvement in general well being and may be used as a preventative treatment.

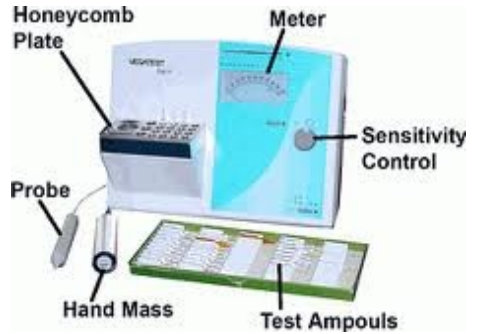
This amazing treatment involves placing the feet in a "foot spa" of warm water, which holds the detox unit.

A highly sophisticated "array" causes ionisation of the water and can help re-balance electro-magnetic forces in the body. The unit causes electric dialysis by producing electromagnetic oscillations in the water. The colour and consistency of the water may change due to the release of unwanted toxins through the 2000 pores on the soles of each foot. Part of the colour change is also due to the corrosion of the array during the treatment and chemicals and impurities already occurring in the water.



VEGA Allergy Testing

For Fast Allergy Test Results Vega Allergy Testing has become an increasingly popular therapy for many people who wish to address those health, stress and weight issues that have been troubling them undiagnosed for many years.



You are what you eat

Do you suffer from?

Bloating	Diarrhoea	Pain or bowel urgency	Menopausal
Wind	Erratic bowel	Fatigue/lack of energy	Hormone Imbalance
Acid reflux	IBS	Weight gain	Behavioural problems/ADHD
Heartburn	Nausea	Joint pain	Hyperactivity
Indigestion	Candida	Mood swings	Skin conditions
Constipation	Bowel spasm	PMT	Food cravings

'One man's meat is another man's poison.' Are foods your problem?

What does a Vega test involve?

Over 100 substances which include common foods and drinks and environmental substances are tested during our consultation along with (if chosen) vitamin and mineral deficiencies. The equipment we use is a bio-electronic analyzer which measures the body's electrical resistance to these substances. If a substance is causing a problem then there will be a dip or drop in body's electrical resistance. The test is best described as a ball point pen touching your hand upon a acupuncture point.

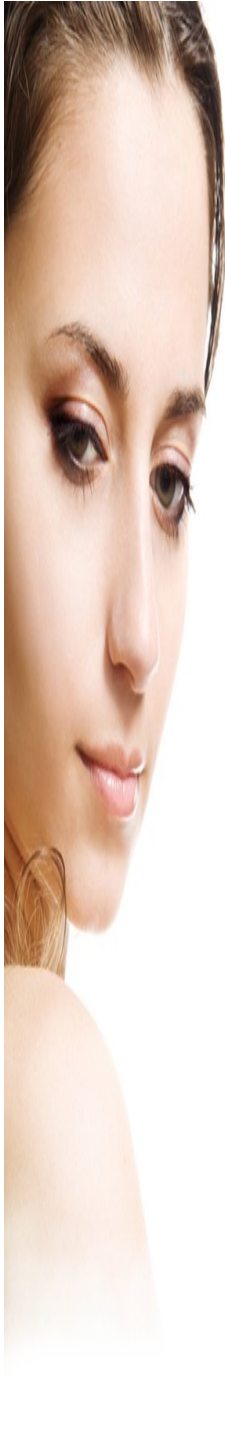
No needles are used. The skin is not broken. It is not painful.

Allergy/Intolerance testing £45

Vitamin/mineral deficiency test £25

Allergy/Intolerance testing

plus vitamin/mineral deficiency test £55



Teen Spa

Teenagers adore pampering beauty treatments and often have to deal with the skin issues caused by hormones too. Our range of spa treatments for young people between the ages of 13 and 17 are designed to treat teenage skin and provide the perfect start to a life-long beauty routine.

All teens under 16 must be accompanied by a parent / guardian during treatments. Why not book two treatments and enjoy some girly time together in our doubles treatment suite?

Angel face - £25

A Facial using organic products specifically tailored to younger skins. The experience begins with a skin analysis so that the perfect products are chosen for the skin type. The treatment includes a deep cleanse, gentle exfoliation, light massage, treatment mask and protective moisturiser.

Teen toes - £10

A mini pedicure, foot massage and colour application.

