



TRANQUIL

**SPA & BEAUTY**



# TAKE A DEEP BREATH

Tranquil Spa and Beauty offers a stunning complement of therapeutic and rejuvenating face and body care treatments, using only the best products with the finest ingredients.

If you are looking to recharge or relax, here at Tranquil Spa we can provide you with the perfect haven in which to experience the most incredibly unique sensations, where the mind, body & spirit converge to feel an unforgettable and deeply pleasurable experience.

Our team of experienced and highly qualified therapists will be happy to put together a treatment package designed specifically for your needs, and will be happy to offer you advice on your skin's requirements.

Your specialised Tranquil Spa Team will make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.





**Recharge, re-tune and re-connect with yourself in the calm and considered environment of our Thermal Spa Journey.**

**Enjoy up to 1hr 45 minutes of ultimate relaxation, taking in each of our finely tuned chambers to achieve total wellbeing.**

**In addition to your swimwear, please bring along 2 bath towels – 1 for use within the Thermal Journey and 1 to use within our changing facility afterwards. You are also able to bring along your own bath robe, slippers, and any shampoo/conditioner to wash your hair afterwards with if you would like to.**

### **Herbal Sauna**

Dried herbs infuse the air to help you unwind and relax.

### **Ice Chute**

Ice flakes to cool, tone and refresh your skin.

### **Watermill Sauna**

The first of its kind in the UK, this spacious sauna, with its hot dry heat, soothes aches and pains whilst detoxing.

### **Salt Inhalation**

The salt water atmosphere which is great for cleansing the skin and stimulating circulation.

### **Aroma Steam**

To ease muscular tension and clear your mind.

### **Health Shower**

Cool down and refresh.

# SPA EXPERIENCE



## Traditional

Releases tension and stress with a combination of techniques and pressures.

Back , neck and shoulder massage - 25mins	£27.50
Full body massage - 55mins	£40

## Indian Head

Focusing on the scalp, face, neck and shoulders, to relive symptoms of stress and anxiety. Pressure points will be used to help relieve tension.

40mins	£35
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## Reflexology

Pressure techniques focusing on the feet which correspond with certain points in the body. Helps to relax and prevent stress, enhances circulation and assists the body to normalise metabolism naturally.

55mins	£39.50
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## Aromatherapy

Aromatherapy oils will be used to relax, rejuvenate, or uplift with a combination of techniques and pressures.

Back , neck and shoulder massage - 25mins	£29.50
Full body massage - 55mins	£45

## Hot Stone

Easing away any deep muscle tension with a combination of pressures, techniques and warm stones. Focusing on the back, neck and shoulders. The warmth from the stones helps to release any stored tension and back pain.

Back , neck and shoulder massage - 25mins	£29
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## Tranquility Scalp

Concentrating on the scalp and face, helping to reduce tension, aiding stress and anxiety.

25mins	£29
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## Add-ons

Hand massage - 15mins	£10
Foot massage - 15mins	£10
Scalp massage - 15mins	£10

## Elemis Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Back - 30 mins	£27
Freestyle - 60 mins	£44.50

## Elemis Garden Of England Rose Restore

Take a walk in an English rose garden with this lavishly hydrating massage and body wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

60 mins	£44.50
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## Ishga Invigorating Body Massage

This invigorating treatment works by combining marma massage, lymphatic drainage and traditional Swedish massage techniques. It is designed to detox and balance the body whilst removing any particular areas of tension and stress.

30 mins	£38
60 mins	£45

# MASSAGE

ELEMIS  
DEFINED BY NATURE, LED BY SCIENCE

ishga  
Organic Seaweed Skincare



## Elemis Pro Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

60 mins £49

## Elemis Pro Definition Lift and Contour

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

60 mins £49

## Elemis Dynamic Resurfacing Precision Peel

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

60 mins £49

## Anti Ageing

### Ishga Anti-Ageing Rejuvenating Facial

A rejuvenating facial designed to revitalise and repair. The organic range of products combine mineral rich seaweed as the main ingredient, along with natural healing spring water, aloe vera, macadamia nut oil and cucumber extract. Seaweed is high in vitamins, minerals, trace elements and natural antioxidants that are considered essential for maintaining healthy, youthful skin. Suitable for all skin types.

60 mins £49

## Skin Care

### Elemis Superfood Pro Radiance

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

60 mins £49

### Elemis Sensitive Skin Soother

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

60 mins £49

### Elemis Anti Blemish Mattify and Calm

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

60 mins £49

## Men

### Elemis High Performance Skin Energiser

The hard-working facial for ageing, dehydrated skin and tired eyes, maximising cell regeneration. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

60 mins £49

### Add-ons

Eye Reviver - 15mins £10

# FACIALS

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# SCRUBS and WRAPS

## Elemis Body Nectar Nourishing Wrap

The velvety texture of the frangipani scented Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

60 mins £40

## Elemis Intensely Cleansing Salt Scrub

Lime and ginger fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

30 mins £25

## Ishga Detoxifying Seaweed Body Wrap

A powerful Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

50 mins £40

## Ishga Salt and Oil Scrub

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

25 mins £38

BODY

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# the Nail Bar



A trip to The Nail Bar is the perfect way to add those extra finishing touches to your pamper experience, making you feel fabulous from top to toe.

