

# k:SPA

An oasis in the heart of Whiteley

01489 880 497 [www.mykspa.co.uk](http://www.mykspa.co.uk)



Get in touch  
today to  
arrange a FREE  
consultation

# k:SPA

k:SPA embraces a holistic approach towards its treatments aiming to promote well-being and is the vision of Kelly Shaw. With an extensive background managing and developing 5\* hotel spas throughout the world, Kelly wanted to bring a touch of "Spa" into a salon environment.



“Throughout my travels clients consistently remarked they would like to experience Spa touches within the everyday treatments they have.

My vision for k:SPA was to create a venue to relax and rejuvenate, to release the tension, to revitalise and refresh through unique therapies and treatments, restoring balance and harmony to mind and body.

Whether you choose to enjoy one hour or one day you will find the benefits of your experience at k:SPA immediate and long lasting.

Health and Happiness”

Kelly  
X

k:SPA is a haven, a place where you can take time for yourself, with professionals on hand to provide a warm, personalised service assuring one's complete relaxation, rejuvenation, and revitalisation. Welcoming both male and female clients, our salon comprises four private treatment rooms and a large reception / retail area. Each and every service we offer complements the care and sensitivity taken to make the experience relaxing and memorable.

## So why choose k:SPA?

### **Complementary additions to enhance your experience.**

k:SPA brings a touch of Spa into a salon environment. One of the ways we achieve this is by offering bespoke additions to everyday experiences that engage all of the senses.

### **Personal customised skin treatments.**

Our highly trained therapists have a passion for giving the very best customer care, and a passion to educate. Following your unique treatment, we will work alongside you to achieve your skincare goals.

### **Massage is our speciality.**

With an ever-expanding offering of massages to suit everyone, we pride ourselves on using different techniques from around the world. Our Tibetan massages have been exclusively designed by Kelly from knowledge gained whilst working in Nepal alongside an "Amchi" or Tibetan doctor.

### **Intimate Waxing.**

We are intimate waxing specialists using the highest quality products to minimise discomfort and achieve fantastic results. The first salon in the area to offer this service to both men and women.



**BEST NEW SALON!**

# FACE TREATMENTS

At k:SPA we understand skin; we know that your skin's condition changes on a daily basis which is why each k:SPA face treatment will be different from the last. We offer personal, customised skin treatments which emphasise skin health and preventative care utilising the Dermalogica product range. Our highly-trained therapists work alongside you to achieve your skincare goals. With this in mind we have created the ultimate designer facial experience; we do all the legwork so you can just lay back and enjoy! All you need to decide is how much time you have available.

## **k:SPA** Face Treatment

*30mins £32.00 45mins £37.00 60mins £42.00 75mins £52.00*

The k:SPA Face Treatment begins with a thorough consultation and Face Mapping skin analysis to determine your skin's needs and involves a combination of professional double cleansing, exfoliation, extractions (as needed, excludes 30min facial) massage, customised masks and serums, moisturiser and sun protection to complete.

## Face Mapping Skin Analysis

*15mins 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 therapist diagnose your skin's concerns she'll prescribe a no-nonsense homecare and treatment regimen to deliver your optimum skin health.

## Skin Scanner Skin Analysis

*15mins £15.00 (redeemable against products purchased)*

Want to understand what's going on with more than just the surface of your skin? The skin scanner allows you to take a closer look, see the dehydration, blocked pores or sun damage that isn't apparent on the surface (yet!) but is on a deeper level and learn how you can help combat it. Don't just take our word for it see clearly for yourself.

## MicroZone Treatment

*20mins £20.00*

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!

With treatments like flash exfoliation (great before a special occasion) blackhead relief, eye revitalisation (perfect for firming and hydrating) hand repair and Men's skin fitness to name a few. We can help to provide solutions whilst guiding you on how to maintain results at home.

## Age Smart Face Treatment

*75mins £52.00*

Potent vitamin and hydroxy acid exfoliation resurface and retexture skin for the ultimate in therapy for prematurely-ageing, mature or devitalised skin. Designed to help firm, smooth, nourish and regenerate whilst controlling the biochemical triggers that lead to skin ageing. Includes a contour masque for immediate but temporary skin firming and lifting.

## Medibac Clearing Face Treatment

*60mins £42.00*

This powerful new treatment jump starts acne clearing and helps to prevent future breakouts. Our professional products help control oil production and detoxify whilst soothing and calming the skin.

