



Tonic

day spa

- Nails • Beauty • Massage
 - Skin • Holistic
- ...and so much more*

for your information

At Tonic Day Spa we endeavour to deliver the highest quality of service, treatments and products. Our therapists are all experienced, trained and skilled in their selected treatments.

We use the highest quality leading products, consistently source new and innovative treatments and provide ongoing training for all our staff.

CANCELLATION POLICY

- Full refund will be given providing the appointment has been cancelled in advance with at least 24 hours notice prior to the appointment time for singular services and 48 hours for multiple services or packages.
- Failure to cancel within this period will incur a £10 charge per 15 minute of booked appointment time.
- Failure to attend your appointment will result in full payment being charged.

NEW CLIENTS

Please note all new clients are asked to pay for their first treatments in advance, at the time of booking.

WEBSITE BOOKINGS

Please check out our on-line booking for easy and convenient booking any time of day or night. All website bookings must be paid for at time of booking.

GIFT VOUCHERS

Whether it's for a special occasion, or 'just because', a Tonic Day Spa Gift Voucher gives your someone special the opportunity to spoil themselves.

Vouchers are available for selected treatments or in monetary amounts, allowing the recipient to choose their ideal treatment and taking the stress away from you.

In a rush - Gift vouchers can be purchased via our website.



all about nails

At Tonic Day Spa we offer a wide range of nails using Artistic 7-day wear Nail Varnish and Artistic Gel Colours. With over 100 colours in stock, you'll be stuck for choice. We guarantee all Artistic gel polish for 10 days.

*Don't forget
your flip flops!*

EXPRESS NAILS

Designed to touch up or change polish. Includes cuticles, file and polish to finish.

Hands	Artistic 7-day wear £22	Artistic Gel £29
Feet	Artistic 7-day wear £22	Artistic Gel £29

PRESCRIPTIVE MANICURE

Renew and refresh your hands. This treatment includes hand exfoliation and massage, cuticle tidy and a polish to finish.

Hands	Artistic 7-day wear £29	Artistic Gel £34
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PRESCRIPTIVE MEDIPEDI

More than just a pedicure. The ultimate treat for your feet using the world's first ever Pediceuticals range. This results driven technology is used to treat a variety of foot problems including dry skin, callus, cracked heel, anti-fungal, cold feet, sweaty feet and tired legs.

Feet	Without nail varnish £30	
	Artistic 7-day wear £34	Artistic Gel £38

SENSES NAIL HEAVEN

More than just a nail treatment, this therapy takes your senses on a journey. Begin your experience by choosing **from our range of Senses Aromatherapy** oils to suit your mood. This treatment starts with exfoliation to remove dulling skin cells before applying a moisturising mask treatment to soothe and hydrate. Lie back and de-stress with a scalp and face touch therapy before enjoying a luxury massage to the hands and arms or legs and feet. Complete your look with cuticle tidy, file and polish to finish

Hands & Feet	Artistic 7-day wear £34	Artistic Gel £42
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IBX NAIL THERAPY

A revolutionary nail treatment that works from the inside out to target imperfections and damage for stronger healthier nails.

IBX Treatment £24 or add to any nail treatment for only £14

NAIL ENHANCEMENTS - Rock Hard Acrylics or Calgel

Full set French or gel £46	Overlays with Artistic gel £40
Refills with Artistic gel £38	Individual Tip £5

NAIL ART AND DIAMANTES

Prices start at £10

SOAK OFF

Soak Off gel nails £5	Soak Off acrylic nails 30 mins £10
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all about beauty

WAXING

Full Leg Wax	£28
Three Quarter Leg Wax	£22
Half Leg Wax	£18
Upper Thigh Wax	£20
Buttocks Wax	£16
Lower Arm Wax	£16
Full Arm Wax	£22
Underarm Wax	£12
Eyebrow Shape	£12
Face Wax	£10
Lip Wax	£6.50
Chin Wax	£6.50
Lip and Chin Wax	£10

