

LUMINIS BEAUTY SPA

Treatment guide Lakeside

WELCOME TO LUMINIS LAKESIDE

ADDRESS

Brompton Walk
Lakeside Shopping Centre
Thurrock
Essex RM20 2ZP

TELEPHONE

01708 869612

EMAIL

lakeside@luminisbeauty.co.uk

OPENING HOURS

	OPEN	CLOSE
MONDAY	10:00	22:00
TUESDAY	10:00	22:00
WEDNESDAY	10:00	22:00
THURSDAY	10:00	22:00
FRIDAY	10:00	22:00
SATURDAY	9:00	21:00
SUNDAY	10:00	17:00

GLOW ALL OVER

Luminis Beauty Spas are havens of relaxation, wellness and serious skincare expertise. In place of saunas, pools and jacuzzis, we provide space for blissful treatment experiences alongside expert advice – helping you look and feel beautiful, inside and out.

Visit www.luminisbeauty.co.uk to find your nearest Beauty Spa, read more about our treatments or treat someone to a Luminis gift voucher. Buy yours in any Luminis Beauty Spa or online at www.luminisbeauty.co.uk - they're valid for 6 months from the date of purchase (unless otherwise stated) and non-refundable.

LUMINIS LOVES... COURSES

We've highlighted the treatments that benefit you most as a course with this little symbol.



Book three or more over a year for a special discount.


Courses are all valid for 12 months from the time you purchase (unless otherwise stated).

Found something you fancy? We can't wait to see you.


www.luminisbeauty.co.uk

FACIALS

CACI NON-SURGICAL FACELIFT £59.00

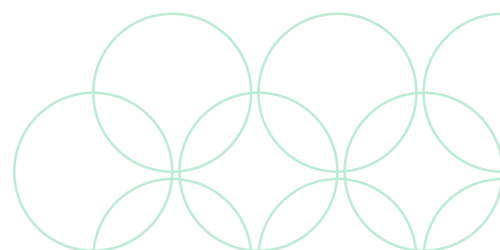
Get gravity-defying results as you relax. This award-winning, pain-free treatment uses micro-currents to improve muscle tone and boost collagen production – leaving you looking younger, fresher and firmer. Celebrities love it and so do we! Book a course of 10 for best results. 

SUPER CACI £87.00

Need something more supercharged than a regular CACI Non-Surgical Facelift? Then try our Super CACI, a more intense treatment with results that are visible after the very first treatment. Book a course of 10 to gain the ultimate lifted and toned facial contours. 

CACI JOWL LIFT FACIAL £35.00

Focusing on the main areas affected when skin starts to lose its elasticity. Working the muscles of the cheeks and chin. 



CACI ADDITIONS

Add any of the following to your regular CACI facial to give a specific area an extra boost. **L**

CACI WRINKLE REVOLUTION	£16.50
CACI EYE LIFT	£16.50
CACI LIP PLUMPER	£16.50
CACI JOWL LIFT	£16.50

HYDRACLEANSE FACIAL £66.00

Feel ultra clean. Six times more effective than a manual cleanse, we use a gentle current to draw out deep-seated impurities before finishing with an intense shot of hydration for fresh, glowing skin. **L**

DERMABRASION FACIAL £69.00

Experience exfoliation at its youth-boosting best. After a soothing cleanse we'll polish away wrinkles and scars, massage the skin with micro-pulses to stimulate collagen growth and finish with a soothing algae mask and relaxing head massage. **L**

MURAD FACIALS

MURAD BESPOKE FACIAL £69.00

Tailor made to your skin type and addressing any concerns the Murad Bespoke Facial will leave your skin noticeably healthier and more beautiful, whilst the touch point massage techniques will relieve stress, resulting in ultimate relaxation and peace of mind. **L**

MURAD ADVANCED BESPOKE FACIAL £89.00

An Advanced Method Bespoke Facial for those requiring a more intensive treatment.

Redness free! This intensely soothing facial will calm your skin like nothing else you have experienced. Dr Murad's miracle treatment will gently soothe, calm, hydrate and strengthen even the most sensitive skin, broken capillaries and rosacea. **L**

MURAD ADDITIONS

THE EYE-OPENER £12.00

Murad's illuminating eye mask firms and restores the delicate eye area by 48% while plumping fine lines and wrinkles. The perfect add-on to your Murad facial.

