

iPamper Men's

iPamper Signature Massage

Using a variety of massage techniques and a massage blend of 100% essential oils we can tailor make to suit your needs. Unwind, Relax and De-stress

Choose from:

- Muscle ease • De-stress • Detox
- Energise • Immune Booster

Back & Neck (30mins) £28

Back, Neck, & Scalp (45mins) £33

Full Body Massage (60min) £40

Full Body with Face & Scalp (1hr 15mins) £50

Body Scrub (30mins) £23

An invigorating full body exfoliation that will leave you feeling energised and refreshed. Ideal on it's own or before any massage therapy.

Aromatic Back Treatment

(45mins) £42

Your back will be exfoliated using a nourishing Whiskey and Honey salt and oil scrub, followed by the application of a thermal mask. A relaxing scalp or foot massage is then performed while the mask warms and conditions the back, followed by an aromatherapy back massage.

Muscle Ease Body Wrap (60mins) £42

Body brushing and a nourishing Whiskey and Honey salt and oil body scrub, followed by the application of a thermal body mask. A relaxing scalp massage and foot massage are then performed while you are wrapped in a cocoon of warmth.

Top To Toe M.O.T (2hrs) £72

Nourishing Honey and Whiskey salt and oil body scrub, followed by a Muscle ease massage, combined with a Deep Cleansing Facial, with hot towel compress.

Sheer Heaven! **Add Hot stones - £5**

Executive Foot Care (30 mins) £22

Foot Soak, Foot Scrub, Dead/Hard Skin removal, Cuticle Work, Toenails clipped, Foot and Leg Massage.

Thai Foot Massage (60 mins) £35

Tired and aching feet & legs are treated to a Spa Soak & Foot Scrub followed by a stimulating and invigorating foot massage. This fantastic foot massage, popular throughout Thailand, incorporates reflexology, shiatsu, and acupressure techniques.

Reflexology (60 mins) £35

The practice of promoting better health and well being by treating the whole body through pressure points to the feet, encouraging a state of equilibrium and relaxation.

Executive Hand Treatment (20 mins) £20

Nails cut, tidied & buffed, Cuticle work, Hand and Arm Massage.

Express Facial Treatment (30mins) £25

Cleanse, Exfoliate, Treatment Mask, Hot Towel Compress & Skin Hydration.

Deep Cleansing Facial Treatment

(60 mins) £38

Cleanse, Exfoliate, Steam & Hot Towel Compress, Extraction, Face & Scalp Massage, Skin Hydration.

De-Stress Facial Treatment

(1hr 20mins) £58

Deep Cleansing Facial plus a Muscle Ease Aroma Back Massage.

Waxing

Eye Brow Shape/Tidy £8

Chest & Stomach From £20

Back & Shoulders From £20

iPamper

Beauty, Massage & Complementary Therapies

Relax, Unwind, De-stress

iPamper



O.P.I

07788 130068 • info@ipamper.me.uk • www.ipamper.me.uk

Opening hours: See website for details

Garden Treatment Room, 23 Garret Close, Dunstable. LU6 3EG

For our full T&C's please refer to our website. All prices are correct as of October 2020



Helen Clark CIDESCO, IHBC, ITEC, IIHHT, Champneys Trained

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Body Treatments

iPamper Signature Massage

Using a variety of massage techniques, hot stones and a massage blend of 100% essential oils we can tailor make to suit your needs. Unwind, Relax and De-stress with hot stones.

Choose from:

- Muscle ease • De-stress • Detox
- Energise • Immune Booster

Back & Neck (30mins) £28

Back, Neck & Scalp (45mins) £33

Full Body Massage (60min) £40

Full Body with Face & Scalp (1hr 15mins) £50

Body Scrub (30mins) £23

An invigorating full body exfoliation! Body brushing followed by a nourishing salt and oil body scrub, will leave you feeling energised and refreshed and your skin feeling smooth and soft.

St Tropez Fake Tan

£31* - by hand £21 - spray tan

The tried and tested fake tan used by celebrities worldwide. A safe, luxurious way to get an all over even tan, without the damaging effects of the sun.

Includes full body exfoliation*.

Indian Head Massage (45mins) £30

A heady experience! This is an invigorating, stimulating treatment incorporating back, neck, shoulders, head and face. Great for headaches, sinus, eye strain, tension, stress and improves circulation to the head and scalp.

Body Wraps (60mins) £42

Body brushing and a nourishing salt and oil body scrub, followed by the application of a luxurious body mask chosen to suit your needs. A mini facial and scalp massage are then performed while you are wrapped in a cocoon of warmth.

Choose from:

- Muscle ease • De-stress • Detox
- Slim & tone • Immune Booster

Pure Indulgence (2hrs) £72

Nourishing salt and oil body scrub, leaving your skin smooth and soft, followed by a relaxing body massage combined with a luxury Aromatherapy Facial. Sheer Heaven!

