

# Forest Mere PRICE LIST

## Hands & Feet

	PRICE	DURATION
<b>EXPRESS TREATMENT</b>		
CHAMPNEYS CALLUS PEEL	£39	25 ①②③④
CHAMPNEYS CONDITIONING HAND TREATMENT	£39	25 ③④
CHAMPNEYS EXPRESS MANICURE	£35	25 ③④
CHAMPNEYS EXPRESS PEDICURE	£35	25 ③④
JESSICA GEL SOAK OFF	£20	15 ③④
<b>PAMPERED NAILS</b>		
CHAMPNEYS LUXURY PEDICURE	£49	50 ③④
JESSICA GELERATION GEL NAILS SHAPE AND POLISH	£45	25 ③④
JESSICA PRESCRIPTIVE MANICURE	£49	50 ③④
<b>ULTIMATE NAILS</b>		
JESSICA DELUXE GELERATION GEL OVERLAY MANICURE	£59	50 ③④
JESSICA DELUXE MANICURE WITH LEREMEDI HAND TREATMENT	£55	50 ③④

## Massages

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS AROMATHERAPY BACK MASSAGE	£55	25 ③④⑤⑥⑦⑧
CHAMPNEYS HEAD IN THE CLOUDS	£49	25 ③④
CHAMPNEYS MASSAGE	£49	25 ③④⑤⑥
CHAMPNEYS MASSAGE SENIOR THERAPIST	£59	25 ③④⑤⑥
LAVA SHELL RELAX MASSAGE	£55	25 ⑦⑧⑨⑩⑪⑫⑬⑭
<b>PERSONALISED</b>		
CHAMPNEYS AROMATHERAPY MASSAGE	£79	50 ③④⑤⑥⑦⑧⑨⑩
CHAMPNEYS BAMBOO MASSAGE	£79	50 ③④⑤⑥⑦⑧⑨⑩
CHAMPNEYS INDIAN HEAD MASSAGE	£65	45 ③④⑤⑥⑦⑧⑨
CHAMPNEYS MASSAGE	£75	50 ③④⑤⑥
CHAMPNEYS MASSAGE SENIOR THERAPIST	£89	50 ③④⑤⑥
LAVA SHELL RELAX MASSAGE	£85	50 ⑦⑧⑨⑩⑪⑫⑬⑭
<b>ULTIMATE</b>		
AROMATHERAPY ASSOCIATES FULL BODY MASSAGE	£79	50 ③④⑤⑥⑦⑧⑨⑩
AROMATHERAPY ASSOCIATES INNER STRENGTH BODY MASSAGE	£79	50 ③④⑤⑥⑦⑧⑨⑩
CHAMPNEYS HOT POULTICE MASSAGE	£109	80 ⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯*
CHAMPNEYS SPORTS MASSAGE	£89	50 ③④⑤⑥⑦⑧⑨⑩*
DECLÉOR AROMA BLEND REFINE & FIRM MASSAGE	£89	50 ③④⑤⑥⑦⑧⑨⑩
ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89	50 ③④⑤⑥⑦⑧⑨⑩
<b>FACE &amp; MASSAGE</b>		
DECLÉOR FACE & BODY ULTIMATE ESCAPE	£89	50 ③④⑤⑥⑦
ELEMIS ABSOLUTE SPA RITUAL	£129	110 ⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱
ELEMIS FACE & BODY SENSATION	£89	50 ③④⑤⑥⑦⑧⑨

## Baby

	PRICE	DURATION
BEAUTIFUL BUMP	£69	50 ③④⑤⑥⑦⑧⑨⑩
CHAMPNEYS MASSAGE	£49	25 ③④⑤⑥
CHAMPNEYS MASSAGE	£75	50 ③④⑤⑥
CHAMPNEYS PICK ME UP FACIAL	£45	25 ①
CHAMPNEYS COLLAGEN GOLD FACIAL	£75	50 ①
CHAMPNEYS HEAD IN THE CLOUDS	£49	25 ③④
JESSICA PRESCRIPTIVE MANICURE	£49	50 ③④
CHAMPNEYS PEDICURE	£49	50 ③④

## Facials

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS PICK ME UP FACIAL	£45	25 ①
DECLÉOR AURABSOLU GLOW POWER BOOSTER	£55	25 ①
ELEMIS SUPERFOOD FACIAL	£55	25 ①
<b>PERSONALISED</b>		
CHAMPNEYS COLLAGEN GOLD FACIAL	£75	50 ①
DECLÉOR POWER PACKED VITAMIN SURGE FACIAL	£79	50 ①
ELEMIS PRO COLLAGEN AGE DEFY	£89	50 ①
ELEMIS DYNAMIC RESURFACING PRESCRIPTION	£89	50 ①
<b>ULTIMATE</b>		
CHAMPNEYS ULTIMATE AGE EXCELLENCE	£89	80 ①
DECLÉOR WRINKLE ERASER YOUTH BOOSTER	£89	50 ①
ELEMIS BIOTEC FACIAL	£105	50 ⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱

