

Welcome to the Lensbury Spa

a Dermalogica Skin Care Centre of Excellence.

Based purely on exemplary service, education and training. The Lensbury Spa offers treatments for both face and body as well as a comprehensive range of holistic and medical therapies.

At the Lensbury Spa, we endeavour to provide you with the perfect environment, which is tranquil and conducive to relaxation. We therefore request that you respect the Spa rules for your own comfort and others. Please switch off your mobile telephone on arrival. Children under 16 years of age are not permitted to receive Spa treatments or accompany parents.

Exceptional Education

Our dedicated team of therapists have all trained at the world's leading postgraduate training facility, The International Dermal Institute. Using Dermalogica products and the unique Face Mapping skin analysis, we specialise in unisex treatments, customised to your needs.

Opening Times	
Monday to Thursday	09:30 - 21:00
Friday	09:30 - 18:00
Saturday	08:30 - 16:30
Sunday	09:30 - 16:30

Payment and Cancellation

All treatments are payable in advance or at the time of treatment. Clients who wish to change or cancel an appointment are kindly requested to provide 24 hours notice or the full cost of the treatment will be charged. We regret that it may be necessary to treat appointments as cancelled if clients arrive more than 15 minutes late.

Courses

Courses may be purchased in advance for all treatments (except specialist practitioners) when you purchase a course of five, we will automatically credit you with a sixth one free. Refunds cannot be given on courses of treatments; however, surplus monies may be transferred to other treatments, at the discretion of the management.

Contact

To contact the Spa you can either dial direct on **020 8614 6411**
or via Members' Reception on **020 8614 6468**

Treatment and Touch Therapies

Developed by The International Dermal Institute, Face Mapping takes skin analysis one step further. Incorporating both the ancient art of Chinese face reading with the latest treatment techniques, the therapist will customise your facial to target your individual skin concerns to achieve maximum results.

The Treatment

Based on your consultation and Face Mapping your customised treatment may include a combination of the following:

- Deep Cleansing
- Exfoliation
- Galvanic/High Frequency
- Treatment Masque
- Face Mapping
- Extraction
- Selected Touch Therapy
- Finishing Touches

The Lensbury Facial Programme

The Treatment	¾ hr	£42
The Treatment + One Touch Therapy	1 hr	£52
The Treatment + Two Touch Therapies	1 ¼ hr	£60
The Treatment + Three Touch Therapies	1 ½ hr	£72

The Ultimate!

The Treatment + Four Touch Therapies	1 ¾ hr	£90
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Select a unique 'Touch Therapy' of your choice to personalise your facial treatment

- lymphatic drainage face therapy
- reflex foot therapy
- stress relief back therapy
- scalp & neck therapy
- arm & shoulder therapy

Teenage Skin Facial	¾ hr	£40
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The perfect introduction to establish an ideal skin care regime. Unique 'Face Mapping' allows analysis of the teenage skin to help identify problem areas. Emphasis is placed on good advice and a homecare regimen to compliment the treatment. (Parental consent required, designed for our younger clients aged 13+).

Thermal Touch for the Décolleté ½ hr £32.00
 Don't stop at the neckline! Improve the appearance of the décolleté, ideal for premature ageing, sunburned or irritated skin. An intensely hydrating and nourishing treatment to help repair damage from the elements.

Thermal Touch for the Legs & Feet ½ hr £32.00
 Soothe tired, dehydrated aching legs. This treatment gently cleanses, exfoliates, hydrates and nourishes. A revitalising treatment to put a spring in your step!

Fake Bake Gold Bronzing ¾ hr £45.00
 Fake it with this rich and sensual 98.5% organic treatment, which mimics your own natural colour and gives a delightful natural tone. An eight-hour period after treatment is required to develop the perfect sun-kissed look. Loose dark clothing must be worn after the treatment. Two applications may be required.

Male Spa Treatments

These treatments have been specially designed for our male clients to enhance the appearance of the skin, with maximum results.

