



BEAUTY & SPA MENU

Spa, Skin and Holistic Treatments

SANDON COURT
CLINIC

TEN YEARS YOUNGER
EXETER

Luxury Body Treatments

Massage (not available in Exeter)

Personally Blended Aromatherapy Massage

For times when you need a little emotional pampering as well as a deeply relaxing, soothing massage. This indulgent treatment helps to harmonise and rejuvenate the spirit and balance the mind and body, heavenly!

Back, Neck and Shoulder 30 mins · £30

Full body 55 mins · £50

Hot Basalt Stone massage

Therapeutic heat is slowly released into the belly of the muscle for a completely new experience. Small stones are placed on key energy points while luxuriously warm oils are massaged deeply into the body for those who enjoy a deep massage or to help repair muscle injury but which is totally relaxing.

Back, Neck and Shoulder 30 mins · £35

Full body 55 mins · £55



Genie Total Body Toning

The ultimate slimming and toning system, the most powerful on the market today. Pads are placed on the body to stimulate the muscles, one 20 minute session is equivalent to 360 reps in the gym.

Slimming or toning programmes available.

£35 per treatment, course of 10 · £300, course of 15 · £400

Shrinking Violet Slimming Wrap

Shrinking Violet body wrap is a painless, effortless process that can successfully reduce fat in problem areas, such as thighs, buttocks and abdomen. The fat in the cells are broken down and easily excreted by the body. Lose inches in just one treatment.

1 hr 10 mins · £65

(to include mini facial or foot massage)

Course of 3 · £160

Course of 6 · £300

Detox Body Treatment

Genie lymphatic drainage treatment followed by Shrinking violet slimming wrap.

1 hr 45 mins · £85



Facial Treatments

Genie 10 Minute Facelift

Genie Take Ten is the most powerful non-surgical facelift machine on the market today and results in a visible lifting of sagging muscle to lift and re-contour the face without the need for surgery.

£30 per treatment, course of 10 · £275

Deluxe Firming Enzyme Facial

A luxury anti-ageing facial that instantly firms, rejuvenates and plumps the skin. Skin is double cleansed, gently massaged and the firming enzyme masque is applied to smooth, sculpt and restore skin radiance.

50 mins · £45, add Dermalux Red Light Therapy for £20

Microdermabrasion

This treatment super cleanses pores to refine skin texture and boost production of fresh cells and collagen. The action of the machine regenerates, repairs and gradually corrects blemishes and fine lines giving a more uniform skin tone, firmness and glow.

Basic · £45

Deluxe (includes full facial and mask) · £60

(Add 20 min Dermalux for £20)

Revitalising Eye Treatment

Refresh and brighten your eyes with our special eye treatment designed to reduce puffiness and dark circles. Delicate massage of the eye area helps "feather" away fine lines and improve micro-circulation and so improving lymphatic drainage followed by a deeply penetrating collagen eye mask to delicately firm skin and put the sparkle back in your eyes!

25 mins · £30 (20 mins added to a facial £20)

Skin Peels

Not the drastic peels you see on TV with lots of down time but a range of skin peels in varying strengths depending what results you want to achieve. Please discuss with your Skin Specialist to see which would be best suited to your skin and any prep that may be required.

Agera milder Peels · £45

Dermaquest resurfacing/specialist peels · £65



Traditional Beauty Treatments

Hands and Toes (not available in Exeter)

Deluxe Manicure

A luxury manicure incorporating soothing soak, scrub, moisturising mask, cuticle work & polish.

£35 · (Shellac £5 extra)

Shellac Mini Manicure

To include cuticle tidy, shape and polish.

Hands or feet · £23

Hands and feet · £40

Re-shellac · £25

Re-shellac · £45

Deluxe Pedicure

Luxury Pedicure includes soothing soak, file, scrub, moisturising mask, cuticle work, shape and polish.

£40 · (Shellac £5 extra)

Eyes (available in Exeter)

Lash tint · £12

Lash and brow tint · £16

Brow shape · £8

Brow tint · £10

Lash perm · £28

Brow shape and tint · £15

Ladies Waxing (available in Exeter)

Brows · £9

Bikini Classic · £15

Bikini Extended · £18

Bikini Brazilian · £21

Underarm · £10

Half leg · £15

Half leg inc bikini · £20

Full leg · £25

Full leg inc bikini · £28

Upper lip/chin · £5



Sandon Court Clinic Plymouth

The Millfields,
Plymouth PL1 3JB

Opening times:

Monday	Closed
Tuesday	9 - 8pm
Wednesday	9 - 8pm
Thursday	9 - 8pm
Friday	9 - 6pm
Saturday	9 - 5.30pm

Ten Years Younger Exeter

2nd Floor, 6 Southernhay West,
Exeter EX1 1JG

Tues – Fri 10am – 6pm
Alternate Saturdays

Tel: **01752 222107** for Plymouth or
01392 690188 for Exeter appointments
Email: enquiries@sandoncourtclinic.co.uk

Please note, we have a 24 hour cancellation policy.

