

# Beauty at the Brookside

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141 Duckworth Street, Darwen, Lancashire BB3 1AT

*natural Spa factory*<sup>®</sup>

— EST. BATH ENGLAND —

## With something to suit everyone...

Our face and body ranges from The Natural Spa Factory are crafted using the best that nature provides – such as caviar, rice bran and a fusion of natural British plants. Free from nasty chemicals and parabens, the products work to nourish skin from the inside out. Also free of animal testing – the only animals we test on are you. They promote healthy ageing for all skin types and are all from the UK and France.

## Feeding the skin at home

At The Brookside, Natural Spa Factory products are available to buy to take home so you can polish, scrub and feel generally fabulous at home or why not treat a loved one to a special gift.

## Facial Treatments

Our face range from The Natural Spa Factory are crafted using the best that nature provides, overflowing with goodness, this antibacterial, anti-oxidising and anti-septic range will soothe, firm, nourish and stimulate cell renewal for clear, healthy and happy skin.

## Boutique Facial

This range includes products infused with rose, tea tree, aloe vera, chamomile, pomegranate, jojoba, sweet almond and coconut oil. This exquisitely gentle formulation, drawn from nature, is combined to offer a clean, simplistic and comprehensive approach to skincare. Overflowing with goodness, this antibacterial, anti-oxidising and anti-septic range will soothe, firm, nourish and stimulate cell renewal for clear, healthy and happy skin. This range is perfect for normal to combination skin, hormonal skin or those simply requiring a fuss free, calming, healing and caring skincare regime.

30 minute treatment ..... **£32**      60 minute treatment..... **£50**

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 **suntana**  
spray tans available here

**ALTERNIA**  
HAIRCARE  
PURE. PROVEN. PROFESSIONAL

**NEAL & WOLF**  
INDULGENCE REDEFINED

**OLAPLEX**

**CND**  
Shellac™

  
**WELLA**  
PROFESSIONALS

## Illuminate and Rejuvenate Facial

With a fusion of rice oil, rice bran and alpine plants, this facial aims to revitalise tired and dull skin, even skin tone, lighten blemishes, minimise the production of sebum and fade age spots. Suitable for those with sensitive skin, the illuminating products are packed with anti-oxidants to help protect the skin from everyday stresses. The results: a truly luminous effect, visibly reduced pores and skin that is wonderfully silky to touch.

30 minute treatment ..... **£32**

60 minute treatment ..... **£50**

## Bespoke Facial

Work with our expert therapists in selecting a facial that is utterly bespoke to you. Select from a choice of nutrient-rich ingredients with our expert guidance, focusing on your individual skin needs, mood and preferences.

30 minute treatment ..... **£32**

60 minute treatment ..... **£50**

## Boutique Men's Facial

Especially created for men from our brilliant 'Boutique Range'. Feel our powerful cream cleanser which is bursting with detoxifying ingredients to leave your skin deeply purified. We will transform your face from rough to smooth, helping to repair the damage caused by daily shaving, finishing with a luxury scalp massage for even the manliest of men.

30 minute treatment ..... **£32**

60 minute treatment ..... **£50**

## Luxury 23 Carat Gold Facial

Our paraben free healthy ageing Gold range is the perfect piece of luxury combining champagne, pearl extract, caviar, hyaluronic acid and 23 carat Gold. Rich in vitamins A, B, D and E, amino acids and AHA's, the gold range will help renew skin cells, aid tissue repair, restore elasticity and provide a tightening effect for radiant looking healthy skin. The subtle amber notes will envelop the skin in a feeling of decadent, silky warmth.

60 minute treatment ..... **£60**

# Body Treatments:

## Aromatherapy Massage

Relax, calm or invigorate your senses with our custom made massages. Pick from 3 expertly layered, naturally and botanically sourced blends of essential oils and highly nourishing carrier oils. Choose your pressure to suit your needs.

### Invigorating Oil

Packed with Marjoram, Ginger, Clove, Spearmint and Mint to perk up your mind and ease your muscles.

### Calming Oil

Crammed with Ylang-Ylang, Evening Primrose, Sweet Orange, Raspberry, Chamomile and Rosehip Oils to relax and indulge your senses.

### Sensitive Oil

Loaded with Rosehip, Sunflower, Apricot and Evening Primrose Oils which are perfect to calm and soothe your body and soul.

30 minute treatment ..... £32

60 minute treatment ..... £45

## Deep Tissue Massage

For those of you in need of a little bit more, try our deep tissue massage to work deep down to release stubborn knots and intensively relieve muscle tension. Pick from our 3 signature oils to make it your own.

