

MENANA SPA



279 CHISWICK HIGH ROAD LONDON W4 4PU
TELEPHONE 0208 994 5754 • WWW.MENANASPA.COM

Hamмам

La Sultane De Saba Moroccan Hammam Ritual

£75 60 mins / £105 90 mins

Deeply nourishing and intensely cleansing ritual, which rejuvenates, eliminates toxins and stimulates circulation. Beginning with a black soap cleanse whilst in the Hammam before a full body Moroccan-style exfoliation. Then the signature blend of melted shea butter and fragranced body oil is drizzled over the skin for a full body massage. Ideal before holidays to get rid off dead skin and there for better tan.

Facials

Bespoke Facial

£105 90 mins

A customised facial featuring all the traditional techniques used in the Parisian Spas. The Bespoke Facial is a powerful deep-cleansing and nourishing facial. Products are selected based on skin type to ensure maximum benefits. Starting with a black soap and eucalyptus steam to deeply cleanse pores and purify skin. Deep facial massage helps tone the muscles, preventing future fine lines. Next we apply a two part layered mask, which draws out impurities, balances sebum levels and nourishes the skin. The mask is peeled off leaving skin noticeably cleansed, toned with a youthful radiant glow!

PRIORI®

Advanced AHA Deluxe Facial

£85 1 hour

Upgrade your peel with lifting acupressure massage and intense hydration mask for optimum results. Can be customised for normal, dry, sensitive or problem skin types. Ideal monthly maintenance programme.

Naturally Anti-ageing Treatment

£85 1 hour

Delivers an anti-aging treatment combined with a stress-relieving massage to further the lifting and firming results for your skin. Retextures, brightens and leaves the skin hydrated, soft and supple.

Deluxe Naturally Anti-ageing Non Surgical Face Lift

£105 90 mins

An intense and relaxing anti-aging treatment for areas that show the signs of aging most: face, neck and décolletage. This results-oriented treatment will reduce tension and stress levels as well as brighten and even your overall skin tone. Leaves skin feeling firm, lifted, youthful and radiant.

Facial Peels

£65 30 mins / £85 1 hour

peels can be used to treat a number of problems, including sun damage, acne scarring, hyper pigmentation, fine lines and wrinkles, and tired looking skin caused by a build up of dead skin cells. To achieve desired results, a course of six treatments is advised. One to be done every week or two depending on client's skin needs.

Then a monthly peel for maintenance and to prevent further problems accruing.

ENVIRON® FACIALS

Active Vitamin Treatment

£85 1 hour

Advanced Active Vitamin Treatment

£90 90 mins

The Frown Treatment

£65 45 mins

HydraBoost Treatment

£85 1 hour

Skin Clearing Treatment

£55 45 mins / £85 1 hour

Oxygen SkinCalm Facial

pure soothing heaven for sensitive skin

£85 1 hour

SOS Purifying

purifying treatment for congested skin

£75 1 hour

SKIN SPECIFIC FACIALS

Fruit Active Glow

bring back the glow to a lifeless complexion

£85 1 hour

Exotic Moisture Dew

treat your skin to a moisture boost

£85 1 hour

Lavender Repair

restoring skin balance – suitable for teenage skin

£65 1 hour

Eyes

Anti-aging Eye Treatment

£45 30 mins

Designed for relaxation, rejuvenation and reduction of puffiness and dark circles around the eyes. Restores the contour of the eye for a more rested, fresh and naturally youthful appearance. With clinically proven, all-natural ingredients including powerful antioxidants and botanicals.

Advanced Smoothing Eye Treatment

£45 30 mins

Designed to provide a fast, visible reduction in the appearance of fine lines in the delicate skin around the eyes. Combines our award-winning Smoothing Eye Serum with a unique combination of active ingredients and gentle exfoliating action to deliver a fast firming action.



Body

Body Sculpting Cellulite & Colon Therapy

£75 1 hour

The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream targets stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel & Birch peel off body mask is applied, combined with specialist massage techniques to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Naturally Slimming Body Treatment

£75 1 hour / £100 90 mins

A targeted, naturally slimming treatment for the hips, abdomen, thighs and other problem areas. Helps to firm the skin, reduce inches and minimise the appearance of cellulite. When you combine the treatment with prescribed home care and smart lifestyle choices, you'll see revitalised and remodelled skin with a smoother texture. Most effective when done in a series of six treatments.

