

ESPA FACE

Cellular Renewal Enzyme Facial 85m 110.00

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion. A deep cleanse incorporating skin brushing, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. To finish, we apply a Lifting and Smoothing Mask containing concentrated Seaweed Extracts, Argan Oil and Menthol, giving your skin a more plumped and firmer appearance.

Lifestage Facial 55m 78.00

A highly effective age defying facial which delivers immediate visible results, helping to reduce the signs of ageing. The treatment uses ESPA's new LIFESTAGE range which harnesses the latest skin care technology: Stage Release and Natural Encapsulation Technology.

Age-Defy Facial with Active Serum 75m 80.00

This regenerating facial & firming eye treatment helps minimise fine lines, combat the signs of ageing & visibly improves the appearance of your skin, leaving it feeling nourished and fresh.

ESPA Prescriptive Facial 55m 58.00

Following a thorough skin analysis, your therapist will tailor make your facial to suit your skin needs using one, or a combination of their Aromatherapy, Rebalancing, Re-hydrator or Skin Brightener ranges.

Facial Cleanse 25m 36.00

If time is an issue this ½hr facial is perfect! Suitable for all skin types.

ESPA BODY

Holistic Total Body Care 1h25m 75.00

An all encompassing treatment bringing harmony to both body and mind including a full body exfoliation, facial cleanse & relaxing scalp and back massage.

Pre & Post Natal Treatment 1h25m 75.00

A total body treatment designed for pregnant and nursing mothers

- includes a full body exfoliation, mud treatment and upright massage using callendula oil. Please consult with a Beauty Therapist prior to booking.

Holistic Back, Face & Scalp Treatment 1h25m 75.00

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

Energy Booster Ritual 55m 65.00

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Anti-cellulite Hip & Thigh Treatment 55m 65.00 | 6 for 325.00

Designed to stimulate the circulatory & lymphatic systems, on those areas prone to cellulite & fluid retention. Includes a full seaweed & salt exfoliation, detox massage using stimulating and lymphatic massage techniques and followed by the application of warm marine algae. NB: IT IS IMPORTANT NOT TO WAX OR SHAVE FOR AT LEAST 48HRS PRIOR TO HAVING THIS TREATMENT. NOT SUITABLE DURING PREGNANCY.

Lifesaving Back Treatment 40m 55.00

Ideal treatment for problematic skins & a treat for this neglected area.

Espea Salt & Oil Scrub 30m 42.00

This exceptional skin softening body exfoliation combines sea salts and nourishing and essential oils to leave your skin moisturised, smooth and soft.

Body Polish 25m 37.00

Complete exfoliation - cleanses & invigorates the skin and body.

MASSAGE

Relaxing Full Body Massage 55m 57.00 | 7 for 342.00

Relaxing Back Massage 25m 37.00 | 7 for 222.00

Lava Shell Warming Massage 30m 40.00 | 60m 62.00

Uses a gentle heat in porcelain shells in conjunction with your therapist's hands to promote a feeling of relaxation and improve wellbeing. A beautifully pampering warm experience.

WAXING

Eyebrow Threading (Sundays Only) ¼h 14.00

Threading (Sundays Only) ½h 28.00

We use both hot and strip wax. Lycon hot wax is great for coarser, stubborn hair and intimate areas as it wraps the hair and is much kinder for sensitive skin. Strip wax works best for fine hair and in large areas. Your therapist will choose the best wax for you.

Full Leg & Bikini 1hr 40.00

Full Leg ¾hr 33.00

¾ Leg & Bikini ¾hr 35.50

¾ Leg ½hr 26.50

½ Leg ½hr 23.00

½ Leg & Bikini ¾hr 32.00

Bikini ¼hr 16.00

High Bikini ¼hr 23.00

Brazilian ½hr 42.00

Hollywood 1hr 52.50

Full Arm ½hr 22.00

Half Arm ¼hr 18.00

Underarm ¼hr 16.00

Lip or Chin ¼hr 14.00

Eyebrow ¼hr 14.00

IPL THERAPY

Laser permanent hair removal, thread vein/pigmentation removal and skin rejuvenation treatments using state of the art Intense pulse light. Free consultation and advice given. Please see separate IPL leaflet for details and offers.

ST TROPEZ

Spray Tanning 30m 25.00

GUINOT FACE

Hydradermie2* 1h 10m 64.00 | 3 for 182.00

Deep cleanses, oxygenates and regenerates. A monthly Hydradermie will keep your skin in optimum condition. Suited to your skin type: de-hydrated, mature, oily, sensitive or pigmented.

Hydradermie2 Age Logic* 1h 30m 77.00 | 3 for 221.00

A Hydradermie with added firming & toning serums to revitalise skin.

