

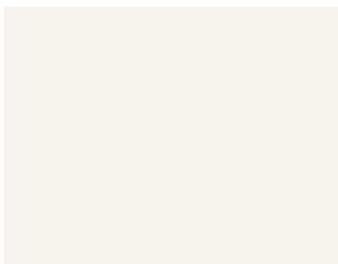


When you visit our Mini Day Spa we aim to give you a sense of escapism; relax while you enjoy being pampered. We challenge you to leave, feeling refreshed and stress-free.

The idea is that you don't have a long trip back home, the convenience of the local high street makes it easy to do a mid-week spa. or if you're short on time Pop in, for a quick pick me up.

After an overwhelming day, it's just what you need and deserve.

"Make self-care a part of your everyday life."



**S.spa London
find us**

Follow Us:

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@sspa



**S.spa @Wellbeing95
95 Streatham Hill
SW2 4UD
0208 674 7814**

**www.sspalondon.net
sspalondon95@gmail.com**

PLEASE NOTE:

When booking a non-refundable deposit is required, on all treatments over £50 if you cancel within 48 hrs. Your deposit is taken as a cancellation fee we have a 48hrs hr cancellation policy in place.

S.spa London

'Taking your self- care to a new level'



www.sspalondon.net

www.sspalondon.net

Real Massage | Hot stone | Aroma | CBD



REAL MASSAGE

- | | |
|---------------------------------------|------------|
| • Swedish Back, Neck & Shoulders | £35 |
| • Swedish Full Body | £65 |
| • Aromatherapy Back, Neck & Shoulders | £35 |
| • Aromatherapy Full Body | £65 |
| • Deep tissue Back, Neck & Shoulders | £37 |
| • Deep tissue Full body | £68 |
| • Pregnancy massage | £70 |

"Every day is a choice to practice, stress or to practice peace"
S.spa

TOP TIP:
'Massage
benefits all
the systems
of the body'
add a sauna
for added
wellbeing

SPECLAIST MASSAGE

- | | |
|------------------------------------|------------|
| • CBD Back, Neck & Shoulders | £39 |
| • CBD Swedish Full Body | £65 |
| • Candle Full Body Massage | £75 |
| • Lymphatic Massage Full body | £70 |
| • Hot Stone Back, Neck & Shoulders | £37 |
| • Hot stone Full body | £68 |
| • Head Massage | £25 |

Swedish Couples Massages

- | | |
|---------------------------|-------------|
| • Back, Neck and Shoulder | £65 |
| • Full Body | £124 |



REQUEST THE BEST

Ask your therapist.
about making an extra saving on your
regular massage treatments
we can customize the treatment for
your needs.
Save with a course of massage buy 5
get 1 free.

Ask when booking if you want to add
a sauna*. (it's cheaper at £15 per
sauna)

All our courses can be tailored to
your needs

*ASK AT RECEPTION this can only be
booked directly with us.

Eye brow | Lash Services

"True beauty begins the moment, you embrace yourself"

S.spa

TOP TIP:

Book
a trio for
maximum
impact
save some
pennies
aswell

PATCH TEST REQUIRED

- Eyebrow Tint £8
- Eyelash Tint £17
- Eyebrow & Eyelash Tint £22
- **Eye Trio (Eyebrow wax, Eyebrow & Eyelash Tint** £30

PATCH TEST REQUIRED

- Eyelash Lift & Tint £40
- Eyebrow Lift, wax & Tint £26
- **Eye trio 2 (Eyebrow & Eyelash lift & tint, Eyebrow wax)** £55

PATCH TEST & CONSULTATION

REQUIRED Semi permanent Make-Up

- Eyelash Extensions from £65
- **Semi Permanent Make up**
- Micro blading £165
- Ombre Eyebrows £100
- Lip Blush £100

(minimum of 2 sessions required, lasts up to a year before you need another top up)

Waxing services



"Surround yourself with people that will hold your hand during a wax- that's true friendship" S.spa

TOP TIP:

The hair should be 1/4 of inch long or 4 weeks growth.

