

a little day spa

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Explore our comprehensive range of expert beauty treatments for women and men. Whatever you are looking for, and however much or little precious 'me time' you have, you'll find your perfect solution at a little day spa.

Based just outside of Rochdale in our new exclusive salon, **a little day spa** originally opened its doors in 2009 by Rachael Turner-Percy and Kimberly Walker. With almost 30 years of experience within the beauty industry between them, Rachael and Kim, along with their team of specialised therapist's, have built a space where every beauty need can be achieved. Be it a full body massage after a long hard day or a beautiful set of nails for that special occasion, walk through the doors and they will

show you the secrets of how to look and feel wonderful. The girls meticulously select only the best products and treatments to be added to their treatment offerings. Not only this, but our team are put through their paces with copious amounts of additional training and perfecting given to be part of the highly sought after 'a little day spa team'.

Please respect our environment and the needs of our guests by turning off your mobile phone upon entering the salon.

Please give 24 hours notice in the event of a cancellation, to allow us to accommodate those on a waiting list and will avoid you being charged a 50% cancellation fee. A deposit will be required on any treatment over 2 hours.

Our hour long facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.



ESPA

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Lift and Firm Eye Treatment **£29.00**

Combined with a facial **£15.00**

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment. Especially recommended for those who wear contact lenses, glasses, have irritable or puffy eyes and to help reduce the signs of ageing. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

Skin Brightener Facial **£46.00**

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

Specifically formulated AHA's and BHA's from Hawaiian algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to develop instant results.

Re-Hydrator Facial **£46.00**

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

De-Sensitiser Facial **£46.00**

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.



Skin Purifying Facial**£46.00**

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Back, Face and Scalp Treatment**£70.00**

Renowned as our 'Hero' treatment and loved by all.

This 90 minute ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: back exfoliation, back massage, facial and scalp massage.

Optimal Pro Facial**£52.00**

The ultimate solution to promote healthy, youthful and radiant looking skin. Rebalance, revitalise and hydrate your skin using Tri-Phase cleansing technology enhanced with Clarisonic brushing for a deeper cleanse.

This deeply moisturising facial instantly revives and brightens the complexion, whilst ultimately protecting against environmental damage and delaying the early, invisible stages of skin ageing.

Intensive and Age Defying**Life and Firm Facial****£56.00**

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline, to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

LIFESTAGE Facial**£66.00**

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.

Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

Microdermabrasion

Microdermabrasion takes years off your complexion by gently exfoliating the outer layers of the skin. It is a very safe and controlled method of skin resurfacing and can be used to treat a wide range of skin concerns.

Microdermabrasion provides immediate and visible results for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and so much more.

Microdermabrasion**£45.00****Course of 5****£199.00****Jan Marini Chemical Peels**

Uncover your skins full potential with the all new Marini peel system.

Glycolic acid peels are medically endorsed as a viable alternative to the more invasive peels, for the patient who wishes to avoid discomfort and a lengthy recovery period.

A glycolic peel will enable the layers of skin to separate from the stratum corneum, leaving the skin noticeably smoother,

softer and firmer. As the series continues, the cumulative results include increased firmness, clearing of acne lesions, evening skin tone and a substantial reduction in the appearance of acne scarring.

Chemical Skin Peel**£60.00****Course of 6****£360.00**

(includes free preparation kit of 5 products)

Make Up

Our philosophy is to enhance every individual's natural beauty and make sure they feel like they are stepping out of a glossy magazine.

We are proud to be one of just a handful of the official 'Make up by HD Brows', full make up collection stockists. This capsule collection is perfect for all make up looks and we have all of the make up products available for you to take home.

Make Up Application (Daytime/Evening)**£25.00****Bridal (including trial)****£60.00**

Every ESPA treatment commences with a detailed personal consultation. This allows the therapist to discuss your needs and find the perfect solution to your concerns. A sensory test is incorporated to establish which products are best suited to you both physically and emotionally and allowing the therapist to totally personalize the treatment, to achieve the best results possible. Every blend in our massage oils is imbued with potent, therapeutic powers of pure essential oils to Energise, Soothe, Warm, Detoxify or Rejuvenate.