The Workout for the Face

Hydradermie2 Lift Express* 30-45m 54.00 | 3 for 152.00

Perfect as an introduction to this lifting treatment - includes drainage and stimulation. Recommended to have 6 within 3 weeks as initial course and then the top-ups.

Hydradermie2 Lift* 55-75m 65.00 | 3 for 185.00

For those who regularly have facials and want the combination of lifting treatment and facial - great for regular maintenance monthly.

Hydradermie2 Lift Deluxe* 105-120m 110.00 | 3 for 320.00

As Hydradermie Lift but with added firming and toning serums to revitalise skin.

Hydradermie Eye Logic* 40m 50.00 | 3 for 140.00

Non-surgical treatment specifically for the delicate eye area. Using stimulation current to give muscles a workout. Reviving the eye, giving a toned and lifted effect.

Liftosome Facial 58m 58.00 | 3 for 162.00

The perfect anti-wrinkle treatment that is ideal before a special occasion. This stimulating pro-collagen thermal facial, regenerates and energises your skin leaving it firm and radiant. Guinot recommend 3 treatments over successive weeks.

Beauté Neuve 55m 56.00 | 3 for 158.00

This superb renewing facial has benefits for every skin type and leaves the complexion truly radiant. Not suitable for very sensitive skin types.

Guinot recommends course of 3 treatments over consecutive weeks.

Aromatics Facial 55m 56.00 | 3 for 158.00

Balances skin, softens fine lines, restores radiance & lifts your senses. Suitable for all skin types.

GUINOT BODY

Pregnancy Pamper Treatment 1h 40m 98.00

Extremely relaxing face and body treatment created especially for expectant mothers. Includes full body exfoliation, foot mask, hand & arm massage and facial. Please consult with a Beauty Therapist prior to booking. Treatment can be carried out after the first trimester up until the 8th month of pregnancy.

Aromatic Contouring Treatment 1h10m 67.00 | 6 for 368.50

For A Slimmer Silhouette. Awarded 'Best body Treatment' by French magazine L'Officiel for it's effectiveness. Uses mineral clays & specific massage to smooth & firm areas prone to cellulite, aiding the body's natural elimination of toxins.

Aromatic Body Softening Treatment 55m 59.00

Invigorating body scrub with full body massage. Toning & rehydrating.

Aromatic Body Polish 25m 37.00

A zingy full body exfoliation that revitalises & smoothes the skin.

HAND & FOOT TREATMENTS

Manicure ¾hr 25.50

French Manicure ¾hr 30.00

Nourishing Hand & Nail Treat 1hr 37.00

Please note that this is a paraffin wax treatment and as such we do not recommend or include a polish.

Pedicure ¾hr 36.00

French Pedicure 1hr 38.00

Nourishing Foot & Nail Treat 1hr 41.00

Please note that this is a paraffin wax treatment and as such we do not recommend or include a polish.

Manicure & Pedicure 1½hr 55.00

French Manicure & French Pedicure 1¾hr 62.00

French Toe Revarnish ½hr 22.50

Toe Revarnish ¼hr 19.50

Hand Revarnish ¼hr 16.50

French Hand Revarnish ½hr 20.00

Artist/Gellish Gel Polish Nails 1hr 36.00

Artist/Gellish Gel Polish Toes 41.00

Artist/Gellish Gel Polish Removal ½hr 16.00

FREE IF BOOKED WITH A NEW SET

EYE TREATMENTS

Please ensure you book in for a patch test 48hrs prior to your first tinting appointment

Eyeshadow Tint ½hr 19.00

Eyebrow Tint ¼hr 13.00

Eyebrow Shape ¼hr 14.00

Eyeshadow Tint & Eyebrow Tint ½hr 25.00

Eyeshadow Tint & Eyebrow Shape ½hr 27.00

LASH PERFECT

Please book a patch test 48hrs prior to your first Lash Perfect appointment

Full Set Eyelash Extensions 1½-2hr 85.00

Eyelash Extension Infill ¾hr 45.00

GLAM LASH

A fast semi-permanent eyelash treatment to extend and accentuate the lashes - ideal for holidays or special occasions.

Please book a patch test at least 24hrs prior to treatment.

Natural Look 30m 30.00

Full look 45m 35.00



BEAUTY TREATMENTS



TREATMENT GUIDELINES

Extremes of hot and cold temperatures and chlorine can make skin ultra sensitive. Please ensure that you do not expose your skin to these conditions for at least 8hrs before or after waxing.

The sunbed should not be used on the same day as a waxing treatment.

Waxing is not available for those using Roaccutane or Accutane and it is advisable to refrain from waxing until 3 months from finishing these drugs.

If you are engaging in any strenuous physical activity please ensure that you shower before arriving for your massage.

