

## Tanning

Kissed by me 30 mins **£20**

## Mii make up

Make up lesson 55 mins **£29.50**

Special occasion make over 55 mins **£29.50**

Bridal make over 55 mins **£46**

Prom make up 55 mins **£30**

## Hands and feet

Manicure 45 mins **£23**

Deluxe manicure 60 mins **£25**

File and paint hands or feet 25 mins **£11.50**

Zen spa pedicure 60 mins **£26.50**

Deluxe zen spa pedicure 75 mins **£30.50**

Jessica GELoverlay with Prescriptive manicure 90 mins **£32**

Jessica GELeration with Deluxe manicure 90 mins **£35**

Jessica GELeration with Zen Spa Pedicure 85 mins **£36.50**

Jessica GELeration with Deluxe Zen Spa Pedicure 100 mins **£40.50**

Jessica GELoverlay 45 mins **£26.50**

Jessica Gel In fills 25 mins **£11.50**

Jessica Gel Removal 25 mins **£8**

## Creative nails

Nail art 15 mins **£3 per nail**

Twinkle Toes 45 mins **£18**

Minx Nails 30 mins **£20**

## The Abbey for men

### Skin Intelligence For Men

Urban Cleanse Facial 75 mins **£65**

Total Time Out for Men 120 mins **£90**

Only for Men Power Booster facial 30 mins **£35**

### Elemis Biotec Face

Super-Charge Facial for Men 60 mins **£60**

Energising Facial 55 mins **£45**

Action Man – muscle tension release massage / mens de cleansing facial 55 mins **£45**

Express Energy Facial 25 mins **£28.50**

Energising Body Massage 55 mins **£38**

## The Abbey for teens

Teen Mini Facial 25 mins **£20**

Teen Corrective facial 55 mins **£31.50**

Teen Mini Manicure 25 mins **£16**

Teen Mini Pedicure 25 mins **£16**

## Add on treatments

Hand Massage 15 mins **£10**

Foot Massage 15 mins **£10**

Scalp Massage 15 mins **£10**

Foot Soak and Scrub 15 mins **£10**

Eye Reviver 15 mins **£10**

For more details call or email:

020 8227 3001 • [theabbeyspa@lbbd.gov.uk](mailto:theabbeyspa@lbbd.gov.uk)

The Abbey is located inside Abbey Leisure Centre

Abbey Leisure Centre, Bobby Moore Way,  
Barking IG11 7HW

We have tried to make sure that this information is correct at the time of going to print. However, information may change from time to time.

MC7610



## Beauty treatments Price list



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

[www.facebook.com/theabbeyspa](https://www.facebook.com/theabbeyspa)



## Massages

Back, neck and shoulder massage	25 mins	£25
Full body massage	55 mins	£38
Indian head massage	25 mins	£25
Reflexology	55 mins	£38
Aromatherapy back, neck and shoulder massage	25 mins	£28
Aromatherapy full body massage	55 mins	£45
Hot Stones massage full body	60 mins	£60
Hot Stones back, neck and shoulder massage	25 mins	£28
Lava Shells massage full body	60 mins	£60
Lava Shells back, neck and shoulder massage	25 mins	£28
Hopi ear candles	25 mins	£25
Tranquillity scalp massage	25 mins	£28

### Elemis wellbeing treatments

Deep Tissue Muscle Massage	60 mins	£40
Deep Tissue Back Massage	30 mins	£27
Exotic Lime and Ginger Salt Scrub	30 mins	£30
Exotic Frangipani Body Nourish Wrap	50 mins	£40
Body Sculpting Cellulite and Colon Therapy	60 mins	£60
Pregnancy Massage	90 mins	£60

## Facials

### Express facials

Express Facial - Herbal Lavender Repair	30 mins	£25
Express Facial - Fruit Active Glow	30 mins	£25
Express Facial - Exotic Moisture Dew	30 mins	£25
Express Advanced Anti-Ageing Facial - Pro-Intense Lift Effect	30 mins	£30
Express Advanced Anti-Ageing Facial - Pro-Collagen Quartz Lift	30 mins	£30

Express Advanced Anti-Ageing Facial - Visible Brilliance 30 mins **£30**

Express Advanced Anti-Ageing Facial - Tri-Enzyme Resurfacing 30 mins **£30**

### Advanced anti-aging facials

Pro-Intense Lift Effect Facial 50 mins **£65**

Visible Brilliance Facial 75 mins **£65**

Pro-Collagen Quartz Lift Facial 75 mins **£65**

Tri-Enzyme Resurfacing Facial 60 mins **£65**

Express Advanced Anti-Ageing Facial - Pro-Intense Lift Effect 30 mins **£30**

Express Advanced Anti-Ageing Facial - Pro-Collagen Quartz Lift 30 mins **£30**

Express Advanced Anti-Ageing Facial - Visible Brilliance 30 mins **£30**

Express Advanced Anti-Ageing Facial - Tri-Enzyme Resurfacing 30 mins **£30**

### Skin Solutions facials

Modern Skin Facial 60 mins **£50**

Oxygen SkinCalm Facial 75 mins **£50**

S.O.S. Purifying Facial 75 mins **£50**

### Skin specific facials

Fruit Active Glow 60 mins **£40**

Exotic Moisture Dew 60 mins **£40**

Herbal Lavender Repair 60 mins **£40**

### Elemis Biotec Face

Triple-tec Anti-Wrinkle Facial 60 mins **£70**

Micro Firm-a-Lift Facial 60 mins **£70**

Sonic Skin-Resurfacing Facial 60 mins **£65**

Sonic Skin-Radiance Facial 60 mins **£60**

L.E.D. Blemish Control Facial 60 mins **£60**

O2 Sensitive Skin Soothing Facial 60 mins **£60**

## Hair removal

### Waxing

Half Lower Leg Wax	25 mins	£18
Full Leg wax	40 mins	£23
Full Leg and Bikini Wax	60 mins	£27.50
Bikini Line 15 mins	15 mins	£9.50
Brazilian Wax	45 mins	£18
Hollywood Wax	55 mins	£24
Back and shoulders	25 mins	£13.50
Chest or stomach wax	20 mins	£13.50
Upper Lip, chin or cheek wax	10 mins	£6
Eyebrow wax	15 mins	£7
Full Arm Wax	25 mins	£17
Lower arm wax	20 mins	£11.50
Under Arm Wax	15 mins	£7.50
Back, neck and shoulder wax	25 mins	£18
Back only wax	20 mins	£14

### Threading

Eyebrow or Lip	10 mins	£3
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## Beauty, make up and tinting

### Brows

My Brow	30 mins	£30
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### Lashes

Express lashes	30 mins	£30
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### Tinting

Eye Lash Tint	20 mins	£9.50
Eyebrow tint	15 mins	£6.50
Lash and Brow	25 mins	£15
Patch test (must have 24hrs prior to treatment)	5 mins	FREE