



*Beauty & Complimentary Therapies*  
**iPamper**

*Relax, Unwind, De-stress*

# About Me

I am a Beauty, Massage and Holistic therapist with over 17 years' experience in the luxury hotel spa and salon industry. I have worked for Champneys, Tring, Sequoia Spa at The Grove Hotel and The Spa at Luton Hoo, where I have treated many VIP's and celebrities. During my career I have studied many Beauty, Massage and Complementary Therapies and I have trained with numerous leading Beauty, Spa and Nail brands.

I have been running my own business for 12 years. I am delighted to offer a wide range of Beauty & Complementary Therapies, at Energie Fitness Club located in the beautiful grounds at Liscombe Park, where I feel I can provide a more relaxing environment and spa experience to all my customers.

My qualifications include CIDESCO International Aesthetics Diploma, IHBC Beauty Diploma, ITEC Anatomy, Physiology and Body Massage, IIHHT Holistic Therapies.

Together with these qualifications and a wealth of experience, I can pride myself on the quality of treatments, professionalism and customer care that I give with every treatment.



# Energie Fitness Club Liscombe Park

iPamper consists of relax and treatment rooms located within Energie Fitness Club at Liscombe Park. The Club is located between Wing and Soulbury, near Leighton Buzzard, just off the A505 within easy reach of Aylesbury and Milton Keynes and surrounding areas.

Facilities: Gym, Exercise Class Studio, Pool, Spa Pool, Sauna and Steam rooms plus a lovely Coffee Lounge with an outside veranda, overlooking the beautiful grounds of the park. Use of the Gym, Fitness Classes, Pool, Spa Pool, Sauna and Steam are available for a fee of £12.50 per person per day

To get the most out of your experience, please arrive 15 minutes before the scheduled start time of your treatment. If you are late for your appointment, we may need to shorten, change or cancel your appointment. A minimum of 24 hours cancellation notice is required. Missed appointments will incur a cancellation fee. A 50% non-refundable deposit is required for Spa Days & Pamper Parties.

# Body Treatments

## iPamper Signature Massage

Using a variety of massage techniques including Warm Bamboo, and a massage blend of 100% essential oils we can tailor make to suit your needs. Unwind, Relax and De-stress.

**Choose from:** • Muscle ease • De-stress  
• Detox • Energise • Immune Booster

**Back & Neck (30mins)** £25

**Back, Neck & Scalp (45mins)** £32

**Full Body Massage (60min)** £40

**Full Body with Face & Scalp (1hr 15mins)** £50

## Warm Bamboo

### Deep Tissue Massage

Using heated warm bamboo sticks, this treatment is great for working deeper into tight muscles with the added benefit of the heat to help soothe and relieve aches and pains. The Technique really stretches out and releases the tension within the muscles.

**30mins** £25

**45mins** £32

**60mins** £40

**75mins** £50

**90mins** £60

### Body Scrub

**(30mins) £25**

An invigorating full body exfoliation! Body brushing followed by a nourishing salt and oil body scrub.

## St Tropez Fake Tan

**£35\* - by hand**

The tried and tested fake tan used by celebrities worldwide. A safe, luxurious way to get an all over even tan, without the damaging effects of the sun.

*Includes full body exfoliation\*.*

## Aromatic Back Treatment

**(45mins) £40**

The back will be exfoliated using a nourishing salt and oil scrub, followed by the application of a thermal mask. A relaxing scalp massage or foot massage is performed while the mask warms and conditions the back, followed by a relaxing back massage.

## Body Wraps

**(60mins) £45**

Body brushing and a nourishing salt and oil body scrub, followed by the application of a luxurious body mask chosen to suit your needs. A relaxing scalp or foot massage is then performed while you are wrapped in a cocoon of warmth.

**Choose from:** • Muscle ease • De-stress  
• Detox • Slim & tone • Immune Booster

## Pure Indulgence

**(2hrs) £80**

A relaxing aromatherapy massage incorporating warm bamboo technique combined with a luxury Aromatherapy Facial. Sheer Heaven!

## Mother To Be

**(1hr 15mins) £50**

Tailor made to suit pregnancy. A relaxing back massage, followed by a soothing facial with scalp massage, completed with a foot or hand massage.

## Couples packages

*We offer side by side treatments for two in our therapy suite*





# Facials

## Revitalising Facial

*(30mins) £30*

Cleanse, Exfoliate, Mask, Scalp Massage & Moisturise.  
A quick pick me up for the skin

## Moisture Quenching Facial

*(60mins) £45*

This hydrating facial incorporates intensive hydrating products with a moisture quenching mask to combat dryness and dehydration leaving the skin feeling soft and looking radiant.

## Deep Cleansing Facial

*(60mins) £45*

Effective exfoliation, steam and extraction are used to deep cleanse the skin and unblock pores. Products are tailor made to suit your skin's requirements. Leaves the skin feeling and looking clean, clear and fresh.