## Zen spa pedicure

60 mins	£26.50
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## Deluxe zen spa pedicure

75 mins	£30.50
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## Artificial nails

75 mins	£38.50
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## Artificial nails infills

60 mins	£25
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## File and paint (hands or feet)

25 mins	£11.50
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## Jessica GELeration with prescriptive manicure

Nails are analysed and treated for their specific type. Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with a Jessica GELeration polish.

90 mins	£32
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## Jessica GELeration with zen pedicure

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped and finished with a Jessica GELeration polish.

85 mins	£36.50
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## Jesscia GELeration

Nails are filed and shaped and finished off with a Jessica GELeration polish.

45 mins	£26.50
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## Jessica gel removal

Removal of existing GELeration only.

25 mins	£8
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PEDICURE

J  
JESSICA®



## Waxing

We offer a vast range of waxing and tinting treatments at Tranquil Spa; including a specialised wax system in order to offer you the very best in comfort and quality.

Half lower leg wax - 25 mins	£18
Full leg wax - 40 mins	£23
Bikini line - 15 mins	£9.50
Chest or stomach wax - 20 mins	£13.50
Upper lip, chin or cheek wax - 10 mins	£6
Eyebrow wax - 15 mins	£7
Full arm wax - 25 mins	£17
Lower arm wax - 20 mins	£11.50
Under arm wax - 15 mins	£7.50
Back only wax - 30 mins	£14

## Kissed by Mii tanning

A Kissed by Mii spray tan is the perfect way to create the natural look of summer all year round. Our mineral enriched, odourless formula dries quickly to leave you with flawless, streak-free colour and soft, smooth, skin.

30mins	£20
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## Lashes

If you want great looking lashes all the time in-fills are necessary because, like your fingernails and the hair on your head, your individual eyelashes grow out on a continuous cycle of replenishment.

Express lashes - 30mins	£30
Semi-permanent lashes, full set - 1hr 30mins	£40
Semi-permanent lashes infills - 1hr	£21

## Mii Brows

Make a statement with groomed brows that neaten and define brows for a fabulously framed look.

30mins	£30
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## Tinting

Tinting will enhance the general appearance of your eyes and is particularly beneficial for people who have fair eyebrows.

Eye lash tint - 30mins	£9.50
Eyebrow tint - 15mins	£6.50
Lash and brow - 25mins	£15
Patch test* - 5mins	FREE

\*must have 24hrs prior to treatment

kissed  
by *Mii*

# ESSENTIALS





**Our expert therapists use Mii make-up for a flawless finish; we will tailor your make up to suit your skin tone, outfit and occasion for the perfect look.**

## Special Occasion Make Over

Whatever the occasion may be, having your make up applied professionally will make you look and feel like a million dollars. Whether you would like a glamorous look, dramatic look or something more subtle, using Mii make up you will be made up to you look amazing for the event.

55mins £29.50

## Bridal Make Up

Your make-up needs to look flawless on your wedding day, as photographs and videos will be taken. Our make-up artist will conduct a 1 hour trial with you a few weeks before to ensure the right colors are chosen, and you know how the finished result will look. On the day of the wedding, come with a cleansed, exfoliated and moisturized face and allow 1 hour for our make-up artist to apply the planned make-up. If you require us to travel to you, please call for a quote.

55mins £46

## Prom Make Up

Have your make up applied professionally for your special prom night. Make up can be applied to give a very natural look or to give a more sophisticated look, also we can match your make up to the colour of your outfit. Our friendly therapists will work with you to make you look beautiful for this very special occasion.

55mins £30

## Make up lesson

Learn how to look gorgeous and flawless with a personal Mii make-up lesson. Discover how to enhance your face shape and features quickly and confidently. This is a fantastic fun way to breathe new life into your look.

A Mii Make-up Lesson will show you:

- How to best care for your skin
- A fast and simple make-up routine
- Make-up colours that suit you naturally
- Application tips for a long-lasting look
- Make-up advice for your special occasions

55mins £29.50

# MAKE UP



# Give the gift of relaxation

**A gift voucher from Tranquil Spa truly is the perfect gift for any occasion.**

Why not treat that special someone with a spa experience, visit to The Nail Bar or indulge with a luxury treatment.

Let us look after you and make buying a gift an easy and pleasurable experience.

If you are unsure of the type of treatment or experience to buy, gift vouchers are also available from £10; giving your loved one the freedom to choose what they would like.

Alternatively, let our trained therapists help you select the perfect skincare or make up gifts from our range of products.

Our gift vouchers are valid for 3 months from the date of purchase so there is plenty of time to book an ideal date or time.



tranquilspa@lancaster.gov.uk | 01524 582916