



S.spa London
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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 @Wellbeing95
95 Streatham Hill
SW2 4UD

S.spa @Shout! House
178a Norwood Rd
SE27 9AU
0208 674 7814

www.sspalondon.net
sspalondon95@gmail.com

PLEASE NOTE:

When booking please check the location as we have two sites. Some advanced treatments marked with * are not available at Shout House.

www.sspalondon.net

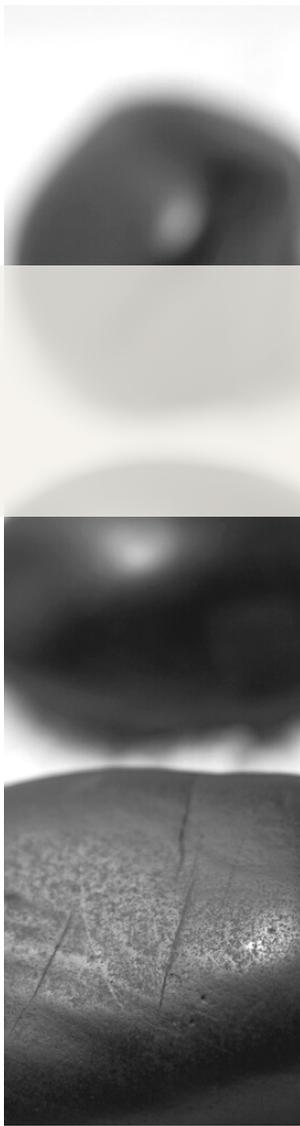
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'Taking your self- care to a new level'



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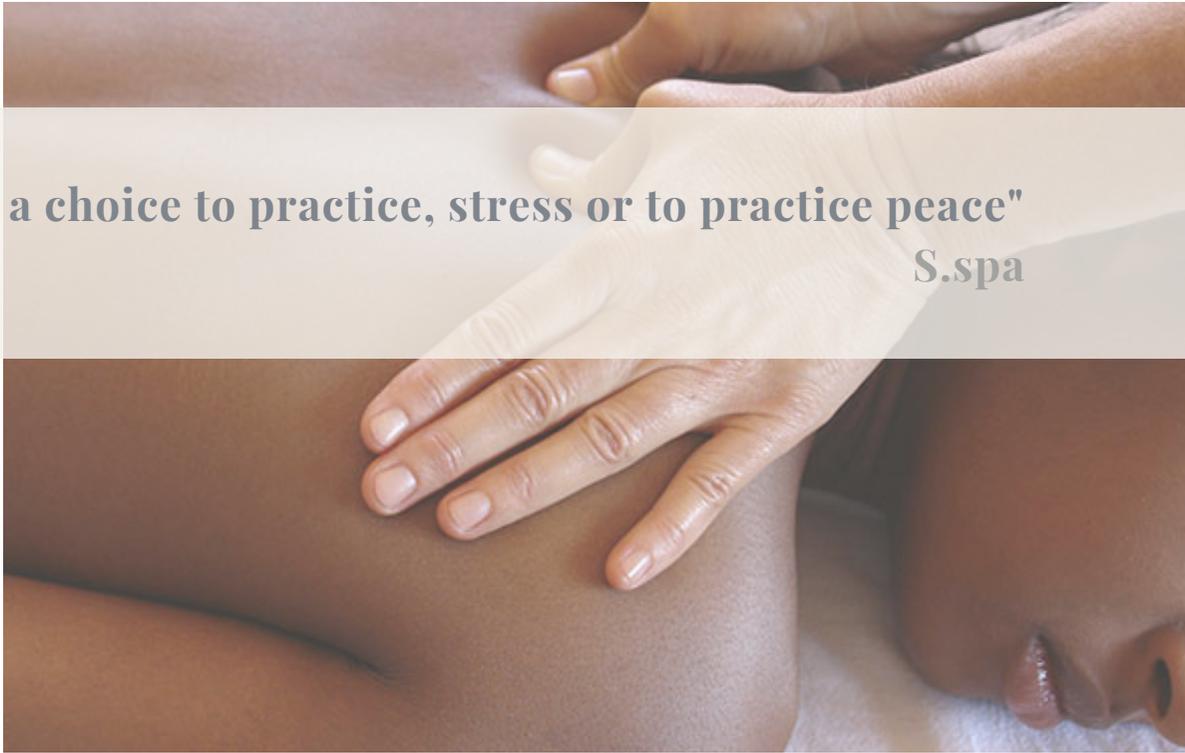
Real Massage | Hot stone | Aroma | CBD