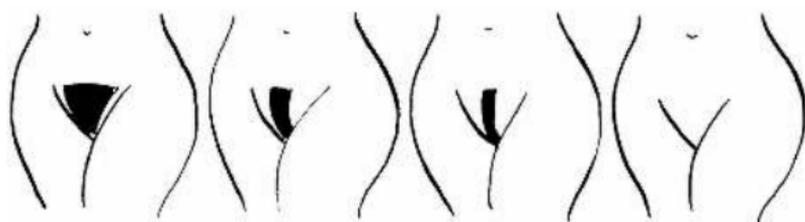
At Tonic we ensure that our therapists are experienced, qualified and fully insured to offer this specialised service. We offer both traditional strip waxing using chocolate wax, which is designed for sensitive skins and GIGI hot wax. Our therapists will tailor your wax using the best products and method for your skin and hair.

Bikini Wax	£12
Extended Bikini Wax	£16
Brazilian Wax	£18
Hollywood First Treatment	£36
Hollywood Maintenance	25 minutes £28 40 minutes £32

MEN'S WAXING

Eyebrow Tidy	£12
Back Wax	from £25
Chest Wax	from £25
Groin Wax	from £25
Buttocks Wax	from £25

Please note hair should be a suitable length for waxing. We advise not shaving for two weeks before your treatment. Do not use perfumed products or deodorants, do not swim, use a sunbed or heat treatment for 48 hours after your treatment. If in doubt call in for a pre-treatment consultation.



Bikini

Extended Bikini

Brazilian

Hollywood

All ABOUT EYES

TINTING

Eyelash Tinting	£16
Eyebrow Tinting	£6.50
Eyebrow/lash Tinting	£20
Eyebrow Shape and Tint	£14
Eyelash Tint/Eyebrow Tint/Eyebrow Shape	£28

Please note a patch test is required 48 hours before any tinting treatment.

EVL LASH LIFT

50 minutes £42

Extend, Volumise & Lift, EVL Lashes is the latest in eyelash treatments which lasts up to six weeks depending on individual's lash cycle.

INDIVIDUAL HOLLYWOOD LASHES

Full Set	£55
Maintenance	
2 weeks	£22
3 weeks	£28

EXPRESS LASH

£36

Using individual lashes. Lashes last approximately 2-3 weeks before being removed and a new set applied. No infills required.

MAKE-UP

starting from £40

Bridal, Prom and special occasion make-up available. Visit our website for more details or give us a call.

FAKE TAN

from £28

Introducing Bondi Sands-Australia's leading Tan. Choose from a range of colours to suit your skin. In a rush? Try Bondi Sands express tan.

RED VEIN REMOVAL

starting from £55 per session

Short wave diathermy can quickly and effectively improve - and often remove - common skin problems and blemishes such as warts, skin tags and thread veins. During this treatment, a fine, hair-like needle is used to conduct a small energy current into the broken capillary, causing them to dry up, collapse and disappear. Book in for a free consultation. Multiple sessions may be required.

VERRUCA REMOVAL

starting from £40 per session

Book your free consultation.



Tonic skin hub



Taking skin to a whole new level

skin consultation

We realise that choosing the facial or skin care regime best for your skin can be confusing so why not book a consultation with one of our Skin experts? Let us advise you on homecare and design a treatment plan for your specific needs.

20 minutes

£20

Cost redeemable against products or facial treatments booked.

exceed

EXCEED MICRONEEDLING

Microneedling is a minimally invasive skin perfecting procedure: It works by using a collection of fine needles to cause tiny punctures in the skin, creating a collagen-stimulating healing process to correct skin imperfections and improve skin quality. The skin is naturally stimulated to regenerate. New collagen and elastin are formed.

At Tonic Day Spa we use EXCEED; the world's only double FDA-cleared automated micro-needling device clinically proven to dramatically reduce the appearance of facial wrinkles, skin laxity, acne scars and stretch marks. Our Microneedling Treatments can improve a variety of skin conditions including: fine lines, wrinkles, sagging skin, sun damaged skin, hyper/hypo pigmentation, enlarged pores, stretch marks, scarring - surgical, acne, alopecia, skin rejuvenation/texture and tone.

