

Beauty Suite treatment menu



Recharge, revive, revitalise

At Nuffield Health we understand that beauty is interwoven with wellbeing. We run hospitals and clinics, as well as gyms and beauty suites and that unique breadth of expertise underpins everything we do.

Our Beauty Suite treatments for men and women enhance the body through deep knowledge of physiology and the science of relaxation. It is a holistic approach that can relieve stress and enhance health, as well as helping you to look your best.

Enjoy browsing our comprehensive range of treatments, therapies and massages. If there is anything more you would like to know before choosing, don't hesitate to ask. We look forward to looking after you!

ELEMIS treatments

Designed to respect the body's complex physiology, ELEMIS spa therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

Member discount: All members receive a 10% discount off all ELEMIS treatments in the price list. This discount cannot be used in conjunction with any other offer.

ELEMIS: Where spa meets science meets skin

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven* results.

*Independent Clinical Trials



Anti-ageing

ELEMIS Pro-Glow Renewal Facial
50mins | £71.50 30mins | £38.50

For gorgeous glowing skin

ELEMIS' signature deep cleansing skin wellness facial. Showcasing prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

ELEMIS Pro-Glow Smooth
50mins | £71.50 30mins | £38.50

The HIIT workout for your skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

ELEMIS Pro-Glow Resurface
50mins | £71.50 30mins | £49.50

Resurfacing for stunningly smooth skin

Purify and brighten as skin's texture is transformed. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Skin solutions

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

ELEMIS Pro-Glow Brilliance
50mins | £71.50 30mins | £38.50

Your recipe for radiance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Pro-Glow Genius Facial
75mins | £80.50

Your line-fighting superhero facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



Body massage

ELEMIS Freestyle Deep Tissue Massage 55mins | £64

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Wellbeing Full Body Massage 55mins | £64

From the soles of your feet to the crown of your head, this is much more than just a massage. Your body is lightly dry brushed, before pure, warm aromatherapy oils prescribed to your needs are massaged over the body. Deeply relaxes your mind and body easing aches and tension and improving circulation.

ELEMIS Deeper Than Deep Hot Stone Massage 60mins | £88

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Back massage

ELEMIS Freestyle Deep Tissue Back Massage 25mins | £42

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas.

Wellbeing Back Massage 25mins | £42

Designed to focus on where you need it most. Loosen tension and target knotted areas of the back neck and shoulders.

Stress Buster Massage 40mins | £49.50

A customised massage to your needs – please discuss with your therapist who will customise your massage.



ELEMIS body: scrubs, wraps, and specialist treatments

ELEMIS Face and Body Sensation

55mins | £77

Condition your skin and muscles with this all-embracing experience. Combine any 25 minute ELEMIS hands-on facial with a personalised 25 minute Hot Stone Back Massage.

ELEMIS Body Nectar Nourishing Wrap

Sweet Orchid or Frangipani

55mins | £64

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub

Lime and Ginger or Frangipani

40mins | £39.50

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Peaceful Pregnancy Massage

70mins | £82.50

Fully supported with pillows and blankets, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

*Independent Clinical Trials



Hair removal

Waxing is a method of semi-permanent hair removal which removes the hair from the root. The effects last for between 3-6 weeks, depending on the individual. We offer a professional, hygienic service using warm and hot wax which is ideal for more delicate areas and sensitive skin. If you have sensitive skin, please advise when making an appointment that you require hot wax to be used for your treatment. For more information please speak to one of the beauty team.

Half Leg Wax	25mins £24
Full Leg Wax	40mins £32
Underarm Wax	15mins £14.50
Bikini Wax	15mins £15.50
Extended Bikini Wax	25mins £23
Lip or Chin Wax	15mins £11
Lip and Chin Wax	25mins £13

Brazilian Wax	60mins £33
Hollywood Wax	60mins £33
Half Arm Wax	15mins £16.50
Full Arm Wax	25mins £23
Back Wax	25mins £28.50
Chest Wax	25mins £27.50



Eyelash treatments

All eyelash treatments require a patch test 24 hours in advance of a treatment. Please advise when booking.

Eyelash Tint

25mins | £17.50

Enhance your eyelashes without the need for makeup.

Eyelash and Eyebrow Tint

25mins | £27.50

A combination of lash and brow tinting.

