

Bodyworks

hair & day spa



Peace of mind comes naturally at Bodyworks



AVEDA
THE ART AND SCIENCE OF PURE
FLOWER AND PLANT ESSENCES

Discover Bodyworks

Bodyworks Hair and Day Spa is a family run business established since 1993. Spa owner Louise worked and taught in London for over nine years before opening her own Spa in Crawley. Louise is City and Guilds qualified in Hairdressing Advanced mens Barbering, Wigmaking Beauty Therapy & Advanced Electrolysis. Louise taught Hairdressing in Harrods for two years and worked as an education and promotional rep for several skin care houses travelling around the Uk & Europe.



During that time she taught in several Health Farms and famous Spa's including managing a team of therapist in Selfridges. Louise has studied and taught in Cyprus, Barbados, Thailand, SriLanka, Mauritius and the Maldives. Her Spa is a fusion of all these influences

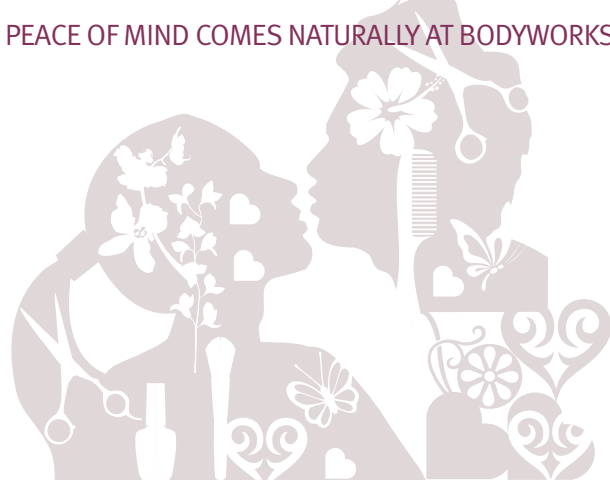
As a qualified City and Guilds teacher/trainer she is passionate about products, research and staff development.

At Bodyworks Hair and Day Spa you will find a talented team committed to outstanding client care. It is important to the team that they use organic, natural, ethically sourced ethically manufactured products that deliver fantastic results.

At Bodyworks Hair and Day Spa our treatments are for both men and women. For your relaxation NO CHILDREN are permitted on our premises.

The Bodyworks Team want you to come back again and again, that is what they have built their reputation on.

PEACE OF MIND COMES NATURALLY AT BODYWORKS



Facial Treatments

We use Darphin skin care because we believe it to be the very best. Our experienced therapists will discuss the best facial for your skin type after a full consultation. Our facial treatments take 1 hour and may involve the use of Steam, Galvanic and High Frequency, Laser, Non-Surgical Face Lift or be all Manual. We include a relaxing face, neck and shoulder massage with all our treatments. You will leave with samples of our skin care range.

All Facial Treatments 1 hour.....£50

Eye Treatment To treat fine lines, darkness and puffiness around eyes, lips and forehead using galvanic and specific collagen ampoules.
45 mins.....£40

Lash Tint If you have never had a lash tint or eyelash perm with us before, visit us for a complementary patch test 24 hours prior to your appointment.

Lash Tint 20 mins.....£25
Brow Tint 15 mins.....£10
Lash & Brow Tint 20 mins.....£30
Eyelash Perm & Tint.....£45

Flirties Semi Permanent Eyelash Extensions Full Set Glamorous.....£75
Full Set Natural.....£60
Rebalancing.....£30 - £40
Full Set & Rebalancing.....£95

Make-up Bridal Make-up Including rehearsal (45+30mins).....£55
Make-up Lesson 1 hour.....£45
Day/Evening Make-up 45 mins.....£40

Hair Removal Electrolysis*
(over 28 years experience) For the permanent removal of superfluous hair. (All treatments conducted with disposable Sterex needles) Minimum Charge £10.00.
10 mins.....£15
15 mins.....£20
20 mins.....£25
30 mins.....£30

*Crawley Council registered

Body Treatments

Advanced Cosmetic Procedures

(Sterex Trained)

Effective removal of skin disorders and blemishes including thread veins, milia skin tags, blood spots, Common, Plan, Panter and Seborrhoeic warts as well as age spots. Consultation £50 if procedure is followed this cost is deducted from removal cost.

15 mins.....£60

20 mins.....£80

30 mins.....£100

Some blemishes require a GP's written consent prior to treatment.

Depilatory Wax

(Australian Tea-Tree Products used)

The removal of unwanted hair by warm wax with soothing antiseptic lotion applied afterwards.

Half Leg 20 mins.....£19

3/4 Leg 35 mins.....£25

Full Leg 45 mins.....£28

Full Leg & Bikini Line 1 hour.....£39

Bikini Line 15 mins.....£15

Upper Lip & Chin 15 mins.....£20

Forearm 30 mins.....£16

Full Arm 40 mins.....£25

Facial Wax 15 mins from.....£15

Eyebrow Shape / Wax 15 mins.....£9

Back or Chest Wax 30 mins£25

Navel 10 mins.....£5

Chin or Upper Lip 10 mins.....£12

Under arm 15 mins£15

Brazilian Bikini-Line 20 min.....£25

Body Massage

We have built up our reputation on our Body Massage so you can be assured our masseurs have a vast knowledge and skill of deep tissue massage.