Fab fingers - £10

A mini manicure, hand massage and colour application.

Beginnings - make up and skin care - £40.00

An introduction to skin care and make-up application. How to care for your skin, which products to use and a make-up application lesson. Create a suitable look whether it is for parties, every day or that first job interview.

Totally teen back massage - £20.00

Using a personalised blend of aromatherapy oils, this de-stressing treatment is perfect for relieving exam stress and tension.

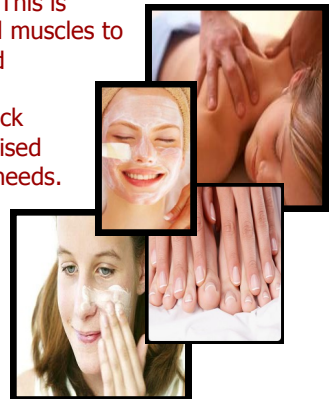
Totally teen back treatment - £30.00

The treatment begins with a deep cleanse and exfoliate before a deep pore cleansing mask is applied. This is removed with hot towels helping tired muscles to relax, relieving tension and aiding and improving circulation.

The treatment is completed with a back massage complimented with personalised massage oil blended to your specific needs.

Pamper Parties:

Packages individually tailored to suit your requirements call to book an appointment to discuss your party.





Treatment Packages from the North Spa are a real treat! Come on your own or with a friend. Book one of our packages for a little 'me time', a special occasion, or simply 'just because'. You deserve it!

Luxury Pampering Spa Day £90

- Aromatherapy full body massage
- Luxury Organic facial
- Luxury Spiritual Manicure
- Luxury Spiritual Pedicure

Ultimate grooming experience (SUITABLE FOR BOTH MEN AND WOMEN) £85

- Anti ageing Organic facial treatment
- Back renewal treatment
- Eye brow tidy up
- Reviving hand & foot treatment

Revival package £75

- Deep cleansing Organic holistic facial (inc Aromatherapy facial steam treatment)
- Dead sea mud back treatment
- Clarifying Hand treatment

Spa Experience £75

- Back renewal treatment
- Luxury Manicure or pedicure
- Hot stone back massage

Holistic health £65

- Aromatherapy back massage
- Reflexology
- Hopi ear candling

Pampering massage experience £50

- Aromatherapy back massage
- Soothing foot & leg and hand & arm massage
- Express Organic Facial and scalp massage

Foot Revival £35

- pedicure
- Foot and leg massage
- Callus peel

All in the eyes £22

Eye brow wax, shape & tint plus eyelash extensions.



Spa days @ The North spa

The North spa offers a haven from the rigours of daily life, an oasis of peace and tranquillity perfect for a relaxing spa day.

We offer an extensive range of beauty treatments and holistic therapies for both men and women, including the only Floatation tank in the North West or cleanse and purify your body in our infrared sauna.

We have 7 luxury treatment rooms, including 1 triple & 1 double, available for massages and treatments such as wraps and facials, manicures and pedicures all carried out by our highly trained therapists.

Spa days can be tailor made to suit your personal choice of treatments or budget. Take a look at our spa day example below ,more examples on our website www.thenorthspa.co.uk or call 01744 755702 for further details. Spa days require a minimum 6 people but we have catered for 18 people on any one day.

Example Spa Day £80 per person (min 6 people)

Arrive 10am

Continental breakfast

Back, Neck and Shoulder Massage

Mini Organic Facial

Fish Spa Session

Lunch

Manicure

Pedicure

FAR Sauna session

Day ends approx 4pm

For smaller groups or for shorter visits have a look at our girls/boys day out packages

Girls/boys day out

Make the most of your day with the girls/boys and treat yourselves to one of our girls/boys day out specials. Great for birthdays, Hen dos, anniversaries or just because...