Lash Lift

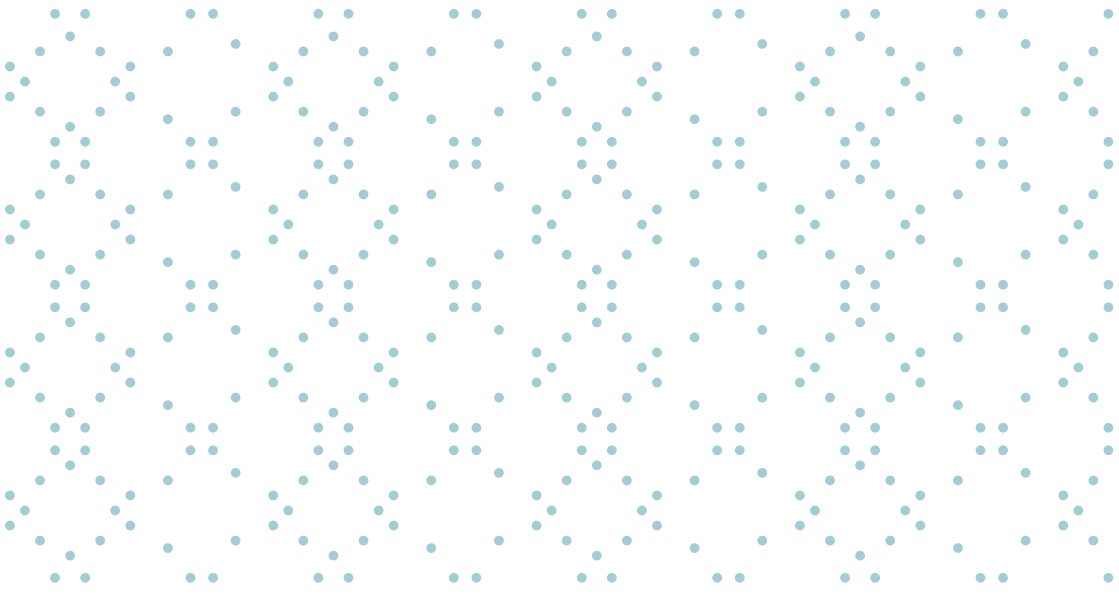
55mins | £44

Create the illusion of longer thicker lashes, without the need for extensions. Lashes are tinted and lifted to give eyes instant definition. Results last up to 6 weeks.

Brow by Mii

All brow treatments require a patch test 24 hours in advance of a treatment. Please advise when booking.

Design Mii (initial treatment)	45mins £36.50
Maintain Mii	25mins £28.50
Brow by Mii – Express Mii	25mins £20
Brow by Mii – Tint and Tidy	15mins £14.50
Brow by Mii – Shape	15mins £12



Men's treatments

High Performance Skin Energiser

55mins | £77

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven* Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

ELEMIS Face and Body Combo Treatment

55mins | £77

Condition your skin and muscles with this all-embracing experience. Combine any ELEMIS facial with your personalised Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage

55mins | £64

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Wellbeing Full Body Massage

55mins | £64

From the soles of your feet to the crown of your head, this is much more than just a massage. Your body is lightly dry brushed before pure, warm aromatherapy oils prescribed to your needs are massaged over the body. Deeply relaxes your mind and body easing aches and tension and improving circulation.

ELEMIS Deeper Than Deep Hot Stone Massage

60mins | £84

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Waxing

Back Wax	25 mins		£28.50
Chest Wax	25 mins		£27.50
Eyebrow Wax	15 mins		£12

*Independent Clinical Trials

Men's hands and feet

Male Hand and Nail Treatment

25mins | £26.50

Hands are exfoliated to remove dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and shaped.

Male Foot and Nail Treatment

45mins | £31

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.





Jessica GELeration

The beauty of Jessica with the strength of a Gel. Instant drying, no smudging, simple removal, lasts between 2 and 3 weeks, the natural way of having perfect nails.

GELeration Manicure

45mins | £35

Includes hand massage, cuticle care, nail shape and finished with Jessica GELeration gel polish.

Deluxe GELeration Manicure

55mins | £40.50

Includes hand massage, cuticle care, nail shape and finished with Jessica GELeration gel polish.

