



## MENS GROOMING

- ✿ AROMA BACK, NECK & SHOULDER MASSAGE ✿ 25mins
- ✿ DEEP TISSUE BACK MASSAGE ✿ 30mins
- ✿ DEEPLY RELAXING HOT STONE BACK MASSAGE ✿ 45mins
- ✿ REMEDIAL MASSAGE for problem prone backs ✿ 25/45mins

### MENS GROOMING FACIAL ✿ 60mins

**Specially formulated by ESPA for the male complexion...**  
Natural balms and essential oils help balance, hydrate and revitalise the skin, includes a relaxing head massage.

### EXECUTIVE FOOT OR HAND TREATMENT ✿ 45mins

**A deep exfoliation & massage with essential oils...**  
Helps to remove hard skin tidy the nails and cuticles giving a manicured finish to both hands & feet. This treatment is a must for any groom to be...

### ✿ MENS WAXING AVAILABLE



## PAMPER PARTIES from £20 per person.

For parties of 4 or more exclusive use of the Beauty Lounge is available for any special occasion.

0116 286 6575

www.oasishealthandbeauty.co.uk

At Oasis we aim to take you away from the hustle and bustle of the day-to-day and leave you feeling...

RELAXED ✿ REBALANCED ✿ REVITALISED

With over 15 years experience

#### Boutique Jewellery

Luxury Spa Face & Body  
Potions & Lotions

& Professional Make-up  
available to purchase

GIFT VOUCHERS ARE AVAILABLE  
TO PURCHASE OVER THE  
PHONE IN SALON OR ONLINE

WE REQUIRE 24 HOURS MINIMUM NOTICE  
OF CANCELATION, OR YOU MAY BE CHARGED  
50% OF THE FULL TREATMENT VALUE

#### ✿ SALON OPENING TIMES

Monday - Friday:  
9.30am to 7pm/8.30pm

Saturday:  
9.00am to 2pm/4.30pm

Sunday By Appointment



## COMPLIMENTARY THERAPIES

### REFLEXOLOGY ✿ 55mins

**Helps relieve stress & balance the body & mind...** deeply massaging reflex points on the feet, helps relax the nervous system, remove toxins & promote well-being, bringing balance to our over stretched lifestyles.

### INDIAN HEAD MASSAGE ✿ 45mins

**Relieves stress tension & promotes healthy hair growth...** massaging vital pressure points on the head neck & shoulders, excellent for those who suffer from eye strain, tension head aches or bad posture.

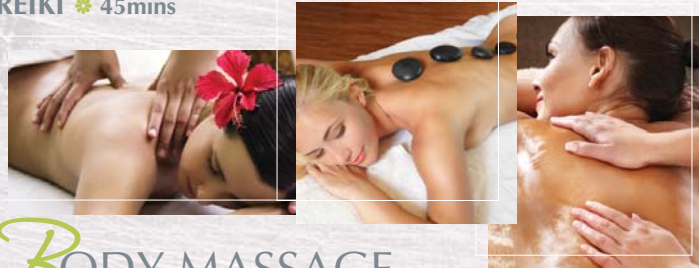
### HOPI EAR CANDLES ✿ 25mins

**A comfortable & soothing method of treating excess earwax, blockages and sinus problems.**

### HOPI EAR & LYMPH DRAINAGE FACIAL ✿ 45mins

**A must for congested sinuses includes a relaxing pressure point massage which helps relive pressure.**

### REIKI ✿ 45mins



## BODY MASSAGE

### RELAXING AROMATHERAPY BACK MASSAGE ✿ 30mins

**Ideal to help relieve stress & sooth away your aches and pains...**  
Using essential oils selected to suit your individual requirements this aromatherapy massage relieves accumulated tension.

### DEEP TISSUE BACK MASSAGE ✿ 30mins

**A deep massage for the back, neck and shoulders...** relives built up tension, and help aches & pains especially from sports injuries or work related repetitive strain.

### REMEDIAL BACK MASSAGE ✿ 25/45mins

**Ideal for problem areas, especially the back...** But can be legs or arms, this specialist massage is In-between sports and physio.

