

TANNING

- Autobronze** 60 minutes £30
A self tanning treatment without the risk of skin damage and premature ageing caused by the sun. Includes body brushing and pre-moisturiser. Allow two hours for tan to take. Please wear loose clothing.
- Full leg** 30 minutes £18

SLIMMING

- Inch loss bodywrap** 90 minutes £45
Course x 3 £120
A treatment designed to relax and detoxify the body, with the added bonus of inch-loss, water and appearance of cellulite reduction.

MASSAGE

- Swedish** (Deep Tissue)
Full body 60 minutes £28
Back, neck and shoulders 30 minutes ... £16.50
- Holistic Massage**
Using an aromatherapy blended oil
Full body 75 minutes £35
Back, neck and shoulders 30 minutes £20
Scalp, neck and face 30 minutes £18

HAND AND FOOT CARE

- Manicure** 45 minutes £15
Cut and shape nails, attend to cuticles, massage to hand and forearm, buff or polish as required.
- Pedicure** 60 minutes £18
Cut and shape nails, foot spa, exfoliate hard skin, attend to cuticles, massage feet and lower legs, buff or polish as required.
- Polish and shape** 20 minutes £8
French polish £2

SPECIAL PACKAGES

- The Green Pamper day** £80
Visit us and enjoy the facilities at our Club, to include Gym, Sauna, Steam Room, Jacuzzi, Swim and our **top to toe** package.
- Top to Toe** 3 hours £65
Manicure and pedicure, back, neck and shoulder massage. Personalised facial.
- Relaxation special** 1 hour £32
Back, neck and shoulder massage. Express facial.
- Indulgence** 2 hours £55
Full body Swedish massage, personalised facial and eyebrow tidy.
- Holiday Special** 2 1/4 hours £55
Eyelash tint, eyebrow shape, half leg and bikini wax, manicure and pedicure.
- Mother-To-Be** 1 1/4 hours £32
Back massage, eyelash tint, eyebrow shape, bikini wax, shape and polish to feet.

GIFT VOUCHERS

Gift Vouchers make a unique gift for any occasion. They are available for any amount, or for any specified treatments that you choose.

Valid for three months

CANCELLATION

Clients are kindly asked to give 24 hours notice for a cancellation or the appointment fee may be charged.



The Green Health Club
The Old Pumping Station
Pluckley Road
Charing
Kent
TN27 0AH

Telephone: 01233 713800

Louise Brown
CIDESCO ITEC MRD
BABTAC

Gift Vouchers
always available

ALL MAJOR CREDIT CARDS ACCEPTED

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FACIAL TREATMENTS

Dermalogica

A fresh approach to skin care

Personalised Facial 60 minutes £30

Eye brow tidy £2

This revitalising treatment includes deep cleansing, a gentle enzyme peel to reveal a glowing skin, steam to aid decongestion followed by extraction. A face, neck and shoulder massage to ease your mind and spirit. A customised masque and moisturising cream to reveal your skin's natural healthy glow.

Express Facial 40 minutes £22

Eye brow tidy £2

This complete treatment is the perfect blend of cleansing, a customised masque, toning and moisturising for people on the go. This includes a face, neck and shoulder massage.

Aromatherapy Facial 60 minutes £30

Eye brow tidy £2

A deep cleansing and exfoliating peel will restore your skin's healthy radiance. A pressure point massage will follow to stimulate blood circulation and revitalise the tissues. Concluding with a masque and moisturising cream to leave your skin soft and supple.

Teenager Facial 30 minutes £18

Eye brow tidy £2

A mini treat to cleanse, scrub, steam and extract blocked pores. Customised masque and moisturise.

MEN'S SKIN CARE

Men's Exclusive Facial 60 minutes £30

A deep cleansing begins the treatment, followed by an enzyme peel, steam and extraction. A face, neck and shoulder massage releases tension and stress. A soothing masque will balance and hydrate your skin. Helps alleviate shaving bumps and irritation.

Men's Sports Facial 45minutes £25

A customised deep cleansing, exfoliating scrub improves a healthy glow. A face, neck and shoulder massage to alleviate stress and tension. A masque followed by moisturising.

SPECIALISED TREATMENTS

Multi-Vitamin Power Treatment

45minutes £25

For the latest in vitamin repair and hydroxyacid exfoliation. Designed to treat environmentally-damaged skin, this treatment includes a non-irritating vitamin power exfoliator and vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

Non Surgical Face Lift 45 minutes £28

The wrinkle-tone gently stimulates the muscles using cotton-tipped probes. A safe and painless, relaxing treatment with excellent benefits. A cleanse, tone and moisturise is included.

Course x 5 £120 (save £20)

Course x 10 £230 (save £50)

EYE CARE

Enhance your eyes with...

Eye lash tint 20 minutes £8

Eye brow tint 15 minutes £6

Lash/brow tint 20 minutes £12

Eye brow shape 15 minutes £5

(Note: patch test advised for new clients for tinting)

WAXING

Half leg wax 30 minutes £12.50

Three quarter leg wax 30 minutes £15

Full leg wax 40 minutes £18

Full leg and bikini 45 minutes £22

Full arm wax 20 minutes £12

Underarm wax 15 minutes £7

Bikini line 15 minutes £7

Back wax 20 minutes £15

Eye brow 10 minutes £5

BODY THERAPY

Back cleansing treatment 45 minutes £28

To deep cleanse, exfoliate and extract, followed by masque. Relaxing back massage to conclude.

Full body polish 30 minutes £20

A skin refining body scrub to remove impurities and rough skin, leaving the skin soft, silky and smooth.

G5 Vibro massage 30 minutes £15

Course x 6 £75

To aid circulation and help the breakdown of fatty deposits beneath the skin.

This is ideal for cellulite and poor circulation in the thighs and bottom.