## ChromaWhite TRx Face Treatment

*60mins £42.00*

Specifically designed to combat hyper-pigmentation (darker areas of skin) whilst brightening skin for a fresher, healthier appearance. Powerful exfoliants lift away pigmented skin cells whilst active ingredients help normalise pigment production resulting in a more even skin tone.

## Teen Face Treatment

*20mins £20.00*

This treatment gets you started on the right track and targets your concerns from controlling oiliness and breakouts to keeping skin balanced. The more you take care of your skin now, the easier it will be to maintain healthy skin into your future.

# MASSAGE

## **k:SPA** Signature Massage

60mins £42.00

A full body massage with essential oils using techniques from around the world to work deeply into the muscles, kneading out tension and soothing mind and body.

## Stress Relieving Back Massage

30mins £24.00 60mins £42.00

A deep tension relieving massage concentrating on the back, neck and shoulder area.

## Thai Herbal Compress Massage

60mins £45.00

Ease away tension whilst enjoying this unforgettable traditional hot Thai massage. The warmed herbal poultice filled with a blend of traditional Thai herbs including lemongrass, ginger and kaffir lime opens the pores and brings a deep medicinal heat to the muscles, releasing tension and revitalising your mind.

## Pregnancy Massage

60mins £45.00

Suitable from 12 weeks onwards, this treatment is adapted by the therapist at every stage of pregnancy. A massage of the back, legs, arms and scalp helps to alleviate tension and restore a feeling of comfort.



**Massage...**  
dispels toxins  
and stimulates  
the immune  
system

# ALTERNATIVE THERAPIES

## Reflexology

*60mins £42.00*

Working on specific pressure points on the foot which in turn relate to the zones of the body. This ancient healing technique helps to rebalance and energise the entire body.

## Indian Head Massage

*30mins £24.00*

A calming yet energising scalp, neck and shoulder massage focusing on vital energy points. This treatment helps to ease tension, soothe headaches, stiffness and calm the mind.

## Reiki

*60mins £42.00*

Working with life force energy, reiki aims to address the causes of disease and imbalance and restore wholeness by activating the body's natural healing ability.

## Hopi Ear Candling

*30mins £27.00*

Hopi ear candling induces a pleasant feeling of warmth and balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache, headache, ear noise, sinus problems, and stress.



GIFT  
CERTIFICATES  
are available  
for all  
treatments

# TIBETAN MASSAGE

The following massages are based upon the ancient wisdom of Tibetan medicine combined with the principles of Ayurveda, with the belief that an invisible energy or vitality flows throughout your body. When this energy becomes blocked or sluggish your sense of well being can be affected. These treatments work to restore vitality, longevity and radiance by encouraging a healthy flow of energy.

## Tibetan Hot Stone Massage

*Back - 30mins £30.00 Full Body - 75mins £52.00*

Originating from the Hor region of Tibet, this healing massage utilises a combination of warm stones, to move stagnant energy and aid in the release of toxins and Spikenard oil, with it's deeply relaxing and stress relieving properties to leave you feeling balanced physically, mentally and spiritually.

## Tibetan Tsampa Massage

*75mins £52.00*

"Chu Ser" or lymphatic drainage massage uses slow rhythmical movements over the entire body to dispel toxins and stimulate the immune system, leaving the body relaxed and rejuvenated. Followed by an application of Tibetan Tsampa or barley flour to absorb the oils and gently exfoliate the body you will leave feeling invigorated and refreshed.

## Tibetan Yab Yum Massage

*75 minutes £52.00*

Designed to harmonise and stimulate the flow of Lung (energy) in the body by focusing on specific energy meridians and pressure points, whilst releasing tension in the muscles. This treatment uses a blend of oils designed specifically for male (Yab) or female (Yum) vitality.



# LUXURY PACKAGES

## Ultimate Face and Body Ritual

*90mins £70.00*

This treatment will leave you with a feeling of total well being and inner calm. The body is polished to perfection with essential oils and sea salts revealing a youthful glow, followed by a 'made to measure facial experience' with our k:SPA Face Treatment.

## Relaxer Day

*120mins £80.00*

Begin your journey with our Signature massage to ease away tension and relax the mind followed by a k:SPA Face Treatment to reveal silky, flawless skin.

## Reviver Day

*2 ½ hr £100.00*

This enlivening experience begins with our invigorating aromatic salt scrub to prepare your body for the detoxifying mud. Followed by a 30 minute Stress Relieving Back Massage to ease tension in the muscles and a k:SPA Face Treatment, depart with your whole body feeling hydrated and refreshed.