### RELAXING HOT STONES BACK MASSAGE ✿ 45mins

**Ease away tension & de stress...** The back is body brushed and exfoliated to help stimulate circulation, followed by a massage using various techniques & essential oils tailored to suit your individual preference, with the added benefits of warming Basalt stones -finishing with a cooling moisturising balm..

### AROMATHERAPY BODY MASSAGE ✿ 60mins

**Designed to relieve stress and promote a sense of well being...** This head to toe essential oil massage helps to relieve the day's tension & soothe aches & pains that are a drain on your body's energy levels, Select from the following:

- ✿ **DETOXIFIER** - Using a detoxifying blend of citrus oils to help cleanse and purify, aiding the removal of toxins and stimulating the lymphatic system.
- ✿ **DE-STRESSOR** - With relaxing and calming essential oils to soothe tension caused by the impact of stress in the back, neck and shoulders, whilst soothing and clearing the mind.
- ✿ **INTENSIVE MUSCLE WARMER** - Warming and stimulating essential oils help ease aches and pains and soothe muscular tension throughout the body.
- ✿ **ENERGY REVIVER** - Rebalance energy levels with an energising blend to lift the spirit when everything feels a little sluggish and flat.
- ✿ **FORTY WINKS** - Relax into untroubled sleep with soothing essential oils, this massage is ideal for those who suffer from insomnia or need to relax and unwind.
- ✿ **IMMUNE BOOSTER** - Using a powerful blend of Tea Tree and Eucalyptus essential oils known for their natural anti-viral and anti-bacterial properties to help enhance the body's natural resistance.



## SPA TREATMENTS

### TOTAL HOLISTIC BODY CARE ✿ 1hr 30mins

**Bring Back Balance & Harmony to your mind & body...** skin brushing & exfoliation with spearmint & algae leaves your skin refreshed, hot towels warm the skin ready for a deeply relaxing body & head massage with essential oils to suit your individual requirements. HOT STONES can be added on request.

### TOTAL INDULGENCE PRE-NATAL ✿ 1hr 40mins

**Be totally soothed, relaxed & toned...** Specifically for pregnant & nursing mothers, exfoliating hard to reach areas, an advanced massage with calendula infused oils. Soothing creams & naturally healing warm clays are applied to the body. Eases away newfound tension & helps to avoid stretch marks.

### BODY WRAPS ✿ 1hr - 1hr 15mins

**Not Just A Wrap** - A Head to Toe Experience, which includes lymphatic skin brushing, full body exfoliation, soothing application of blended essential oils\* a complete enveloping wrap of Detoxifying Algae, Warm Healing Marine mud, stimulating Oshadi spices or Hydrating Honey & Almond, Tranquillity is achieved with a calming Oriental head massage.

✿ **DETOXIFIER** - helps to improve circulation, speed up the elimination of toxins and excess fluid and reduce the appearance of cellulite.

✿ **SKIN HYDRATOR** - brings true re-hydration and balance to the skin. This wrap is excellent after a holiday and wonderful preparation for a special night out.

✿ **INVIGORATING BODY TONER** - The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy. Using invigorating salt scrubs & deeply nourishing and moisturising warm clays.

✿ **HONEY SMOOTHER** - Using Honey almond and Oatmeal this will nourishes hydrates & repair even sensitive skin, finishing with a application of a rich seaweed cream\*.

### BUM, TUM & THIGH BUSTER ✿ 1hr

**Firms & Tones areas prone to cellulite, fluid retention & uneven skin texture...** A Luxury Intricate full leg & colon massage with Hot & Cold stones, essential Oils & sea salts. can aid with slimming & toning, an ideal kick-start for any diet.

### BACK RESCUE TREATMENT ✿ 45mins

**Ideal for problematic skins...** Improve the appearance & condition of this much neglected, hard to reach area. Includes deep cleansing, body brushing & exfoliation with ingredients selected to suit your requirements. The back is then soothed with oils or creams, finishing with a warm healing mud mask.

