



TRANQUIL
SPA & BEAUTY

Treatment List

Massage

Traditional full body	£42*
Traditional back neck and shoulder	£32*
Indian Head massage	£35*
Hot Stone back neck and shoulder	£42*
Hot Stone full body	£58*
Deep tissue back	£35*
Deep tissue full body	£45*

Add-ons

Hand massage	£12
Foot massage	£12
Scalp massage	£12
Eye reviver	£12
LED mask	£12
Heated booties	£12

Ishga

Ishga luxury facial	£56*
Ishga express facial	£40*
Marine back treatment	£60*
Body wrap	£60*
Salt & oil body exfoliation	£35*
Salt & oil body exfoliation & moisturiser	£30*

Elemis

Elemis expert facial	£56*
Elemis expert express facial	£40*
Salt & oil exfoliation -Frangipani/Lime & ginger	£30*
Salt & oil body exfoliation & moisturiser	£35

Hopi Ear Candling

Hopi ear candles	£27.50*
Hopi ear candles inc mini indian head massage	£35*

Become a Tranquil Spa Member and receive 20% off treatments

For just £35 per month...

- Unlimited* access to the Thermal Journey
- 20% discount on selected treatments
- Access to the swimming pool*

*Within usage guides. Swimming access during public swim times only (advanced booking is advised).

20% Discount for all Salt Ayre Leisure Centre Members

A 50% deposit is required at the time of booking. Deposits are non-refundable, in the event of a cancellation no refunds or exchanges will be made.



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Finishing Touches

The Nail Bar

Mii Manicure	£32
with Gel polish	£36
Mii Pedicure	£32
with Gel polish	£42
File and Polish (hands or feet)	£17
Gel polish (hands or Feet)	£25
Gel removal	£12
Gel removal and reapply	£36
Gel removal and mini manicure	£22

BIAB Nails

Biab on natural nails	£33
Biab on natural nails with gel	£38
Biab extensions	£48
Biab infills	£30
Biab infills with gel	£35
Nail art from	£5
Nail fix per nail	£2.50

All nail art must be prebooked.

Hair Removal

Half lower leg	£27*
Full leg	£32*
Full Leg and bikini	£45*
Half leg and bikini	£38.50*
Underarm or Bikini	£17*
Lip or chin	£13.5*
Lip & chin	£17*
Lower arm	£20*
Back	£30*
Chest or Stomach	£25

Kissed by Mii spray tan

Full body	£25
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Eye Enhancements

Eyebrow tint & shape	£20*
Eyebrow tint	£12*
Lash tint	£17*
Eyebrow wax	£12*
Eyebrow reshape	£15
Eyelash and brow tint	£22.50
Brow stain & shape	£35
Brow Lamination, tint & shape	£40
Lash Lift & tint	£45

Spa Journey

Private Hire (Sunday's only)	£280
Spa Journey	£20

Spa Days

All our spa days include access to the Thermal Journey, robe/slipper hire, and afternoon tea from The Refuel Cafe!

Please ask the team for more information.

CALL TO BOOK YOUR APPOINTMENT: 01524 582 916

lancaster.gov.uk/tranquilspa | Salt Ayre Leisure Centre, Lancaster LA1 5JS