Single treatment	£180
Course of 3 sessions	£450
Course of 6 sessions	£750
Combined Image Peel and Microneedle Course	£700

All courses include Image SPF Moisturiser (91g).

dermalux flex

DERMALUX FLEX LED

Dermalux Flex is a non-invasive treatment that delivers clinically proven therapeutic light energy for rejuvenating and corrective benefits. Specific wavelengths are absorbed by the skin to stimulate cell renewal and collagen production, resolve problem skin conditions such as acne and redness and accelerates skin healing. It is a safe and pain free treatment without downtime. Following a single Flex MD session, clients can expect immediate improvement in skin tone, hydration and luminosity whilst the beneficial light simultaneously stimulates deeper cell processes for longer lasting benefits in the skin. For sensitive skin conditions, the Flex MD offers relief with redness and irritation.

DERMALUX FLEX EXPRESS FACIAL 20-30 minutes £30
For best results book a course of Dermalux Flex £150
Add Dermalux flex to any other therapy for £20
or 6 Add On Treatments £100

protégé elite

Protégé Elite is a clinically proven facial procedure for toning, tightening, and improving skin texture. Its benefits include rejuvenation, wrinkle reduction and skin tightening, improving texture to sagging skin of the eyes/brows, face, jaw line, neck, and areas of the body.

Protégé Elite uses the most sophisticated delivery of RF energy with ground breaking EFC Elite technology that disrupts aged collagen fibres and evokes fibroblasts to produce new collagen fibres. The Protégé Elite delivers consistent and measurable results with superior level of safety for a pain free treatment.

FACE & NECK

Top up Treatment

£160 or Course of 5 £650
within 12 weeks £80
3-6 months £120

Treatment is recommended in a course of 5 for maximum results. A one off top up is recommended every 9-12 months and a full course may be repeated every 2-4 years.

PROTÉGÉ INTIMA

£140 or Course of 4 £450

- VAGINAL REJUVENATION

The Intima is a pain-free non-surgical procedure that can truly invigorate the vaginal area. The award-winning radiofrequency technology, remodels or rejuvenates the outer labia (lips) of the vagina targeting labial deflation (volume loss) or laxity.

With vaginal rejuvenation, you can see the results from the first treatment, with a more youthful look restored.

Course of 4 treatments recommended.



dermaplaning

Dermaplaning treats fine lines, uneven skin tone, open pores, pigmentation, dry skin and that unwanted facial hair. Using a surgical scalpel, dead skin and fine vellus hair (peach fuzz) are gently scraped away from the skin's surface giving clients immediate brighter, smoother skin. It is a form of deep exfoliation that improves cell turnover and healing, as well as allowing better penetration of skin care products, leaving the skin more radiant and healthier looking.

Dermaplaning with Dermalux LED therapy £65 or Course of 3 £160

Dermaplaning and Image Peel including Image Post Peel home care kit. £120 or Course of 3 £300

non surgical facelift

NON SURGICAL FACELIFT (Microcurrent) 50 minutes £50
Course of 6 sessions £250

This combined facial utilises new state of the art technology and Image Couture skin therapy for the ultimate brightening and lifting facial. Bio Ultimate Platinum aids in reducing the signs of ageing and diminishes the appearance of fine lines and wrinkles using microcurrent. The result is a visible firming and smoothing of the skin. Treatment benefits: firms and lifts facial muscles, improves circulation, improves elastin and collagen levels, hydrates and revitalises skin, diminishes fine lines and wrinkles.

bespoke facial

Can't see what your looking for? We can design a bespoke facial for your skin needs. We have so many advanced facials and products to choose from: Image Peels, BT Fusion, Dermaplaning, Protégé, Dermalux LED Light Therapy, Exceed Microneedling and Comfort Zone Skin Care. Book in for a skin consultation now.

chemical peels

IMAGE-CLINICAL COUTURE PEELS

Our signature chemical peels power away dull, dead cells to illuminate the skin and reduce the appearance of fine lines, wrinkles, age spots, clogged pores, blemishes and acne, helping to support collagen for firmer-looking skin over time. A bespoke treatment will be tailored to your exact skin concern by our skin experts. All treatments include a Image Post Peel home care kit worth £30.

