

## SPA TREATMENT COMBOS

**Spa Revitaliser** 80 mins \$185  
Back Massage followed by Aroma-Vie Facial Treatment with Hand & Foot Mitt Hydration.

**Perfect Harmony** 100 mins \$235  
Full Body Swedish Massage followed by Aroma-Vie Facial Treatment.

**Renew'sance** 90 mins \$210  
Deluxe Body Scrub followed by Beaute Neuve Facial.

**Heaven & Earth** 75 mins \$197  
Indian Head Massage followed by Reflexology.

**Above & Beyond** 80 mins \$240  
An invigorating Body Scrub followed by full body Swedish Massage with Self Heating Ocean Mud applied on the back.

## SPA PACKAGES

**Adam & Eve** \$410 (approx. 2 hrs)

- \* A candlelit Massage for two
- \* His 'n' Hers side by side Zen Spa Pedicures

**Gentlemen Who Prefer Spas** \$320 (approx. 3 1/4 hrs)

- \* Swedish Full Body Massage
- \* Rejuvenating Fitness Facial
- \* Zen Sports Pedicure

**The Inner Sanctum Retreat** \$380 (approx. 4 hrs)

- \* Relaxation & Tranquility Massage
- \* Hydradermie Deep Cleansing Facial
- \* Upscale Nails Spa Manicure
- \* Zen Spa Pedicure

**Aromatic Bliss** \$380 (approx. 3 1/2 hrs)

- \* Aroma-Vie Facial Treatment
- \* Aromatherapy Massage
- \* Zen Spa Pedicure

### ***CANCELLATION POLICY***

*Treatment times are reserved especially for you.*

*We operate a 24 hour cancellation policy, therefore credit card details may be required as we are obliged to charge in full for late cancellations and 'No Shows'.*

### ***MOBILE PHONES***

*For the comfort of our guests, we respectfully request that you switch off your mobile phones during your visit to the Spa or Salon.*

## HAIRDRESSING

Shampoo & Style \$60 & Up

Haircut \$60 & Up

Shampoo, Cut & Style \$95 & Up

Restyle, Cut & Style \$105 & Up

Long Hair, Set & Up Do \$100 & Up

Redken Conditioning Treatment \$40

Child's Haircut - under 5yrs of age \$25

Child's Shampoo, Cut & Style \$60

Gent's Haircut & Finish \$37

## HAIR COLOUR SERVICES

Highlights/Lowlights (with Cap) \$135 & Up

High/Lowlights (with Foil) 1/2 Head \$180 & Up

High/Lowlights (with Foil) Full Head \$218 & Up

Permanent Hair Colour Short \$117 Long \$130

Semi Permanent Hair Colour Short \$100 Long \$120

## PERMS & RELAXERS

Perm Short \$170 Long \$250

Relaxer \$120 & Up

## EXTREME DE-FRIZZING TREATMENT

MARCIA TEIXEIRA

Brazilian Keratin Treatment \$300—\$500

(Price quoted upon consultation)

## KERASTASE TREATMENT RITUELS

Express Rituels \$40

Express Rituel with Treatment Concentrate \$65

Deluxe Rituels \$85

Anti-Ageing Rituel \$100

## EXPRESS BEAUTY SERVICES

30 minute Manicure \$44

30 minute Pedicure \$49



INNER  
SANCTUM

*Far From The Madding Crowd*

## **SPA and SALON TREATMENT MENU**

Open Every Day

9:00am to 6:00pm Monday, Tuesday, Saturday & Sunday

9:00am to 8:00pm Wednesday, Thursday & Friday

Excluding Public Holidays

Telephone - Spa: 441 296 9009

Salon: 441 295 4808

Email: [innersanctum@northrock.bm](mailto:innersanctum@northrock.bm) (Spa)

[innersanctum@bersalon.bm](mailto:innersanctum@bersalon.bm) (Salon)

## BEAUTY THERAPY

### FACIALS

<b>Aroma-Vie</b>	50 mins	\$120
<i>A customized relaxing facial using Plant Extracts and Essential Oils.</i>		
<b>Liftosome</b>	50 mins	\$140
<i>Firming, Lifting and Anti-Ageing. Ideal for a special occasion.</i>		
<b>Beaute Neuve</b>	50 mins	\$122
<i>A peeling treatment which deeply exfoliates revealing healthy new cells.</i>		
<b>Hydradermie *Star Facial Treatment*</b>	70 mins	\$130
<i>Deep Cleansing, Nourishing and Hydrating promoting radiant skin.</i>		
<b>Hydradermie Plus</b>	80 mins	\$180
<i>Includes specific anti-ageing treatments for Eyes, Neck and Décolléte.</i>		
<b>Hydradermie Lift Express</b>	55 mins	\$149
<i>The ultimate 'work out' for the face using gentle muscle stimulation.</i>		
<b>Hydradermie Lift Deluxe</b>	80 mins	\$208
<i>Includes a luxurious facial massage and customized mask.</i>		
<i>(Course of 8 to 12 treatments recommended)</i>		
<b>Hydradermie Lift 'Yeux' Express</b>	40 mins	\$120
<i>The ultimate 'work out' for the eye area using muscle stimulation.</i>		
<i>(Course of 8 to 12 treatments recommended)</i>		
<b>Hydradermie Lift 'Yeux' Deluxe</b>	55 mins	\$149
<i>Includes a luxurious facial massage and customized mask.</i>		