30 minute treatment ..... £32

60 minute treatment ..... £45

## Hot Stone Massage

The combination of personalised oils and the heat of the hot stones help to relieve tense muscles allowing you to float away to a place of deep relaxation enriching mind, body and soul.

30 minute treatment ..... £32

60 minute treatment ..... £45

## Indian Head Massage

Enjoy an ancient Indian head massage treatment for the shoulders, neck, head and scalp, followed by a soothing foot massage for a complete feeling of wellbeing from head to toe. This wonderful treatment helps to relieve sinus blockages, headaches and the tensions from everyday life.

30 minute treatment ..... **£32**

## Body Scrubs

Choose from a selection of delightful salt or sugar scrubs fused with natural ingredients many good enough to eat, such as peppermint, coconut, seaweed and sweet orange. This luxury body treatment scrubs, buffs and stimulates circulation, helps drain lymph nodes and detoxifies your whole body. The removal of dead skin cells from the body leaves you feeling fresh and your skin looking rejuvenated and revitalised with a silky finish.

30 minute treatment ..... **£32**

60 minute treatment ..... **£55** (includes massage)

## Body Wraps

Hand pick your deeply nourishing wrap, with healing, slimming and anti-ageing properties, our therapists are on hand to guide you on the best option for you. Our body masks are crammed with lots of lovely natural ingredients alerting the senses and lifting the mood. In the hands of the experts, see your skin transform to radiant and supple skin that's wonderfully soft to touch.

75 minute treatment ..... **£55**

## Mud Scrum

Suitable for men and women, this full body treatment is aimed at those that live an active life. Start with a back brush and exfoliation clearing the skin's surface of dead cells, followed by a mud mask applied to the back to draw out any impurities. Whilst the mud mask works its magic, enjoy a tension busting deep muscle leg massage. Finish with a hydrating application of oil to the back, leaving it feeling super smooth.

60 minute treatment ..... **£55**

## 23 Carat Gold Face and Body Treatment

Combining ocean treasures pearl, caviar and champagne extract, this luxuriously pampering treatment will truly revitalise the skin from top to toe. These ingredients are rich in vitamin A, D and B working towards intensifying the metabolism of the skin cells. Start with a full body brush and scrub, renewing the skin's surface allowing the skin loving ingredients from The Natural Spa Factory Gold range to truly work their magic. Once buffed and glowing, enjoy a full body massage, our trained therapists concentrating on those areas of tension. Finish with an express gold champagne facial and collagen face mask. The results: velvety, radiant and youthfully revitalised skin that will leave you feeling sublime. Includes a glass of bubbles.

90 minute treatment ..... £90

## Pure Bliss

Includes a 25 minute back massage followed by a 25 minute facial. Designed with everyone in mind, from girly days out to couples time away or simply a sacred day of me-time, this wonderful package promises to relax, revive, rejuvenate and restore the soul. Includes a glass of bubbles and luxury chocolates.

60 minute treatment ..... £60

## Pamper Party

Whether you are celebrating a special occasion or simply deserve some much needed girly time, our wonderful pamper package is the perfect pick me up to be enjoyed with friends and loved ones. Includes a skin glowing facial using skin loving products from Natural Spa Factory followed by a treat for the feet and hands with a file and polish. Includes a glass of bubbles and luxury chocolates.

60 minute treatment ..... £60

## The Brookside Ultimate Indulgence

Come and experience ultimate indulgence here at The Brookside. Enjoy our unwinding 60-minute Aromatherapy massage, followed by one of our deeply relaxing 60 minute facials. Take a well-earned break for a delicious light lunch to leave you feeling content. Then come back and enjoy a Luxury Spa Manicure or Luxury Spa Pedicure. You will leave feeling completely pampered from top to toe.

Ultimate Indulgence treatment..... £120

## Hands and Feet Treats:

### Express Manicure or Pedicure

For those of you who like to keep it simple, enjoy our Express manicures and pedicures for speedy yet effective results. With a file of the nails, a cuticle tidy up, an application of cream and a polish of your choice, it's a quick fix.

30 minute treatment ..... **£20** With CND Shellac Polish ..... **£35**

### Spa Manicure or Pedicure

Enjoy a warming soak, then for pedicures a 2 step hard skin removal and heel treatment, for manicures an arm peel and an anti-oxidant oil treatment. Topped off with a nourishing and relaxing massage and to finish an application of your chosen nail polish and cuticle oil.