Express Purifying Facial ¾ hr £40.50
 This express facial will cleanse and relax the facial features, leaving the face smooth, revitalised and refreshed.

The Treatment Facial plus One Touch Therapy 1 hr £52.00
 Incorporates a neck, shoulder & back massage to relax and soothe aching muscles. The deep cleansing facial, cleanses the skin of impurities and conditions the skin using scientific formulations specifically targeted to male skin.

Thermal Touch Back Cleanse ¾ hr £45.00
 A purifying treatment to cleanse and clarify the skin. Ideal for oily or congested skin.

Male Manicure ½ hr £26.00

Male Pedicure ½ hr £26.00

Male Hair Removal

Back Wax ½ hr £27.50

Chest Wax ½ hr £27.50

Back & Chest ¾ hr £40.00

Eyebrow Shape ¼ hr £14.00

Hands & Feet

Jessica nail care system is specifically designed for the natural nail and can treat nail conditions such as flaking, peeling and weak nails.

Jessica Manicure	¾ hr	£32.00
Deluxe Manicure	1 hr	£38.00
Jessica Pedicure	¾ hr	£33.00
Deluxe Pedicure	1 hr	£39.00
French Polish	¼ hr	£ 6.00

Hair Removal

Full leg & bikini wax		£32.00
¾ leg & bikini wax		£30.00
½ leg wax		£22.75
½ leg & bikini wax		£28.50
½ leg, bikini & underarm		£34.00
½ leg & underarm		£27.50
Full arm wax		£27.00
½ arm wax		£15.75
Under arm wax		£14.00
Bikini line wax		£15.00
Brazilian		£25.50
Lip & or chin wax		£14.00

Electrolysis

¼ hr	£17.00
½ hr	£25.00

Recommended as a course, to permanently remove unwanted hair.

Eye Treatments

New clients require a 'tint patch test' 12 hours prior to their initial treatment. Swimming and heat treatments are not recommended 4 hrs before or 8 hrs after treatment.

Eyelash tint	½ hr	£19.50
Eyebrow tint	¼ hr	£14.00
Eyebrow shape	¼ hr	£14.00
Any 2 or 3 of the above	½ hr	£26.50

Maternity Spa Treatments at Lensbury

'A Mamas Touch' is a special programme of skin salvation, indulgent maternity treatments designed to relax, comfort and nourish – all specially designed to be totally safe and effective. The treatments are all individually created to alleviate the main issues of discomfort in pregnancy – increasing skin elasticity, nourishing parched skin, relieving itchy bellies, rejuvenating heavy legs, assisting circulation and reducing water retention. Treatments available after first trimester.

Lighten Up ½ hr £35.00

A warm, fragrant mineral salt-rich Mama Mio Foot treatment to energise, reduce swelling and stimulate circulation. Includes a gentle hand, lower leg and foot massage.

The Smoothie 1 ¼ hr £65.00

Rejuvenate your skin and clear your mind in preparation for your pending arrival. The Smoothie will gently exfoliate and smooth your skin, followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your tension and stress.

Free Your Mind ¾ hr £50.00

A treatment designed to ease you of the stresses associated with pregnancy. A cooling Mama Mio eye compress combined with pulse point Gravida therapy initiates the relaxation. A gentle face and head massage will release cranial and jaw tension followed by a deep neck and shoulder massage.

Free Loader ¾ hr £50.00

Back and upper body massage specially designed to release tensions and muscle fatigue. This treatment focuses on the specific muscles that are responsible for supporting the pregnant tummy.

The Yummy Tummy ¾ hr £50.00

This treatment begins with an application of Gravida Pulse Point Oil and gentle skin brushing to increase circulation, gently exfoliate and improve the tonicity of the skin. A concentrated serum and deep treatment mask will be applied to soothe and moisturise the abdomen. Enjoy a relaxing lower leg and foot massage as the Intensive Tummy Stretch ease Serum and mask take effect.

