

Special Packages

Just for Men

Full MOT - £70

The ultimate treatment for men! Take your pick of a massage from our full range, and reap the benefits for a full ninety minutes.

Add a mini manicure, pedicure or facial to compliment the massage, helping you relax and unwind. **1hr 45**

Holiday Packages

Golden Tan Package - £45

Have a St Tropez Spray Tan for a golden start to your holiday with a file and polish for both your hands and feet. Book your bikini wax 48 hours before your spray tan and get your beach towel ready! **50 min**

Luxury Leg Package - £55

Get silky legs and baby soft feet with this package. A totally rejuvenating treatment for your legs with a half leg wax, luxury pedicure followed by a file and polish. Total relaxation for those tired legs and feet. **1hr 30**

Premium Pamper Packages

Feather Feet - £55

The perfect pamper package to relieve tired, aching legs. Includes a luxury pedicure followed by a short session of reflexology and a 15 minute leg massage to aid circulation, reduce cellulite and puffy legs. **1hr 30**

Hot Stone Tranquillity - £100

The perfect gift or monthly treat. Drift away in the warm envelope of heated stones massage and a luxurious facial of your choice. Ensure you have time afterwards to take it easy and relax. **2hr 15**

For more information on all treatments, visit

www.bodyluz.co.uk

Contact Details

If you need to get in touch with Dintta Gould, she can be contacted on her mobile: **07960 698 126**.

Gift Vouchers & Special Occasions

Gift Vouchers are available per treatment or priced. Special Occasion and Wedding make-up is also available.

Home Care Products

Environ Skin Care products and St Tropez Self Tanning products are available for purchase to continue the benefits of a treatment at home. Contact Dintta Gould for more information.



Payment and Cancellation Policy

Payment is accepted by cash or cheque only. Prices correct at time of going to print and are subject to change.

24 hours notice is required for any cancellation. Any missed appointment or cancellation on the day will incur the full cost of treatment booked.

Dintta is a full member of the Association of Reflexologists and the British Association of Beauty Therapy & Cosmetology. She is highly trained in her field with over 10 years of experience. Home visits are available for some treatments, where there is a minimum spend of £75.



Topnotch Health Club, Amersham Rd, Chesham



• health & beauty •



TREATMENTS FOR MEN AND WOMEN

To book an appointment, call Topnotch Reception on

01494 774 100

www.bodyluz.co.uk

Reflexology

A very popular treatment on the feet which uses specific pressure points to help with many conditions including digestive problems, stress, general aches & pains, migraines and more. Dintta specialises in maternity reflexology from conception to birth.



Initial Treatment	1 hr	£47
Follow Up Treatments	45 min	£40
Taster Session (new clients)	25 min	£20

Massage

Aromatherapy Massage

Gentle, soothing massage using the healing power of herbs and flowers to aid relaxation and wellbeing. Oils are individually blended according to the effect required at each session.

Sports Massage

Not just for athletes! This massage focuses on the muscles and is extremely beneficial to all types of muscle injuries, postural issues and muscle soreness. It also helps to improve sports performance and flexibility.

Hot Stone Massage

Uses volcanic lava stones which are heated to a comfortable temperature and used to massage the body with a combination of fragrant oils. Produces a deeply relaxing and invigorating effect.

Indian Head Massage

Working deeply on the shoulders and head, this exhilarating massage helps to improve circulation to the head as well as giving clarity and relaxation to the neglected muscles of the head and face.

All massages	30 min	£27
	60 min	£50
	75 min	£60
	90min	£75

Facials

Environ - New Generation Skin Care

Environ products use high levels of Vitamin A, C and E to maintain skin health. The facial aims to improve the texture of the skin leading to a reduction of fine lines by using an electric current to push the vitamins deeper into the skin. It is suitable for all skin types. Home care products are available to continue the benefits at home.

Japanese Facial

This facial is an ultimate top to toe experience which includes a neck, shoulder and foot massage to help you unwind and relax. The deep facial massage reduces wrinkles, signs of ageing, dryness and improves circulation to the face giving you a youthful glow.

All Mini Facials	30 min	£27
All Full Facials	60 min	£50

NEW St Tropez Tan



St Tropez tan improves the look and feel of the skin producing a great golden colour. It has a unique formula that stops the tan from turning orange. It contains aloe vera which hydrates and softens to give an even tan without streaks.

St Tropez Spray Tan – A quick and easy spray treatment giving you a lovely golden tan which dries immediately.

Original Application - A luxurious hands-on treatment that delivers a deep golden natural looking tan. Includes a full body exfoliation leaving your skin silky soft.

St Tropez Spray Tan	30 min	£25
Original Application	50 min	£35

Tinting (patch test required 48 hrs before treatment)

Brows	£7
Lashes	£12
Brows & Lashes	£15

Hair Removal

Waxing

For both men and women. Regular waxing will help reduce hair growth considerably.

Half legs	£15
Full legs	£23
Half legs & high bikini	£23
Full legs & high bikini	£28
High bikini	£10
Brazilian (not suitable for wax virgins)	£25
Underarms	£8
Full arms (not incl. underarms)	£17
Eyebrows	£8
Eyebrow reshape	£15
Lip or chin wax	£9
Back wax	From £25
Stomach or chest	£15
Stomach, Chest & Shoulders	£30

Electrolysis

Using the blend method for permanent reduction of unwanted hair. Suitable for men and women.

Consultation (inc patch test)	15 min	£10
Electrolysis	10 min	£11
	15 min	£16
	30 min	£28

Hands and Feet

File & Paint	15 min	£12
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Manicure

Deluxe treatments use heated mitts to condition the skin and nails with proteins and conditioners.

Mini Manicure	25 min	£18
Deluxe Manicure	45 min	£25

Pedicure

Mini Pedicure	25 min	£21
Deluxe Pedicure	55 min	£30

Biosculpture Gel Overlays

Similar to nail polish, but they last longer and won't chip.

Application	30 min	£25
Application & Removal	55 min	£30
Removal only	25 min	£10