### SALT AND OIL BODY SCRUB ✿ 30mins

**Ideal as a pre-post holiday/ party or tanning treatment...** A simple yet effective top to toe exfoliating treatment, that promotes & prolongs tanned skin & helps to keep your skin looking soft, smooth & young.

## SPA PACKAGES FOR TWO OR MORE

- ✿ **TASTER FACIAL, FINGERS & TOES POLISHED ✿ 45mins** from £39
- ✿ **FULL BODY EXFOLIATION & TASTER FACIAL ✿ 1hr** from £39
- ✿ **AROMATHERAPY BACK MASSAGE & FACIAL ✿ 1hr** from £45
- ✿ **BODY MASSAGE, HEAD MASSAGE & TASTER FACIAL ✿ 1hr 15mins** from £49
- ✿ **LUXURY HOT STONE BACK MASSAGE, AROMATHERAPY FACIAL, HEAD MASSAGE & REFLEX FOOT MASSAGE ✿ 2hrs** from £99

Alternative combinations are available on request

# rebalance & relax, revitalise



Oasis  
health & beauty

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## FACIALS

**TASTER FACIAL** ✿ 30mins

from **£28**

**A Relaxing introduction to facials...** select a cleanser, tonner, exfoliator & mask from any of our skin care ranges and we will do the rest.

## ESPA FACIALS

**A Luxurious Aromatherapy Spa range that evokes pure relaxation, particularly suitable when environmental stress, work pressure, illness or lack of sleep can leave you with dull lifeless skin. Each facial is tailored to your individual needs...**

**BESPOKE AROMATHERAPY FACIAL** ✿ 55mins

**De-stress & relax...** This facial purifies, refines and hydrates. Combining an acupressure massage, lymphatic drainage and an Oriental Head Massage.

**SKIN BRIGHTENER FACIAL** ✿ 60mins

**A rejuvenating facial suitable for all skin types...** Particularly when environmental stress, business pressure, illness or lack of sleep leaves your skin dull, lifeless & sallow visibly improves the appearance and texture of your skin leaving it soft, smooth and radiant.

**REGENERATING FACIAL WITH FIRMING EYE TREATMENT** ✿ 1hr 15mins

**An intensive boost for maturing, stressed or distressed skin...** Reviving the skin's natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines.

**LIFT & FIRM FACIAL TREATMENT** ✿ 1hr 30mins

**Specially created to combat the signs of ageing...** The lifting and firming benefits visibly improve the appearance of the skin, helping to minimize lines and wrinkles in a natural & non-invasive way, leaving the skin fresh, revitalised and nourished.

**HOLISTIC BACK, FACE & SCALP MASSAGE** ✿ 1hr 30mins

**Perfectly balances the skin & brings harmony to mind & body...** This is a luxurious experience which combines a bespoke aromatherapy facial with a deeply relaxing & mood enhancing back massage.

## REPECHAGE FACIALS

**This seaweed product range uses advanced processes which preserve the whole plant & it's purity. Rich in healing vitamins, minerals, amino acids & proteins gives your skin instant hydration & renewed freshness.**

**PRESCRIPTIVE SEAWEED FACIAL** ✿ 60mins

**For visibly brighter, clearer & healthier skin...** Healing Seaweeds, Herbs, honey & almonds, cleanse, balance, nourish & hydrate even the most sensitive of skins. Finishing with a uniquely cooling, toning & firming seaweed mask and a relaxing hand & arm massage.

**LUXURY 4 LAYER FACIAL** ✿ 1hr 15mins

**Delivers an instant dramatic result after just one facial...** Using the purest of seaweeds, collagens & naturally warming minerals, giving Improved elasticity, smoother texture & firmer facial contours, a unique anti-aging treatment with a hand, arm & head massage. **A must for any Bride to be.**



**SEA ESCAPE 4LAYER FACIAL & STONE TREATMENT**

✿ 1hr 30mins

Enjoy the full experience of the 4 layer facial with the additional benefits of a calming & balancing massage over the legs, feet, hands, arms, head and face, with natural hot & cold sea stones.

