

# HeavenV Sheffield

## Menu of health & beauty treatments

### Off peak/peak

#### ESPA Facial Treatments

Aromatherapy Facial	£35/£40
Rebalancing Facial	£35/£40
Rehydrating Facial	£35/£40
Skin Brightener Facial	£45/£50
Regenerating Facial	£45/£50
Regenerating & Firming	
Eye Treatment	£25/£25
Advanced Concept Facial	£55/£60
Holistic Back, Face and Scalp	£55/£60
Advanced Holistic Back, Face and Scalp with hot stones	£60/£65
Express Facial	£28

#### ESPA Body Treatments

Detoxifying Algae Wrap	£38/£43
Restorative Mud Wrap	£38/£43
Lifesaving Back Treatment	£35/£40
Holistic Total Body Care with Hot Stone Therapy	£60/£65
Pre Natal Treatment	£50/£55
Salt and Oil Body Scrub	£27/£30
Exfoliating Body Polish	£27/£30

#### MD Formulations Treatments

##### MD Formulations Advanced Facials

Alpha Beta Customized Peel	£40/£45
Glycolic Acid Facial Peel	£40/£45
MediSpa	£45/£50

##### Classical Prescription Facials

Illuminating	£38/£42
Clearing	£38/£42
Hydrating	£38/£42
Firming	£38/£42
Rosacea Management	£38/£42

#### Massage & Specialist Treatments

Aromatherapy 60 mins	£41/£46
Aromatherapy 30 mins	£29/£33
Swedish massage 60 mins	£38/£42
Swedish massage 30 mins	£30/£32

### Off peak/peak

Reflexology	£32/£36
Indian head massage	£30/£35
Hopi ears	£20/£23
Hopi ears (With sinus pressure point massage)	£28/£30

#### CACI

**CACI Eye and Neck Treatment £25/£30**  
Designed to treat the very fine, delicate skin surrounding the eye and neck area, this treatment gently lifts and smooths the skin, giving a more vibrant, youthful appearance.

**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, facial muscles will look and feel firmer, giving you a visibly lifted appearance and youthful glow.

**CACI Super Non-Surgical Facelift £45/£50**  
As per above, but with additional time spent treating particular areas of concern on the face.

#### 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	£27/£30
Three quarter leg	£23/£25
Half leg (ankle to knee)	£22/£24
Full leg, underarm & bikini	£45/£50
Half leg, underarm & bikini	£41/£45
Bikini line	£14/£16
Extended Bikini	£16/£18
Underarm	£14/£16
Full arm	£18/£20
Half arm	£10/£12

### Off peak/peak

Lip or chin wax	£10/£11
Lip and chin wax	£12/£13
Men's back	£18/£20
Men's chest	£18/£20
Men's stomach	£18/£20
Men's back & chest	£22/£25
Men's shoulders & neck	£18/£20

#### Lycon Hot Wax

Hot wax is renowned as the least painful and most effective waxing method available. Ideal for removing short hairs, with longer lasting results.

Lip or chin wax	£12/£13
Lip and chin wax	£17/£19
Underarm	£13/£15
Bikini	£13/£15
Brazilian	£23/£26
Hollywood	£32/£36
Play Boy	£32/£36

#### Safe Tanning

**Fake Bake Manual Tanning £35/£40**

This luxurious tanning treatment includes a full body exfoliation followed by a Fake Bake tan, leaving you with a natural bronzed look that lasts for days after.

**Fake Bake Spray Tan £23/£25**

This fast, effective tanning treatment is applied with a fine mist of colour in a heated booth for a deep, bronzed look that lasts for days.

**Fake Bake Spray Tan with Body Scrub £35/£40**

\*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.

## Jessica Nail Care for Hand & Feet

Jessica Manicure	£20/£22
Jessica French Manicure	£23/£25
Jessica Deluxe Manicure	£27/£30
Jessica File & Polish	£11/£12
Jessica French File & Polish	£13/£14
Jessica Standard Pedicure	£20/£23
Jessica French Pedicure	£23/£26
Jessica Deluxe Pedicure	£30/£33
Men's Manicure	£18/£20
Men's Pedicure	£23/£25
Minx Nails	£23/£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.

## Eye Shaping, Tinting & Perming

Eyebrow shape	£12/£13
Eyelash tint*	£14/£15
Eyebrow tint*	£11/£12
Eyelash & brow tint*	£18/£20
Eyelash & brow tint & shape*	£19/£23
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.

## Make-Up

i.d. BareMinerals Make-Up

Makeover **£20**

## 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.

## Spa Etiquette

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

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.

HeavenV is open to members and non-members.

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.

All major credit cards accepted.

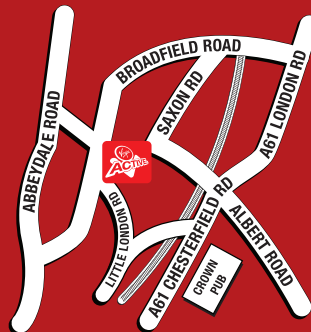
**For further information please visit our web site at [www.heavenv.co.uk](http://www.heavenv.co.uk) or e-mail us at [beauty.sheffield@virginactive.co.uk](mailto:beauty.sheffield@virginactive.co.uk)**

HeavenV Spa  
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Broadfield Road S8 0XQ

0114 2629670

Monday - Tuesday: 9am - 5pm  
Wednesday - Thursday: 9am - 8pm  
Friday: 9am - 7pm  
Saturday: 9am - 5.30pm

Off peak: Mon to Thurs: 9am - 4pm  
Peak: Mon to Thurs: 4pm - Closed, and all day Friday - Saturday



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

**WE ARE OPEN TO NON MEMBERS**