

# HeavenV Nottingham

## Menu of health & beauty treatments

### ESPA Facial Treatments

Aromatherapy Facial	£42
Rebalancing Facial	£42
Rehydrating Facial	£42
Skin Brightener Facial	£42
Regenerating Facial	£42
Regenerating & Firming Eye Treatment	£28
Holistic Back, Face and Scalp Express Facial	£55
	£25

### ESPA Body Treatments

Detoxifying Algae Wrap	£40
Restorative Mud Wrap	£40
Lifesaving Back Treatment	£35
Holistic Total Body Care	£55
Salt and Oil Body Scrub	£25
Exfoliating Body Polish	£25

### MD Formulations Treatments

#### MD Formulations Advanced Facials

Alpha Beta Customized Peel	£48
Glycolic Acid Facial Peel	£48
MediSpa	£52

#### Classical Prescription Facials

Illuminating	£46
Clearing	£46
Hydrating	£46
Firming	£46
Rosacea Management	£46

### Massage & Specialist Treatments

Aromatherapy 60 mins	£45
Aromatherapy 30 mins	£30
Swedish Massage 60mins	£43
Swedish Massage 30mins	£28
Hot Stone 60mins	£45
Hot Stone 30mins	£35
Indian Head Massage	£25
Hopi Ears	£20
Hopi Ears (With sinus pressure point massage)	£30

### Waxing Treatments

Quick, expert, and as painless as possible. For best results, hair should be at least a quarter inch in length. Waxing should not be performed before or after any heat treatments (e.g. sauna, steam, sunbed, or any form of exercise) to avoid irritation.

#### Strip Wax

Full leg	£28
Three quarter leg	£25
Half leg	£20
Full leg, underarm & bikini	£45
Half leg, underarm & bikini	£36
Full leg & bikini	£32
Half leg & bikini	£27
Bikini line	£13
Extended bikini	£16
Underarm	£12
Full arm	£22
Half arm	£15
Lip or chin wax	£8
Lip and chin wax	£13
Men's back	£20
Men's chest	£20
Men's stomach	£10
Men's back & chest	£30
Men's shoulders & neck	£20

#### Lycon Hot Wax

Hot wax is renowned as the least painful and most effective waxing method available.

Lip or chin wax	£10
Lip and chin wax	£17
Underarm	£15
Bikini line	£16
Brazilian	£20
Hollywood	£30
Play Boy	£25

### Jessica Nail Care for Hand & Feet

Jessica Manicure	£22
Jessica French Manicure	£25
Jessica Deluxe Manicure	£30

Jessica Polish Fingers/Toes	£14
Jessica French File & Polish	£17
Jessica Standard Pedicure	£27
Jessica French Pedicure	£30
Jessica Deluxe Pedicure	£35
Men's Manicure	£20
Men's Pedicure	£25

### Jessica GELeration

GELeration Colour	£30
GELeration French Colour	£33
GELeration Colour (inc removal)	£34
GELeration French Colour (inc removal)	£37
GELeration Soak off & Tidy	£10
GELeration Soak off & Tidy with Nail Colour	£16

#### 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 and nail treatments available for purchase.

### Eye Shaping, Tinting & Perming

Eyebrow shape	£12
Eyelash tint*	£15
Eyebrow tint*	£12
Eyelash & brow tint*	£22
Eyelash & brow tint & shape*	£27
Eyelash perming*	£30

\*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.

### Make-Up

i.d. BareMinerals Make-Up Makeover	£25
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## 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**

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 £30

\*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.

## Make your spa experience absolutely HeavenV

Beauty is not skin-deep, we know. That's why we've created a unique spa experience to indulge mind and body. Step inside, and discover a world of transformational beauty treatments and advanced therapies at your fingertips. Then, step outside feeling refreshed, revitalised, and truly exhilarated from your time with us.

Our therapists are highly qualified professionals, so you can be confident in their expertise, and benefit from some of the most advanced face and body treatments available. Restore flagging energy levels, rejuvenate tired looking skin, massage tense, aching muscles, or treat yourself to a range of salon services.

Or why not have a little bit of each? We offer a custom spa packages and gift vouchers to suit all budgets. Then, if you just can't bear to leave us at the end, choose from a wide selection of luxury skincare and beauty products available for purchase, and bring a little piece of heaven home with you.

## Spa Etiquette

HeavenV is open to members and non-members.

We ask that you turn off your mobile phone whilst in the salon.

24-hours notice is required for all cancellations. Failure to do so will incur a 50% charge.

Late arrivals will result in treatment time being shortened accordingly.

We recommend that you arrive at least ten minutes before your appointment time so that you are relaxed and prepared for your treatment.

We are happy to offer a client loyalty programme, please ask your therapist for details.

Courses are available on a selection of treatments. All courses are valid for 6 months (course of 3) or 12 months (course of 6). Please ask a beauty therapist for details.

Gift vouchers are available for health and beauty treatments, packages and products. We regret that we cannot take responsibility for lost vouchers so please look after them.

All vouchers expire six months from date of purchase.

Please ask for advice from our fully qualified therapists if you are unsure about which facial or body treatment is best suited to you.

All major credit cards accepted.

**For further information please visit our web site at [www.heavenv.co.uk](http://www.heavenv.co.uk) or e-mail us at [beauty.nottingham@virginactive.co.uk](mailto:beauty.nottingham@virginactive.co.uk)**

HeavenV Spa  
Low Level Station  
The Great Northern Close  
London Road  
NG2 3AE

0115 947 2906

Monday - Tuesday: 10am - 6pm  
Wednesday - Thursday: 10am - 8pm  
Friday: 10am - 6pm  
Saturday : 9am - 4pm



[www.heavenv.co.uk](http://www.heavenv.co.uk)

**WE ARE OPEN TO NON MEMBERS**