Head, Neck and Shoulder Massage £25.00

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Excellent for headaches, sinus problems, eye strain, congestion and any head and neck tension.

Back, Neck and Shoulder Massage £25.00

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

Salt and Oil Scrub £25.00

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Invigorating Foot Treatment £25.00

This deeply relaxing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage, working on the pressure points to promote general well being.

Tension Release Head and Scalp Massage £25.00

Deeply relaxing head and scalp massage using our Espa pink hair and scalp mud. Perfect for tension headaches, migraines or to simply relax and rejuvenate.

All our face and body treatments incorporate the use of ESPA products and oils. We do not offer standard Swedish massage as we promote a true 'tailored' treatment specific to your needs.

Back, Face and Scalp Treatment £70.00

Renowned as our 'Hero' treatment and loved by all; this 90 minute ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and back massage – personalised facial – scalp massage.

Espa Full Body Massage £42.00

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

Espa Mindful Massage £65.00

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This 90 minute holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and

visualisation techniques, your therapist will help calm both mind and body.

The metamorphic zones on the feet are then massaged to rebalance and ground, before a soothing massage is continued up through the body, finishing with a re-energising scalp massage using warm Rose Quartz Crystals.

Hot Stone Massage *Back, Neck & Shoulder £30.00*
Full Body Massage £46.00

A therapeutic full body massage using your chosen Espa essential oil and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Deep Tissue Massage *Back, Neck & Shoulder £29.00*
Full Body £49.00

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts

such as a stiff neck, painful lower back pain and sore, tight shoulders. Includes: Specialised massage to specific areas of concern.

Espa Detox Wrap £49.00

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation. Includes: Skin brush – body exfoliation – Detox Algae wrap – scalp massage.

Signature Cocoon Body £59.00

This luxurious 90 minute body treatment is a tailor-made experience designed to nourish the skin. Following a salt and oil exfoliation, the body is treated to a relaxing body massage, with essential oils. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage. Choose from the following: De-Stress, Muscle Relaxing, Jet-

Lag Reviver, Immune Boosting, Energising or Skin Firming.

Mum To Be Massage £45.00

A carefully adapted ESPA full body massage.

Pre and Post Natal Experience £59.00

This total body treatment has been carefully designed for pregnant and nursing mothers and will aid in relaxation and tonicity of the skin during this very special time. The treatment avoids the use of essential oils as advised by the Aromatherapy Organisation Council and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced massage techniques to safe areas.

Hopi Ear Candles £30.00

Hopi candles can be used for many conditions including deafness caused by excess wax, congested sinuses, irritation in the ears, ringing or noises in the ears, tinnitus, rhinitis, glue ear, colds, flu, headaches and migraines.

A patch test is required at least 48 hours before your appointment for all tinting, LVL and HD Brow treatments.

Eye Brow Shape/Wax (Including above) £10.00

Eye Brow Re-shape (Full) £15.00

Eyelash Tint £12.00

Eye Brow Tint £8.00

Party Lashes £19.00

(cluster lashes designed for the weekend but can last up to a week)

**NOUVEAU®
LASHES**

Express Lashes (Individual, natural looking lasting up to 3 weeks) £30.00

Express Lashes Full (Fuller, glam look of the above) £40.00

Semi Permanent Lashes £60.00

Semi Permanent Lash Infill (up to 2 weeks) £23.00

Enhancing your own lashes by adhering a semi permanent lash to each of your own eyelashes. These eyelash extensions behave just like natural lashes but achieve a thicker, fuller, more flattering look. Can last 8-12 weeks with recommended infill every 2-3.



LVL enhances, adds length, volume and lift to the natural eyelashes. Plus the added last tint creates a mascara style effect so you are last perfect from the moment you wake up. With no extensions, no adhesive, and no mascara, lasting up to 6 weeks.

LVL lashes £35.00



A unique 7 step procedure for creating perfectly well groomed, high definition eyebrows. If you're eyebrows are sparse, we can also help you with a regrowth programme. There is a full range of products you can purchase to enhance your brows in between visits. Be warned...Once you have tried this fabulous treatment, you will love your new brows so much there will be no turning back!