Maternity Massage 1 hr £55.00

A complete body massage, using specific pre natal techniques to help relax, increase circulation, alleviate tired muscles and reduce excess water retention.

4th Trimester Healing Hour 1 hr £55.00

Up to four months after your special delivery motherhood can be exhausting. A relaxing top to toe massage to help realign and restore your body as it naturally returns to being one person again.

Holistic Therapy

Aromatherapy

Initial	1½ hr	£58.00
Follow-up	¼ hr	£52.00

Relax and unwind with this ancient therapeutic treatment using a blend of pure aromatic oils Customised to soothe, de-stress, detoxify and balance your mind, body and spirit!

Indian Head Massage	1 hr	£46.00
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A calming yet revitalising treatment which stimulates vital energy points to help release stress and tension. This therapeutic firm massage works on the scalp, aiding, alleviation of tension-headaches and eyestrain. A boost for the circulation system inducing a sense of calm and well-being

LaStone Therapy	1½ hrs	£75.00
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A unique massage technique using hot basalt and cooled marble stones (Thermotherapy) applied to the body to balance mind, body and spirit to relieve the body of stress. An 'Out of this World' experience.

Reflexology

Initial	¼ hr	£51.00
Follow-up	1 hr	£48.50

An ancient holistic healing treatment, using the reflex zones of the feet. Stimulating these zones can have a positive healing effect upon the body, helping reduce stress, ease tension, improve circulation and support the immune system to help restore a sense of well being to the body.

The Body Wellness Clinic

Sports Massage	1 hr	£52.00
	¾ hr	£48.00
	½ hr	£40.00

A deep massage technique working on muscle groups to break down fibrous tissue and adhesions through muscle dysfunction, to increase blood flow flushing out toxin & lactic acid, thus alleviating muscle soreness, discomfort and pain caused by over-training or postural imbalance.

Therapeutic Massage	1 hr	£50.00
	½ hr	£38.00

A technique using Swedish body massage designed to soothe, ease tension, restoring a sense of tranquillity, leaving you totally relaxed.

Physiotherapy	½ hr	£45.00
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A unique assessment and rehabilitation of the musculo-skeletal pain or injury. Our specialist may recommend a combination of manual and exercise therapy. This treatment is ideal for sports injuries.

Sports Injury Clinic	½ hr	£30.00
	1 hr	£50.00

For an accurate diagnosis and treatment of injuries. Sports rehabilitation aims to restore a full range of motion and strength, to improve stability for future prevention.

Podiatry & Chiropody	½ hr	£35.00
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Treatment of common foot problems such as removal of hard skin, corns, callouses and ingrowing toenails.

Biomechanics		
Initial consultation	1 hr	£75.00
Follow-up/fitting	½ hr	£35.00
Castings	½ hr	£45.00
Redressing	¼ hr	£25.00

Specialist treatment. which looks at the alignment of joints as the body moves. There maybe foot, knee, back, shoulder, and general muscle pain, poor posture or repeated injuries. Using gait analysis (analysing walking patterns) a personalised prescription of exercise, orthotics (shoe inserts) will help to realign the body and relieve pain.

Acupuncture		
Initial	1 hr	£60.00
Follow-up	¾ hr	£45.00

Restore the correct flow of Qi energy to the body with this ancient Chinese therapy, using tiny needles to restore harmony to the body. Ideal to stimulate the bodies own healing ability and balance the immune system. Ideal for muscular skeletal & neurological disorders, mental & emotional dermatological, gynaecological and addictions

Gift Vouchers

Our beautifully presented Gift Vouchers make the perfect present. The team will be happy to help select and personalise your gift voucher. Purchase by telephone available.

Member Offer

Members producing their membership card qualify for a 5% reduction off their treatment tariff. This offer is not valid for treatments with the Spa specialists/practitioners, product & gift voucher purchases.