Full Body Massage 1 hour.....£55

Full Body Massage
1 hour 30mins.....£75

Neck, Back & Shoulder Massage
30 mins.....£35



Pure Fiji Body Treatments

From the tropical isles of Fiji, an ancient blend of exotic drift nut oils and powerful plant actives meet the latest in dermatological revelations to produce phenomenal targeted face and body care solution.

Pure Fiji Paradise

Sugar Glow

(Sugar Scrub & Full Body Massage)

Sugar cane harvested from the sun drench plantations of Fiji combined with exotic tropical nut oils and fruit enzymes to nourish skin with Vitamin A, B, C & E.

1 hour 15 mins.....£60

Pure Fiji Detox Bliss

(Hot Stones, Heated Mitts, Herbal Scrub, Full Body Mask, Lymphatic Massage & Mini Facial)

Your entire body will be gently massaged with this warm Fijian herbal ball to begin the detox process.

1 hour 30 mins.....£75

Pure Fiji Grand Paradise Experience

(Creme scrub, body butter wrap, hot oil scalp massage)

Your ritual begins with a gentle exfoliation using coconut crème scrub followed by a relaxing massage with Exotic Bath & Body Massage Oil. Coconut Body Butter is then applied and you are wrapped in a warm wrap. Concluding with a traditional Fijian Scalp treatment using warmed coconut oil which restores shine and life to the hair while treating the scalp with Vitamins A, B, C and E.

1 hour 20 mins.....£70

Pure Fiji Soul to Soul

(Feet exfoliation, body butter foot mask, hot oil scalp massage)

Sugar Cane along with coconut milk are used to gently exfoliate and cleanse the feet followed by a warm coconut body butter mask a traditional Fijian coconut bowl is used to slowly drizzle warmed exotic nut oils that are then massaged gently into the scalp and neck restoring balance and leaving hair shiny & healthy.

50 mins.....£50

Fijian Hot Oil Scalp Massage

(Traditional Fijian hot oil scalp massage)

A traditional Fijian coconut bowl is used to slowly drizzle warmed exotic nut oils that are then massaged gently into the scalp and neck restoring balance and leaving hair shiny and healthy.

30 mins.....£35

Treatments

Accupressure Foot Massage 30 mins.....£30

Reflexology The ancient art of reflexology has been used by the Chinese for more than 5,000 years. In the feet are mirrored all organs of the body. This natural and drugless way of stimulating them works to relax and rebalance the entire body.
45 mins.....£40

Hopi Ear Candles An ancient art used by Native American Indians to calm the sinuses and soften wax within the ear.£35

Ultratone Single Treatment.....£30
Course of 10 Treatments.....£240

Hands & Feet

Natural Nail Treatments LCN manicure system, proven to help nails which are soft, brittle, peel or break. It promotes long, strong, yet flexible nails. All our manicures include intensive hand massages.

LCN Natural Nail Heat Treatment Manicure 1 hour.....£30

Spa Paraffin Wax Manicure & Exfoliation 1 hour 15mins.....£40

Varnish Application Extra.....£5

French Varnish Extra.....£10

Pedicure Varnish Included 1 hour.....£40

Spa Paraffin Wax Pedicure & Exfoliation 1 hour 15mins.....£50

Combined Manicure & Pedicure 2 hours 30mins.....£65

Nail Extensions
(We use LCN Gel nails)

These nails are extremely versatile, not only do they last longer than conventional nail extensions, due to them being a three stage system, but they look and feel completely natural. The system can be applied clear or permanent french over your natural nails or over a tip.

Nail Extensions Full Set With Tips

Natural 2 hours 30 mins.....£50

French 2 hours 45 mins.....£65

Infills

Natural 2 hours.....£35

French 2 hours 30 mins.....£40

Overlays Full Set Without Tips

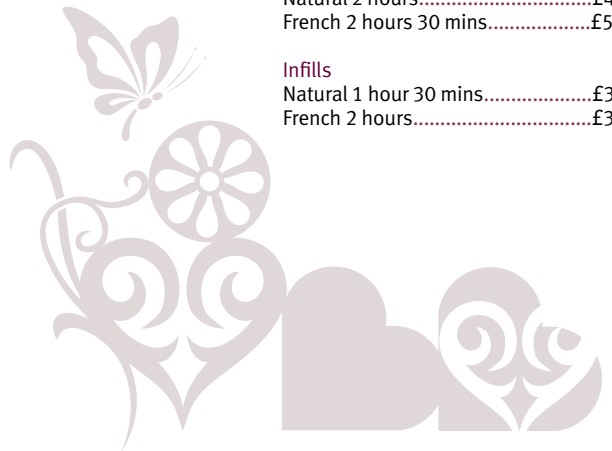
Natural 2 hours.....£40

French 2 hours 30 mins.....£50

Infills

Natural 1 hour 30 mins.....£30

French 2 hours.....£35



Full Spa Days

During our twenty eight years of experience we've sourced the very best our industry has to offer and travelled far so you don't have to.