IMAGE FACIAL

£60

This results driven facial uses the most advanced technologies to exfoliate, brighten and correct skin concerns. Tailor made to suit your skins specific needs by your skin expert and combined with a relaxing facial massage to de stress and indulge.

I PEEL ORMEDIC LIFT™

£70

This non-chemical peel uses organic ingredients with medical effectiveness to rebalance, regenerate and restore skin while using comfrey stem cells to boost cellular turnover.

Recommended for: unbalanced, irritated, sensitive skin.

I PEEL SIGNATURE FACELIFT®

£80

Using vitamin C and fruit enzymes blend to visibly reduce redness and brighten the skin. With a boost of Hyaluronic acid for superior hydration. Recommended for: redness-prone, dry/dehydrated, smoker's skin, tired/ dull, post-microdermabrasion.

I PEEL LIFT®

£100

This ultra resurfacing blend of active exfoliants, brighteners and retinol works synergistically to visibly reduce the appearance of fine lines, correct uneven skin tone, smooth rough texture and reduce acne blemishes. Skin type indications: ageing, pigmentation, acne, uneven skin tone.

I PEEL LIFT FORTE®

£110

This advanced results driven treatment uses a ultra-resurfacing blend of glycolic acid, retinol and botanical brighteners to visibly reduce the appearance of fine lines and wrinkles, pigmentation or scaring. Skin type indications: ageing, pigmentation, dry/dehydrated, age spots, acne, uneven skin tone and redness.

I PEEL PERFECTION LIFT™

£120

This advanced results driven treatment uses a ultra-resurfacing blend of glycolic acid, retinol and botanical brighteners to visibly reduce the appearance of fine lines and wrinkles, pigmentation or scaring. Skin type indications: ageing, pigmentation, dry/dehydrated, age spots, acne, uneven skin tone and redness.

I PEEL COURSE

£550

For great results book a course of Image Peels tailored to your skins specific needs. 6 treatments including: 1 SIGNATURE FACELIFT®, 2 LIFT®, 2 LIFT FORTE® and 1 PERFECTION LIFT™ and £100 worth of Image home care.

aesthetics

At Tonic Day Spa we are delighted that all Aesthetics treatments we provide are carried out by Dr Sara Ramond. With over 14 year's experience and Harley Street trained in aesthetics, Dr Sara strives to deliver the best in anti-aging and facial sculpting offering revolutionary treatments where once surgical procedures were used. A consultation is required to determine individual needs, offering you a tailor-made treatment plan.

FILLERS

We offer a range of fillers including:

Juvéderm® Belotero® and Teosyal®

Lips from £150

Scars from £150

All other areas from £200

Areas treated: lips, cheeks, nasolabial lines, marionette lines, chest, back of hands and scars.

ANTI-AGING TREATMENT

Bocouture® and Botox®

One area from £180

Two areas from £235

Three areas from £290

Areas treated: frown lines, forehead, crows feet (eye lines), lower face and neck treatment as part of a non-surgical facelift and subtle lip enhancement.

Combination packages available for Dermaplaning and Protégé Elite. *Please ask for details.*

PLASMA PEN-LIFT WITHOUT SURGERY

This cosmetic corrector is the gentle alternative to skin tightening surgery. The combination of plasma and NF+ technology, currently makes the plasma pen unique, world-wide.

This gentle, low-pain procedure achieves incredible, permanent results - immediately.

Non-surgical blepharoplasty (Droopy eyelids) £300

Additional areas of frown lines or crow's feet £55

Removal of skin tags or moles from £40

Removal of verruca's £50

£100 for 3 treatments

A bespoke package can be arranged for clients as part of their aesthetic treatment plan.

[comfort zone] therapies

[COMFORT ZONE SKIN, SCIENCE + SOUL]

Comfort Zone merges ancient rituals aromatic oils, massage techniques and high-tech scientific molecules to deliver unique facial and body treatments that offer visible results wrapped in nurturing relaxation techniques.