IP5 YOUTH BUILD £12.00

Combat all signs of ageing with Murad's IP5 peel. Cell activity is stimulated for younger looking and more beautiful skin.

ELEMIS FACIALS

SUPERFOOD PRO RADIANCE FACIAL £77.50

Going out tonight? This must-try pre-occasion treatment revives skin and restores radiance using micro-circulatory massage and a two-phase amino active mask. Proven to boost your skin's moisture levels by up to 61% and elasticity by up to 40%. **L**

PRO-COLLAGEN AGE DEFY FACIAL £77.50

For serious wrinkle-reduction, try this. Using powerful lifting massage and padina pavonica marine extract to re-energise cell communication, you'll lose up to 94% of wrinkles and your skin will be up to 57% firmer. **L**

DYNAMIC RESURFACING PRECISION PEEL £77.50

Peel away the years to reveal clearer, fresher skin. Using pioneering tri-enzyme serums, this facial is proven to resurface skin by up to 75% and increase smoothness by up to 32%. Face the world afresh. **L**

PRO-DEFINITION LIFT & CONTOUR FACIAL £77.50

Believe the hype. Powered by breakthrough plant stem cell technology and intense lifting techniques, this is the ultimate in facial firming and shaping. Book a course of six for a lift you'll love - 90% of women enjoy less sagging and 82% delay Botox or surgery as a result. **L**

ELEMIS BIOTEC FACIALS

Our pioneering BIOTEC machine increases the skins natural cellular energy, using technology turbo-charged touch. Proven results include visibly healthy, nourished and energised skin.

ANTI-AGEING

BIOTEC FIRM-A-LIFT £93.50

Rediscover the contours of your face with this sculpting technology. Skin is visibly strengthened and lifted. **L**

BIOTEC LINE ERASER £93.50

A powerfully rejuvenating, clinically proven facial that effectively irons out wrinkles and fills lines. **L**

BIOTEC SKIN RESURFACER £93.50

The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. **L**

SKIN SOLUTIONS

BIOTEC RADIANCE RENEW £88.00

Cellular boosting, leaving sluggish complexions clearer and visibly brighter. The ultrasonic peel stimulates removal of impurities, whilst the rejuvenating current restores moisture. **L**

BIOTEC BLEMISH CONTROL £88.00

Deep cleansing, detoxifying and repairing. The combination of currents, massage and steam leave the skin decongested, anti-oxidants soothe and white light therapy helps clear the complexion. **L**

BIOTEC SENSITIVE SKIN SOOTHER £88.00

Anti-redness treatment to soothe sensitive skin. An oxygen infusion encourages cellular restoration, whilst light therapy and calming anti-oxidants improve the skins ability to repair itself. **L**

BIOTEC SUPERCHARGE FOR MEN £88.00

The ultimate facial to de-stress, de-age and de-fatigue the male complexion. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution. **L**

BIOTEC ADDITIONS:

Enhance you Biotec facial by adding extra attention to your specific area of concern.

BIOTEC EYE £16.50

BIOTEC NECK £16.50

MAKE-UP

A TOUCH OF COLOUR COMPLIMENTARY

SPECIAL OCCASION £49.00

Make-up application to suit your occasion with £10 redeemable against make-up retail.

EYES

ULTIMATE HIGH DEFINITION BROW* £29.00

Lifting your whole look starts here. Designed to define, we'll tint, thread, trim and tweeze your eyebrows to perfection.

ULTIMATE LASH LIFT £68.00

No more eyelash curlers! Creates the effect of longer, fuller lashes. The lashes are gently lifted and fixed into position using our solutions. The effect lasts between 6-8 weeks.

SEMI-PERMANENT LASHES £70.00

Individually applied fuller, longer lashes applied to enhance your natural lashes. Can last up to 6 weeks.

Maintenance treatments advised. Will fall out as your natural lashes shed.

SEMI-PERMANENT LASH INFILLS £30.00

EXPRESS LASHES £47.00

Designed to give fast full lashes in a short space of time. Using individual lashes, the results will last for approximately 2 weeks.

Lash Removal £16.00

Shape my brows £13.00

Brow tint* £14.00

Lash and brow tint* £28.00

Lash tint* £18.00

TIP

Leave your brows to grow for 2-4 weeks beforehand so we have more to work with.

* These treatments require a simple patch test first.