## Blissful Radiance Facial

*(60mins) £45*

Improve skin's natural radiance using a magic combination of Hyaluronic acid and rice to plump fine lines and wrinkles, brighten and illuminate the skin and lighten the appearance of pigmentation. Will leave your skin looking fresher and brighter!

## Luxury Collagen Facial

*(60mins) £50*

This intensive facial incorporates products full of anti oxidants plus a fantastic collagen mask\* that will firm, rejuvenate and plump up the skin and reduce the appearance of fine lines & wrinkles with immediate results.

# Eye Treatments

## Eye Brow Tint

£8

## Eye Lash Tint

£10

## Eye Brow & Eye Lash Tint

£15

*A patch test is required 24 - 48 hours before tinting*

## Lash Lift

£30

*(Includes eyelash lift and eyelash tint and collagen eye treatment)*

The Lash Lift treatment will add length, colour, definition, volume and lift to your natural lashes - without lash extensions.

## Ultimate eyes

£45

*(Includes eyebrow shaping, eyebrow tint, eyelash Lift and eyelash tint)*

## Definition Brows

£20

*(Includes eyebrow shape, threading and eyebrow tint)*

Definition Brow treatments are the latest celebrity treatment that's now within your reach. You too can have the ultimate in well-groomed, high definition eyebrows.

# Waxing

Eye brow wax	£10
Lip Wax	£8
Chin Wax	£8
Lip & Chin	£12
Full Leg	£24
Full Leg & Bikini (standard)	£32
Half Leg	£18
Half Leg & Bikini	£25
Full Arm	£20
Half Arm	£12
Under Arm	£10
Bikini	from £12
Brazilian	from £15
Hollywood	£25

# Hands & Feet

## File and Polish

(15mins) £12

## Classic Manicure

(40mins) £25

Cuticle Work, Massage, File & Polish

## Luxury Manicure

(50mins) £30

Heaven for the hands! All the elements of the Classic Manicure, plus a soothing hand & arm massage with hot stones, hands are then enveloped in the blissful warmth of a nourishing thermal mask.

## Classic Pedicure

(45mins) £30

Spa Soak, Foot Scrub, Hard Skin removal, Cuticle Work, Massage, File & Polish

## Luxury Pedicure

(60 mins) £35

Fantastic for the feet! All the elements of the Classic Pedicure, plus a relaxing foot & leg massage with hot stones, feet are then enveloped in the blissful warmth of a nourishing thermal mask.

*Please remember to bring open toe shoes or flip flops to your Pedicure appointment.*

## Gel Polish

Long lasting gel based polish. Dries instantly. No chipping, no smudging, no kidding! Kind to natural nails, easy and quick to remove. Lasts approx 1-2 weeks on fingers and 4-6 weeks on toes.

**Gel polish application** £25

**Gel polish removal and mini manicure** £20

**Gel polish removal** £15

**Add gel polish to any of our manicures or pedicures** £10

*Please note, We advise to get maximum length of wear from nail polish & gel polish, that you look after and protect your nails. Wear gloves when washing up, cleaning, gardening etc. Do not pick, chew or bite your nails. Do not peel or pick off the gel polish.*

## Reflexology

(60mins) £40

The practice of promoting better health and well being by treating the whole body through specific pressure points to the feet, encouraging a state of equilibrium and relaxation.

## Reflexology & Pedicure

(1hr 30mins)\*\* £55

## Thai Foot Massage

(60mins) £40

Tired and aching feet & legs are treated to a spa soak & foot scrub followed by a stimulating and invigorating foot massage. This fantastic foot massage, popular throughout Thailand, incorporates reflexology, shiatsu, and acupressure techniques.

## Thai Foot Massage & Pedicure

(1hr 30mins) \*\* £55

# iPamper Days

## Relax & De-stress

£90

### Includes:

- Welcome foot ritual
- Muscle Ease or De-stress Massage
- Muscle Ease or De-stress Body Wrap
- Refreshments
- Massage candle to take home

Add use of pool, spa facilities with a light lunch or afternoon tea £24.50

## Energise & Detox

£90

### Includes:

- Welcome foot ritual
- Energise or Detox Massage
- Energise or Detox Body Wrap
- Refreshments
- Massage candle to take home

Add use of pool, spa facilities with a light lunch or afternoon tea £24.50

## Couples packages

*We offer side by side treatments for two in our therapy suite*

## Mum to Be

£80

### Includes:

- Welcome Foot ritual
- Mum to Be Treatment
- File and paint, Hands & Feet
- Refreshments
- Massage Candle to take home

Add use of pool, spa facilities with a light lunch or afternoon tea £24.50

## Pure Indulgence

£130

### Includes:

- Luxury Manicure
- Luxury Pedicure
- Luxury Collagen Facial
- Aromatherapy back massage
- Refreshments
- Massage candle to take home

Add use of pool, spa facilities with a light lunch or afternoon tea £24.50

# iPamper Parties

## Hen Party, Birthday or just a girlie get together...

- Manicure or Pedicure (Choose Massage or Polish)
- Express Facial or Express Back Massage
- **Choice of one treatment for £25**
- **Choice of two treatments for £50**
- Refreshments
- Free Gift to take home.