SIGNATURE FACIAL

50 minutes £50

This Signature Facial is specifically tailored to your skin's needs. Based on your individual skin expert consultation, your therapist will choose from a range of results driven skin care solutions to create your own personal facial. Your sensitive, oily, dry or combination skin will be truly nourished, hydrated and purified offering visible results. Ask your skin expert for more information on how you can upgrade your facial.

SIGNATURE BACK FACIAL

50 minutes £50

This Signature treatment is specifically tailored to your back's needs. Based on your individual skin expert consultation, your therapist will choose from a range of results driven skin care solutions to create your own personal back facial including cleanse, exfoliation, massage, mask and moisturise to finish.

HIMALAYAN BODY THERAPY

70 minutes £60

An extraordinary ritual for the body - for everyone in need of renewal and purification this treatment re-mineralises the body, improves skin tone and helps relieve aches and pains. Warm Himalayan salt stones are used to warm the body alleviating tension before applying an exhilarating Himalayan salt scrub combined with nourishing aromatic oils to exfoliate, detoxify and stimulate metabolism. Relax whilst cocooned in a muslin wrap and enjoy a head and scalp massage, (or upgrade with an express facial), complete your therapy with a full body moisturiser and back massage to alleviate tension. This treatment is designed to relieve stress, restore vitality and bring balance to the mind and body.

TRANQUILITY PRO SLEEP MASSAGE

50 minutes £50

Designed specifically to assist in relaxation and aid sleep patterns this innovative body therapy leads to an extreme state of relaxation, working the muscular and emotional levels. Stimulating 3 sensorial pathways; smell - using a special blend of aromatic oils, touch, soft brushes and rhythmic massage to induce deep rest, balance and regenerate the mind. This gentle massage starts with soft brushes dipped into warm aromatic oils. The brushes are used to apply Tranquillity oil to the body in a slow soothing motion. A specific rhythmical and gentle massage is performed designed to lower the heart rate and relax the mind. This therapy is best performed in the late afternoon or evening.

Tonic 
massage hub



Step inside our Massage Hub Suite and immerse your senses with aromatherapy oils, soothing music and soft lighting designed to melt your cares away. Enjoy one of our many luxurious treatments.

ritual therapies

Our Ritual therapies are handpicked and curated by Julia, owner of Tonic Day Spa. Each use a unique blend of aromatherapy oils whilst combining energy work to rebalance and recharge your mind, body and soul. These Ritual therapies go beyond just a massage...

SENSES RITUAL

70 minutes £60

This unique treatment combines aromatherapy, massage and Sen line energy work. This Ritual starts with deep breathing and inhalation of your chosen Senses Aromatherapy Oil. Palm walking over your muscles induces relaxation followed by Sen line energy work designed to repair, rebalance and rejuvenate the bodies systems, combine this with a deeply relaxing and calming massage, this Ritual will leave you feeling relaxed and peaceful.

AROMASTONE RITUAL

70 minutes £60

This Ritual begins with inhalation of your chosen Senses pre-blended Aromatherapy oil. The treatment then combines healing volcanic stones heated to 56 degrees and massage techniques designed to relax your mind and soothe your body. The massage begins on the face before continuing to the arms, legs and back, relieving muscular tension throughout the body and soothing aches and pains, before ending in an indulgent Indian head scalp massage. This is so much more than just a massage.

TRANQUILITY RITUAL

50 minutes £50

A perfect combination of relaxation and massage, this therapeutic massage starts with soft brushes dipped into warm aromatic oils. The brushes are used to apply Tranquillity oil to the body in a slow soothing motion relaxing the mind and body. A massage is then performed using therapeutic techniques to relieve muscular stress and tension.

URBAN RITUAL

70 minutes £60

This massage is truly holistic in every way. The treatment begins with dowsing of the chakras to determine where you are out of balance before an aromatherapy oil is blended to assist in bringing harmony back to the body and mind - then your therapy begins. Start with inhalation of your personal blended oils before relaxing with a massage to the face and arms. Melt away with Reiki followed by Aura dowsing to rebalance your chakras and relax your mind. Continue your treatment with massage to the legs and back before the final touch - an Indian head scalp massage. Sheer bliss.

