

HeavenV Mill Hill

Menu of health & beauty treatments

Off peak/peak

ESPA Facial Treatments

Aromatherapy facial	£43/£46
Rebalancing facial	£43/£46
Rehydrating facial	£43/£46
Skin brightener facial	£43/£46
Regenerating facial	£43/£46
Regenerating & Firming	
Eye treatment	£43/£46
Advanced Concept Facial	£60/£65
Holistic back, face & scalp	£55/£60
Advanced Holistic back, face & scalp with hot stones	£60/£65
Express Facial	£25/£28

ESPA Body Treatments

Detoxifying Algae Wrap	£43/£47
Restorative Mud Wrap	£43/£47
Lifesaving Back Treatment	£43/£47
Holistic Total Body Care	£38/£42
Stimulating Hip & Thigh Treatment	£45/£48
Pre Natal Treatment	£52/£58
Salt and Oil Body Scrub	£27/£30
Exfoliating Body Polish	£27/£30

MD Formulations Treatments

MD Formulations Advanced Facials

Alpha Beta Customized Peel	£43/£48
Glycolic Acid Facial Peel	£43/£48
MediSpa	£48/£53

Classical Prescription Facials

Illuminating	£43/£47
Clearing	£43/£47
Hydrating	£43/£47
Firming	£43/£47
Rosacea Management	£43/£47

CACI

CACI Eye and Neck Treatment £23/£25

Designed to treat the very fine, delicate skin surrounding the eye and neck area, this treatment gently lifts and smoothes the skin, giving a more vibrant, youthful appearance.

Off peak/peak

CACI Non-Surgical Facelift £40/£45

This facial uses a painless micro-current to stimulate, tone, and tighten the muscles of the face. Gently encouraging skin cells to function more efficiently, giving you a visibly lifted appearance and youthful glow.

CACI Super Non-Surgical Facelift £50/£55

As above, but with additional time spent on particular areas of concern on the face.

Massage & Specialist Treatments

Aromatherapy 60 mins	£41/£46
Aromatherapy 30 mins	£32/£35
Swedish massage 60 mins	£41/£46
Swedish massage 30 mins	£30/£35
Deep Tissue massage 60 mins	£41/£46
Deep Tissue massage 30 mins	£32/£35
Indian head massage	£30/£35

Waxing Treatments

Quick, expert, and as painless as possible. Should not be performed before or after any heat treatments (e.g. sauna, steam, sunbed, or any exercise) to avoid irritation

Strip Wax

Full leg	£27/£30
Three quarter leg	£23/£25
Half leg	£18/£20
Full leg, underarm & bikini	£40/£46
Half leg, underarm & bikini	£32/£34
Bikini line	£14/£16
Extended bikini	£16/£18
Underarm	£14/£15
Full arm	£20/£22
Half arm	£14/£16
Lip or chin wax	£9/£10
Lip and chin wax	£11/£12
Men's back	£20/£22
Men's chest	£20/£22
Men's stomach	£18/£20
Men's back & chest	£27/£30
Men's shoulders & neck	£18/£20

Off peak/peak

Lycon Hot Wax

Renowned as the least painful and most effective waxing method available.

Lip or chin wax	£13/£14
Lip and chin wax	£15/£17
Underarm	£16/£18
Bikini line	£16/£18
Brazilian	£27/£30
Hollywood	£32/£35
Playboy	£32/£35

Jessica Nail Care for Hand & Feet

Jessica Manicure	£23/£25
Jessica French Manicure	£25/£28
Jessica Deluxe Manicure	£32/£35
Jessica Polish Fingers/Toes	£14/£15
Jessica French File & Polish	£15/£17
Jessica Standard Pedicure	£27/£30
Jessica French Pedicure	£30/£33
Jessica Deluxe Pedicure	£32/£35
Men's Manicure	£18/£20
Men's Pedicure	£23/£25

Jessica GELeration

Geration Colour	£32
Geration French Colour	£35
Geration Colour (inc removal)	£36
Geration French Colour (inc removal)	£39
Geration Soak off & Tidy	£10
Geration Soak off & Tidy with nail colour	£17

Aftercare Advice

For best results, avoid water for three to four hours after any nail treatment, and bring open-toe shoes to wear after a pedicure. To recreate the look at home, choose from a full range of polishes.