Zenspa Pedicure with GELeration

55mins | £42

A luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and finished with gel polish.

GELeration removal

25mins | £11

Removal of existing GELeration only.

French Polish/Nail Art – add £3 to price of (hands or feet) selected manicure or pedicure.

Jessica hand and foot treatments

Jessica's unique natural nail care philosophy is grounded in the basics – all nails are different, and beautiful hands start with the right foundation. For over thirty years, Jessica has been passionate about developing nourishing and highly-effective treatments customised to help maintain the health of the natural nail. Renowned as one of the world's leading authorities on natural nail care, our extensive treatment menu includes manicures, pedicures and GELeration soak-off gels all personalised to leave you luxuriously pampered and polished.

Hand treatments

Le Remedi Hand Treatment
25mins | £16.50

Jessica Prescriptive Manicure
40mins | £31

Nails are analysed and treated for their specific type. This treatment includes massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect choice of polish.

Jessica Deluxe Manicure
55mins | £35

The ultimate in hand and nail care. All the benefits of the Le Remedi Hand Treatment combined with Jessica Prescriptive Manicure. Le Remedi conditioning hand treatment leaves hands noticeably silkier, smoother and firmer than before.

Foot treatments

Jessica Zenspa Pedicure
55mins | £36.50

A luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

Jessica Zenspa Deluxe Pedicure
70mins | £42

Jessica Zenspa Pedicure with the luxurious added benefit of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

Manicures and Pedicures can be finished with a choice of Jessica Custom Nail Colour or Jessica Phenom Fast-Drying Vivid Colour.



Relax and Restore

Relax and Restore treatments use a range of specifically-designed techniques for the face, head, body, hands and feet that are completely safe and comfortable for people going through cancer.

Hand on Heart

55mins | £71.50 or 85mins | £88

A relaxing facial and upper body massage that allows you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body, while the facial will replenish, nourish and revive the skin.

Catch the Breath

25mins | £42

A soothing head, back and shoulder massage that uses Slow Tui Na Chinese techniques to create a sense of complete tranquillity and relaxation.

Soothe and Nurture

25mins | £42

An ideal way to restore natural luminosity to the skin, leaving you looking and feeling radiant. Balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind.

Gentle Touch Hand and Nail Treatment

40mins | £33

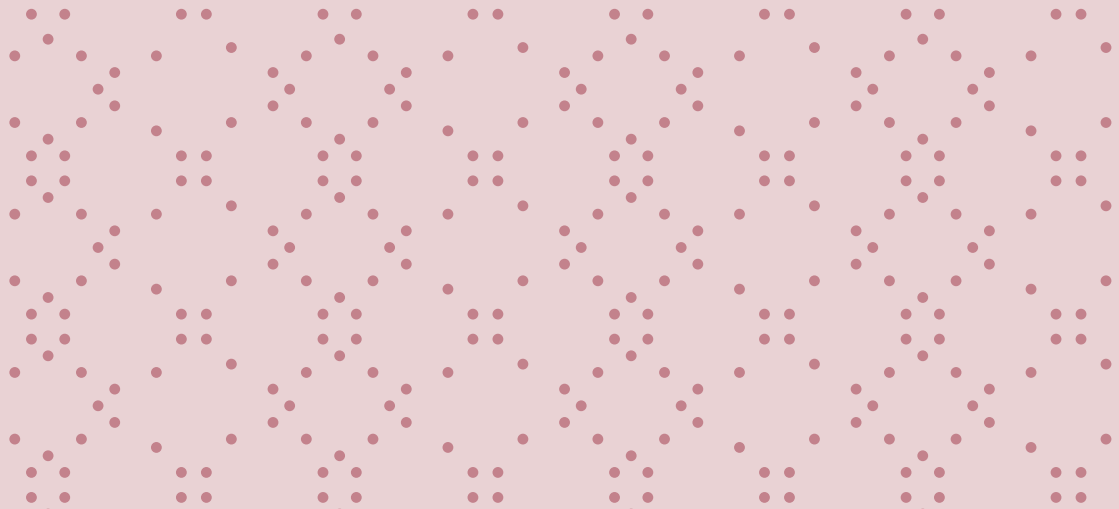
Care is taken with any nail damage or weakness as your nails are shaped and cuticles tidied. Oils and balms are carefully applied using the touch therapy techniques and nails are finished with your choice of colour.