## Indulgence Day

*3 hr £125.00*

An aromatic body scrub prepares your skin for the ultimate massage experience incorporating warm stones. The hot stone massage is an intensely relaxing treatment that penetrates deep into the muscles relieving aches and pains. A k:SPA Face Treatment completes your journey leaving you feeling relaxed and tranquil.

## **k:SPA** Total Chill-Out Day

*5 hr £180.00 (includes a light lunch)*

Your journey begins with an aromatic salt scrub to invigorate and revitalise your body. The k:SPA signature massage helps to ease away tension and calm the mind before a 'made to measure facial experience' with our k:SPA Face Treatment. Your journey completes with a Deluxe Manicure and Pedicure leaving you feeling tranquil and relaxed from top to toe!

# BODY TREATMENTS

## Hydro-Active Mineral Salt Scrub

*30mins £32.00*

An ultra moisturising body scrub experience incorporating sea salts, enzymes and essential oils designed to deeply nourish and soften the skin.

## **k:SPA** Body Treatment

*60mins £42.00*

The body is polished to perfection with essential oils and sea salts to reveal a youthful glow; before a customised mask utilising our selected essential oils and marine extracts leave the skin feeling hydrated and silky smooth.

## Deep Cleansing Back Treatment

*45mins £37.00*

A prescriptive treatment for the back, shoulders and upper arms including deep cleansing, exfoliation and a tension relieving massage.

## St Tropez – The Ultimate Tan

*Full Body £35.00 Upper Body £25.00 Legs £18.00*

This specially formulated UV Free treatment features a tan using a spray application in only 30 minutes. Perfect for a busy schedule or a lunch hour treat.



# HANDS & FEET

## Deluxe Jessica Prescriptive Manicure

*60mins £30.00*

A prescriptive Jessica manicure with added exfoliation and warm heated mitts to aid penetration of products whilst easing stiff and tired joints.

## Jessica Prescriptive Manicure

*45mins £25.00*

A treatment manicure which analyses the nail type and treats each specific condition. Cuticles are cared for with oils and creams, the nail shape perfected before treatment basecoats and colour are applied.

## Jessica Maintenance Manicure

*30mins £20.00*

Concentrating on your specific needs; nails are re-shaped, cuticles tidied and polish applied.

## Deluxe Jessica Zenspa Pedicure

*75mins £35.00*

A Jessica zenspa pedicure with warm heated booties to aid penetration of products for more intense skin softening whilst easing stiff and tired joints.

## Jessica Zenspa Pedicure

*60mins £30.00*

Utilising aromatherapy based oils and creams to soften and nourish the feet. Cuticles are cared for and hard skin removed, an application of Jessica polish concludes the perfect pedicure.

## Jessica Maintenance Pedicure

*30mins £25.00*

Concentrating on your specific needs; nails are re-shaped, cuticles tidied and hard skin removed or polish applied.

# HAIR REMOVAL

k:SPA are specialists in intimate waxing and utilise only the highest quality strip and non-strip (hot) wax to ensure your waxing experience is as pain free and comfortable as possible. Non-strip wax is used for both male and female intimate waxing.

## Waxing

|              |        |
|--------------|--------|
| Full Leg     | £26.00 |
| ¾ Leg        | £22.00 |
| ½ Upper Leg  | £20.00 |
| ½ Lower Leg  | £17.50 |
| Navel Line   | £8.00  |
| Full stomach | £12.00 |
| Underarm     | £9.00  |
| Full Arm     | £13.00 |
| Forearm      | £10.00 |
| Eyebrows     | £8.50  |
| Lip or Chin  | £7.00  |
| Lip & Chin   | £12.00 |

## Electrolysis

A safe and effective permanent removal of unwanted hair from any area of the face and body using disposable needles.

|            |        |
|------------|--------|
| Minimum    | £8.00  |
| 15 minutes | £13.00 |
| 30 minutes | £23.00 |

**GET 1 FREE!**  
Buy a course of  
6 of the same  
treatments and get  
the 7th Free

## Female Intimate Waxing

|  |        |
|--|--------|
| Basic Bikini (outside underwear line only) | £10.00 |
| G-String Bikini (high sides and top)       | £15.00 |
| Brazilian (landing strip)                  | £25.00 |
| Hollywood (all hair removed)               | £30.00 |

## Threading

An ancient, highly specialised method of hair removal using a pure, thin, twisted cotton thread; the perfect alternative for those with sensitive skin or who use Retin-A, Accutane, and similar products.

|           |        |      |       |
|-----------|--------|------|-------|
| Eyebrows  | £8.50  | Chin | £7.00 |
| Full Face | £22.00 | Lip  | £7.00 |
| Sides     | £10.00 |      |       |

## Eyes

|                         |        |
|-------------------------|--------|
| Eyelash Tint*           | £12.00 |
| Eyebrow Tint*           | £7.00  |
| Eyelash & Eyebrow Tint* | £16.50 |
| Eyelash Perm*           | £30.00 |
| Eyelash Perm & Tint*    | £38.00 |

\*A patch test is required a minimum of 24 hours before first treatment.

