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# Kings Health Club Therapies

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Escape, energise, relax



**K I N G S**  
H E A L T H C L U B

Kings Health Club Therapies offers a fantastic range of treatments and facilities to ensure you get the best possible experience when you decide to have a little me time. Whether you are visiting us for a short break, a day or even just popping in for a quick treat, we are sure that you will have a lovely experience with us.

To book a treatment call:

01242 229 297

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## Hands on Facials

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Our Hands-On facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Product is applied using a combination of ancient and modern massage techniques from around the world. The hands of a trained Elemis therapist are profoundly effective anti-ageing tools. This is where intuition meets expertise with clinically proven results.

## Anti-Ageing

### Pro-Collagen Age Defy

This is the treatment to tackle fine lines and wrinkles and help support the cellular structure of the skin. The proven benefits of marine charged Padina Pavonica and Red Coral help plump out fine lines, whilst Indian Mulberry reduces skin-fatigue, helping relax wrinkles. Targeted lymphatic massage re-energises and rejuvenates, while an age-defying peel-off mask encourages the highest cellular function, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

30 mins £40 | 1 hr £70

### Pro-Definition Lift and Contour

Powered by breakthrough technology targeting sagging jowls and jawlines, this facial helps restore the architecture of the skin. The Arjuna and Lupin-infused jowl and chin mask works on the elasticity, whilst potent nutrients and plant stem cells found in Edelweiss and Tiger Grass help support the extra cellular matrix. The structure of the skin is boosted through a unique deep, muscle toning massage. The skin appears plumper and revitalised creating a profoundly sculpted youthful effect.

30 mins £40 | 1 hr £70

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## Skin Solutions

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### Superfood Pro-Radiance

This is an ideal nutritional boost for stressed dull skin. Rich in superfoods, essential minerals and trace elements. Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump start tired and exhausted skin. An Amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful energising nutrients. Skin is left smoother, plumper and luminously radiant-stress free and lit up with good health.

30 mins £39 | 1 hr £65

### Sensitive Skin Soother

Fragile skin needs special attention. A calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, while the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted and skin feels supremely calm and protected.

30 mins £39 | 1 hr £65

### Anti-Blemish Mattify and Calm

A deeply cleansing treatment for oily, unsettled, congested or hormonal skin. This mattifying facial combat oil and shine using the proven power of Lavender, packed full of blemish-banishing Linalyl Acetate Lavender Cellular Recovery capsules, balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while a comforting massage helps support micro-circulation to improve tone and texture for clarified skin.

30 mins £39 | 1 hr £65

### Doubletree Therapies Express Facial

A tailored treatment for your skin specific needs. Whatever your concerns are, we have the facial for you. Your skin will be thoroughly pampered, rejuvenated and turbo-charged with the power of minerals, plant stem cells and natural active fragrances.

30 mins £39

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# Men's Facials

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Men's skin behaves differently to women's. Shaving, fatigue, sport and screen time all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, revitalise and hydrate the skin.

## High Performance Skin Energiser for Men

The Hard-Working facial for ageing, dehydrated and stressed skin, combined with a scalp and foot massage for the ultimate pamper experience.

30 mins £39 | 1 hr £70

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# Technology Facials

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The Unique Fusion of Actives, Touch and Technology

A Synergistic Energy Force of Unique High-Potency Actives,  
Skin lift Touch and Advanced Technology

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

## Anti-Ageing

### BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

90 mins £85

### BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this groundbreaking blend of massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells and Alaria Esculenta Seaweed are activated by microcurrent pulses to tighten slackening skin. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone. The extra-cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

90 mins £85

### BIOTEC Skin Resurfacer

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Steam and extraction deeply cleanse and detoxify before massage and light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother.

90 mins £85

### BIOTEC Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, while the Galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Skin is left profoundly reinvigorated. Instantly clearer, visibly brighter and radiant.

90 mins £85

### BIOTEC Blemish Control

A deep cleansing facial that detoxifies the skin and repairs damaged tissue. This treatment uses ultrasonic vibration, massage, steam and galvanic currents to thoroughly decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic acid and inflammation-reducing Iris soothes and smooths while light therapy helps balance and clear the complexion, speeding up recovery.

90 mins £85

### BIOTEC Sensitive Skin Soother

The anti-redness treatment that calms and soothes sensitive skin. Using an activator rich in Frankincense and natural anti-inflammatory Willow herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

90 mins £85

### BIOTEC Super-Charger for Men

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution.

90 mins £85

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## Body Treatments

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### Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin.

It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

55 mins with Relaxing Back, Neck and Shoulder Massage £60

### Anti-Ageing

#### BIOTEC Line Eraser

Wrinkles are targeted with firming and toning microcurrent pulses to stimulate the skin cells towards dynamic functionality. Circulation is improved, increasing the production of collagen and elastin, whilst the dermis is flooded with super Hyaluronic hydrating activators, sealed with a re-energising Amber balm. Red and blue light therapy warms and de-stresses the skin whilst a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

90 mins £85

### Freestyle Massage

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

25 mins Back, neck and shoulders £45

55 mins Full body £69

### Tranquillity Scalp

Intensively relaxes to ease tension and aid sleep. Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage to invigorate and calm leaving a feeling a pure serenity.

25 mins £39

### Radiant Mum To Be

Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks.

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment include a draining massage to reduce water retention thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

75 mins £74

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## Hand and Feet Treatments

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### Soft Hands

Restoring and renewing for supple, younger looking hands. Nurture hard-working hands with an indulgent blend of skin smoothers and softeners. Dry, damaged skin is restored and a hand and arm massage blissfully relaxes too.

25 mins £39

### Soft Feet

Transforms dry, cracked skin to velvety smooth. Treat sore and aching feet to a restorative purifying exfoliation, deeply relaxing massage and nourishing mask to banish dry, cracked heels and even improve the look of callouses leaving skin smoother and brighter.

25 mins £39

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## Jessica Replenish

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Jessica Geleration (45 minutes)

Gel Removal (30 minutes)

Deluxe Jessica Manicure (50 minutes)

Express Jessica Manicure (25 minutes)

Deluxe Jessica Pedicure (50 minutes)

Express Jessica Pedicure (25 minutes)

£39

£10

£45

£30

£50

£35

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## All Year Glow

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Sienna X Full Body Tan & Exfoliation

Sienna X Full Body Tan

£40

£35

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## Waxing

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Full leg

£30

Half leg

£25

Bikini

£20

Brazilian

£30

Hollywood

£35

Upper lip or chin

£15

Underarm

£15

Back or chest

£30

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## Eyes

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Eyelash tint

£15

Eyebrow tint

£12

Eyebrow shape

£12

Eye package

Eyebrow shape, tint and eyelash tint £25

24-hour patch testing required for tinting

### Preparing for your treatment

Please arrive 10-15 minutes before your appointment to allow time to fill out consultation forms and ensure you have your full treatment time.

### Lateness

If you are more than 15 minutes late for an appointment unfortunately we will be unable to perform the whole of your treatment and a shortened version may be offered if available.

### Deposits

A £10 deposit is required for all individual treatments and a 50% deposit is required for all packages.

### Cancellation policy

We require 48 hours notice, if you fail to contact us before this time you will lose your deposit.



K I N G S  
H E A L T H C L U B

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