



INTRODUCTORY SPA THERAPY TREATMENTS

Special rates available for Antrim Forum Spa & Fitness Members

MASSAGE

Prepare your skin, body and mind to get the maximum benefits from your chosen treatment by spending up to 1 hour in Antrim Forum's luxurious Spa before your appointment.

SENSES AROMATHERAPY MASSAGE

TOTAL BODY MASSAGE WITH AROMATHERAPY -60 MINS

Ease away the stresses and strains of everyday life. Carefully applied pressure stimulates the nervous system while massage techniques encourage circulation and absorption of a blend of aromatherapy oils selected specially for your needs resulting in a pure relaxation

£45.00

NUAT PHAEN BORAN

TRADITIONAL THAI MASSAGE – 50 MINS

Thais believe that good health and freedom from pain result from the unhindered flow of vital Sen energies through the body's tissues. Thai massage helps clear the pathways and will aid your body to release blockages or stagnation which result in discomfort or pain. Thai Traditional Massage leaves you in a state of sublime relaxation.

£45.00

CLASSIC SWEDISH MASSAGE

TOTAL BODY MASSAGE – 60 MINS

Restore your body and mind with a classic full body massage. Techniques used will relieve tension and stimulate circulation, plus the therapist will work on problem areas for relief from tight or knotted muscles.

£40.00

INDIAN HEAD MASSAGE –30 mins

Indian Head Massage works on areas affected by mental and emotional stress; helping to calm the mind, relieve muscular tension as well as calming the spirit and aiding relaxation, it also improves circulation in the head, enhances the senses and promotes clear thinking. Indian Head Massage will soothe away stress and tension, leaving you relaxed, revitalised and re-energised.

£35.00

BACK, NECK AND SHOULDER MASSAGE – 30 mins

Release the tension in your neck and shoulders. Techniques used will relieve tension and stimulate circulation, plus the therapist will work on problem areas for relief from tight or knotted muscles.

£25.00

TEMPORARY

FACIAL TREATMENTS

Prepare your skin, body and mind to get the maximum benefits from your chosen treatment by spending up to 1 hour in Antrim Forum's luxurious Spa before your appointment.

SENSES FACIAL

AROMATHERAPY FACIAL WITH FACIAL MASSAGE – 60 mins

A specially blended selection of aromatherapy oils to suit your needs is used in this indulgent facial. These combined with a gentle facial massage will stimulate your skin leaving you feeling refreshed with a luminous and fresh complexion.

£40.00

CLEANSE ABSOLUTE

DEEP CLEANSE TO SUIT YOUR SKIN TYPE – 45 mins

A fabulous deep cleanse and skin analysis followed by a beneficial luxurious mask. Finishing with tone and moisturiser, this treatment will gently exfoliate and decongest your skin leaving you feeling squeaky clean.

£35.00

FACIAL EXPRESS – 30 mins

You know the routine but your time is limited and other demands steal your time – so why not take 30 minutes out of your schedule to enjoy a classic facial cleanse.

£20.00

GROOMED TO PERFECTION

WAXING

Full leg	£15.00
Half Leg	£10.00
Bikini	£8.00
Brazilian	£15.00
Under Arm	£6.00
Eyebrow	£6.00
Lip	£4.00
Chin	£4.00

Complete Grooming Packages

Full Leg & Bikini wax	£20.00
Half Leg & Bikini wax	£15.00
Eyebrow & Lip wax	£8.00
Lip & Chin wax	£7.00

other combinations available on request

Male Grooming

Back and Shoulder Wax	£20.00
Chest and Shoulder Wax	£20.00

NOTE –use of the spa facilities must be avoided for at least 24 hours after waxing as skin will be sensitive.

TINTING

Patch test required at least 24 hours prior to treatment

Eyelash	£8.00
Eyebrow	£3.00
Lash & Brow	£10.00
Total Eye	£13.00 (lash & brow tint, plus brow shape)

MANICURE

Don't forget about your hands and nails. Hands like your neck, show telltale signs of your age; no matter how youthful you appear!

CLASSIC MANICURE – 45mins

Full nail and cuticle treatment followed by scrub hand and arm massage. A nourishing hand cream is applied and your nails finished with a polish of your choice.

£20.00

French Polish £2.50 extra

CLASSIC MANICURE WITH PARAFFIN WAX MASK – 75 mins

All of the elements of the Classic Manicure with the addition of a Paraffin Wax hand mask.

Paraffin Wax is an ultimate luxury treatment for hands and nails. Known for its hydrating qualities, paraffin is ideal for dry skin. Yours hands are enveloped in warm wax which solidifies to create a cocoon of deep penetrating heat. Not only is your skin left soft and supple, the deep heat from the paraffin treatment can also have therapeutic properties such as relieving sore muscles and joints.

£35.00

HANDS TO GO – 30 mins inc drying time

Not just for the ladies, men too. Treat your nails to a shape and polish of your choice (Men can finish with a colour or your choice – or just a buff)

£7.50

French Polish £2.50 extra

PEDICURE

Don't ignore your feet – you stand on them all day squash them into shoes – they deserve a little pamper just like your hands

CLASSIC PEDICURE – 60 mins

Full nail and cuticle treatment followed by scrub foot and leg massage. A soothing lotion is applied and your toe nails finished to complete the look (included choice of polish)

£25.00 French Polish £2.50 extra

CLASSIC PEDICURE WITH PARAFFIN WAX MASK – 90 mins

All of the elements of the Classic Pedicure with the addition of a Paraffin Wax foot mask. Paraffin Wax is an ultimate luxury treatment for skin and nails. Known for its hydrating qualities, paraffin is ideal for dry skin. Yours feet are enveloped in warm wax which solidifies to create a cocoon of deep penetrating heat. Your skin left soft and supple and your feet deliciously warmed. The deep heat from the paraffin treatment can also have therapeutic properties such as relieving aching feet.

£40.00

FEET TO GO – 30 mins inc drying time

Not just for the ladies, men too. Treat your nails to a shape and polish of your choice (Men can finish with a colour or your choice – or just a buff)

£7.50

French Polish £2.50 extra