



# Mind & Body

Treatment Guide  
2016

**RBS Fitness & Wellbeing Centre**  
**RBS Gogarburn 0131 626 3412**

**Elemis ~ Shellac ~ Lycon ~ Blink & Go ~ Fake Bake ~ Vinylux**

## Waxing

	Strip	Lycon Hot Wax
Full Leg	£28.00	
<sup>3</sup> / <sub>4</sub> Leg	£22.50	
<sup>1</sup> / <sub>2</sub> Leg	£19.50	
Hollywood	£30.00	£36.00
Brazilian	£26.00	£31.00
Extended Bikini	£15.00	£21.00
Bikini	£10.00	£16.00
Underarm	£12.00	£16.00
Eyebrow Wax	£11.00	£11.00
Facial Waxing	£8.50	£8.50

Any 3 waxing treatments combined get a 10% discount.

Bikini - to the pant line.

Extended Bikini - an in-between of a Brazilian and a standard Bikini.

Brazilian - everything removed underneath, leaving a neat strip at the top.

Hollywood - all hair removed.

Other areas on request.

## Eye Zone

Eyelash Tint*	£17.00
Eyebrow Tint*	£7.00
Eyebrow Shape	£11.00

### Eye Package

Eyelash Tint, Eyebrow Tint and Eyebrow Shape with a luxury hand and arm massage £29.00

\*Please note that a patch test is required 24 hrs before tinting for first time clients.

### Eyelash Extensions

Lash in a Flash - Blink & Go £35.00  
Takes up to 1 hour and will last 1-2 weeks.

**Removal\*** £10.00

\*£5 with a new set, terms and conditions apply.

## Tanning

**Exfoliation** £12.50

To get a flawless tan add this to either of our tans.

**Fake Bake Spray Tan** £21.00

Available in Original and Dark.

**Fake Bake 60 Min Tan** £23.00

A revolutionary express self tan which builds to a golden glow between 60-180 minutes.

## Nails

### Vynlux

A fast drying polish which increases its durability with natural light. Lasts up to a week.

**File & Paint** £15.00

**Manicure** £25.00

**Luxury Manicure** £35.00

Luxurious enriched creams and oils applied together with heated mitts. Ideal for dry or ageing hands.

**Pedicure** £28.00

**Luxury Pedicure** £38.00

Luxurious enriched creams and oils applied together with heated booties. Ideal for dry and tired feet.

### Shellac

Zero dry time gel, 14 day wear with high gloss finish.

**Shellac** £28.00

**Re-Shellac** £33.00

**Removal** £10.00

**Upgrade** £10.00

Hard skin removal and foot massage with Shellac toes.

## Massage

### Wellbeing Massage

A relaxing massage aimed at stress and muscle tension relief, adapted to all of your needs.

**Full Body Massage** £42.00

**Back, Neck and Shoulder** £28.00

**Reflexology** £37.00

Ancient techniques are used on the feet to relieve various symptoms and to relax you.

### Sports, Remedial & Pregnancy Massage

A tailored massage which uses deeply applied pressure to ease aches and tension on specific muscles and aids in improving flexibility and general wellbeing.

Please enquire at Reception for availability.

1 hour £40.00

30 Min £28.00

## Elemis Body Treatments

### Elemis Freestyle Deep Tissue Massage

Alleviate stress, ease aching muscles and revive the senses with this powerful customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific areas of muscle tension.

**Full Body** £50.00

**Back, Neck and Shoulders** £30.00

**Elemis Peaceful Pregnancy Massage** £60.00

Performed on a pear shaped bean bag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

**Elemis Deeper Than Deep Hot Stone Massage** £65.00

Therapeutic heat is slowly released into the centre point of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

## Elemis Facials

**Mind & Body Taster Facial** £40.00

Elemis products are used on the skin to cleanse, tone, massage and face mask all prescribed to your skin to give it exactly what it needs.

### Elemis Advanced Facial

Scientifically proven result facials prescribed to your skin type, to allow you to see visible results. Professional masks and serums are applied to the skin and the face, décolleté, scalp and hands are massaged.

Dynamic Resurfacing Precision

Peel £65.00

Pro Collagen Age Defy £65.00

Pro Definition Lift & Contour £65.00

Powerful lifting techniques which target sagging jowls, cheeks, chin and neck for the ultimate lift effect.

White Brightening Pigment Perfector

**\*NEW** £65.00

### Elemis Skin Solutions

Anti-Blemish Mattify and Calm £65.00

Is a revelation for oily, congested or hormonal skin. This mattifying facial helps to combat oil and shine. A deeply detoxifying treatment for clear bright skin.

Elemis Sensitive Skin Soother £65.00

Techniques help to reduce the appearance of redness and protect against daily stress. Texture and moisture levels are dramatically restored. Skin is left soothed, comfortable and calm.

Elemis Super Food Pro Radiance £65.00

For stressed dull skin to energise and detoxify. Leaves the skin plumper and radiant.

## Elemis Body Wraps & Exfoliation

Spa Ocean Body Wrap £45.00

Choose from Cellutox or Muscle Ease, includes a relaxing face and scalp massage.

Body Nectar Nourishing Wrap £45.00

Choose from Sweet Orchid Wrap or Frangipani Wrap. Cocooned in warm oils whilst balancing aromatics and skin conditioning oils do their work. **\*NEW**

Intensely Cleansing Salt Scrub £40.00

Choose from Lime & Ginger or Frangipani fragranced salt gently sloughs away dead skin cells. Leaving a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

## Mind & Body Packages

### Sublime Lime and Ginger Experience

2 hours

£102.00

Lime and Ginger Salt Glow  
Full Body Wellbeing Massage  
Elemis Advanced Facial

### Mother To Be

2 hours (Pre and Post Natal treatment)

£85.00

Mother to Be Massage  
Mind & Body Taster Facial

### Mens Packages

£90.00

Elemis Deep Tissue Full Body Massage  
Elemis Advanced Facial

*Complimentary use of our poolside facilities with every package before your treatment.*

## Time for Men

All of our treatments are unisex, however there are a few specially dedicated treatments.

### Mens Elemis Facial

£65.00

Protecting against ageing and helping to counteract the harsh effects of daily shaving.

### Male Manicure

£20.00

Filing, shaping, cuticle work and hand massage.

### Male Pedicure

£20.00

Filing, shaping, cuticle work and foot massage.

### Chest Wax

£20.00

### Back Wax

£20.00

### Eyebrow Wax

£11.00

Eyebrows shaped underneath and in-between.

### Eyebrow Tidy

£5.00

In-between the eyebrows waxed.

## Express Treatments

15 minutes

£15.00

### Express Feet

### Express Hands

### Express Scalp

### Express Eyes

### Express Face

(Combine two express treatments for £25.00)

Gift Vouchers are available

Please enquire as same day appointments may be available

Non members welcome

[rbsfitnessandwellbeing.com](http://rbsfitnessandwellbeing.com)

Tel: 0131 626 3412