**VITA CURA™ 5 PHASE FIRMING FACIAL** ✿ 60mins

**A lifting facial with immediate results & long term benefits...** Using a cocktail of natural marine & herbal ingredients, which invigorate, lift & firm mature skin, helping to preserve elasticity, improve oxygenation and help promote cell renewal.



## NON SURGICAL & CLINICALLY ADVANCED TREATMENTS

**For best results we recommend you book a complimentary consultation prior to receiving these treatments...**

**DELUXE NON-SURGICAL FACE LIFTING**

✿ 45mins

from **£33**

**Helps to lift sagging skin & improve muscle tone...** This caci style treatment can improve sluggish, saggy skin making it healthier, firmer, hydrated & more youthful, for best results we recommend a course of 10.

**MICRODERMABRASION** ✿ 25mins

from **£30**

**Delivers instant & remarkable results...** your skin will look fresh & feel smoother after only one session and with further sessions you will notice a reduction in fine lines, acne scars, age spots, enlarged pores & uneven pigmentation, suitable for all skin types.

**LED - LIGHT THERAPY & HYDRATION MASK**

✿ 25mins

from **£29**

Red LED light therapy stimulates collagen production, decreases signs of ageing, whilst Blue light has strong antibacterial benefits, ideal on mature skins & acne. A firming hydration mask feeds and nourishes the skin.

**GLYCOLIC FACIAL PEEL** ✿ 25/40mins

from **£35**

**Ideal for aging, congested skins that need correction...** used & recommended by Doctors & Dermatologists to treat the signs of aging sun-damage, milia, wrinkles, dehydration, pigmentation marks & acne. The skin looks & feels smoother, firmer, younger & brighter.

**INTENSIVE CORRECTIVE A/B FACIAL PEEL**

✿ 25/45mins

from **£45**

**A must for problematic skin...** Combining AHA'S, BHA's and advanced nourishing treatment serums, this treatment is the next level from the glycolic peel.

**BOTOX** ✿ Erases & softens frown lines & crows feet in the upper 3rd of the face.

**FACE/LIP FILLERS** ✿ Plump out lines and imperfections.

**MOLE REMOVAL** ✿ Unsightly facial moles can be removed instantly. OUR QUALIFIED DOCTOR HAS OVER 8 YEARS COSMETIC EXPERIENCE

✿ SEMI PERMANENT MAKE UP  
✿ LIPO SUCTION - BODY SCULPTURE  
✿ COLONIC IRRIGATION  
Details available on request.



## EYES & LASHES

**INDIVIDUAL EYE LASH EXTENSIONS**

from **£25**

**A synthetic lash is attached on to each natural eyelash...** A delicate procedure, but the end result is fuller, longer, natural looking weightless lashes. The process is very relaxing. Lengths & thickness are selected to suit your individual needs. Can last from 2 weeks to 3 months with the correct home/salon care.

**EYE BROW SHAPING & TINTING** ✿ 15mins

**EYELASH TINTING** ✿ 25mins

**EYE LASH PERMING** ✿ 45mins

**ESPA REGENERATING & FIRMING EYE FACIAL** ✿ 30mins

**A perfect defense against premature aging...** combines soothing natural products with a luxurious pressure point massage & exfoliation to the eye area, relieves tension & brings a youthfulness to this delicate area.

**REPECHAGE FACIAL FOR THE EYES** ✿ 30mins

**Rehydrate & soothe away puffiness, dark circles & lines...** A cooling, toning eye mask works its magic, while you receive a tension busting neck, head & shoulder massage.