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BODY

SPRAY TAN* £25.00

Get bronzed and beautiful whatever the weather. Keep your sun-kissed look for longer with a Scrub Up exfoliation for just £10 extra when booking together.

SCRUB UP £20.00

We'll scrub away dead skin, banish toxins and leave your skin smooth, clean and replenished. Bliss.

MURAD POMEGRANATE POLISH £46.00

Feel the power of pomegranate. We exfoliate away tired, dry and rough skin, perform a deliciously purifying cleanse, then apply warmed, firming massage cream and soft, soothing moisturiser. Polished perfection.

LUMINIS BACK HYDRACLEANSE £50.00

We use a gentle current to draw out deep-seated impurities in those problem areas, before finishing with an intense shot of hydration for fresh, glowing skin. **L**

LUMINIS NURTURING PREGNANCY TREATMENT £85.00

Experience heavenly relaxation and a unique connection with your baby. Combining specialised positioning and massage, we ease tension in your back and reduce swelling in your hands and feet – leaving you feeling uplifted, calm and rested.

MURAD FIRM AND TONE TREATMENT £66.00

Fight cellulite and stretch marks while boosting firmness and elasticity with the acclaimed Murad method – featuring intense exfoliation, right-where-you-need-it massage and a powerful vitamin C infusion. **L**

BOTTOMS UP £49.50

Is your booty bikini-ready? Our lifting, firming and smoothing treatment uses dry-body brushing to remove dead skin and boost blood flow before giving you a deep electro-current massage to shift toxins and lift muscles. **L**

ELEMIS TARGETED TONING TIGHTENER £25.00

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven to reduce the appearance of cellulite after just one treatment. Please specify which area you wish to target – Hips and Thighs, Abdomen or Arms.

ELEMIS GARDEN OF ENGLAND ROSE RESTORE £65.00

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

MASSAGE

	30 MINS	45 MINS	60 MINS	75 MINS
SWEDISH	£33.00	£45.00	£56.00	£68.00
AROMATHERAPY	£39.00	£57.00	£74.00	£90.00
DEEP TISSUE	£35.00	£49.00	£62.00	
HOT STONE	£41.00	£53.50	£66.00	£78.50

HANDS AND FEET

AROMATIC MANICURE £26.00

REJUVENATING MANICURE £40.00

CND SHELLAC MANICURE £45.00

CND SHELLAC APPLICATION £30.00

CND SHELLAC APPLICATION AND SOAK OFF £38.00

LUMINIS TRANSFORMING SPA PEDICURE £33.00

LUMINIS DELUXE PEDICURE £50.00

CND SHELLAC PEDICURE £52.00

ADD A FRENCH POLISH FINISH £5.00

THE RE-VARNISH £15.00

ADD PARAFFIN WAX £13.00

Relax into your manicure as we soak your nails in soft, warm wax to boost nail health, beauty and moisture.

CND SHELLAC SOAK OFF £10.00

HAND OR FOOT RITUAL £20.00

Exfoliated with rich pomegranate polish to brighten and revitalize dull looking skin, then nourished with a delicate gardenia scented lotion.

* These treatments require a simple patch test first.
Treatment prices and descriptions are subject to change without notice.

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EXPERIENCES

DRIFTAWAY £55.00

Take an hour's holiday and enjoy a back exfoliation, massage and facial. Perfect for a little me-time escape.

DIVINE DUO £55.00

Two blissful treatments. Choose from an indulgent Swedish back, neck and shoulder massage, a beautifying mini facial, the ultimate express manicure or a CND Shellac application.

CLOUD 9 £55.00

Float away to the clouds. A relaxing aromatherapy massage, facial and scalp experience.

PERFECT PAIR £120.00

Pamper yourself and a very lucky loved one with an indulgent aromatherapy full body massage experience for two.

BEAUTIFUL BRIDE BY ELEMIS £200.00

A trio of Elemis treatments to relax and indulge the bride to be. Sensitive Skin Soother Facial, Rose Restore Body Massage and Rose Restore Hand treatment.

HERE COMES THE BRIDE £210.00

To get you wedding ready; enjoy a Murad Firm & Tone Body treatment, a deep cleansing Hydra cleanse Facial followed by a Rejuvenating Manicure and Luminis Deluxe Pedicure.

FINISHING TOUCHES £60.00

The perfect treatment selection for a special occasion. Spray Tan, Shellac Application and Make Up. (For best results the tan should be applied the day before).

