



Savvy Beauty Treatments

Quick beauty & grooming treatments that hit the spot when your time is limited but your image is important.

Jessica Express Nails (hands or feet) 25 minutes - £30
An express tidy-up including file and shape, cuticle tidy and paint with Jessica gel polish, which requires no drying time.

Hand or Foot Repair 25 minutes - £25
A nourishing skin treatment for dry, ageing or tired hands or feet including exfoliation, massage and heated moisturisation.

Beautiful Brows 25 minutes - £20
A tidy, tint and shape to define your brows and enhance your facial features.

Dermalogica Flash Facial 20 minutes - £25
Intense, focused facials that provide instant results. Choose from: Flash Exfoliation; Age Repair; Moisture Boost; Oil Control; Skin Soothing; Blackhead Removal; or Rapid Spot Clearing.

CACI Express Facelifts 20 minutes - £30
Cutting-edge microcurrent technology lifts and firms facial skin, tackling the signs of stress and ageing. Choose from: Eye Lift or Jowl Lift.

CACI Express Hydration 20 minutes - £30
Combining a collagen & rosewater facial mask with microcurrent technology to deeply hydrate and firm your skin.

Make-Up Freshen-Up 20 minutes - £25
Our talented artistes use YoungBlood mineral make-up to turn day into night or a nightmare morning into a business lunch!

Plus **Waxing for men and women** (including hot wax for intimate areas), **Brow & Lash Enhancements** and **Spray Tanning**.

- Independent local day spa & beauty salon.
- Less than a minute's walk from Colmore Row.
- Full range of classic & luxury beauty, massage & wellbeing treatments.
- Free wi-fi.
- Complimentary lunch order & collection from Treat Greek Deli.
- 24/7 online booking.
- Appointment text reminders.
- Weekday opening to 7pm.
- Free product delivery within Colmore Business District.
- Dermalogica, Jessica, CACI, Australian Bodycare, Youngblood.
- Five star reviews on Wahanda, Trip Advisor & Google.

At One Day Spa, 10 Great Western Arcade B2 5HU
0121 233 0600

www.atonedayspa.co.uk info@atonedayspa.co.uk



CITY EXPRESS TREATMENTS

Speedy massages and therapies to maximise the release of stress and tension with minimal time out of your diary.

Deep Acupressure Massage 10 minutes - £15 20 mins - £30
A deep pressure-point back, neck & shoulder massage, carried out by a specialist massage therapist, with the client seated & clothed.

Express De-Stress 20 minutes - £30
A relaxing massage focused on releasing stress and tension in either your back or legs. Carried out on a massage bed using unscented oils.

Head in the Clouds 20 minutes - £30
A soothing and deeply relaxing aromatherapy massage to ease the tension from your neck, shoulders, scalp and face.

Hand Reviver Massage 10 minutes - £15
Instant release of tension in the fingers, hands and forearms to help prevent RSI developing.

Foot Reviver Massage 10 minutes - £15
Ease the stress and tension in your toes, feet, ankles and calves - perfect after a day on your feet.

Headache Relief Massage 10 minutes - £15
Pressure point massage, essential oils and cold stone therapy combine to calm and prevent headaches and migraines.

Sinus Relief Massage 10 minutes - £15
Pressure point massage, essential oils and cold stone therapy combine to release sinus congestion.

IBS Relief Massage 10 minutes - £15
A pressure point stomach massage using essential oils to aid digestion and help relieve bloating.

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