

Totality's Signature Spa

Totality's 'Spa Ritual' 1 hr 30min £75

Enjoy the very essence of Totality. This ritual takes you on a journey of the senses. We will relax your body, soothe your mind and revive your spirit and soul.

You begin your journey sitting in a comfy chair, sipping fragrant tea to 'relax' whilst your therapist treats your feet and lower legs to an aromatherapy foot soak and a Himalayan salt scrub. You are then cocooned in a blanket of warmth to enjoy a massage that melts away every bit of tension. You will drift into deep relaxation as you enjoy a facial to cleanse, soothe and hydrate, and a head massage that calms and de stresses.

Your journey is completed with a soothing foot massage and some refreshing tea to 'Revive'.

Spa Packages

Enjoy our Spa packages named after some of our favourite Goddesses. Light refreshments and fruit tea will be served throughout.

Spa Day 'Persephone' £105

Spend a blissful two hours with us and enjoy a facial, back massage and file & polish on your toes and fingers.

Spa Day 'Isis' £150

Enjoy 3 hours of heavenly treatments, including a pedicure, manicure, facial and massage.

Spa Day 'Lakshmi' £175

Relax into this 4 hour divine dream and receive a facial, full body massage, body scrub, manicure and pedicure.

Spa Parties

Our double spa room is perfect for your pampering event on any occasion!

Twinkles £20 per head

8-12 years old, 4-8 girls 1 hour party includes:

- ★ A mini facial
- ★ Polish on fingers or toes
- ★ Little treat and juice
- ★ Party bags

Teens £25 per head

13-17 years old, up to 4 girls includes:

- ★ Clean start treatment each
- ★ Face mapping skin analysis
- ★ Information pack
- ★ Home care advice and samples

Spa Parties *continued*

Hen dos & girly get togethers

Totality Day Spa is the perfect venue for your get together. The best way to enjoy is for you and your guests to choose any combination of treatments or packages from our menu and we'll give you 10% off and throw in a bottle of bubbly. T&C apply.

Totality's Tasters & Twinkle

Tasters £10 each

Great on their own or as 'add ons' to any treatment.

- ★ Indian head massage
- ★ Neck & shoulder massage
- ★ Eye treatment
- ★ Aroma face pressure point release
- ★ Foot therapy
- ★ Reiki relax

Twinkle Treatments *All treatments £18 each or 2 for £30*

Available for our next generation! Suitable for 8 years plus.

- ★ Manicure
- ★ Pedicure
- ★ Facial
- ★ Massage
- ★ Make up

Post Graduates & Trainees

We regularly work with our local training colleges to support up and coming new therapists. They receive in-house training with us which sets them on their way to becoming 'Elite Therapists'.

45 minute manicure – from £10

Half leg wax – from £10

Bikini tidy up – from £5

Eyebrow tweeze – from £5

Eyebrow tint – from £5

30 minute facial – from £10

30 minute massage – from £10

60 minute pedicure – from £15

Full leg wax – from £15

Under arm – from £5

Eyelash tint – from £5

60 minute facial – from £15

60 minute massage – from £15

All you need for your beautifying needs.

Waxing

For silky smooth, professional results we use a specialised crème wax.

Half leg wax	£20	Top thigh	£22
Three quarter leg wax	£24	Full leg	£30
Full leg & tidy up bikini	£37	Full leg & thong bikini	£41
Half leg & thong bikini	£33	Thong bikini	£16
Tidy up bikini	£12	Under arms	£12
Half arm	£17	Face	£10
Lip	£10	Chin	£10
Lip & chin	£15	Eyebrow shape	£12
Eyebrow tidy	£10		

Mens waxing

Half back	£25	Full back	£50
Chest	£25	Chest & stomach	£50

Tanning

Vita Liberata Spray Tan £30 – organic & paraben free!

Partner deal: come in with a friend and only pay £20 each

Pre Tan Body Polish £20

OPI Manicures

The OPI Classic 30 min £26

This manicure includes correct shaping of the nail, OPI's Avoplex cuticle treatment, OPI's Avojuice hand lotion, finishing off with two coats of your favourite OPI lacquer.

The OPI Deluxe 45 min £36

This manicure includes all of the above, plus an intensive exfoliation and massage treatment on your hands and arms.

NEW OPI Colour Gel Manicure £35 (with extra cuticle work £40)

This manicure includes correct nail shaping and OPI's Avoplex cuticle treatment before your fabulous Colour Gel is applied. With correct home care this manicure can last for 2-3 weeks.

Colour Gel Soak Off £15

Includes mini manicure with OPI's Nail Envy.

