

# Spa Days

## Spa for Friends/Couples

- 2hrs
- Save £40 on full treatment prices

A lovely way to spend time with a partner or friend. Be pampered in the same therapy room with two luxury 60 minute treatments each of your choice. Please call to book a spa for two so we can organise times and therapists to create your perfect package.

**£90 per person**

## Spa for One

- 2hrs
- Save £20 on full treatment prices

Recharge your batteries and appreciate some time to yourself. Enjoy any two luxury 60 min treatments of your choice.

**£90**

## NEW! Signature Treatments

**Luxury Body Smooth 75 mins £65**  
**Radiance Body Smooth 30 mins £30**

Feel glowing, smooth and energised with these full body exfoliation and massage treatments using 100% natural oils. The luxury treatment will also include a radiance facial and Indian head massage. A real pick me up and great preparation for a holiday tan (or to prolong one once you've got it!).

**Treatment Room located in the tranquil courtyard at the Old Post, Nutfield. Late night and weekend appointments available. To book:** Call or text 07870 207 779

Download the 'Fitness Academy' app from the app store  
Book via our website [www.fitnessacademysurrey.co.uk](http://www.fitnessacademysurrey.co.uk)

**BEAUTY**  
AT THE  
FITNESS ACADEMY

**OLDPOST.**



# Beauty Price List

Our Treatment Room is located outside in the courtyard at the Old Post, Nutfield. We use the 100% natural Tropics Skincare range in all our face and body treatments.

**Luxury Facial** 60 mins £55  
(wonderfully relaxing)

**Radiance Facial** 30 mins £30  
(perfect pick me up)

Relax & unwind, nourish your skin and feel truly pampered. Includes cleanse, exfoliate, massage & mask. The luxury facial includes a longer indulgent face, neck & shoulder massage.

**Relaxation Massage** 60 mins £55  
45 mins £45  
30 mins £35

**Indian Head, Face & Neck Massage** 30 mins £30

**Sports Massage** 60 mins £65  
30 mins £40

**Reflexology** 60 mins £55  
30 mins £35

**Waxing**  
½ Leg 20 mins £20

Full Leg 40 mins £35

Basic Bikini 15 mins £15

Extended Bikini 20 mins £20

Brow Shape 10 mins £10

Lip/Chin Wax 5 mins £5

Under Arm 10 mins £15

**Full Wax Package** 60 mins £45  
Includes 1 hour of waxing in any combination you require.

**Tinting**

Eyebrow 10 mins £10

Eyelash 15 mins £12

Eyebrow Shape & Tint 20 mins £16

## Nails

We offer both gel nails and varnish, both sourced for their vibrant colour range, long lasting finish and non-toxic formulation. We recommend professional removal of gel nails to ensure you do not ruin the natural nail.

Luxury Pedicure 60 mins £50  
Luxury Manicure 60 mins £50

Pamper your hands or feet with these wonderful treatments, which include exfoliation and massage, a cuticle tidy and filed nails, completed with your choice of varnish or gel polish.

File and Varnish (Fingers or Toes) 20 mins £20

Girls' Varnish (Fingers or Toes) 15 mins £10

Gel Fingers or Toes 30 mins £25

Gel Fingers & Toes 60 mins £45

Gel Fingers & Removal 60 mins £35

Gel Toes & Removal 60 mins £35

Gel Removal Fingers or Toes 30 mins £20

Includes cuticle tidy, file & massage of your choice while you wait for gels to soak.

**Download  
our APP**

for quick & easy  
booking & live  
availability

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