- Hollywood £40
- Brazilian £36
- Bikini £21
- Half Leg £18
- Full Leg £28
- Underarm £11
- Half Arm £13
- Full Arm £16
- **Brazilian and Half Leg** £46
- **Brazilian and Full Leg** £54
- Chin £7
- Upper Lip £7
- Eyebrows £10
- **Eyebrows, Chin and Lip** £21
- Back £28
- Chest £28



Feet|Hands services



"Get that top to toe feeling "

S.spa



TOP TIP:
Work with
your natural
shape to
create long
looking
nails.

- GEL Manicure £32
- GEL Pedicure £40
- GEL Manicure & Pedicure £65
- GEL File, Buff & Polish - Hands £20
- GEL File, Buff & Polish - Feet £20
- GEL Removal - Hands £12
- GEL Removal - Feet £12
- GEL Removal overlay £15

Without Gel Polish - Normal Polish

- Manicure £22
- Pedicure £35
- Manicure & Pedicure £52
- File, Buff, & Polish - Hands o.p.i £15
- File, Buff, & Polish - Feet o.p.i £15
- Paraffin Wax Moisture Treatment - Hands £10
- Paraffin Wax Moisture Treatment - Feet £10

Save some pennies and remove
all gel polish from the nails
we charge extra for gel overlays.
Book a removal if you are not
sure what system you have on
"Ask our Therapists"

What's your skin type?

Caudalie Skincare

A French skincare company, specialized in Vinotherapie. It is known for Harnessing the power of naturally sourced ingredients, Caudalie is a French beauty brand that is rooted in nature. ... Suitable for all skin types. Caudalie's formulas are rich in antioxidants to provide the ultimate skincare solutions.

Key ingredients: Include Grape Seed Oil, Resveratrol, and Prickly Pear Oil.

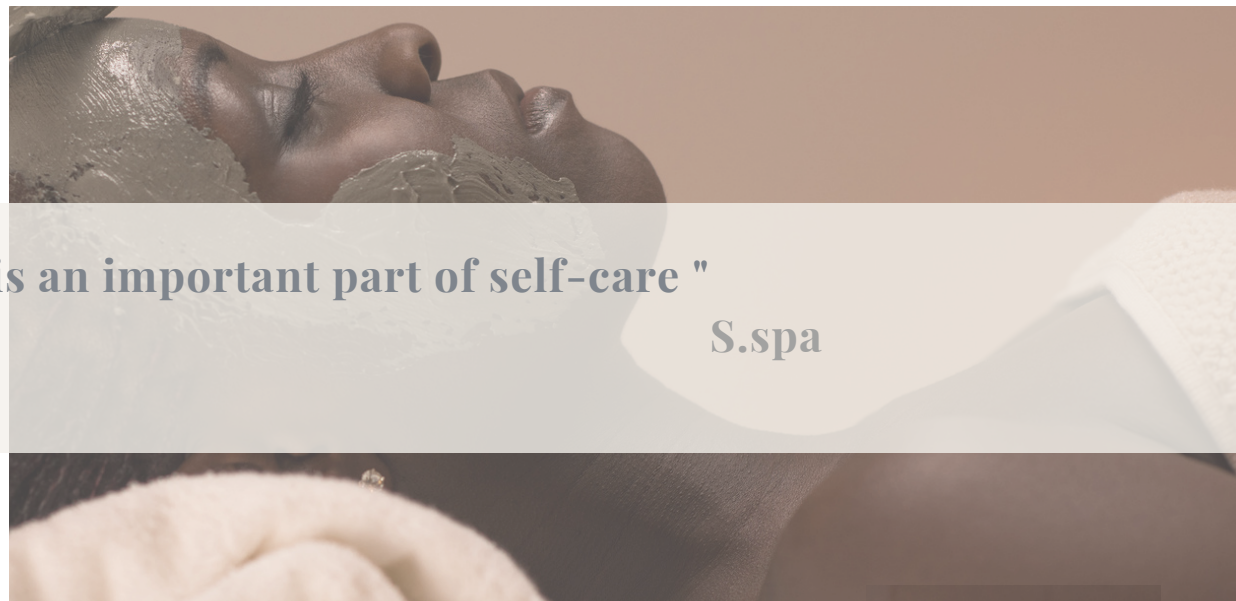


"Skincare is an important part of self-care "

S.spa

TOP TIP:

Speak to a professional to understand your skin type.