### EYES

Individual Eyelash Extensions (set of 3)	\$33
Additional Single Eyelash Extensions	\$13
Eyelash Tinting	\$34
Eyebrow Tinting	\$32
Eyelash and Eyebrow Tinting	\$60
Eyebrow Tint & Wax	\$46
Eyelash Perming	\$99
Eyelash Perm & Tint	\$115

### MAKE-UP

<b>Make-up Application</b>	40 mins	\$70
<b>Special Occasion Make-Up</b>	50 mins	\$95
<i>Includes a lifting and tightening serum for a firmer complexion</i>		
<b>Airbrush Make-Up</b>	50 mins	\$135
<i>High definition coverage which lasts up to 24 hours.</i>		

### HANDS and FEET

<b>Luxury Spa Manicure</b>	60 mins	\$88
<i>Includes intensive hydration treatment for dry skin and cuticles.</i>		
<b>Spa Manicure</b>	45 mins	\$55
<b>French Manicure</b>	45 mins	\$55
<b>File &amp; Polish</b>	25 mins	\$40
<b>Polish Change</b>	20 mins	\$34
<b>Zen Spa Pedicure</b>	60 mins	\$88

## BODY THERAPY

### MASSAGE and HOLISTIC THERAPY

<b>Swedish Full Body Massage</b>	80 mins	\$175
	50 mins	\$128
	25 mins	\$80
<i>Therapeutic massage increasing circulation and soothing tired muscles.</i>		
<b>Relaxation &amp; Tranquility Massage</b>	50 mins	\$128
<i>Concentrating on tension areas Lavender Oil is used to aid relaxation.</i>		
<b>Deep Tissue</b>	80 mins	\$225
	50 mins	\$150
	25 mins	\$90
<i>A very deep massage combining Shiatsu and Trigger point techniques.</i>		
<b>Hot Stone Massage</b>	80 mins	\$195
<i>Hot stones are used to relax the muscles and alleviate tension and pain.</i>		
<b>Candlelight Couple's Massage</b>	50 mins	\$266
<i>A romantic and relaxing candlelit massage experience for couples.</i>		
<b>Indian Head Massage</b>	25 mins	\$80
<i>A therapeutic relaxing treatment to alleviate headache and eye strain.</i>		
<b>Reflexology</b>	50 mins	\$128
<i>A foot treatment which stimulates the body's natural healing systems.</i>		
<b>Aromatherapy</b>	80 mins	\$195
<i>A relaxing massage using Essential Oils and Lymphatic drainage.</i>		

### BODY TREATMENTS

<b>Aromatic Massage Treatment</b>	50 mins	\$135
<i>Softens, Smoothes and relaxes the body leaving skin smooth and silky.</i>		
<b>Aromatic Contouring Massage</b>	80 mins	\$165
<i>Detoxifies and tones the body to aid slimming and remove cellulite.</i>		
<b>Pre-Massage Body Scrub</b>	25 mins	\$80
<i>A full body exfoliation to remove the skin's dead cells.</i>		
<b>Deluxe Body Scrub</b>	40 mins	\$100
<i>Includes application of a customized body cream.</i>		
<b>Marine Algae Body Masques</b>	70 mins	\$170
<i>A customized body wrap to detoxify, contour or firm the body.</i>		
<b>Bermuda Shorts</b>	70 mins	\$135
<i>A detoxifying and stimulating treatment to help remove cellulite</i>		
<b>Self Heating Ocean Mud</b>	20 mins From	\$45
<i>Helps relieve muscle strains and any areas that may be swollen or sore.</i>		
<b>Back Hydradermie</b>	70 mins	\$135
<i>A deep cleansing back treatment to purify and re-hydrate the skin.</i>		

**Airbrush Tanning by 'California Tan'** 20 min \$65  
*High definition spray on tan which lasts up to seven days.*

**Pregnancy Treatment** 80 mins \$190  
*A lovely soothing treatment for the Legs, Abdomen and Face.*

## DEPILATATION

### WAXING

Eyebrow, Lip or Chin	\$24
Lip and Chin	\$40
Underarm	\$32
Bikini Line	\$35
Half Leg or arm	\$49
Three-quarter leg	\$59
Full Leg	\$69
Full Leg & Bikini	\$94
Brazilian	From \$65
Full Back	From \$70

### ELECTROLYSIS

Electrolysis	up to 15 min	\$45
After 15 mins	per min	\$3

### EARPIERCING

Gold Plated Studs per pair:	
Plain	\$50
Gemstones	\$55

## JUST for MEN

<b>Fitness Facial for Men</b>	70 mins	\$130
<i>Deep Cleansing, Nourishing and Hydrating promoting radiant skin.</i>		
<b>Super Fitness Facial</b>	80 mins	\$180
<i>Includes specific anti-ageing treatments for Eyes, Neck and Décolléte.</i>		
<b>Newskin Facial</b>	50 mins	\$122
<i>For removal of dead skin cells using Fruit Enzymes.</i>		
<b>Aromatic Facial</b>	50 mins	\$120
<i>A customized relaxing facial using Plant Extracts and Essential Oils.</i>		
<b>Men's Manicure</b>	25 mins	\$48
<b>Men's Zen Sports Pedicure</b>	45 mins	\$80

### SPA PARTIES

Birthdays, Showers, Sweet Sixteens, we can customize a private spa party for you and your friends for any occasion.

E-mail: [innersanctum@northrock.bm](mailto:innersanctum@northrock.bm)

Tel: 296-9009