## MAKE-UP

**Professional make up with Art Deco and Bare Escentuals\* 100% minerals so pure you can sleep in it...**

**MAKE-UP FOR ALL OCCASIONS** ✿ 40mins

from **£28**

**MAKE-UP LESSON** ✿ 60mins

**FREE MINI MAKEOVER** ✿ 15mins with any purchase over £15

**WEDDING MAKE-UP** ✿ Inc. trial and make up at venue of choice.

**BOOK FOR A FREE WEDDING CONSULTATION  
SAVE UP TO 15% ON WEDDING PACKAGES**

## TANNING

**FAST TANNING SUN SHOWER**

**5 to 10 minute sessions available & course prices available on request.**

**FAKE TAN** ✿ 25mins

**St. Tropez full body speedy tan** - Guaranteed not to streak or go orange, can last 7/10 days.  
**Add a full body exfoliation.**

only **£10**

## HAIR REMOVAL

**WAXING** ✿

**10% OFF any waxing combination of 2 or more treatments.** Our waxing techniques ensure the treatment is quick and as comfortable as possible, using a blend of cream tea tree wax for a smoother finish.

**ILP HAIR REMOVAL** ✿ BUY TWO GET ONE FREE

**IPL/laser hair removal...** for a permanent reduction in hair growth - quick effective results FREE CONSULTATION AVAILABLE - Patch test required prior to your 1<sup>st</sup> treatment.

## Hands

**OASIS EXPRESS MANICURE** ✿ 30mins

**Covers all the bases if you're short of time...** Includes nail soak & buff, cuticle tidy & polish.

**NAILTIQUES HYDRATE & REPAIR MANI** ✿ 60mins

**Ideal for dry, brittle, weak or flaky nails...** Special attention to the cuticles & nails. Hands & arms are exfoliated & massaged with repairing ingredients, then warmed with heated mitts. Polish include if required.

**AROMA HAND & NAIL TREATMENT** ✿ 45mins

**Improves the appearance of hands & nails...** Includes an essential oil massage & Scrub, cuticle work & polish of choice.

**LUXURY HOT STONE MANICURE** ✿ 1hr 15mins

**Pure indulgence with ESPA oils & Hot Stone Massage for the nails, hands & arms...** a paraffin wax soak helps the hands look youthful & soothes and relives aching joints, repetitive strain & arthritis.

**CALGEL** ✿ Luxury Long Lasting, chip free nail gels in a choice of French Various Colours or Clear. Long lasting finish that's healthy for the nails.

**MINX** ✿ Gold Silver & funky foil wraps - for the fingers & toes.

**POLISH ONLY** ✿ Please come with bare nails ready for painting.

**POLISH EXTRAS** ✿

French Polish, Nail art & Nail gems available on request.

**ACRYLIC NAIL EXTENSIONS** ✿ 1hr-1.30hrs  
French or Natural tips.

**CALGEL NAIL EXTENSIONS** ✿ 1hr-1.55hrs  
French or Natural tips.

**INDIVIDUAL NAIL REPAIRS or REPLACEMENTS**  
(inc. Toes) ✿ 15mins+



## FEET

**EXPRESS PEDICURE** ✿ 30mins

Includes foot soak, nail buff, cuticle tidy, hard skin buffed or foot massage & polish.

**AROMATHERAPY PAMPERING PEDICURE** ✿ 60mins

**Give your feet the attention they deserve...** Includes an Invigorating leg & foot exfoliation. Softening & removal of rough or dry skin, thorough tidy and conditioning of nails & cuticles, a relaxing deep massage to legs & feet and finished with polish.

**ESPA LUXURY HOT STONE PEDICURE** ✿ 1hr 15mins

**Re-Hydrate, Soothe & Pamper Tired Feet...** Similar to the Aromatherapy ESPA Pedicure with the additional relaxing benefits of hot basalt stones, scientifically blended essential oils, and reflex style deep massage, after which the feet are cocooned in a warming paraffin wax wrap.

**REPECHAGE SEAWEED LEG & FOOT TREATMENT**  
✿ 60mins

**Relieves tired, swollen, aching legs & ankles...** Using seaweed & peppermint soaked bandages, these are Great for improving water retention & reducing swollen ankles, paraffin wax wrap softens & soothes aching feet. Includes a massage with a cooling seaweed cream.

**CALLUS PEEL** ✿ 30mins

from only **£10**

**Smooths cracked heels...** Plus removes hard skin.