COFFEE MORNING: 10AM-12NOON

Mini organic facial

Manicure

Scalp massage

hand & arm massage

plus.....coffee & croissants/Danish pastries £35.00

LADIES THAT LUNCH: 12NOON-3PM

Aromatherapy back massage

Mini organic facial

manicure

Hand & arm massage

plus.....a lite lunch £60.00

AFTERNOON TEA: 3PM-6PM

Aromatherapy back massage

manicure

Pedicure

Hand/arm & foot/leg massage

plus.....tea and cakes £55.00

EVENING IN: 6PM-9PM

Mini organic facial

Manicure or Pedicure

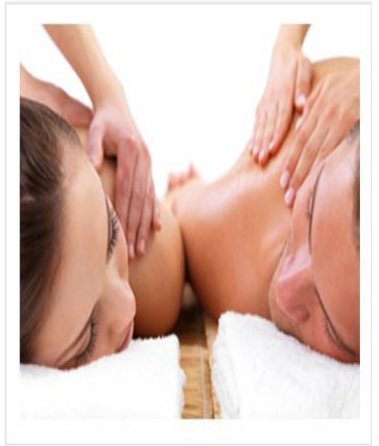
Hand & arm massage or foot & leg massage

Aromatherapy back massage

plus.....Champagne & Cupcakes £60.00

Girls/boys day out packages are for a minimum 4 people the cost shown is per person.

50% deposit is required for each person at the time of booking



**PRE PAID TREATMENT COURSES
OR
Make Your own package of any treatments.**

3 treatments—10% off
4 treatments—15% off
5 treatments—20% off

i.e. Holiday package

Full leg wax, underarm wax, bikini wax, eyelash perm and tint and a sienna x spray tan— 20% off = £72.80

i.e. time for me package

Aromatherapy back massage, manicure and pedicure and a luxury Organic facial-15% off = £79.05

Now's the time to sit back and relax!

Special Offer

Float combining

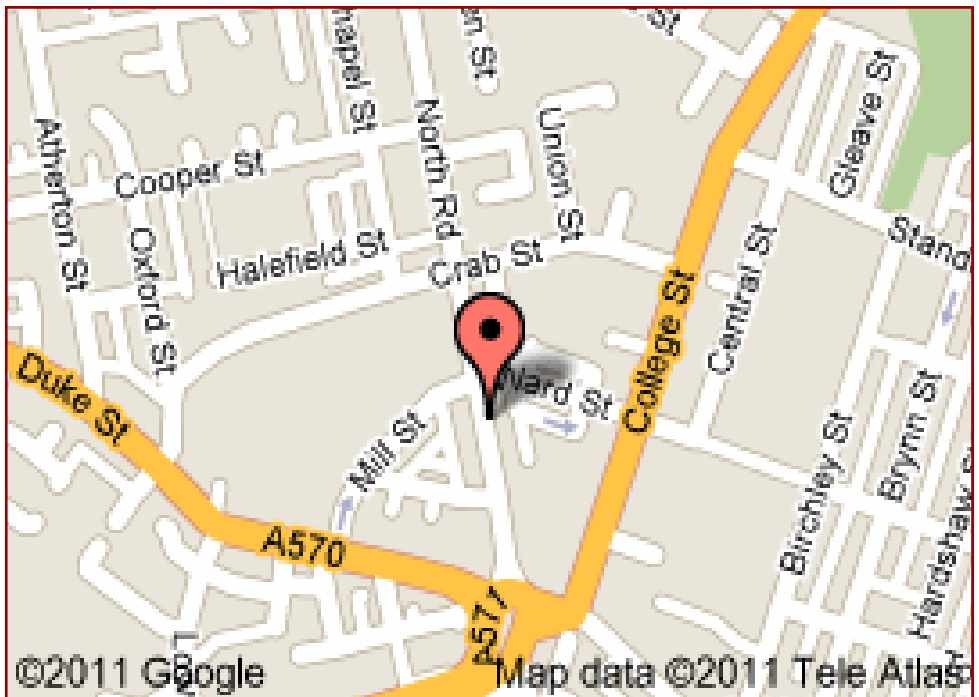
Take a float session with one of the following treatments for only £40

**Aromatherapy back massage
Swedish back massage
Express organic facial
Indian head massage
Manicure
Pedicure**

Or

Take a float session with one of the following treatments for only £50

**Aromatherapy Full body massage
Swedish Full body massage
Luxury organic facial
Hot stone back massage
Reiki
Reflexology**



The North Spa
18-20 North Road
St. Helens
WA10 2TL

Tel: 01744 755702 www.thenorthspa.co.uk

Opening hours
Monday 2pm-8pm
Tues-Fri 10am-8pm
Saturday 10am-4pm
Sunday-closed*

* Sundays available for group spa day advanced bookings T&Cs apply