Nail Strengthening Treatment £15

This treatment is ideal if you have had acrylics regularly, bite your nails or your nails are just quite weak, dry or brittle. Includes OPI's professional treatments to strengthen and nourish the nails.

Nourishing Hand Treatment £25

This treatment nourishes and hydrates dry hands.

OPI Pedicures

The OPI Classic **45 min** £32

This pedicure includes an OPI foot soak with OPI exfoliation, followed by OPI's Avoplex cuticle treatment, finished with an OPI foot lotion and two coats of your favourite OPI lacquer.

The OPI Deluxe **60 min** £40

All of the above, plus an intensive exfoliation and massage treatment on your feet and legs.

The OPI File & Polish **30 min** £22

This is ideal if you have pedicures regularly and you just fancy a change of colour. Includes steam towels & OPI foot wash, tidy up file and OPI polish.

Hard Skin Remover 'Add on' £7

Using a blend of enzymes and hydroxy acids, this potent solution thoroughly removes excess hard skin, resulting in smoother and softer heels. Add this on to your pedicure for dramatic results!

Nail Art & Gemstones – price on request

OPI Nail Apps £30

Try OPI's amazing Nails Apps instead of their lacquers for a change. Ask any member of the team to see the latest designs and colours. Includes nail shaping, cuticle work and gel top coat.

Lashes & Brows

Make the most of your eyes with our fabulous lash enhancing options.

Brow tinting £10 – 'define your brows'

Lash tinting £20 – 'frame those eyes'

Lash & brow tint £25

Xpress Lash Enhancing

Extend your own lashes safely and temporarily for a beautiful wide eyes look.

Natural set £35 (*extra length* £5)

Glamorous set £55

Lasts for 2-3 weeks. Home care advice **must be** followed, and a revisit to the salon after 3 weeks for removal and your free lash nourishing treatment.

Strip lashes £10 – the must have accessory for any event!

Make Up £30

Full make over, a natural or glam look for any occasion. We use fresh Minerals & Dermalogica foundation which guarantees a flawless result.

01442 823004 www.totalitydayspa.co.uk

14 Miswell Lane, Tring, Herts HP23 4BX

Incorporates all of Dermalogica's results achieving concepts with our 'own' magic to achieve your healthiest looking skin... ever!

Face Mapping 10 min *Free*

Truly understanding your skin is the first step towards a lifetime of skin health. Our Face Mapping® analysis takes all the guesswork out of getting results. Not only will your skin therapist diagnose your skin's concerns, she'll prescribe a no-nonsense home care and treatment routine to deliver optimum skin health in your 14 unique zones.

Skin Bar 20 min *Free*

Get to know our products, up-close and personal. At Skin Bar, you can learn about your skin with Face Mapping® skin analysis and then learn how to use the products, hands on. Come and play at the Skin Bar where you can experience a free mini treatment with your own skin therapist. We'll start with Face Mapping®, the zone-by-zone skin analysis that tells us which products are right for your skin. Then, in true bar style, we'll turn on our mini-steamers and serve up your products.

Call today to book your free Face Mapping® & Skin Bar session.

MicroZone® 20 min £20

MicroZone treatments target your most pressing skin concerns in a snap! They're the 20 minute quick fix that gets you in, gets skin repaired and gets you out the door in less time than it takes for a lunch break. There's no need to even change out of your clothes – just get ready for targeted results! Our expert skin therapists will analyse your skin, then perform a zone-specific treatment designed to solve your skin problem.

Intense moisture microZone – Maximise hydration for parched, tight & flaky skin.

Blackhead/spot relief microZone – Target blackheads & breakouts for clean, clear skin.

Skin soother microZone – Help inflamed skin recover with this soothing, calming treatment.

Flash exfoliation microZone – 'Get the glow' – resurface & brighten skin with this powerful exfoliation.

The Dermalogica Face Treatment 60 min £55

Your one hour facial will include:

- ★ Double cleansing & face mapping
- ★ Professional grade exfoliation
- ★ Steam & extraction (if needed)
- ★ Customised aromatherapy face massage
- ★ Customised botanicals, complexes & masques
- ★ Neck & shoulder massage
- ★ Firming & hydrating eye cream, moisturisers & SPF.

Our 1 hour Dermalogica facial can be designed to treat any of the following conditions:

- ★ Adult acne
- ★ Sensitivity
- ★ Pigmentation
- ★ Oily/congested
- ★ Rosacea
- ★ Dryness/dehydration

To further the results of your face treatment add on the following:

- ★ EA35 – an intense liquid exfoliation, to increase even further cellular repair £3
- ★ Contour Masque – lays over your customised masque to firm and rehydrate £2

Age Smart Facial (advanced glycation end-products) **60 min** £60

This powerful Dermalogica skin treatment is suitable for anyone concerned with premature ageing. Using a maximum strength liquid exfoliant as well as two part hydrating & firming masque you are able to instantly notice more nourished, hydrated and firmer looking skin.