60 minute treatment ..... **£30** With CND Shellac Polish ..... **£45**

### Luxury Spa Manicure or Pedicure

Indulge yourself in the most relaxing treatment for your hands and feet. Enjoy a warming soak, then for pedicures a 2 step hard skin removal and heel treatment, for manicures an arm peel and an anti-oxidant oil treatment. Our mask and heated mitts will work wonders to soften and warm your skin and this will be followed by a deeply calming and relaxing massage. To finish an application of your chosen nail polish and cuticle oil.

75 minute treatment ..... **£35** With CND Shellac Polish ..... **£50**

### Macho MANicure or Pedicure

Let us soak away the hard work and polish up any dry skin to reveal renewed hands and feet. With a relaxing massage fit for a king, you will be left with hydrated, healthy looking skin. We will tidy up any rugged edges to leave you feeling buffed and ready.

30 minute treatment ..... **£20**

### Detox Foot Soak and Massage

Detoxifying treatment relieves aches and pains, reduces swelling, hydrates and refreshes the feet. This treatment helps to de-stress whilst hydrating and renewing the skin.

30 minute treatment ..... **£30**

## CND Shellac Polish

CND Shellac ensures a durable, high gloss, chip free manicure system. It leaves you with instantly cured to perfection nails with no dry time. The shellac system works together like no other to deliver stunning crystal shine, amazing 5 minute removal and no nail damage.

CND Shellac Removal and Nail Care.....	£10
File and CND Shellac Application.....	£20
File and CND Shellac French Application .....	£22
Shellac Nails with IBX Nail Strengthening Treatment .....	£32
Shellac Nails with Brisa Lite Gel Natural Nail Overlay .....	£35

Please inform your therapist upon booking if you already have any polish or gel polish on your nails. Removal is free if you had the CND Shellac applied at The Brookside, otherwise there will be a removal charge.

## Waxing and Threading

Brow .....	from £7	Half Leg.....	£15 (add leg exfoliation for £5)
Lip or Chin.....	£6	Full Leg.....	£20 (add leg exfoliation for £5)
Underarm .....	£10	Back .....	from £20
Bikini.....	£15	Chest.....	from £20

## Beauty Treatments

Brow Tint.....	£7	Lash Tint.....	£10
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## Hi-Brow

If you're looking for shaped, tinted and styled eyebrows, then Hi Brow professional treatment is perfect for you. Hi Brow professional treatment shapes, colours and styles your brows, creating symmetrical and defined brows that frame and enhance your features.

30 minute treatment .....	£30
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## Lash Perfect Semi-Permanent Lashes

Lash Perfect eyelashes are synthetic strands that are individually applied to your natural lashes by one of our highly trained therapists who use gentle bonding glue that doesn't damage the natural lash. Lash Perfect semi-permanent eyelash extensions come in an extensive range of lengths, thicknesses and curls to achieve the look and feel that you want.

Full Set.....	£50	Infills.....	from £20
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Party Lashes ..... £20

## LVL Lashes

LVL stands for length-volume-lift. This revolutionary natural lash treatment straightens your natural eyelashes at the root, so unlike a traditional lash perm it creates the effect of longer, lifted lashes. The results are immediate, plus the added lash tint creates a mascara-type effect so you are always ready to go. Lasts for 6-8 weeks.

45 minute treatment ..... £45

Make Up Application ..... £25 (add strip lashes for £10)

## Suntana Spray Tan

Available in a range of natural shades which last longer and fade evenly, with distinct fragrances of coconut, cherry, chocolate, blackberry and strawberry vanilla. Whether you are looking for a lovely sun kissed glow or a deep bronzed tan, our Suntana spray tan will give you a natural result without exposure to harmful UV rays. First time spray tan? Suntana was nominated UK's best spray tan by Beauty Guild's awards of excellence. Got a last minute event? Our rapid tan is ready to wash off in as little as 2 hours.

15 minute treatment ..... £20

Indulge for 2 ..... £28 per person

Enjoy a 20min Back, neck & shoulder massage in our double treatments room. Followed by a tea/coffee or a glass of bubble and a delicious chocolate brownie.

All double 60 minute spa manicures or pedicures include a glass of bubbles and luxury chocolates.

## A tailored approach to your health and wellbeing...

Our luxury treatments are focused on your individual needs, ensuring your experience is unique and memorable.

At the time of booking we request that any guests with medical conditions or allergies inform us. For safety and wellbeing we do not offer the facial, body treatments or pedicures within the first 12 weeks of pregnancy.

An allergy test is required for all new clients at least 48 hours before Hi-Brow, brow tints and lash tints.

A consultation and allergy test is required for all new clients at least 48 hours before LVL Lashes and Lash Perfect Semi-Permanent Lashes. Please note 50% deposit will be taken at the time of booking for any facials, massages, body treatments, spa manicures and spa pedicures.