

Spa Packages

HOLIDAY COUNTDOWN £35

- *1/2 Leg Wax
- *Bikini Wax
- *Underarm Wax
- *Mini Manicure
- *Mini Pedicure

BABY LOVE (for mums to be) £70

- *Express Facial
- *Pedicure
- *Soothing Back & Hip Massage
- *Light Lunch
- *Use of Swimming Pool

MAKE ME HAPPY £60

- *Dragon Experience Facial OR Full Body Massage
- *Mini Manicure
- *Mini Pedicure
- *Light Lunch
- *Full use of gym, swimming pool & sauna

SPOIL ME £100

- *Dragon Experience Facial
- *Back Massage
- *Manicure OR Pedicure
- *Dermalogica Gift
- *Tea/Coffee on arrival
- *Light Lunch
- *Full use of gym, swimming pool & sauna

GIRLS DELIGHT £130

- *Dragon Experience Facial
- *Full Body Massage
- *Manicure
- *Pedicure
- *Dermalogica Gift
- *Tea/Coffee on arrival
- *Light Lunch
- *Full use of gym, swimming pool & sauna

Hen Packages

(Up to 8 people – minimum of 3) £35

Express Facial & Mini Manicure or Mini Pedicure

OR

Back Massage & Mini Manicure or Mini Pedicure

(Up to 16 people – minimum of 8) £28

Express Facial or Back Massage

(Up to 16 people – minimum of 8) £15

Mini Manicure or Mini Pedicure

(All hen packages include use of the Health Club facilities)

Opening Times of Treatment Room

Monday	09.30 - 6.00	Friday	09.30 - 6.00
Tuesday	12.30 - 9.00	Saturday	09.30 - 6.00
Wednesday	09.30 - 6.00	Sunday	09.30 - 6.00
Thursday	12:30 - 9.00		

Alternative Treatments

Monday	Beauty Therapy	9.30 – 6pm
Tuesday	Holistic Therapy	9.00 – 12.00
	Beauty Therapy	12.30 – 9pm
Wednesday	Beauty Therapy	9.00 – 6pm
Thursday	Holistic Therapy	9.00 – 12.00
	Beauty Therapy	12.30 – 9pm
Friday	Beauty Therapy	9.30 – 6pm
Saturday	Beauty Therapy	9.30 – 6pm
Sunday	Beauty Therapy	9.30 – 6pm

24 hours notice is required on cancelling your appointment. Less than the required notice will result in a 50% charge on your treatment. Gift Vouchers are non-refundable. If the required cancellation notice is not given the gift voucher will be deemed void.

For any further information or to book an appointment, please call us on 01792 657211

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**THE
DRAGON
HEALTH CLUB**

Call us: **01792 657211**

E-Mail: healthclub@dragon-hotel.co.uk

Visit us: www.dragon-hotel.co.uk

**Massage, Manicure, Pedicure,
Facials, Waxing and much more...**

**Gift
Vouchers
Available**



JESSICA **dermalogica**
a skin care system researched and developed by The International Dermal Institute

Face

THE EXPRESS FACIAL £27

Designed as a skin care lesson to educate clients how to care for their skin and use Dermalogica products.

THE DRAGON EXPERIENCE £40

A treatment tailored to your skin's needs to provide a truly unique facial specifically designed for you by the skin care therapist.

GENTLE TOUCH FOR SENSITIVE SKIN £40

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! Our super soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation.

MEN.O.T £40

We'll start your treatment with a deep cleansing, followed by a smoothing exfoliation. We'll also help release tension with a shoulder massage while your skin re-hydrates with a customised treatment masque.

POWER REGENERATION FACIAL £50

Concerned about the signs of ageing on your skin? Feel like your skin needs a revitalising power boost? Then this is the treatment for you! Combined vitamin and hydroxyl acid exfoliation, energizing massage techniques that release tension in the facial muscles and Dermalogica's specialised contour masque make this the ultimate in skin therapy for prematurely-ageing, dry, devitalized skin. Your skin will be noticeably firmer, smoother and revived.

Body

THE DRAGON BODY TREATMENT £65

Get ready to take on the world again with our revitalizing and energizing body treatment. We start with exfoliation to remove dulling skin cells then move on to a relaxing Swedish back massage session. Customised seaweed or gel packs are applied from head to toe to hydrate and detoxify skin. Mind and body will feel relaxed, regenerated and renewed.

SUPER SMOOTHING BACK TREATMENT £30

Take a load off with our super-smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep-cleansing scrub and then a Swedish massage designed for your back's most stressed-out parts.

PURIFYING SEAWEED WRAP £40

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice sealed in a warm relaxing wrap. Infused with aromatic botanical extracts and fruit enzymes, this treatment will leave your skin smooth and supple.

SWEDISH FULL BODY MASSAGE £40

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

SWEDISH BACK MASSAGE £25

Relaxing and soothing back massage helping to massage away everyday tension and stress.

Hands

Jessica Prescription Manicure	£18
Jessica Luxury Manicure	£25
Re-Shape & Varnish	£10
Men's Hand & Nail grooming	£15
French Polish	£4 extra
Nail Gems	£1 per nail

BRAND NEW GELeration Nails from the Jessica Nails range

A brand new everlasting gel nail polish that lasts approximately 3 weeks, unlike other similar brands there is no damage to the natural nail.

GELeration Nails - Hands	£30
GELeration Nails - Feet	£35

Removal costs £10 for a set not done with us or if you are having a removal without a further set, and is completely FREE if booking in for a second set.

Feet

Jessica Zen Spa Pedicure	£24
Men's Zen Spa Pedicure	£20
Luxury Pedicure	£28

Waxing

Eyebrow	£8	Half Leg	£14
Full Leg	£24	Bikini	£9
Brazilian	£20	Hollywood	£24
Underarm	£9	Forearm	£8
Full Arm	£15	Stomach	£8
Lip/Chin	£6	Back/Chest	£18

Waxing Offers

Half Leg & Bikini/Underarm	£20.50
Half Leg, Bikini & Underarm	£27
Full Leg & Bikini/Underarm	£28
Full Leg, Bikini & Underarm	£36

Eye Care

Eyebrow Tint	£6
Eyelash Tint	£10
Eyelash Extensions	from £15
Removal of Lash Extensions	£8
Eye Care Offers	
Eyelash & Eyebrow Tint	£12
Eyelash Tint, Eyebrow Tint & Eyebrow Shape	£16

* If you have never had tinting with Dragon Health & Fitness before, we do require you to have a 24 hour patch test to see that you are not allergic to our brand of tint. We also advise you not to use the sun bed, sauna or any heat treatment 12 hours before and after waxing as this may cause sensitivity and maybe even scarring.