



## BOOKING

### TERMS AND CONDITIONS

- Please arrive 15 minutes before your treatments to ensure they can start on time
- To avoid cancellation fees please advise us 24 hours prior to your treatment time
- If cancellation is received on the day of your treatment 50% of treatment price will be payable
- In the event your treatment is not cancelled you will be charged full price for your treatment
- Underwear must be worn during treatments
- All large bookings and packages require a 50% deposit



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# SHAKINA

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URBAN SPA



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PARK REGIS BIRMINGHAM BROAD STREET FIVE WAYS BIRMINGHAM B15 1DT

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# SHAKINA

URBAN SPA

SHAKINA URBAN SPA CREATES THE PERFECT SETTING FOR YOU TO GET PAMPERED OR TO RELAX YOUR MIND, BODY AND SOUL. WHY NOT TAKE ADVANTAGE OF OUR BEAUTY TREATMENT ROOMS AND GYM DURING YOUR VISIT TO PARK REGIS BIRMINGHAM

## ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, and extraction where necessary, and are treatment specific massage, mask and intensive serum.

Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Optimal Skin Profacial (55 MINUTES) £60

Skin Radiance Facial (55 MINUTES) £60

Re- Hydrator Facial (55 MINUTES) £60

De-Sensitiser Facial (55 MINUTES) £60

Skin Purifying Facial (55 MINUTES) £60

Age-Defyer Facial (55 MINUTES) £65

Intensive Facial (75 MINUTES) £80

Facial including the Lift & Firm eye treatment

Express Facial (25 MINUTES) £30

Lift & Firm Eye Treatment (25 MINUTES) £30

Course of Espa Facials £240

Get 5 facials and only pay for 4! Saving £60!

## MASSAGE

Shoulder, Neck & Scalp Massage (25 MINUTES) £30

Back, Neck & Shoulder Massage (25 MINUTES) £30

Aromatherapy Massage (40/55 MINUTES) £45/£60

Hot Stone Massage (25/55 MINUTES) £40/£70

Back, Face & Scalp Treatment (80 MINUTES) WITH OR WITHOUT HOT STONES £80/£90

Renowned as our 'Hero' treatment and loved by all; Includes: Back exfoliation and hot stone back massage, personalised facial, scalp massage

Men's Shoulder, Neck & Face Massage (45 MINUTES) £30

Includes: Double cleanse, exfoliation, steam and extraction, face massage, mask, scalp massage

## TANNING



Xen-Tan (55 MINUTES) £20

Created with marine mineral extracts to leave your skin feeling sublimely soft so your tan can develop beautifully

## BODY

Salt & Oil Scrub (25 MINUTES) £30

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple

Invigorating Foot Treatment (25 MINUTES) £30

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains

Body Wrap (55 MINUTES) £60

Body exfoliation, full body massage and algae mud wrap

## NAIL

File and Paint Hands/Feet (15 MINUTES) £12

Manicure (25 MINUTES) £30

Pedicure (25 MINUTES) £30

Luxury Manicure (55 MINUTES) £40

Luxury Pedicure (55 MINUTES) £40

## JESSICA

Geleration protects your nails while offering bitten or problem nails the opportunity to grow underneath the gel. Perfectly painted nails

Gel Manicure (55 MINUTES) £35

Gel Pedicure (55 MINUTES) £35

Gel Removal (45 MINUTES) £7

## TINTING

Eyelash (30 MINUTES) £15

Eyebrow (15 MINUTES) £10

## HAIR REMOVAL

Full Leg Wax (40 MINUTES) £30

Half Leg Wax (25 MINUTES) £17

Underarm Wax (25 MINUTES) £12

Bikini Wax (25 MINUTES) £12

Brazilian (40 MINUTES) £25

Hollywood (50 MINUTES) £30

Lip/Chin/Eyebrow Wax (15 MINUTES) £10

Chest (25 MINUTES) £22

Back (25 MINUTES) £22

## PACKAGES

Spa Ritual (85 MINUTES) £89

ESPA Express Facial & Full Body Aromatherapy Massage

Rejuvenate Me (90 MINUTES) £100

ESPA Express Facial & Full Body Aromatherapy Massage & Invigorating Foot Treatment

Sun Kissed (80 MINUTES) £35

Refining skin polish and tan

Spa Ritual Deluxe (110 MINUTES) £110

ESPA Facial & Full Body Aromatherapy Massage

Rejuvenate Me Deluxe (135 MINUTES) £135

ESPA Facial & Full Body Aromatherapy Massage & Invigorating Foot Treatment

Pamper Me (50 MINUTES) £55

ESPA Facial & Back Neck and Shoulder Massage