Caudalie Specialist Facial

Treatment time: 55 mins

- **Vino Source** - Sensitive, dry & dehydrated skin
- **Vino Pure** - Oily, combination
- **Vino Perfect** - Pigmentation skin
- Resveratrol Lift - Anti-ageing

£80

Includes extraction, steam mask neck area, and hot stone massage.
first one with Consultation

£64

£72

Express Divine

- 25 min facial which uplifts the senses
A great introduction to Caudalie.
- (no steam and mask)

£35

" As long as you have an hour to spare, We make it easy for you. Your therapist will decide which facial is best for your skin"

Facial Courses

Express Divine

course 6 £175

Caudalie Specialist Treatment

(free consultation)

course 6 £320

Free 6th facial and one Free product to start your home care routine.



What's the skin concern?



"Filters are fun, but great skin is better "

S.spa

TOP TIP:

Don't depend on social media when it comes to your skin, what works for others might cause you a skincare nightmare.



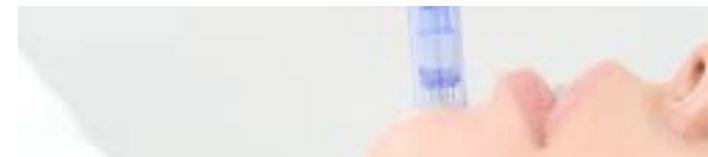
Dermaplaning Facial

Is a form of mechanical exfoliation, where both dead skin cells and vellus hairs (the fine hairs on your face, otherwise known as 'peach fuzz') are scraped away from the surface of the skin. leaving a glowing smooth complexion

£68

Chemical Peel for All Skin Tones £115

A detailed consultation and patch test, for deep pigmentation, scarring acne and photo ageing **Course of 4 treatments £402.50**



PLEASE NOTE:

We recommend a corrective course of treatment, as great skin takes time. (We charge a booking fee that is redeemable against your treatment all deposits and booking fees are nonrefundable)

Microneedling (with dermapen)

Collagen induction therapy, also known as microneedling, dermarolling, or skin needling, is a cosmetic procedure that involves repeatedly puncturing the skin with tiny, sterile needles. which triggers the skins repair response also treats pigmentation, open pores, and acne scarring.

£95

Course of 6 treatments £475

Step 1. The therapist will complete a skin consultation online or face to face.

Step 2. Each advanced facial is customized to your skin type.

£70

Course of 6 treatments £350

£68

Course of 6 treatments £340

Advanced Skin Care

Microdermabrasion

Is a type of surgical skin exfoliation generally with the goal of removing acne, scarring, and other skin or tissue irregularities.

High-Frequency & Vacuum suction Facial*

Is a treatment created to boost blood circulation, supplying tissues with oxygen and eliminating the bacteria under the skin helping to regenerate skin cells. It helps to treat and prevent stubborn acne, shrink enlarged pores.

Spa packages



"People will always remember, how you made them feel"

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TOP TIP:
Hire bathrobe,
slippers and towel
then take the rest
of the day off.



Couples Anniversary

1 hour sauna session together in our private sauna. Chill with your Prosecco & Chocolates. Your therapist will escort you to the double treatment room where you and your guest can enjoy an exceptional Swedish massage.

£155 Per couple

Self Care Body Package

Make a saving with our Swedish full body massages. and sauna

£80 Per person

Birthday Spa Experience

Full Body Candle Massage with warm aromatherapy oils, and the Caudalie vino source facial. Chill in the private sauna for an hour, and enjoy a sweet treat of strawberries and prosecco with an extra special birthday cupcake. **£130 Per person**

Stress Buster

Using our stress buster blend enjoy a Swedish back, neck, shoulder, face, and scalp massage to make you really float and leave your worries behind.

£55 Per person

Self Care Day

The quick pick me up you deserve Back, neck, and shoulder massage with warm oils, and express Caudalie Divine facial. In addition chill in the sauna for some real needed downtime. **£70 per person**

Bronze Body Package 1

Caudalie crushed cabernet body scrub and Swedish Full body massage, with sauna **£130 per person**

Bronze Body Package 2

Caudalie crushed cabernet body scrub and vino-sculpt lift and body treatment application **£75 per person**