

About iPamper 🕏

iPamper consists of a team of experienced qualified spa therapists Headed up by owner and founder Helen Clark.

I am a Beauty, Massage and Holistic therapist with over 20 years' experience in the luxury hotel spa industry. I have worked for Champneys, Tring, Sequoia Spa at The Grove Hotel and The Spa at Luton Hoo, where I have treated 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 Brands.

I have run my own business for over 14 years and currently offer a wide range of Beauty, Massage & Alternative Therapies, at Energie Fitness Club located in the beautiful grounds at Liscombe Park, where I can provide a relaxing environment and more of an exclusive spa experience to all my customers.

My qualifications include CIDESCO International Aesthetics Diploma, IHBC Beauty Diploma, ITEC Anatomy, Physiology and Body Massage, IIHHT Reflexology and Aromatherapy.

I am also a qualified teacher and currently work for an exclusive Australian spa brand as a senior international spa trainer, teaching in some of the most iconic 5 star luxury spas around the world.

Together with my team of lovely therapists we can offer a wealth of experience and take pride in the quality of treatments, professionalism and customer care that we give with every treatment.





iPamper is located in Greenfields Residential Complex.

Greenfields is located a mile to the south-east of Leighton Buzzard town centre within Bedfordshire. Just of the A505 bypass near MacDonald's Drive through.

Facilities include a restaurant, café, hair and nail salon, treatment rooms and a community room that is available to hire.

Parking is available, either on the road side opposite the complex or in the red allocated visitor bays which are subject to low pay and display charges.

To get the most out of your experience, please arrive 15 minutes before the scheduled start time of your treatment. If you are late for your appointment, we may need to shorten, change or cancel your appointment. A minimum of 24 hours cancellation notice is required. Missed appointments will incur a cancellation fee. A 50% non-refundable deposit is required for Pamper Days & Pamper Parties.

Body Treatments

iPamper Signature Massage

Using a variety of massage techniques including Hot Stones 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)	£30
Back, Neck & Scalp	
(45mins)	£35
Full Body Massage (60min)	£42
Full Body with Face & Scalp	
(1hr 15mins)	£50

Warm Bamboo Deep Tissue Massage

Using heated warm bamboo sticks, this treatment is great for working deeper into tight muscles with the added benefit of the heat to help soothe and relieve aches and pains. The Technique really stretches out and releases the tension within the muscles.

30mins	£30
45mins	£35
60mins	£42
75mins	£50
90mins	£60
Indian Head (45min)	£35

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

Body Scrub (30mins)

An invigorating full body exfoliation! Body brushing followed by a nourishing salt and oil body scrub.

St Tropez Fake Tan £35* - by hand

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*.

Aromatic Back Treatment (45mins)

The back will be exfoliated using a nourishing salt and oil scrub, followed by the application of a nourishing mask. A relaxing scalp massage or foot massage is performed while the mask warms and conditions the back, followed by a relaxing back massage.

Body Wraps

(60mins)

£45

£80

£60

£40

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 relaxing scalp or foot massage is then performed while you are wrapped in a cocoon of warmth.

Choose from: • Muscle ease • De-stress • Detox

Pure Indulgence (2hrs)

A relaxing aromatherapy massage incorporating Hot Stones, combined with a luxury Aromatherapy Massage Facial. Sheer Heaven!

Mother To Be(1hr 20mins)

Tailor made to suit pregnancy. A relaxing back massage, followed by a soothing facial with scalp massage, completed with a foot or hand massage.





Facials

Revitalising Facial (30mins)

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

£30

£45

Moisture Quenching Facial (60mins) £45

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) £45

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.

Blissful Radiance Facial

(60mins)

Improve skin's natural radiance using a magic combination of Hyaluronic acid and rice to plump fine lines and wrinkles, brighten and illuminate the skin and lighten the appearance of pigmentation. Will leave your skin looking fresher and brighter!

Luxury Collagen Facial

(Includes head massage & hand and arm massage) (60mins)

This intensive facial incorporates products full of antioxidants 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.

Ear Therapy 🔊

Hopi Ear Candles (40mins)

£35

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.

