



Recover yourself ... At Quad Club

Our professional massage therapists will provide you with an unforgettable rejuvenating experience through the miracle of various massages that will give you a sense of beauty, harmony

Waxing

1/2 Leg	30 mins	£24
Full Leg	45 mins	£30
Underarm	15 mins	£15
Lip or Chin	15 mins	£15
Lip and Chin	15 mins	£20
1/2 Arm	30 mins	£24
Full Arm	30 mins	£24
Back or Chest	30 mins	£30

MASSAGES

FULL BODY MASSAGE **50 min** **£75**
A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes, and gives your energy level a boost.

BACK NECK & SHOULDER MASSAGE **25 min** **£49**
A totally relaxing and de-stressing treatment for your back, neck & shoulders.

INDIAN HEAD MASSAGE **25 min** **£45**
A relaxing and deeply healing scalp treatment to soothe away stress and tension.

FOOT & LEG MASSAGE **25 min** **£45**
This is the perfect massage for the end of the day. It will release those tired aches and pains.

HAND & ARM MASSAGE **25 min** **£45**
A massage to promote better circulation, better range of motion and pain relief. Includes a mask and hot oil treatment.

THERMAL STONE FULL BODY MASSAGE **50 min** **£84**
Heated black basalt stones are used to massage the whole body, releasing deep seated tension. This treatment is ideal for anyone suffering with muscular aches and pains.

PREGNANCY SPA EXPERIENCE WITH MASSAGE & FOOT SOAK **75 min** **£99**
Gentle, nurturing session focusing on relaxation and wellbeing for mothers in their third trimester. Specially designed 75-minute pregnancy spa package including a soothing 45-minute massage and a 30-minute aromatherapy foot soak. Aims to relieve tension, reduce swelling, and seek to improve circulation to provide comfort during pregnancy.

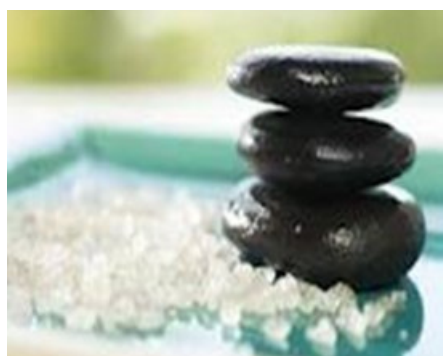
BODY EXFOLIATION

HOT OIL & SALT SCRUB POLISH

An aromatic and invigorating treatment that will cleanse the skin, helping to smooth away any dead skin cells, leaving your skin hydrated, smooth, and looking extra radiant.

BACK **25 min** **£54**
FULL BODY **50 min** **£75**

*All prices subject to change.





FACIALS

EXPRESS FACIAL **25 min** **£49**
 This treatment will give you a sense of inner calm and well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience a divine facial massage.

AROMATIC FACIAL **50 min** **£75**
 A soothing, beneficial treatment that is suitable for all skin types. All products contain pure essential oils that have been carefully selected to help balance the skin and maintain its youthful appearance.



ACTIVE COLLAGEN FACIAL **50 min** **£75**
 A facial designed to reduce the signs of aging using freeze dried collagen, improving the skin's ability to retain moisture.

HAND AND FEET



EXPRESS MANICURE **25 min** **£40**
 Cuticles are softened with oils and creams; nails are shaped & tidied, and a perfect lasting polish is applied.

EXPRESS PEDICURE **25 min** **£40**
 Cuticles are softened with oils and creams; nails are shaped & tidied, and a perfect lasting polish is applied.



LUXURY MANICURE **50 min** **£70**
 The hand exfoliation, mask, and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoat & colours are applied for a perfect finish.

LUXURY PEDICURE **50 min** **£70**
 The foot exfoliation, mask & hydration leaves feet feeling firmer. Feet & scalp will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoat & colours are applied for a perfect finish.

*All prices subject to change.