Make-Up

i.d. BareMinerals Make-Up Makeover	£20/£25
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Body Wraps

Body Boutique Detox Body Wrap **£60/£65**

Eye Shaping, Tinting & Perming

Eyebrow shape	£11/£12
Eyelash tint*	£14/£15
Eyebrow tint*	£11/£12
Eyelash & brow tint*	£20/£22
Eyelash & brow tint & shape*	£29/£32
Eyelash perming*	£34/£38

*Please note: if you haven't had an eyelash/ brow treatment or perm with us before, or not within the last six months, you must have a patch test 24-hours before your treatment.

Pick & Mix Spa Day Experience

How does it work; Choose any of our 30 minute treatments from the list below and create your very own Virgin Active Spa Day Experience.

HeavenV Spa Massage
HeavenV Spa Facial
HeavenV Body Polish
HeavenV Express Manicure
HeavenV Express Pedicure

2 Treatments for £48

3 Treatments for £65

For an extra £10 you can include the use of our relaxation area, pool, spa, sauna and steam room.

Safe Tanning

St Tropez Spray Tan **£20/£25**

The luxury tan quick-fix. This fast, effective tanning treatment is applied with a fine mist of colour in a heated booth for a rich, long-lasting bronzed look achieved in just 15 minutes.

St Tropez Spray Tan With Body Scrub **£32/£35**

St Tropez Manual Tan **£40/£45**

*For optimum effectiveness, exfoliate and moisturise your skin the evening before your treatment. Please wear loose, dark clothing when you arrive for your treatment. To maintain your golden glow, avoid showering or having a bath 12 hours post-treatment.

Ellipse IPL Treatments

Ellipse Hair Removal

The Ellipse Superlight (IPL) system is a safe and effective treatment to remove unwanted hair from all areas of the body. The revolutionary process uses 'Intense Pulsed Light', which is absorbed by the hair pigment (melanin) to disable the follicle. Virtually painless, and clinically proven to reduce hair growth by up to 80%.

Ellipse Skin Rejuvenation

Reverse the signs of ageing, sun exposure, smoking, poor diet and stress accumulated over the years to reveal a radiant complexion beneath. Treatments are most effective in people with light skin, who are not sun-tanned at the time of the

treatment. A full face takes approximately 30 minutes, and you should expect a total of 1-3 treatments. This is a very dramatic and exclusive treatment. A consultation is required.

Ellipse Acne Treatment

Acne can be a disfiguring and severely distressing condition, which affects people of all ages. Now, Ellipse IPL can restrict the oil production that leads to acne, before it starts. Typically treatments should be carried out once every 3 weeks for 4 treatments. Each treatment takes approximately 20 minutes.

Ellipse Vascular Lesions, Thread Veins & Spider Vein Removal

Reduces vascular lesions such as broken capillaries, diffused redness, port wine stains and thread veins. Treatment is most effective on light skin, and the number of treatments is dependent on the anatomic site and on the severity of the lesion. In general 1-4 treatments are to be expected, with an interval of 1-3 months.

A consultation and patch test is compulsory before any Ellipse treatment can commence. Consultations and patch test are free of charge.

Spa Etiquette

Cancellations: 24-hours notice is required. Failure to do so will incur a 50% charge.

For further information please visit our web site at www.heavenv.co.uk or e-mail us at beauty.millhill@virginactive.co.uk

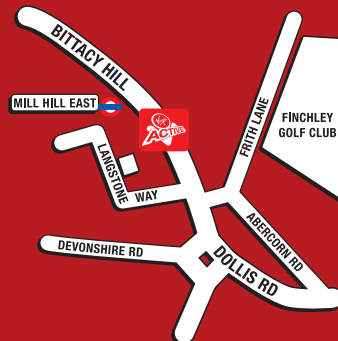
HeavenV Spa
34 Langstone way
Mill Hill East
London NW7 1GU

0208 371 3846

Monday - Thursday: 9am - 9pm
Friday - Saturday: 9am - 6pm
Sunday: 10am - 4pm

Off peak: Mon - Thurs: 9am - 4pm

Peak: Mon - Thurs: 4pm - 9pm and all day Friday, Saturday and Sunday



www.heavenv.co.uk

WE ARE OPEN TO NON MEMBERS