Men's Dermalogica Facial 60 min £55

We designed this facial around the concerns of our male clients. Using the shave range from Dermalogica we are able to tackle breakouts, ingrown hairs, sensitivity, dehydration and other issues which come with shaving. We will choose from a range of products to suit each individual client's needs.

The Dermalogica Body Treatment 60 min £50

We tailor our body treatments to suit all different skin concerns. After a full body map the therapist will customise your treatment with any of the following:

- ★ Body brushing
- ★ Exfoliation
- ★ Essential oils
- ★ Body wraps
- ★ Moisturiser

Touch Therapies *'Add on' to enhance your treatment* £15

- ★ Replenishing eye treatment
- ★ Soothing scalp treatment
- ★ Revitalising foot treatment

The Dermalogica Back Treatment 30 min £30

Perfect, if the skin on your back is prone to break outs.

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Holistic Therapy

Bringing you the very best in authentic and healing therapies from around the world.

Aromatherapy Massage

Our new signature massage uses a heavenly blend of organic essential oils to relax, revive and uplift. A little 'peace' of heaven on Earth...

30 min £30

45 min £40

60 min £50

90 min £70

Indian Head Massage 25 min £26

Indian Head Massage is an integral part of the Ayurvedic healing system that originated in India. The treatment focuses on relieving stress and tension in the neck, head and face.

ILA Spa Treatments

ILA believes that the essence of spa treatments is to facilitate a flow of healing energy. Their unique treatments use ancient techniques of yogic healing and energy work to deliver the highest vibrations.

Ananda Face Therapy 60 min £60

Ananda means 'divine bliss' in Sanskrit. This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin.

Kundalini Back Treatment 60 min £60

A gentle, nurturing massage that uses chakra and sound healing to activate and channel the Kundalini, the dormant energy at the base of the spine, realigning the body's rhythm and restoring a balanced state. Ideal for emotionally exhausted souls, this soothing treatment has a profoundly restorative effect on the sympathetic and parasympathetic nervous systems.

Manipura Full Body Treatment 90 min £80

Meaning 'beautiful, shining jewel' in Sanskrit, Manipura refers to the solar plexus (navel) chakra – the centre of fire and sun energy that ignites our health and vitality. This treatment uses marma massage, lymphatic drainage and Himalayan herb poultices to stimulate and balance this vitality.

Rainforest Rejuvenation Face Therapy 75 min £75

This deeply restorative two-part facial uses a warm herbal compress, lymphatic drainage, Amazonian mud mask and intensely healing rainforest plant extracts to rejuvenate and regenerate facial skin cells.

Lava Shell Massage

Lava shells are the UK's 'hottest' treatment. A unique innovation in 'warming spa therapies' that relaxes whilst easing muscle and joint aches and pains.

Lava shell is a 100% natural tiger clam shell. It is sourced in the Philippines and is collected from a food waste product. This not only provides food but also jobs for the local industry on the island.

Lava Shell Relax **90 min** £75

For the ultimate calming massage the Lava Shell Relax treatment is the soothing solution. As the marine polished sea shells are glided smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. During the massage, the shells are worked over the palms, arms, neck and shoulder area, with the focus of the massage surrounding pressure points. Deep tissue work on areas such as the feet, legs, back and shoulders, ease away all muscle tension, knots and stress points, unblocking an energy flow and releasing a sense of balance to the entire body and mind.

Lava Shells Back & Legs Massage **45 min** £45

This is a deep tissue massage using the heated shells focused on the back and the legs. Tense muscles, knots and stress points are worked on with deep tissue massage to provide immediate relief.

Reiki

The Seven Level System of Reiki is a touch activated technique to gain extra unlimited Universal Life Force Energy.

Reiki is universal and has no religious background making it freely available to all walks of life. Reiki has the ability to repair and rejuvenate all levels of a person with noticeable positive benefits to everyday life. Reiki calms and strengthens the physical and energetic systems within the human body increasing cellular vibration and harmony to assist with recovery from illness and stress.

There are no limits to what Reiki can assist with:

- ★ Faster repair of broken bones
- ★ Stress and mind management
- ★ Back problems
- ★ Pre and post surgery
- ★ Depression and addiction
- ★ Asthma and children's issues
- ★ Sleep problems and panic attacks
- ★ Arthritis and memory
- ★ General aches and pains
- ★ Great to repair muscles after injury or sport

Treatment:

30 min £30

60 min £60

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