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

(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		£10
Lip Wax		£8
Chin Wax		£8
Lip & Chin		£13
Full Leg		£24
Full Leg & Bikin	ni (standard)	£32
Half Leg		£18
Half Leg & Bikir	ni	£25
Full Arm		£20
Fore Arm		£18
Under Arm		£12
Bikini	from	£12
Brazilian		£15
Brazilian + unde	erneath	£20
Hollywood		£25

Hands & Feet \$

y	
File and Polish (15mins)	£15
Classic Manicure (40mins)	£25
Cuticle Work, Massage, File & Polish	
Luxury Manicure (50mins)	£30
Heaven for the hands! All the elements of the Cl	assic
Manicure, plus a soothing hand & arm massage	with hot
stones, hands are then enveloped in the blissful	warmth
of a nourishing thermal mask.	

Gel Polish

Long lasting gel based polish. Dries instantly. No chippina, no smudaina, no kiddina! 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	£15
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.

Classic Pedicure (45mins)

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

Luxury Pedicure (60 mins)

£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.

£35

£40

£55

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

Reflexology (60mins)

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 & Pedicure (1hr 30mins)**

Thai Foot Massage (60mins) £40

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 & Pedicure (1hr 30mins) ** £55

iPamper Days

Relax & De-stress Includes:	£90	Mum to Be Includes:	£80	i Pamper Lille Lai	lies 💸
Welcome foot ritual Muscle Ease or De-stress Massage Muscle Ease or De-stress Body Wrap Refreshments Massage candle to take home		 Welcome Foot ritual Mum to Be Treatment File and paint, Hands & Feet Refreshments Massage Candle to take home 		Package 1 (Minimum of 4) • Make up or face paint • Nail paint hands or feet • Glitter tattoo • Jewellery making • Refreshments	£15
Energise & Detox Includes:	£90	Pure Indulgence	£130	Gift bag to take home	
Welcome foot ritual Energise or Detox Massage Energise or Detox Body Wrap Refreshments Massage candle to take home		Includes: • Luxury Manicure • Luxury Pedicure • Luxury Collagen Facial • Aromatherapy back massage • Refreshments • Massage candle to take home		Package 2 (Minimum of 4) • Mini Mani or Pedi • Mini Facial • Jewellery making • Refreshments • Gift bag to take home	£25

iPamper Parties

Hen Party, Birthday or just a girlie get together...

- Manicure or Pedicure (Choose Massage or Polish)
- Express Facial or Express Back Massage
- Choice of one treatment for £25
- Choice of two treatments for £50
- Refreshments
- Free Gift to take home.

(Minimum of three adults)

iPamperMen &

iPamper Signature Massage

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Back & Neck (30mins)

Back, Neck, & Scalp
(45mins)

Full Body Massage (60min)

Full Body with Face & Scalp
(75mins)

£50

Warm Bamboo Deep Tissue Massage

Using heated warm bamboo sticks, this treatment is great for working deeper into tight muscles with the added benefit of the heat to help soothe and relieve aches and pains. The Technique really stretches out and releases the tension within the muscles

£30
£35
£42
£50
£60

Indian Head (45min)

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

Aromatic Back Treatment

(45mins) £40

Your back will be exfoliated using a nourishing Whiskey and Honey salt and oil scrub, followed by the application of a deep cleansing 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)
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)

Warm Bamboo Muscle Ease Massage, combined with Facial Massage with hot towel compress, Scalp Massage and Reflexology Pressure points.

A complete overhaul for the mind, body and soul.

Executive Foot Care (30 mins) £25 Foot Soak, Foot Scrub, Dead/Hard Skin removal, Cuticle Work, Toe Nails clipped. Foot and Leg Massage.

Thai Foot Massage (60 mins) £40

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)

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

£20

£35

Express Facial Treatment

(30mins) £30

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

Deep Cleansing Facial Treatment(60 mins) £45

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

De-Stress Facial Treatment

(1hr 20mins) £60

Deep Cleansing Facial plus a Muscle Ease Warm Bamboo Back Massage.

Waxing

£80

£40

Eye Brow Shape/Tidy	£10
Back	£20
Chest	£20
Chest & Stomach	£25
Back & Shoulders	£25

Hopi Ear Candles (40Mins)

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Opening hours: See website for details

Greenfields Residential Complex, Theedway, Leighton Buzzard, Bedfordshire, LU7 9SP.

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

Find us on







