



Crowne Plaza
Liverpool City Centre

Beauty & Holistics

Treatments of Distinction
by
Sue Hamill-Hope

Welcome

Relax in our tranquil atmosphere, where our experienced team of therapists will provide you with those special touches to relax, revitalise and enhance your sense of well being.

Body Treatments

Back, Neck, Shoulder Massage	30 mins	£40
Soft Parafin Wax Treatment	Variable	from £35
Ease tired muscles, relieve joint pain, additionally cleanses, detoxifies and nourishes the skin leaving it feeling soft and supple.		
Indian Head Massage	45 mins	£45
Well being Facial Massage	45 mins	£40
Sinus Drainage Massage	45 mins	£40
Mineral Salt Scrub	45 mins	£50
Exfoliating sea scrub and deep moisture treatment to soothe and smooth the skin. <i>(Not suitable for sensitive skin).</i>		
Deep Cleansing Back Blitz	40 mins	£40
Double deep cleanse with exfoliation and a back mask, perfect for promoting smooth blemish free skin.		
Hot Stone Back, Neck, Shoulder Massage	30 mins	£45
Thai Foot Massage	60 mins	£50
Full Body Massage	60 mins	£55
Swedish or deep tissue		
Aroma-blend Massage	60 mins	£55
Hot Stone Full Body Massage	70 mins	£80



Maintenance Treatments

Waxing

A full range of facial and body waxing including intimate waxing using the 'Clean and Easy' roller waxing system (all clients are advised that a sensitivity test for waxing and tinting is recommended 24hrs prior to treatment)

Eyebrow	£10
Lip	£10
Chin	£10
Underarm	£10
Stomach	£12
Chest	£15
Forearm	£15
Lip and Chin	£15
Bikini Line	£15
Half Leg	£16
Full Leg	£24
Back	£20
Brazillian	£25
Hollywood	£25

Eye Treatments

Eyebrow Shape	£10
Eyebrow Tint	£10
Eyelash Tint	£15
Eyelash Extensions	£18
Lash/Brow Tint & Tidy	£30



Nail Treatments

File & Polish Hands or Feet	30 mins	£20
Manicure	45 mins	£30
Luxury Manicure	60 mins	£40
Pedicure	45 mins	£30
Luxury Pedicure	60 mins	£40
Callous/Hard Skin Removal	40 mins	£35
Gel nails	30 mins	£25
Gel polish removal		£10

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Facial Treatments

Soothe, Balance and Purify your skin . . .

Eye Revival Soothing, lifting, anti ageing treatment	30 mins	£30
Prescriptive facial Refresh and deep cleanse the skin	30 mins	£40
Gentleman's facial Deep cleansing, soothing and smoothing	30 mins	£40
Re-balancing facial A personalised facial to suit your needs, whatever your skin type	45 mins	£45
Intense lift anti ageing facial The ultimate relaxing, high performance treatment, also superb for dry or sensitive skin. A relaxing massage is followed by an enzyme peel, beauty flash lifting mask and lifting eye treatment.	60 mins	£60
Hydra lift Collagen facial Focuses on intensively repairing the skin with the application of a 99% collagen veil. Fine lines are smoothed and wrinkles plumped. This facial hydrates and replenishes vital moisture to rediscover that youthful look.	60 mins	£65



MONU
PROFESSIONAL SKINCARE



With Monu we offer a range of luxurious facial treatments to leave you feeling truly pampered and your skin fresh, nourished and conditioned. Monu products are selected to suit your skin tone and texture and can be recommended for home use following your treatment.

We are able to provide a range of Monu products to form a home skincare regime.

Packages

Use of club facilities are included in all our packages:

Spa Pool, Pool, Sauna, Steam room & Gym and use of Bath Robe.

Club Signature Day

£55 per person

Enjoy a 30 minute treatment and traditional afternoon tea, perfect for a treat with a friend.

Club Indulgence Day

£70 per person

Indulge the senses with a 60 minute treatment and traditional afternoon tea.

Club Pamper Package

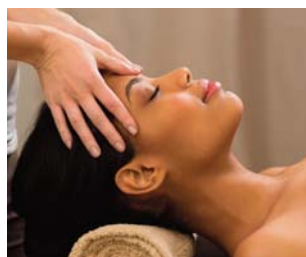
from £105 per person

A sublime pampering experience, promising total relaxation to restore your natural balance. 90 minutes of treatments and traditional afternoon tea.

The perfect gift to yourself or your loved ones.