Our Spa offers a fusion of Eastern and Western treatments.

We know you'll agree we have an eye for detail. We want you to come back again and again. We want you to feel thoroughly pampered. That's our job and we love it!

Zen Fusion Full Spa Day

Pure Fiji Grand Paradise Experience – creme scrub, body butter wrap, hot oil scalp massage.

Thai Foot Massage – lying on a bed of warm stones, blends of warm spiced oils are massaged onto the feet where pressure is systematically applied to stimulate the nerve reflexes of the feet.

Hopi Ear Candles – an ancient art used by Native American Indians to calm the sinuses and soften wax within the ear.

Darphin Rebalancing Facial – includes Traditional Thai lunch and Herbal Tea.
4 hours 30mins.....£185

Add Aveda Hair Consultation – plus wash & style.
5 hours.....£200

Pure Fiji & Back Full Spa Day

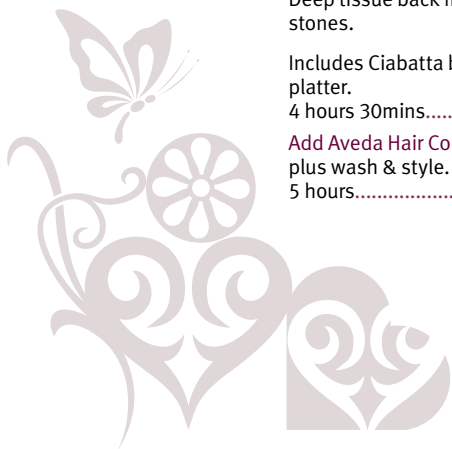
Pure Fiji Grand Paradise Experience – creme scrub, body butter wrap, hot oil scalp massage.

Spa Manicure And Pedicure – with acupressure foot massage and eyebrow tidy.

Deep tissue back massage with hot stones.

Includes Ciabatta brunch with fruit platter.
4 hours 30mins.....£175

Add Aveda Hair Consultation – plus wash & style.
5 hours.....£200



Half Spa Days

Mother To Be

Pregnancy 30 minutes massage.
Accupressure Foot Massage,
LCN Heat Treatment Manicure.
Eyebrow shape.
3 hours.....£95

Add Aveda Hair Consultation –
plus wash & style.
3 hours 30 mins.....£115

Chocolate Indulgence Half Spa Day

Spa Chocolate manicures & pedicures
topped with a frothy chocolate drink
and rich handmade chocolate gift.
3 hours.....£75

Half-Day Harmony Half Spa Day

Darphin intensive Aromatic facial with
Acupressure foot massage followed
by a deep Swedish tissue massage
of your neck, back and shoulders;
finished with a full heat treatment
manicure with a warm spice and
apple drink.
3 hours.....£120

Add Aveda Hair Consultation –
plus wash & style.
3 hours 30 mins.....£140

Princess Package Half Spa Day

Half hour neck, back & shoulder
massage. LCN French manicure and
pedicure.

Aveda Hair Consultation – plus style
up or blow dry with make-up
consultation and application. Includes
light lunch or breakfast fruit platter.
6 hours approx.....£220



Men's Services

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Darphin Puryfing Facial

Pure Fiji Soul to Sole –
feet exfoliation, body butter feet
mask with hot oil scalp massage.

Deep tissue neck, back & shoulder
massage with hot stones.

Eyebrow Tidy.
3 hours.....£125

Add Gent Cut & Style.

3 hours 30 mins.....£140

Nobody does it better

How to find us



Louise Philpot
City & Guilds Teacher Trainer
IAIMM BABTAC BCAA
28 YEARS EXPERIENCE



Courses

Any courses of 6 treatments booked and paid for in advance
receive one treatment free.

Important Notice

Cancellation without giving 24 hour notice will incur a £5 fee
– 50% of which will go towards the British Heart Foundation.
Full & Half Day Packages will incur half the fee of the booking.

Children

Unfortunately we cannot have children on the premises due to
insurance restrictions.

Your Next Appointment is

Date Time

Date Time

Date Time

We Are Stockist Of:

- Aveda – Hair & Make-up.
- LCN – Essential oil manicure & pedicure range.
- Darphin – Cellular rebalancing skin care.
- Pure Fiji – Products direct from Fiji.
- Australian – Tea-Tree products.
- Sweet Feet – Foot Jewellery.

Gift Vouchers

Are available orders can be taken by phone and posted to you.

All Major Debit/Credit Cards Accepted With Payments Over £20.



Aveda Bodyworks Hair & Day Spa For all bookings and enquiries

Telephone: 01293 453653

Website : www.bodyworksdayspa.co.uk

Address: 9 Church Walk, Crawley, West Sussex RH10 1HH

Business Hours

Mon closed. Tues 10am-6pm. Wed 2pm-8pm.

Thurs 8am-6pm. Fri 8am-6pm.

Sat 8am-4pm. First Sunday of every month 10am-2pm.