

packages & occasions

make-up

whether you are going for a night out, or it's your wedding day, we will select the make-up to naturally enhance your beauty
30 minutes £20.00

bridal make-up and trial

first a trial run here at hilden, then at your home on your special day.
2 visits £59.00

bridal package

eyelash tint. brow shape. manicure and pedicure.
2 hours £53.00

holiday

half leg, bikini and underarm wax. eye lash tint and brow shape. manicure and pedicure
3 hours £75.00

worn out mothers

gatineau's philosophy facial. back, neck and shoulder massage. manicure or pedicure. crèche.
2 hours £59.00

pamper

back, neck and shoulder massage. manicure or pedicure. vital synergy facial.
2 hours 30 minutes £63.00

men's club

vital synergy facial. back, neck and shoulder massage.
1 hour £45.00

our therapists

our resident beauty therapist, **melissa ballard**, has been a beauty therapist for over 10 years, specialising in aroma therapy. as well as working at hilden, she is also the southern training ambassador for the worldwide nail company, mavala.

our sports therapist, **joe roddgers** bsc hons msst, graduated from the university of kent in 2007 with a degree in sports therapy. coming from a background in gymnastics, rugby, athletics, swimming and surfing, he has worked in many different sporting environments. as a former sportsman himself, joe has a particular interest in sports injury

sports therapy

injury rehabilitation

initial injury assessment & 1st treatment
a detailed assessment of medical and injury history followed by a plan of treatment and rehabilitation
1 hour £40

follow up treatment

may include specialised sports massage, stretching, mobilizations, cryotherapy and functional rehabilitation exercises in the gym
1 hour £35
½ hour £25

sports massage

full body sports massage
ideal deep tissue massage to treat tension and relieve aching following hard gym workouts
1 hour £35
localised sports massage ½ hour £25

therapy room opening times

sports therapy	wednesday	10am - 10pm
beauty therapy	thursday	9am - 9pm
beauty therapy	friday	9am - 5pm
beauty therapy	saturday	9.30am - 5pm

to book an appointment please call

01732 833570

gift vouchers are available
please ask for details


body & beauty

www.hildenhealth.co.uk



body&beautypricelist

relaxing and effective therapies
for both men and women...

to book an appointment, please call

01732 833570


body & beauty

massage

massage away all the stress and tension from your body...

back, neck & shoulder	30 minutes £20.00
anti-stress	45 minutes £26.00
back, leg and head	
full body	1 hour £32.00

aromatherapy

takes account of the mind, body and spirit of a person, therefore treating the body as a whole. it is used to maintain a balance of mental and physical health, using essential oils blended for your individual needs. benefits include general well-being, improved blood and lymph circulation, soothed nerves and relaxed muscles. this massage re-balances the body, helps depression and insomnia

1 hour 15 minutes £40.00

hopi ear candles

biosun ear candles

biosun ear candles are considered a classic clearance therapy and can be used successfully for many problems related to the ear and head area, including migraine, tinnitus and excessive wax.

30 minutes £18.00

gatineau facials

philosophy facial

this introductory facial combines the refining and replenishing action of gatineau's unique formulas.

30 minutes £25.00

prescription facial

designed to meet individual skincare requirements using specific serums and masks. dry, sensitive or combination skins are individually assessed and treated to restore radiance and vitality.

1 hour £30.00



gatineau advanced performance facials

laser energising facial

for smooth, radiant and younger looking skin, this facial will re-surface, re-texture and re-energise.

1 hour £35.00

soothing & well being facial

does your skin appear lifeless, dull & blotchy? this facial has been designed to detoxify and soothe, restoring vitality and well being. feel just how soft and comfortable your skin can be!

1 hour 15 minutes £42.00

hydro-source anti-ageing facial

boost your skin and uplift your spirit with this replenishing, wrinkle-reducing treatment. this collagen rich facial will combat dehydration, plump out and smooth fine lines and wrinkles.

1 hour 15 minutes £42.00

oxygenating relaxing facial

regain the radiance and vitality that life takes out of your skin. this unique facial dramatically boosts the skin's oxygen intake increasing the rate of cell turnover and combatting the effects of modern living and free radical change from pollution and environment.

1 hour 15 minutes £42.00

anti wrinkle melatogenine™ facial

high definition anti-wrinkle treatment for women who wish to preserve youth combining innovative techniques with highly advanced ingredients. reduces lines and wrinkles, providing instant long lasting benefits and radiance.

1 hour 15 minutes £45.00

defilift radiance lift facial

redefines facial features and reduces appearance of fine lines and wrinkles, with salon alternative to cosmetic surgery. using high performance concentrated products and drain lift wand, reveals a smoother complexion and creates a lifting effect.

1 hour 15 minutes £45.00

non surgical face lift

the bio ultimate gold facial is an innovative micro current facial toning treatment. the unique patented and collagen electric masque reduces fine lines and wrinkles giving a lifted, firmer and smoother appearance (a course of 10 is recommended for maximum results).

45 minutes £40.00
10 treatments £350.00

body treatments

st tropez tanning treatment

includes full body exfoliation

1 hour £35.00

waxing

half leg	30 minutes £14.00
three quarter leg	35 minutes £16.00
full leg	45 minutes £20.00
bikini or underarm	15 minutes £ 7.00
full leg and bikini	45 minutes £22.00
half leg, underarm and bikini	45 minutes £25.00
lip or chin	5 minutes £ 5.00
chest wax	30 minutes £14.00
back wax	30 minutes £14.00

eyes

eye lash tint	15 minutes £12.00
eye brow tint	15 minutes £10.00
eye lash and brow shape	30 minutes £15.00
eye brow shape	15 minutes £ 6.00

a patch test maybe required before lash or brow tinting

mavala manicure

bronze

shape & varnish 15 minutes £ 8.00

silver

shape, cuticle tidy & varnish 30 minutes £14.00

gold

shape, cuticle tidy, hand massage & varnish 45 minutes £20.00

platinum

shape, cuticle tidy, nail scrub, hand massage & varnish
1 hour £24.00

mavala pedicure

foot spa, exfoliation, cuticle tidy, massage & varnish

please wear open toed shoes 1 hour £24.00

express pedicure

foot spa, exfoliation, cuticle tidy, massage & varnish

please wear open toed shoes 30 minutes £12.00