HD Brows £25.00

Hd Brows Master Treatment (includes lightening) £30.00



Applied over your natural nails, Gelish is painted on like a polish and sets in seconds. This long lasting chip free gel strengthens the nails lasting up to 3 weeks on hands and 6 weeks on toes. Choose a classic French manicure or from over 80 colours, glitters and designs.

Gelish with shape and cuticles	£22.00
Gelish extra durability base gel, shape and cuticles	£26.00
Gelish removal/shape/cuticles/OPI strengthener	£10.00
Glitters, Nail designs and Swarovski	from £1.00
Gelish Twinkle Toes <i>(high shine glitter set into the gel)</i>	£22.00
Glitters Removal and Reapply	£25.00



The extended nail can be sculptured into any length and shape; square, stiletto, almond, oval, ballerina with a choice of several finishes.

	<i>Nail Technician</i>	<i>Senior Nail Technician</i>
Full Set Sculptured Acrylic French	£28.00	£35.00
Full Set Sculptured Natural/Cover Pink	£24.00	£30.00
Full Set Natural Pink with Lasting Gel Overlay	£32.00	£38.00
Full Set Natural Pink with OPI Polish	£28.00	£34.00
Infill/Backfill French	£24.00	£27.50
Infill Natural Pink/Cover Pink	£18.00	£22.00
Infill Natural Pink with Lasting Gel Overlay	£24.00	£29.50
Infill Natural Pink with OPI Polish	£22.00	£26.00
Acrylic Toes French	£28.00	£35.00
Acrylic Big Toes	£8.00	£10.00

Ideal to transform short uneven toenails



Swarovski Crystal Toes

£50.00

Espa Essential Treatment

Maintain amazing results and keep nails and skin in great condition with these treatments.



ESPA O·P·I

File and Varnish using OPI

£10.00

Espa Essential Manicure Treatment

£20.00

Espa Essential Pedicure Treatment

£26.00

Espa Luxury Treatment

This indulgent treatment provides long lasting results with meticulous nail and cuticle work using deeply nourishing products including a personalised mask and heated mittens or booties. Your therapist will take you on your sensory journey and assist in you choosing your blend to either;

Revive – for tired, aching hands, legs and feet. Ideal for people with fluid retention or after a flight.

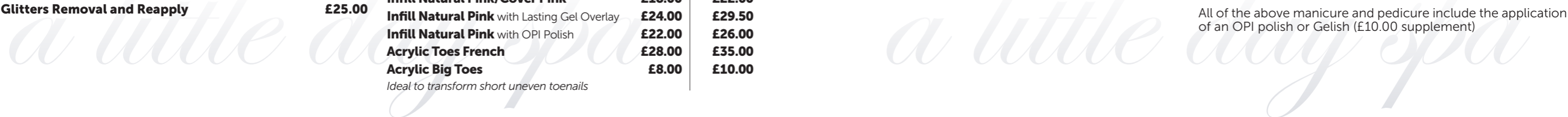
Replenish – for dry cuticles and dehydrated nails, chapped skin or cracked heels.

Relax – great for muscular aches and pains and reduces tension.

Espa Luxury Manicure Treatment **£26.00**

Espa Luxury Pedicure Treatment **£32.00**

All of the above manicure and pedicure include the application of an OPI polish or Gelish (£10.00 supplement)



Waxing

We offer both warm (strip) and hot wax, your therapist will determine which is best suited to your chosen area or if you have a preference, please state when booking. We can wax ANY area, please call with your specific requirements.

Brows	£10.00
Brow full re-shape	£15.00
Lip or Chin	£8.00
Half Leg	£15.00
Full Leg	£23.00
Bikini (Crease of leg)	£10.00
Canadian (High sides)	£19.00
Brazillian (Strip left including underneath)	£26.00
Hollywood (all off)	£30.00
Underarm	£10.00
Back or Chest	£25.00



Fake Bake is the number one tanning product in the UK.

Fake bake gives an instant sunkissed colour and develops into a long lasting tan (up to 10 days). The safest, most natural way to achieve all year round, healthy glow.