Good for the Sole Pedicure

55mins | £39.50

A relaxing and restoring treatment for your feet. Care is taken with any nail damage or weakness, as your nails are shaped and cuticles tidied. Oils and balms are carefully applied to your feet and lower leg using the touch therapy techniques and nails are finished with your choice of colour.

Ask reception for details about our preferential prices for people living with cancer.





Your appointment



In order to get the most from your experience, **we recommend you arrive at least 15 minutes before your appointment.** This will give you time to book in, complete your preliminary consultation and relax before your treatment begins. We understand that our customers lead busy lives, so to keep your stress levels to a minimum, make sure you leave plenty of time to get here.

If possible, avoid coffee or caffeinated drinks prior to your visit as these can make it harder for you to switch off. If, for whatever reason, you find yourself running late, please let us know. We will do our best to keep your appointment open as long as possible, but of course, we can't keep our other clients waiting.

Please note that selected treatments are only available to persons over 16 years of age. Treatments times are approximate and include time for changing and consultation.

Cancellations

If you do need to cancel your appointment, please give us at least **24 hours notice.** Wherever possible, we will attempt to reschedule your session for you. However, if you cancel less than 24 hours before your appointment, you will be required to pay a cancellation **fee of 50%** of the total treatment cost.

Medical conditions

If you have any of the following conditions, please let us know when you are booking your treatments: cancer, high/low blood pressure, over active thyroid, seafood or nut allergy, asthma or if you are pregnant.

Treatment availability

Please be aware that not all treatments are available at every Beauty Suite. Please contact your local club for specific treatment information.

Courses

If one treatment simply isn't enough, Nuffield Health offers courses on selected ELEMIS treatments. You can buy a course of six treatments for the price of five. Courses expire within 12 months of purchase.

Bookings

Please refer to the back page of this brochure for contact details and booking information.

Gift vouchers

Vouchers are the perfect stress-free gift for friends and family. You can either choose a specific treatment from our brochure or a gift value amount, leaving the recipient to choose the treatment they wish. Vouchers are valid for a full six months and are available from the Beauty Suite. Each gift voucher entitles the recipient to access the Nuffield Health facilities on the day of their treatment.



**10%
DISCOUNT**

MEMBER DISCOUNT

All members receive a **10% discount** off all ELEMIS treatments in the price list. This discount cannot be used in conjunction with any other offer.

Building a healthier nation

Driven by our purpose to build a healthier nation, our experts have been working together for more than 65 years to make the nation fitter, healthier, happier and stronger.

Nuffield Health provides health and wellbeing for every part of you. We believe the best healthcare should help prevent illness by looking after your mind and body. That's why our connected health and wellbeing offering spans physical and mental health – from personal training, health assessments, GP services and physiotherapy, to providing mental health support or hospital care and treatment.

We work together as a team to help you achieve your health and wellbeing ambitions. We champion free health and wellbeing programmes in your communities by giving people the tools they need to live a healthy life. These programmes help people understand and improve their own health, from those living with joint pain, to helping rehabilitate people experiencing the long-term effects of COVID-19.



Hospitals | Fitness | Physio | Mental Health



Our Beauty Suite locations

Bishop's Stortford

Anchor Street
Bishop's Stortford
Hertfordshire
CM23 3BP
01279 507002

Bromley

Hayes Lane
Bromley
Kent
BR2 9EF
020 8466 2800

Hertford

Madford Retail Park
Ware Road, Hertford
Hertfordshire
SG13 7WN
01992 584765

Letchworth

Letchworth Lane
Letchworth
Hertfordshire
SG6 3NP
01462 681075

Newbury

The Racecourse
Newbury
Berkshire
RG14 7PN
01635 569944

Stoke Poges

Wexham Street
Stoke Poges
Buckinghamshire
SL3 6NB
01753 663666

Surbiton

Simpson Way
(off Portsmouth Road)
Surbiton, Surrey
KT6 4ER
020 8335 2900

Not all treatments are available at all sites. Check before booking for further details.
Other locations available, prices may vary. Please see website for further details.



nuffieldhealth.com/beauty