Add Hot stones - £5

Mother To Be (1hr 15mins) £50

A fantastic pampering experience, tailor made to suit pregnancy. A relaxing back massage, followed by a soothing facial with scalp massage, completed with a foot or hand massage. Just lie back, relax and enjoy!

Facials

Revitalising Facial (30mins) £28

Cleanse, Exfoliate, Mask, Scalp Massage & Moisturise. A quick pick me up for the skin

Moisture Quenching Facial

(60mins) £38

This hydrating facial incorporates intensive hydrating products with a moisture quenching mask to combat dryness and dehydration leaving the skin feeling soft and looking radiant.

Deep Cleansing Facial (60mins) £38

Effective exfoliation, steam and extraction are used to deep cleanse the skin and unblock pores. Products are tailor made to suit your skin's requirements. Leaves the skin feeling and looking clean, clear and fresh.

Luxury Collagen Facial

(1hour 15mins) £45

This intensive facial incorporates products full of anti oxidants plus a fantastic collagen mask that will firm, rejuvenate and plump up the skin and reduce the appearance of fine lines & wrinkles with immediate results.

Hopi Ear Candles (45mins) £26

Hopi ear candles have a gentle vacuum effect on the eardrum and relieve suffering from headaches, eye ache, sinusitis, and rhinitis. They are also a safe natural and non-invasive alternative for removing excess earwax. This treatment also includes an acupressure facial to boost the benefits of this relaxing and soothing treatment.

About Helen

I am a Beauty, Massage and Holistic therapist with over 20 years' experience in the luxury hotel spa and salon industry. I have worked for Champneys, Tring, Sequoia Spa at The Grove Hotel and The Spa at Luton Hoo, where I have treated many VIP's and celebrities. During my career I have studied many Beauty, Massage and Complementary Therapies and have trained with numerous leading Beauty, Spa and Nail product houses.



Eye Treatments

Eye Brow Tint £8

Eye Lash Tint £10

Eye Brow & Eye Lash Tint £15

A patch test is required 24 - 48 hours before tinting

Lash Lift £30

(Includes eyelash lift and eyelash tint and collagen eye treatment)

The Lash Lift treatment will add length, colour, definition, volume and lift to your natural lashes - without lash extensions

Ultimate Eyes £45

(Definition Brows & Lash Lift)

Includes eyebrow shaping, eyebrow tint, eyelash Lift and eyelash tint

Definition Brows £20

(Includes eyebrow shape, threading and eyebrow tint)

Definition Brow treatments are the latest celebrity treatment that's now within your reach. You too can have the ultimate in well-groomed, high definition eyebrows.

Waxing

Eye brow wax £8

Lip Wax £8

Chin Wax £8

Lip & Chin £14

Full Leg £24

Full Leg & Bikini (standard) £30

Half Leg £16

Half Leg & Bikini £24

Full Arm £18

Half Arm £13

Under Arm £10

Bikini from £12

Brazilian £15

Brazilian 'n' under £20

Hollywood £25

Hands & Feet

File and Polish (15mins) £12

Classic Manicure (40mins) £22

Cuticle Work, Massage, File & Polish

Luxury Manicure (50mins) £28

Heaven for the hands! All the elements of the Classic Manicure, plus a soothing hand & arm massage with hot stones, hands are then enveloped in the blissful warmth of a nourishing thermal mask

Classic Pedicure (45mins) £25

Spa Soak, Foot Scrub, Hard Skin removal, Cuticle Work, Massage, File & Polish.

Luxury Pedicure (60mins) £30

Fantastic for the feet! All the elements of the Classic Pedicure, plus a relaxing foot & leg massage with hot stones, feet are then enveloped in the blissful warmth of a nourishing thermal mask.

Please remember to bring open toe shoes or flip flops to your Pedicure appointment.

Gel Polish

Long lasting gel based polish. Dries instantly. No chipping, no smudging, no kidding! Kind to natural nails, easy and quick to remove. Lasts approx 1-2 weeks on fingers and 4-6 weeks on toes

Gel polish application £25

Gel polish removal and mini manicure £20

Gel polish removal £10

Add gel polish to any of our manicures or pedicures £10

Please note, We advise to get maximum length of wear from nail polish & gel polish, that you look after and protect your nails. Wear gloves when washing up, cleaning, gardening etc. Do not pick, chew or bite your nails. Do not peel or pick off the gel polish.

Reflexology (60mins) £35

The practice of promoting better health and well being by treating the whole body through specific pressure points to the feet, encouraging a state of equilibrium and relaxation.

Reflexology & Express Pedicure

(1hr 30mins)** £50

Thai Foot Massage (60mins) £35

Tired and aching feet & legs are treated to a spa soak & foot scrub followed by a stimulating and invigorating foot massage. This fantastic foot massage, popular throughout Thailand, incorporates reflexology, shiatsu, and acupressure techniques.

Thai Foot Massage & Express Pedicure

(1hr 30mins) ** £50