*(Minimum of three adults)*

Add use of the spa facilities £12.50

Add afternoon tea £12pp

## iPamper Little Ladies

### Package 1 *(Minimum of 4)*

£15

- Make up or face paint
  - Nail paint hands or feet
  - Glitter tattoo
  - Jewellery making
  - Refreshments
  - Gift bag to take home
- Add afternoon tea £12pp

### Package 2 *(Minimum of 4)*

£25

- Mini Mani or Pedi
  - Mini Facial
  - Jewellery making
  - Refreshments
  - Gift bag to take home
- Add afternoon tea £12pp

# iPamperMen

## iPamper Signature Massage

Using a variety of massage techniques including Warm Bamboo and a massage blend of 100% essential oils we can tailor make to suit your needs. Unwind, Relax and De-stress.

**Choose from:** • Muscle ease • De-stress  
• Detox • Energise • Immune Booster

### Back & Neck (30mins)

### Back, Neck, & Scalp (45mins)

### Full Body Massage (60min)

### Full Body with Face & Scalp (1hr 15mins)

## Warm Bamboo

## Deep Tissue Massage

Using heated warm bamboo sticks, this treatment is great for working deeper into tight muscles with the added benefit of the heat to help soothe and relieve aches and pains. The Technique really stretches out and releases the tension within the muscles.

30mins

45mins

60mins

75mins

90mins

## Body Scrub

(30mins) £20

An invigorating full body exfoliation that will leave you feeling energised and refreshed. Ideal on it's own or before any massage therapy.

## Aromatic Back Treatment

(45mins) £40

Your back will be exfoliated using a nourishing Whiskey and Honey salt and oil scrub, followed by the application of a thermal mask. A relaxing scalp or foot massage is then performed while the mask warms and conditions the back, followed by an aromatherapy back massage.

## Muscle Ease

## Body Wrap

(60mins) £45

Body brushing and a nourishing Whiskey and Honey salt and oil body scrub, followed by the application of a thermal body mask. A relaxing scalp massage and foot massage are then performed while you are wrapped in a cocoon of warmth.

## Top To Toe M.O.T

(2hrs) £80

Warm Bamboo Muscle Ease Massage, combined with a Deep Cleansing Facial, with hot towel compress. Sheer Heaven!

## Executive Foot Care

(30 mins) £25

Foot Soak, Foot Scrub, Dead/Hard Skin removal, Cuticle Work, Toe Nails clipped, Foot and Leg Massage.

## Thai Foot Massage

(60 mins) £40

Tired and aching feet & legs are treated to a Spa Soak & Foot Scrub followed by a stimulating and invigorating foot massage. This fantastic foot massage, popular throughout Thailand, incorporates reflexology, shiatsu, and acupressure techniques.

## Reflexology

(60 mins) £40

The practice of promoting better health and well being by treating the whole body through pressure points to the feet, encouraging a state of equilibrium and relaxation.

## Executive Hand Treatment

(20 mins) £20

Nails cut, tidied & buffed, Cuticle work, Hand and Arm Massage.

## Express Facial Treatment

(30mins) £35

Cleanse, Exfoliate, Treatment Mask, Hot Towel Compress & Skin Hydration.

## Deep Cleansing Facial Treatment

(60 mins) £45

Cleanse, Exfoliate, Steam & Hot Towel Compress, Extraction, Face & Scalp Massage, Skin Hydration

## The Illuminator Facial

(60Mins) £45

Improve skin's natural radiance using a magic combination of Hyaluronic acid and rice to plump fine lines and wrinkles, brighten and illuminate the skin and lighten the appearance of pigmentation to leave skin looking fresher and brighter!

## De-Stress Facial Treatment

(1hr 20mins) £55

Deep Cleansing Facial plus a Muscle Ease Warm Bamboo Back Massage.

## Waxing

### Eye Brow Shape/Tidy

### Chest & Stomach From

### Back & Shoulders From

£10

£20

£20

Beauty & Complimentary Therapies  
**iPamper**



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**07788 130068 • info@ipamper.me.uk • www.ipamper.me.uk**

**Wednesday:** 10am-9pm • **Thursday:** 10am-9pm • **Friday:** 10am-6pm

**Saturday:** 9am-6pm • **Monday & Sunday:** Appointments available when you book in advance

**Energie Fitness Club, Liscombe Park, Soulbury, Bedfordshire, LU7 0JL, 01296 682281**

For our full T&C's please refer to our website. *Prices correct as of July 2018*

Find us on