Advanced AHA Signature Body Treatment

£75 1 hour

The perfect body treatment to address visible signs of ageing and dehydration or problem prone areas. For all skin types, the treatment exfoliates and evens the skin tone while deeply hydrating at the dermal level. Incorporating a full Advanced AHA Peel for the body, this treatment leaves the skin with a smooth, soft and brighter appearance. Excellent for treating scar tissue, stretch marks and sun damage.

Massage

Deep Tissue Muscle Massage

£50 45 mins / £65 1 hour / £90 90 mins

A deep tissue massage can help alleviate some of the pain for individuals who suffer from arthritis, muscle inflammation or even back pain. It is used for treating chronic muscle pain and is also effective for muscle tightness, posture issues and repetitive strains. A deep tissue massage has even proven to be more effective than other medications for some people.

Stress Relief Massage

£50 45 mins / £65 1 hour / £90 90 mins

A stress relief massage is a great way to reduce the amount of stress that occurs in your daily life. Simple touching offers quick healing benefits such as overall feeling of calm. It is an effective stress relief massage that naturally helps your body release toxins. This results in detoxifying your muscles and the entirety of your body, leaving you feeling rejuvenated.

Lymph Drainage Massage

£75 1 hour

The Lymphatic Massage is a very gentle type of massage therapy used to flow off redundant fluid from the body and build up the general performance of the lymphatic (immune) system. This kind of massage helps to bring about the proper direction of the lymph flow. This is a fluid that is clear and which helps support the functioning of the immune system by flowing through the body and getting rid of foreign materials like viruses.

Pregnancy Massage

£70 1 hour

Relax tense muscles, ease sore spots, improve circulation and mobility, decrease stress and promote relaxation, helping you cope with any discomfort during pregnancy.

Hand & Foot Rituals

Manicure

£25 30 mins

Pedicure

£35 35 mins

Spa manicure

£40 45 mins

Like our full manicure, but using a Moroccan honey, rose and ginger mask followed by a hot towel wrap and a deeply moisturising shea butter mask, to soothe and soften the hands.

Spa pedicure

£50 1 hour

Like our full pedicure, but using a Moroccan honey, rose and ginger mask followed by a hot towel wrap and a deeply moisturising shea butter mask, to soothe and soften the feet.

Naturally Anti-ageing Manicure

£50 50 mins

An intensive anti-ageing treatment designed to give the hands and arms a more naturally youthful appearance. Combines the clinically proven anti-ageing and brightening properties of CoffeeBerry® with natural ingredients including botanicals and vitamins.

Naturally Anti-ageing Pedicure

£55 1 hour

A naturally intensive anti-ageing treatment for the feet. Works with natural ingredients including botanicals and vitamins as well as the clinically proven anti-ageing power of CoffeeBerry® extract. The feet and legs become softer, smoother and appear healthy



Essentials

Brow & Lash Tint	£25
Brow Tint	£10
Lash Tint	£18

HD BROWS™ TREATMENTS

Using a seven step procedure including a variety of depilation techniques HD Brows' creates the ultimate in 'High Definition Brows'.

Eyebrows initial consultation	£35
Eyebrows maintenance	£13
Eyelash Perming	£50

Add curl to your natural lashes with this gentle permanent to create fuller, more open-looking eyes. Lasts up to 6 weeks.

THREADING

Upper lip	£10
Chin	£15
Eyebrows	£15

Waxing

	HOT WAX	WARM WAX
Eyebrows	£13	£12
Lip	£8	£6
Chin	£10 - £25	£8 - £18
Cheeks	£15	£13
Full face	from £25	from £20
Under Arm	£15	£13
Bikini	£20	£18
G-String	£25	£20
Brazilian	£40	£35
Hollywood	£45	£40
1/2 Leg		£15
1/2 Leg & Bikini		£30
3/4 Leg		£18
Full Leg		£30
Full Leg & Bikini		£40
1/2 Arm		£18
Full Arm		£25

Men

	HOT WAX	WARM WAX
Chest	£30	£25
Chest & Stomach	£45	£35
Shoulders	£25	£20
Back & Shoulders	£45	£35

Spa Days

1/2 Day Spa packages are available.

We also host Hen Days and will close the spa for the ultimate pampering experience.

Gift vouchers available up to any value, please ask for more information

