

# Half day treatment

1. Full body massage
2. Manicure with polish
3. Pedicure with polish
4. Luxury facial
5. 6 minute Sunbed session
6. Sauna session

3 hours of pampering for your loved one.  
£65.00

RELAX UNWIND & REVITALISE

## Gift vouchers available

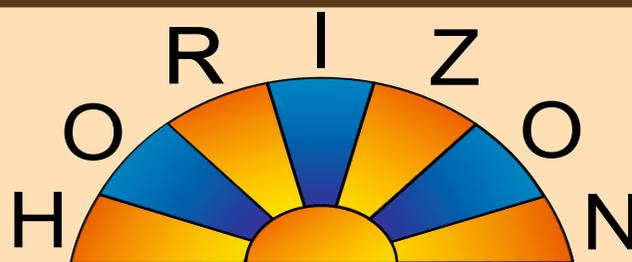
Gift vouchers are a lovely gift for someone special. These are available for any treatment or price value and can be purchased at our reception or by phone. Gift vouchers are valid for 4 months and are non refundable.

FACE AND BODY  
BEAUTY TREATMENTS



## Bodyneeds opening hours

Monday	CLOSED
Tuesday	Appointment only
Wednesday	10.00am - 7.00pm
Thursday	10.00am - 7.00pm
Friday	10.00am - 7.00pm
Saturday	8.30am - 1.00pm
Sunday	CLOSED



Health & Fitness

8c High Street  
Cosham  
Portsmouth  
PO6 3BZ

[www.facebook.com/HorizonGym](http://www.facebook.com/HorizonGym)

# BODY NEEDS

Holistic & Beauty Treatments

## Price List

for appointments please telephone  
Horizon Health & Fitness on:  
023 9238 2177

Open to members and non-members

All treatments are available to both  
Men and Women.

GIFT VOUCHERS ARE AVAILABLE

We accept all major debit and credit cards

[www.horizonhealthandfitness.co.uk](http://www.horizonhealthandfitness.co.uk)

Find us on Facebook  
[www.facebook.com/bodyneeds](http://www.facebook.com/bodyneeds)



All prices are correct at going to print  
1st November 2014



# Facials

## Express Facial

For ALL skin types for people on the go.  
Cleanse, tone, exfoliation.

30 mins £15.00

## Green tea Facial

Hydrates and leaves skin feeling plump and full.

30 mins £22.00

## Dermalift facial

More youthful appearance is achieved WITHOUT the need for needles or surgery.

Taster treatment 60 mins £25.00

Eight treatments £150.00

## Dermabrasion Facial

Visibly reduces fine lines and wrinkles!

40 mins £30.00

6 treatments is recommended for problem skin areas

Combine the dermalift and dermabrasion together for excellent results.

1 hour 45 mins £40.00

# St Tropez Tanning

Full body 60 mins £25.00

Half body 45 mins £12.00

Legs only 30 mins £12.00

# Clay body wrap

Clay body wraps are perfect for losing inches & toning the body. Excellent if you are just starting a detox diet.

Full body wrap 2 hours £45.00

Half wrap 1 1/2 hours £30.00

Spot wrap 1 hour £20.00

(Please see separate body wrap leaflet for more details)

# Brows and Lashes

Eyebrow shape 15 mins £5.00

Eyebrow tint 20 mins £5.00

Eyelash tint 20 mins £8.00

Lash and brow tint 20 mins £10.00

# Manicures

File and polish 30 mins £10.00

File and polish with cuticle work and polish 45 mins £15.00

# Pedicures

File and polish 30 mins £10.00

File and polish with hardskin removal, massage and polish 45 mins £18.00

# Hopi ear candles

Cleanses the ears, Ideal if you have wax build up, sinus problems, includes a facial massage.

40 mins £20.00

# Reiki

Reiki is a completely natural healing method, accelerating the bodys healing process. A sense of balance, purpose & spirituality is naturally restored. reiki is great for relaxation and overall health and well being.

50 mins £20.00

# Waxing

Hair needs to be at least 3mm long. it is not advisable to use a sunbed before or after waxing.

Full leg wax 60 mins £18.00

3/4 leg wax 30 mins £12.00

Half leg wax 30 mins £10.00

Standard bikini line 15 mins £7.00

Hollywood wax 30 mins £12.00

Brazilian wax 20 mins £10.00

Underarm wax 10 mins £10.00

Lip or Chin wax 10 mins £3.00

Eyebrow wax/shape 5 mins £4.50

Chest or back wax 60 mins £15.00

Threading is available from £5.00

# Reflexology

An ancient form of foot massage using the Reflex points corresponding to the body's organs. the therapist uses her hands to massage the feet. Imbalances in the body can be detected as all parts of the body are reflected in the feet which helps restore and maintain equilibrium. it can also help in the relief of many acute conditions.

30 mins £16.00

# Massage

Full body 60 mins £25.00

Back neck and shoulders 30 mins £15.00

Legs and feet 30 mins £15.00

Indian head massage 30 mins £15.00

Hot stone massage 60 mins £30.00

Hot stone back massage 30 mins £15.00