CANCELLATION POLICY - TREATMENTS

We require a minimum of 24 hours' notice for cancellations to avoid 50% of the treatment being charged. For less than 12 hours' notice, the full session will be charged.

CANCELLATION POLICY - SPA DAYS

We require a minimum of 48 hours' notice for spa day and associated treatment cancellations to avoid 50% of the spa day being charged. For less than 24 hours' notice, the full session will be charged.

If you arrive late for your appointment, we reserve the right to shorten your treatment time if necessary. The full charge will still be applicable.

Non-members are welcome to use The Day Spa, however all treatments must be pre-paid for at the time of booking.

THE AVENUE MUSWELL HILL N10 2QJ

Mon. to Fri. 9am - 9pm

Sat. & Sun. 10am - 6pm

CALL 020 8482 4000

www.labspa.co.uk

SPA DAYS

Enjoy a day at The Laboratory Spa & Health Club in the peaceful surroundings of The Day Spa. Your Spa Day can be tailor made to suit your individual needs...

Spa Day Escape 110.00
Allows full use of the club's facilities, including the gym, group fitness classes, mind/body classes, wet facilities & relaxation room (Muswell Hill only) A light lunch from our juice bar and light refreshments are also included.

Spa Day Retreat 147.00
As a Spa Day Escape but with the added extra of a one hour relaxing full body massage

Pregnancy Pamper Day 188.00
As a Spa Day Escape but with a Guinot pregnancy pamper treatment which is ideal for mums to be & includes a full body exfoliation, foot mask, hand & arm massage & facial. (Please note that this treatment is only available from the second trimester onwards)

Revitalise & Energise 178.00
This more invigorating day begins with a fitness assessment with a fully-qualified gym instructor, who will then design a short programme tailored to your aims & level of fitness. After an invigorating workout, relax over a light nutritious lunch. This is followed by a warming ESPA fitness massage to soothe tired muscles & revitalise the body promoting a feeling of well-being. The package includes the appropriate ESPA bath oil so that you can continue the relaxation at home with a long relaxing soak!

Bridal Spa Day 230.00
ESPA Desensitiser Facial, ESPA Hand & Foot Treatment, Relaxing Back, Neck & Shoulder Massage - this package is created with relaxation in mind. Allows full use of the club's facilities, including the gym, group fitness classes, mind/body classes, wet facilities & relaxation room. A light lunch and tea or coffee is also included.

Groom's Spa Day 230.00
The groom needs pampering too! - As a Spa Day but also including a men's personalised ESPA facial, a Hand & foot treat & a relaxing back, neck & shoulder massage.

Stress Recovery Day 250.00
As a Spa Day Escape but with the added extra of a personalised ESPA facial, A Nourishing Hand & nail treat & an ESPA stress reliever ritual which combines a body wrap & massage using soothing oils to restore equilibrium, peace of mind & bring deep relaxation to the body & spirit.

MEN'S TREATMENTS

ESPA DE-SENSITISER FACIAL 55m 58.00
A comforting facial for sensitive skins prone to redness and irritation. Desensitising natural plant extracts and calming aromatherapy oils are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity and minimise high-colour leaving skin calmed, nourished and comfortable.

GENTLEMAN'S TONIC 1h25m 70.00
This treatment soothes aching muscles and targets the back, neck, legs and feet. Enjoy a soothing foot soak and scrub followed by a leg and foot massage involving a warming envelopment of paraffin wax to the feet and instant pedicure. The back is then exfoliated and massaged with essential oils - the perfect treatment to restore energy to a weary back, feet and legs.

BACK, FACE AND SCALP TREATMENT 1h15m 75.00
This holistic treatment renowned as ESPA's 'Hero' treatment and loved by all; this experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

HYDRADERMIE PURIFYING TREATMENT* 1h10m 64.00
This electrical facial will have your skin visibly re-balanced, pores tightened and skin mattified.

AROMATIC BALANCE TREATMENT 55m 56.00
This treatment will leave you feeling incredibly relaxed and your skin will regain its purity, radiance and balance. Suitable for oily and combination skins, this treatment will help to re-balance the action of sebaceous glands and to enhance the appearance of your skin.

HYDRADERMIE ANTI-WRINKLE TREATMENT* 65m 77.00
This electrical facial with clinically proven results will help to smooth wrinkles and aid firmness. We recommend one treatment a week for three weeks for optimum results.

WAXING

Chest or Back ½hr 24.00
Shoulder ¼hr 15.00

HAND & FOOT TREATMENTS

Manicure ½hr 21.00
Deluxe Manicure 1hr 37.00
Pedicure ¾hr 36.50
Deluxe Pedicure 1hr 41.00
Manicure & Pedicure 1¼hr 48.00
ESPA Hand & Foot Treatment 55m 48.00
A relaxing hand, foot & nail treatment including scrub & massage.