REAL MASSAGE

- Swedish Back, Neck & Shoulders **£32**
- Swedish Full Body **£62**
- Aromatherapy Back, Neck & Shoulders **£32**
- Aromatherapy Full Body **£62**
- Deep tissue Back, Neck & Shoulders **£35**
- Deep tissue Full body **£65**

"Every day is a choice to practice, stress or to practice peace"
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TOP TIP:
'Massage benefits all the systems of the body' add a sauna for added wellbeing *

SPECLAIST MASSAGE

- CBD Back, Neck & Shoulders* **£38**
- CBD Swedish Full Body* **£70**
- Candle Back, Neck & Shoulders* **£38**
- Candle Full Body Massage* **£70**
- 4 Handed massage Full body* **£80**
- Hot Stone Back, Neck & Shoulders **£35**
- Hot stone Full body* **£65**
- Head Massage **£25**

(Save with a course of massage buy 4 get 1 free)

REQUEST THE BEST

Tell your therapist.

If you would prefer a silent massage. we can customize the treatment for your needs.

Save with a course of massage buy 4 get 1 free.

Ask when booking if you want to add a sauna*.

(sauna not available at Shout House)*



Eye brow | Lash Services

"True beauty begins the moment, you embrace yourself"

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TOP TIP:
Book
a trio for
maximum
impact.

PATCH TEST REQUIRED

- Eyebrow Tint **£7**
- Eyelash Tint **£16**
- Eyebrow and Eyelash Tint **£21**
- Eye Trio (Eyebrow wax, Eyebrow & Eyelash Tint) **£26**

PATCH TEST REQUIRED

- Eyelash Lift with Tint **£25**
- Eyebrow Lift with Tint **£15**
- Eye trio 2 (Eyebrow lift, Eyebrow wax, and Lash Lift and Tint) **£48**





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 £36
 - Brazilian £34
 - Bikini £21
 - Half Leg £18
 - Full Leg £26
 - Underarm £11
 - Half Arm £12
 - Full Arm £16
 - Brazilian and Half Leg £45
 - Brazilian and Full Leg £55
 - Chin £7
 - Upper Lip £7
 - Eyebrows £10
 - Eyebrows, Chin and Lip £18
 - Back £26
 - Chest £26

Feet|Hands services



"Get that top to toe feeling "

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

Without Gel Polish - Normal Polish

- | | | | |
|-------------------------------|------------|---|------------|
| • Manicure | £30 | • Manicure | £20 |
| • Pedicure | £40 | • Pedicure | £30 |
| • Manicure & Pedicure | £60 | • Manicure & Pedicure | £50 |
| • File, Buff & Polish - Hands | £20 | • File, Buff, & Polish - Hands | £15 |
| • File, Buff & Polish - Feet | £20 | • File, Buff, & Polish - Feet | £15 |
| • Removal - Hands | £12 | • Paraffin wax moisture treatment - Hands | £10 |
| • Removal - Feet | £12 | • Paraffin wax moisture treatment - Feet | £10 |

Save some pennies and remove
all gel polish from the nails.
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 "

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TOP TIP:
Speak to a professional to understand your skin type.

Facials by skin type

Treatment time: 55 mins

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

£62

Express Divine

- 25 min facial which uplifts the senses and relaxes the mind. A great introduction to Caudalie.

£34

" 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"



What's the skin concern?



"Filters are fun, but great skin is better "

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

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 4 treatments £285

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.

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

Course of 4 treatments £204



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)

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.

£70

Course of 4 treatments £210

High Frequency 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.

£68

Course of 4 treatments £204



Spa packages

Couples Anniversary*

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

£150 Per couple

Self Care Body Package *

Make a saving choose from any of our full body massages. with sauna

£75 Per person



"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.

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. **£125 Per person**

Stress Buster

Using our stress buster blend enjoy an Aromatherapy 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. **£68 per person**

Bronze Body Package 1*

Caudalie crushed cabernet body scrub and Swedish Full body massage. **£92 per person**

Bronze Body Package 2*

Caudalie crushed cabernet body scrub and vino-sculpt lift and body treatment application with sauna. **£102 per person**