Choose from a selection of colours including our NEW Express tan, which develops in as little as 60 minutes, perfect for those last minute plans.

Spray Tan	£20.00
Express 60 Minute Tan	£22.00
Half Body Tan	£15.00
Master Contouring Spray Tan	£25.00

Espa for Men

Back, Neck and Shoulder Massage **£25.00**

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

Men's Shoulder, Neck and Face **£45.00**

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs. Includes: Double cleanse – exfoliation – steam and extraction – face massage – mask – scalp massage

Back, Face and Scalp Treatment **£70.00**

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation and back massage – personalised facial – scalp massage

Espa Aromatherapy Massage **£42.00**

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

Hot Stone Massage

Back, Neck & Shoulder **£30.00**
Full Body Massage **£46.00**

A therapeutic full body massage using your chosen Espa essential oil and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Deep Tissue Massage

Back, Neck and Shoulder **£29.00**
Full Body Massage **£49.00**

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Includes: Specialised massage to specific areas of concern.

Waxing

Back or Chest Wax **£25.00**



Fat Freeze**75mins :: £199 for 2 sections***Chin Freeze £99*

Known by professionals as Cryolipolysis, it is the process of freezing the fat cells to -6 degrees. The fat cells in the subcutaneous layer of the skin cannot withstand this temperature and the fat cells will start to shrink. The body will then start to break the 'dead' fat cells down and dispose of them naturally through the body's lymphatic system.

The process takes around 1 hour and maximum results can take mere weeks to show.

3D Lipo Treatment**90mins £99 (all 3 methods)***Course of 8 (recommended) £600*

3D Lipo have designed a fantastically unique machine that is designed to help drive desired weight loss results. A combination of Cavitation (Ultrasound), Radio Frequency and Dermology gives the client several options to help treat those stubborn areas of unwanted fatty tissue.

If you're wanting to tone up your bum & legs or lose those few inches off your tummy, 3D Lipo's technology allows us to help you get the body you would like.

We can treat most areas, a free consultation is offered to design your unique 3D treatment plan.

Skin Tightening Face Treatment**60mins :: £99***Course of 8 (recommended) £600*

The collagen in the face breaks down slowly as you age, which can cause the skin to sag. Years of laughing, frowning and exposure to the sun can also have a detrimental effect on skin tone and elasticity. This can leave you looking older than you actually are.

Advanced 3D skin tightening technology is used to smooth wrinkles, tighten and redefine the shape of your face and neck, with immediate results that are long lasting to provide younger and clearer looking skin.

Pain free, a little heat and immediate results, we offer a free consultation to determine your treatments plan.

**Packages and Spa Days**

All of our spa days are priced per person and include light lunch or afternoon tea and refreshments. They also include full use of the relaxation lounge. We advise you to arrive early to change into a complimentary robe and slippers and begin your relaxation journey.

Our relaxation lounge is great for groups and get togethers. Please contact the salon for hen parties and celebrations as we can arrange exclusive use. We can tailor make spa days for larger parties, around your preferred budget.

Friends Pamper Package (per person)**£59.00**

*Espa Express Facial
Back, Neck and Shoulder Massage
Lunch or afternoon tea included*

Holistic Heaven**£75.00**

*Hot Stone Back, Neck and Shoulder Massage
Invigorating Foot Treatment
Head and Scalp Massage
Lunch or afternoon tea included*

Relaxing Spa Day**£95.00**

*Espa Personalised Facial
Salt and Oil Scrub
Head and Scalp Massage
Aromatherapy Full Body Massage
Lunch or afternoon tea included*

Hideaway Heaven**£130.00**

*Body Exfoliation
Espa Body Wrap
Head and Scalp Massage
Aromatherapy Full Body Massage
Espa Essential Pedicure
Espa Personalised Facial
Lunch or afternoon tea included*

OPENING TIMES

Monday	Closed
Tuesday	9.30am - 8.00pm
Wednesday	9.30am - 8.00pm
Thursday	9.30am - 8.00pm
Friday	9.30am - 5.30pm
Saturday	9.00am - 4.30pm
Sunday	Closed