## Beauty

	PRICE	DURATION
LASH PERFECT EYELASH EXTENSION	£50	25 ①
EYEBROW SHAPE	£20	15 ①
EYEBROW TINT	£20	25 ①
EYEBROW & EYELASH TINT	£30	25 ①
EYELASH TINT	£20	25 ①
BROWS BY MII	£40	45 ①
THREADING	£30	25 ①
MAKE UP LESSON	£50	50 ①
SILKY LOCKS	£50	50 ①
SUN TOWER	£5	3 ⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱
ST TROPEZ SPRAY TAN	£35	25 ①
BIKINI WAX	£25	15 ③④⑤⑥
FULL LEG WAX	£45	45 ③④⑤⑥
HALF LEG WAX	£35	25 ③④⑤⑥
UNDERARM WAX	£20	15 ③④⑤⑥

## Men

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS MASSAGE	£49	25 ③④⑤⑥
EXECUTIVE FOOT TREATMENT	£45	25 ③④
EXECUTIVE HAND & NAIL TREATMENT	£40	25 ③④
<b>PERSONALISED</b>		
CHAMPNEYS MASSAGE	£75	50 ③④⑤⑥
CHAMPNEYS MEN'S PERSONALISED FACIAL	£69	50 ①
ELEMIS HIGH PERFORMANCE SKIN ENERGISE	£89	50 ①
<b>ULTIMATE</b>		
CHAMPNEYS GROOMING EXPERIENCE	£95	80 ①
CHAMPNEYS SPORTS MASSAGE	£89	50 ③④⑤⑥*
ELEMIS FREESTYLE DEEP TISSUE MASSAGE	£89	50 ③④⑤⑥⑦

### CONTRA INDICATIONS

① HIGH OR LOW BLOOD PRESSURE	⑰ PREGNANT UNDER 3 MONTHS
② CANCER DURING ACTIVE TREATMENT	⑱ OVER OR UNDER ACTIVE THYROID
③ CIRCULATORY PROBLEMS	⑳ WARTS VERRUCAS OR FUNGAL INFECTIONS
④ CLAUSTROPHOBIA	㉑ COLD SORES SKIN INFECTIONS OR EYE INFECTIONS
⑤ DIABETES	㉒ THROMBOSIS
⑥ EPILEPSY	㉓ VARICOSE VEINS/STROKE
⑦ HEART CONDITION	* LIMITED AVAILABILITY
⑧ METAL PINS AND PLATES	① SHOWER REQUIRED
⑨ MOBILITY PROBLEMS	② RECENT OPERATION UNDER 6 MONTHS
⑩ PREGNANT	③ RECENT OPERATION UNDER 12 MONTHS

## Body

	PRICE	DURATION
<b>DISCOVERY</b>		
CHAMPNEYS DETOX CELLULITE BLITZ	£55	25 ③④⑤⑥
CHAMPNEYS FULL BODY EXFOLIATION	£55	25 ③④⑤⑥
CHAMPNEYS BODY WRAP	£49	25 ③④⑤⑥
<b>PERSONALISED</b>		
CHAMPNEYS BODY RADIANCE	£69	50 ③④⑤⑥⑦⑧
CHAMPNEYS DETOX CELLULITE BUSTER	£75	50 ③④⑤⑥
CHAMPNEYS SPA HEAVEN COCOON	£69	50 ③④⑤⑥⑦⑧
DETOXIFYING SEAWEED WRAP	£69	50 ③④⑤⑥⑦⑧
GERMAINE DE CAPPUCINI CHOCOLATE WRAPPER	£75	50 ③④⑤⑥⑦⑧
<b>ULTIMATE</b>		
CHAMPNEYS CITRUS BLUSH BODY RITUAL	£79	50 ③④
CHAMPNEYS SHARED INDULGENCE	£209	80 ③④⑤⑥
ELEMIS TARGETED TONING TIGHTENER	£79	50 ③④⑤⑥⑦⑧

## Alternative

	PRICE	DURATION
ANGEL CARDS - 25 MINS	£29	25 *
ANGEL CARDS - 50 MINS	£55	50 *
ASTROLOGY - 25 MINS	£29	25 *
ASTROLOGY - 50 MINS	£55	50 *
BOWEN TECHNIQUE	£85	50 *
CLAIRVOYANCE	£80	50 *
COLON HYDROTHERAPY	£95	75 ①②*
COLOUR ANALYSIS	£85	50 *
EMOTIONAL FREEDOM TECHNIQUE	£100	80 *
HYPNOTHERAPY	£90	50 *
PSYCHIC HEALING	£65	50 *
REIKI	£75	50 *
RASUL	£40	50 ③④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯
RASUL - WHOLE CHAMBER	£100	45 ③④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱
REFLEXOLOGY	£75	50 ③④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯
SHIATSU	£75	50 ③④⑤
SPIRITUAL HEALING	£80	50 *
TAROT CARD READING - 25 MINS	£29	25 *
TAROT CARD READING - 50 MINS	£55	50 *
THALASSOTHERAPY	£20	25 ③④⑤⑥⑦⑧⑨⑩⑪⑫⑬⑭⑮⑯⑰⑱
TRANSFORMATIONAL ENERGY	£69	50 *