## TREATMENTS FOR MEN

Below you will find a selection of the treatments most popular with our male clients however most of the treatments at k:SPA are suitable.

### Men's Face Treatment

30mins £32.00 45mins £37.00

60mins £42.00

A deep cleansing treatment to clean and buff the skin, eliminate blocked pores, soothe shaving bumps whilst leaving the skin feeling fresh.

### Stress Relieving Back Massage

30mins £24.00 60mins £42.00

A deep, tension relieving massage concentrating on the back, neck and shoulder area.

### **k:SPA** Signature Massage

60mins £42.00

A full body massage with essential oils using techniques from around the world to work deeply into the muscles, kneading out tension and soothing mind and body.

### Maintenance Manicure

30mins £20.00

Concentrating on specific needs; nails are cleaned and re-shaped, cuticles tidied and hydrated.

### Maintenance Pedicure

30mins £25.00

Concentrating on specific needs; nails are re-shaped, cuticles tidied and hard skin removed.

## Waxing

Male intimate waxing (also known as the 'back, sack and crack', Boyzilian or Brazilian waxing) is the latest trend in men's grooming. k:SPA are specialists in intimate waxing and offer a flexible pricing structure dependant on amount of hair removed. See website for full details and FAQ's.

|   |                 |
|---|-----------------|
| Eyebrows  | £8.50           |
| Nostrils  | £7.00           |
| Ears  | £7.00           |
| Lower Back  | £10.00 - £20.00 |
| Full Back & Shoulders                             | £20.00 - £30.00 |
| Upper Back & Shoulders                            | £10.00 - £20.00 |
| Chest   | £10.00 - £20.00 |
| Chest & Abs                                       | £20.00 - £30.00 |
| Abs   | £10.00 - £20.00 |
| Arms (half or full)                               | £10.00 - £30.00 |
| Underarms   | £10.00 - £15.00 |
| Legs (half or full)                               | £20.00 - £40.00 |
| Buttocks  | £10.00 - £20.00 |
| Buttock Crack                                     | £10.00 - £15.00 |
| Scrotum<br>(includes Penis)                       | £20.00 - £30.00 |
| Groin<br>(scrotum, penis, pubic triangle)         | £30.00 - £40.00 |
| Brazilian<br>(scrotum, penis, buttocks)           | £40.00 - £50.00 |
| Full Brazilian<br>(all hair removed front & back) | £50.00 - £60.00 |

## SO WHAT NOW?

There are a number of ways you can get in touch with k:SPA to book your appointment or just find out a little bit more about us and our treatments :

Go online **[www.mykspa.co.uk](http://www.mykspa.co.uk)** for more information and FAQ's, to make an appointment, for special offers and to sign up to our newsletter.

You can email us on **[info@mykspa.co.uk](mailto:info@mykspa.co.uk)** or call **01489 880 497** to ask any questions or to make an appointment.

Become a fan of k:SPA on **Facebook** for competitions and giveaways or follow us on **Twitter** for the latest updates and news.

However you decide to get in contact with us Kelly and the k:SPA team look forward to welcoming you and making your time at k:SPA an enjoyable and rewarding experience.

**GET 1 FREE!**  
Buy a course of  
6 of the same  
treatments and get  
the 7th Free



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## GENERAL INFO

Please arrive in good time for your appointment, you will be asked to complete a consultation card on your first visit to k:SPA. As a courtesy to all clients late arrivals will regrettably result in reduced treatment time at full cost.

## GIFT CERTIFICATES

Gift Certificates are available for an amount or treatment/s of your choice. Gift Certificates are valid for a period of six months from the date of purchase and are non-refundable or transferable.

## COURSES

Purchase a course of six of the same treatment and receive the seventh one free. We are more than happy to advise you on a personal programme to suit your needs. Courses are non refundable or transferable.

## CANCELLATION POLICY

We request that clients provide us with 24 hours notice to cancel or re-schedule an appointment to avoid paying a 50% cancellation charge. Appointments of two hours or more will need to be secured with a credit card.

## CHILDREN

We respectfully request out of consideration for other clients that children are not brought into the salon. For Health & Safety reasons we do not allow children into the treatment rooms.



k:SPA