*Pressure can be adapted to your preference
- light, medium or firm.*

holistic therapies

REFLEXOLOGY

40 minutes £46

Course of 6 sessions £240

All the systems in your body need to be working together well to maintain a healthy balance. Stress, injury or illness can cause the balance to be disrupted. Using special finger/thumb combinations Reflexology helps balance the body's natural energy pathways and in turn balances the nine systems. Reflexology can assist in numerous conditions, such as endometriosis, IBS, migraines, arthritis, fertility and cystitis to name a few...

REIKI

first visit £55 then 50 minutes £50

Feeling stuck in a rut? Suffering from anxiety, insomnia or depression? Stressed, bereaved or generally in need of a pick me up, then Reiki is just for you. Working on our internal energy system, Chakras, Reiki retunes, rebalances and re-energises you to bring about mental, physical and emotional healing. This treatment is performed fully clothed.

INDIAN HEAD

25 minutes £30

For over a thousand years Indian head massage has been a part of family tradition in India. Benefits include increased relaxation and stress relief. The massage will also improve the condition of the scalp, hair and general state of health. Treatment includes massage to the upper back, shoulders, neck, scalp and face, using hot oil.

INDIAN HEAD with REIKI

50 minutes £50

This technique combines traditional Indian head massage with the healing power of Reiki, making this a physically and spiritually rebalancing and relaxing treatment.

HOPI EAR

40 minutes £40

This treatment is designed to relieve problems of the ear, such as ear wax, tinnitus and sinus problems. The ear candle creates a slight suction action, whilst a gentle vibration affects the ear drum having a massaging and soothing effect.



massage

HOT STONE

Using a combination of massage techniques and healing energetic stones, this treatment will melt your body and soothe your mind, leaving you totally relaxed. This relaxing and therapeutic treatment uses volcanic stones which are heated to 56 degrees and used to massage you and soothe the muscles. This is more than just a massage...

Stress Relief Back Massage	25 minutes £30
Full Body including Face and Scalp	60 minutes £55
Deep Tissue Full Body Massage	70 minutes £60

HYDROTHERM

This unique massage is performed on a cushion of warm water, which provides a luxurious and unsurpassed massage experience. The water supports the body and the heat enables tight muscles to begin to relax before the massage even starts. Massage can be varied in depth to suit your needs.

Half Body Massage	40 minutes £42
includes Back, Stomach, Arms and Face	
Full Body Massage	50 minutes £55
Deep Tissue Massage	70 minutes £60

SWEDISH

Traditional Swedish Massage is a full body massage using long strokes of effleurage and deep manipulation to help relieve muscle stress and tension relaxing you and your body. Pressure can be adapted to your preference - light, medium or firm.

Stress Relief Back Massage	25 minutes £29
Back of Legs, Back, Face and Scalp Massage	40 minutes £42
Full Body including Face and Scalp	50 minutes £50
Deep Tissue Full Body Massage	70 minutes £60
Full Body Massage with Reiki	70 minutes £60

specialist massage

CORRECTIVE MASSAGE

25 minutes £36

This treatment works upon knots and areas of sensitivity within the muscle, ligaments and surrounding tissues. Corrective Massage is particularly recommended for athletes and sportsmen/women and specific muscular problems.

DEEP TISSUE FULL BODY MASSAGE

65 minutes £60

Deep tissue massage is a massage technique which involves applying pressure to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscles, ligaments and surrounding tissues. Unlike other massage techniques that focus on relaxation, deep tissue massage helps to treat muscle pain and improve stiffness.

BACK MANIPULATION & REMEDIAL MASSAGE

20 minutes £36

Carried out by Jonathon Edwards
Remedial Masseur L.C.S.P.(Assoc).

Jon uses skeletal manipulation to help correct general back problems and pain. Sciatica, frozen shoulder, wry neck, joint sprain, strains, postural problems and sports injuries can all benefit from this treatment.

COMBINED REMEDIAL MANIPULATION & CORRECTIVE MASSAGE

40 minutes £60

This combination of therapies assists in educating your body to retain correct position and function. Remedial massage manipulates the skeleton whilst Corrective massage works on the muscles, ligaments and soft tissues.



tailor made packages

In need of a treat? Just one hour won't do. We'll take a look at what we have tailor made just for you...