Choose from the following treatments for the above packages:

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|-----------------------------------|------------|
| ● Back neck and shoulder massage | 30 minutes |
| ● Indian head massage | 30 minutes |
| ● Prescriptive facial | 30 minutes |
| ● File and polish (hands or feet) | 30 minutes |
| ● Manicure or Pedicure | 60 minutes |
| ● Full body massage | 60 minutes |
| ● Reflexology | 60 minutes |
| ● Luxury facial | 60 minutes |



Packages

Weary Traveller

£70 per person (60 minutes)

Sublime, deeply relaxing massage techniques designed to restore your body's natural balance. Combined with aromatic oils this treatment promotes a restful night's sleep, leaving you energised the following day.

Choose from 2 x 30 minute treatments:

- Indian head massage
- Aromatic back massage
- Thai foot massage
- Well being facial massage

Gentleman's Tonic

£70 per person (60 minutes)

Relaxation and rejuvenation are the key elements of this popular package an ideal gift for the man in your life.

Choose from 2 x 30 minute treatments:

- Tailored male facial
- Back neck and shoulder massage
- Leg and foot massage
- Manicure or pedicure

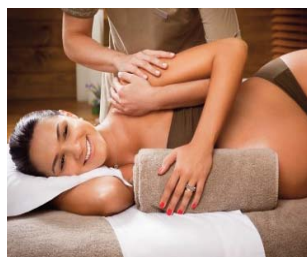
Mum To Be

£70 per person (60 minutes)

Aching backs, sore feet and tired legs are rapidly relieved with the expert soothing care lavished upon expectant mums. Welcome 'time out' to simply relax.

Choose from 2 x 30 minute treatments:

- Leg and foot massage
- Tailored pregnancy back massage
- File & polish for hands or feet
- Well being facial



Crystal Clear Microdermabrasion

Crystal Clear Microdermabrasion is a clinically proven and celebrated skin resurfacing treatment that offers flawless results.

Ideal for problem skin, pigmentation, lines and wrinkles by exfoliating the outer layers of skin providing immediate and visible results.

**Express
Microdermabrasion** £35 (30 minutes)

**Deluxe
Microdermabrasion** £60 (60 minutes)

**Courses of treatments
Buy 8 get 1 Free**



Holistic Treatments

Thermal Auricular Therapy - Hopi Ear Candles £45 (45 minutes)

Derived from the Native American Hopi relaxation ceremony, the combination of candling and facial massage calms the mind and soothes the head and ears. This treatment induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is particularly helpful for the relief of sinus congestion, headache, earache, stress and nervousness.

Reiki £45 (60 minutes)

A Japanese technique for stress reduction and relaxation that also promotes healing. A simple yet powerful technique that has been practiced for thousands of years.

Reflexology £45 (60 minutes)

Is a safe natural therapy that initiates the body's own healing system. It maps out the connections between points on the feet and hands and the rest of the body giving us clues to arising health problems, and a chance to take preventative measures.



Club Etiquette

APPOINTMENTS

Being on time for your appointment is greatly appreciated; likewise we will endeavour to run on time to the best of our ability. Please arrive 10 minutes early for your initial appointment so your therapist may conduct a full consultation.

BOOKING AND CANCELLATION POLICY

A 50% non-refundable deposit will be required at the time of booking your treatments. Please note that we require 24 hours notice to re-schedule appointments, group bookings require a minimum of 7 days notice.

DATA SECURITY

Personal details taken from clients during consultation procedures will be kept secure and in the strictest confidence.

AGE REQUIREMENT

Treatments for persons under sixteen years of age require an appropriate adult to be present.

VALUABLES

Nearly all of the treatments require the removal of jewellery. Please ensure you have all your valuables, before leaving the premises, as we cannot be held responsible for lost items.

MOBILE PHONES

In order for us to preserve a relaxed, calm and tranquil atmosphere, we respectfully request that mobile phones are switched off or on silent whilst treatments are in progress.

GIFT VOUCHERS

A delightful gift to suit all occasions, valid for six months, gift vouchers must be produced on the day of treatment as proof of purchase. Please quote voucher number when making an appointment. Vouchers can be obtained either at our reception or over the telephone secured with a credit card and posted out. Lost or stolen vouchers will not be honoured.

OTHER SERVICES

Leisure club memberships, Personal training, Gym inductions and a range of Studio classes and Boot camps are available. Contact reception for more information.

**To make an appointment call 0151 243 8242/3
or email: Beauty@cpliverpool.com**



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HARBOUR HEALTH CLUB
Crowne Plaza Liverpool City Centre,
St. Nicholas Place, Princes Dock,
Liverpool L3 1QW