MUM AND BUMP £110.00

Make time for yourself before your new addition arrives, relax with a full body massage followed by a Luminis facial and for those hard to reach feet a Luminis Transforming Spa Pedicure.

HAIR FREE HEAVEN

IPL (INTENSE PULSE LIGHT)

Imagine silky smooth skin for ever. Talk to a Luminis therapist to arrange an initial consultation and patch test before booking your first treatment. **L**

COMFORT WAX

Perfect for sensitive areas, this technique can remove even the shortest of hairs.

STRIP WAX

Ideal for larger areas of the body, this is the traditional, tried and tested way to wax.

WAXING

	COMFORT WAX	STRIP WAX
CLASSIC BIKINI LINE	£19.00	£14.00
EXTENDED BIKINI LINE	£24.00	£17.00
THE BRAZILIAN	£39.50	N/A
THE HOLLYWOOD	£44.00	N/A
BACK OR CHEST	N/A	£27.00
EYEBROW SHAPE	£16.00	£13.00
LIP AND CHIN	£20.00	£15.00
LIP OR CHIN	£12.00	£9.00
UNDERARM	£18.00	£14.00
LOWER LEG	N/A	£19.00
THREE QUARTER LEG	N/A	£23.50
FULL LEG	N/A	£30.00

THREADING

This ancient Indian technique is gentle on the skin and offers precise control in a small area, making it perfect for the face.

EYEBROW, LIP OR CHIN £15.00

THREADING DUO (ANY 2 OF THE ABOVE) £22.00

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IPL HAIR REMOVAL

CONSULTATION + PATCH TEST	£27.00
3/4 LEG	£198.00
1/2 LEG	£99.00
BACK	£148.50
BIKINI	£50.00
BIKINI EXTENDED	£74.50
BRAZILIAN	£99.00
CHEST	£148.50
FACE	£50.00
FACE + LIP + CHIN	£90.00
FOREARM	£99.00
FULL ARM	£148.50
FULL LEG	£247.50
LIP + CHIN	£74.50
LIP OR CHIN	£50.00
UNDERARM	£50.00

SALON-SPECIFIC

LUMINIS HIBISCUS FACIAL Incorporating Organic Products	£49.00
HOPI EAR CANDLES	£42.00
RADIO FREQUENCY	£49.00
BESPOKE NAIL ART	FROM £5.00

* These treatments require a simple patch test first.
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BEAUTY SPA ETIQUETTE

STAY SAFE AND WELL

If you're pregnant, breastfeeding or have any medical conditions or allergies, please let us know so we can advise which treatments are right for you.

SOMETHING FOR THE GENTLEMEN

Luminis isn't just for ladies. We welcome everyone to our Beauty Spas and most of our treatments are suitable for men too. If you're not sure if a treatment is right for you, one of our therapists will be happy to advise.

TIME TO RELAX

No-one likes feeling flustered, so we suggest always allowing enough time for your Luminis experience. Arriving 15 minutes before your appointment (10 minutes for regular guests) allows us to take your details and offer you refreshments and the chance to relax in the lounge.

LATE ARRIVALS

Your appointment time has been reserved especially for you at your request. So if you do arrive late we will try to fit you in, but your treatment will still finish at the original time and full price will be charged. This helps us to minimise disruption for all of our guests.

VALUABLES

In every therapy room you'll find a wardrobe for your things, but please keep your valuables safe as we can't take responsibility if anything is lost or stolen.

MOBILE PHONES

Let's leave the outside world behind - please switch mobiles off or onto silent within the Beauty Spa.

WHAT TO WEAR

We'll provide you with super soft towels to ensure that your body is modestly covered at all times, and disposable underwear too where needed. After your treatment you'll have time to change and prepare yourself to rejoin the world - feeling relaxed, refreshed and glowing.

LITTLE ONES AND TEENS

We pride ourselves on our relaxing and peaceful atmosphere, so we appreciate guests not bringing children or babies into the treatment areas. We can offer treatments to teens once they reach 16 - this age limit is for insurance reasons.

BOOKINGS AND CANCELLATIONS

To make a booking, we will take your credit card details or gift voucher number. Rest assured that our system meets Payment Card Industry Security Standards to keep your card details completely secure. If you do need to rearrange or cancel your appointment, please let us know at least 24 hours in advance, or full payment for the treatment will be charged.

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