TOTAL INDULGENCE

2 hours £99

A package of complete relaxation. Indulge your senses with our selection of pre blended Aromatherapy oils before your journey begins. A full Body Brush will renew and refresh your skin before you relax and unwind with a full body Massage and Comfort Zone Sublime Facial. Soothe your mind with a rebalancing of your chakras then complete your journey with Indian Head Scalp Massage.

THE PERFECT TONIC

5 hours £180

This five hour package has been around since Tonic Day Spa opened and years on is still a hit. If you need a complete day away then join us for 'The Perfect Tonic.

- Indulge your senses with our selection of pre blended Aromatherapy oils before your journey begins.
- Start with a Body Brush and Full Body Massage to relax and unwind.
- Comfort Zone Sublime Facial to refresh, renew and restore your skin.
- Reiki - chakra balancing to soothe your mind.
- Enjoy lunch on us before an afternoon of beauty with Prescriptive Pedicure and Gel Manicure.
- Complete your look with an Eyelash Tint, Eyebrow shape and eyebrow tint.

HOLIDAY COUNTDOWN

2 hours £99

Feel great all year round with this perfect two hour grooming package.

- Gel Express Manicure and Pedicure, Eyebrow Shape and Tint, Eyelash Tint and Fake Tan.

MEN'S TIME TO UNWIND

2 hours £99

Banish the inner caveman with this two hour package.

- Start with a Body Brush.
- Full Body Deep Tissue Massage to relax you from your head to your feet.
- Sports Facial to refresh and renew.
- Complete your treat with an eyebrow shape and Hand and Nail Tidy.

PRECIOUS BUNDLE PREGNANCY TREATMENT 2 hours £99

This two hour package is tailor made for mummy and baby.

- Ease away your aches and pains with a Stress Relief Back Massage before enjoying a Lower Leg Massage and Reflexology.
- Reiki will destress and refocus the mind.
- Complete your pamper with a Prescriptive Pedicure.
- This package is designed to pamper and de-stress mother and baby.
- All therapies are safe during pregnancy and recommended after the first trimester through to birth.

JUNIOR TREAT

80 minutes £55

Under 13 years old.

- Combining a relaxing Back Massage, Teen Balancing Facial and Manicure.
- Come along together and enjoy.

TRANQUILITY SUBLIME THERAPY PACKAGES

Back Therapy 80 minutes £70

Full Body Therapy 100 minutes £90

This package is designed to restore vitality to the face and body, relieve tension and bring about a deep relaxation.

This luxury package begins with warm Himalayan salt stones, used to exfoliate, removing dulling dead cells, brightening and restoring the skin whilst the warmth aids relaxation. Unwind with a Tranquillity massage - soft brushes dipped into warm aromatic oils, brushes are used to apply Tranquillity oil to the body in a slow soothing motion relaxing the mind. A massage is then performed using therapeutic techniques to relieve muscular stress and tension followed by a Sublime Skin facial customised to your skin specific needs.

Can't find your perfect package?

Call us and let us design a bespoke package just for you.

ONCOLOGY TREATMENTS

At Tonic we understand the needs of those suffering with and being treated for cancer. Our specialist staff are trained and certified by Amethyst Trust to provide Oncology support therapies. *Please contact us for a free consultation so we can discuss your needs.*

PREGNANCY TREATMENTS

We offer a wide range of therapies designed to relax and aid your body during pregnancy after the first trimester. Check out our website <https://tonicdayspa.co.uk/treatments/pregnancy-treatments/> Or call for more information.

Tonic day spa



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**Email: enquiries@tonicdayspa.co.uk
www.tonicdayspa.co.uk**

Please check out our website for a
**FULL LISTING OF TREATMENTS, SPECIAL OFFERS
AND PACKAGES AVAILABLE.**

Please be aware that Terms and Conditions may apply.
Check out our website for full details.



***Download our app, sign up for our monthly newsletters,
friend us on Facebook, check out our website
or just give us a call to find out about our monthly offers
and competitions.***