



Menu

# Treatment



Monday - Friday: 10am - 7pm  
 Saturday: 10am - 5pm  
 Sunday/Bank Holidays: Closed

At One Day Spa  
 10 Great Western Arcade  
 Birmingham  
 B2 5HU  
 (for sat nav use 10 Colmore Row, B3 2BJ)

Call: 0121 233 0600  
 Email: [info@atonedayspa.co.uk](mailto:info@atonedayspa.co.uk)  
 Web: [www.atonedayspa.co.uk](http://www.atonedayspa.co.uk)

## Main Terms & Conditions

Please be aware that we are a small, independent business and therefore the following policies are necessary to ensure our business stays viable and our staff and bills are paid. We thank you for your understanding.

We require a 50% deposit (or a valid voucher code) at the time of booking, with the remainder to be paid at the time of treatment. We regret that appointments will not be confirmed without a deposit. Appointments without a deposit may be removed from the diary.

Please give at least 24 hours notice if you need to cancel, postpone, rearrange or change an appointment. If you give less than 24 hours notice or fail to attend, we may not be able to refund or reallocate your deposit/voucher. In the event of frequent non-attendance or late cancellation we may request the full treatment cost as deposit.

We reserve the right to refuse to book or carry out a treatment where it would be potentially medically unsafe for us to do so. Please advise us at time of booking (or not less than 24 hours before your appointment) if you are pregnant or have a medical condition that may contraindicate your treatment. If you do not tell us until your appointment, and we are unable to carry out your treatment, we may not be able to offer an alternative treatment and you will still be charged for your appointment.

If you are driving please bear in mind that the city centre can get very busy, so please allow sufficient time to travel to us and park. If you arrive late for a treatment please understand that we may not be able to carry out part, or all, of the treatment(s) you are booked for. You will, however, be charged for the full treatment(s).

If it is your first appointment with us - or you have not visited for over 12 months - please arrive 10 minutes early to complete a consultation form. If you wish to complete one prior to your appointment and bring it with you, forms are available from Reception or on our website.

All clients having treatments marked with a † must have a patch test with us at least 24 hours before their appointment, regardless of whether they have had a similar treatment previously elsewhere.

We offer some treatments for young people age 6-18. Parental consent & attendance is essential for ages 6-16 and may be required for ages 16-18.

Full terms & conditions are available on our website.

At One Day Spa is a boutique independent day spa, close to Colmore Business District in Birmingham city centre. Our beautiful treatment rooms are set in the mezzanine level of the classic Victorian Great Western Arcade. And our team of highly trained, experienced therapists deliver expert treatments using only the best products. Whether you want a dependable waxing practitioner close to work, or a few hours peaceful "me" time, our independent client testimonials on Treatwell, Trip Advisor & Facebook are evidence of our friendly welcome and fabulous quality of service. We look forward to welcoming you to Birmingham's Hidden Haven.



## Treatment Packages

### Packages for One

Escape with At One £200

Luxury Spa Facial, Full Body Tranquillity Massage, Luxury Spa Facial, Luxury Spa Manicure or Pedicure. †

Chill Out with At One £100

Body Exfoliation Therapy, Tranquillity Back Massage, Flash Facial, Face & Scalp Massage.

Unwind with At One £125

Body Exfoliation Therapy, Body Wrap Therapy, Indulgence Massage.

Partner with At One £125

Luxury Spa Facial, Classic Manicure, Classic Pedicure. Relax with At One £65

Tranquillity Back Massage with Aromatherapy Oils, Flash Facial.

Detox with At One £105

Purifying Full Body Salt Polish & Mud Mask, detoxifying acupressure therapy, Booster Facial.

Mother to Be with At One £150

Full Body Antenatal Massage, Flash Facial, Luxury Spa Pedicure.

Destress for Him with At One (for men) £100

Full Body Tranquillity Massage, Personalised Facial. Add on an Executive Manicure or Pedicure for £30.

Princess Pamper with At One (ages 6-18) £75

Express Nails for Fingers & Toes, Flash Facial.

### Packages for Two

Tranquillity Massage for two

Back, Neck & Shoulder Full Body £70

Prescription Facial for two £100

Time Out for Two £105

A relaxing back massage & booster facial. Relaxing Duo with At One £100

A treatment for two carried out by a single therapist, including back massage, back wrap, foot hydration, booster facial, face & scalp massage.

Prices shown are for two people & two other- therapists in our Couples Room, unless otherwise stated.

# Beauty Essentials

## Female Waxing

Using Australian Bodycare, Outback Organics & Tea Tree products for optimum results. Please ask for a quote for areas not listed.

Full Leg	£32	3/4 Leg	£23
1/2 Leg	£18	Full Arm	£20
1/2 Arm	£15	Underarm	£12
Back	£20	Chin or Lip	£9
Chest or Stomach	£15		
Stripped Bare			£65
Brazilian/Hollywood, Full Leg, Underarm			
Basic Bikini (to normal underwear line)			£14
Extended Bikini (to high rise/thong line)			£18
Brazilian* (full removal except small strip)			£30
Hollywood* (full removal)			£35

## Eyes

Brow Shape	£10
Brow Tint†	£10
Lash Tint†	£12
Combination Tint†	£20
Party Lashes†	£25

## Manicures & Pedicures

Using Jessica products & techniques to support healthy nails. With regular or gel (instant dry) polish.

Classic Manicure	£35 / with Gel £40
A thorough treatment for the nails including file & shape, cuticle push back, tidy & nourish, nail soak, buff & paint.	
Classic Pedicure	£35 / with Gel £40
A traditional treat for the feet including soak, hard skin removal, nail shape, cuticle push back, tidy & nourish, buff & paint.	
Luxury Spa Manicure	£55 / with Gel £60
Pure indulgence for the hands. With renewing hand cleanse, exfoliation, heated hydration, hand & arm massage, file & shape, cuticle push-back, tidy & nourish, nail soak, buff & paint.	
Luxury Spa Pedicure	£55 / with Gel £60
Leave your feet truly pampered. Includes foot soak, hard skin removal, exfoliation, heated hydration, massage, cooling mask, clip & shape, cuticle push-back, tidy & nourish, buff & paint.	

When you're short on time but need great quality beauty try our Savvy Beauty Express Treatment Menu

## Manicure & Pedicure Extras

French Polish	£5
Gel Polish Soak Off	£12
Gel Polish Soak Off with reapplication	£7
Home Soak Off Kit	£2.50
Callus Peel (with any pedicure)	£25

## Spray Tanning

Using Fake Bake for a natural streak-free tan.  
Full Body £26

## Make-Up

Using YoungBlood Pure Mineral Cosmetics.  
Full Application *fr* £30  
Tutorial £25  
Shake Up Your Make-Up Bag £25

† Patch Test Required at least 24 hours before appointment  
\* uses hot wax  
\*\* not available for Antenatal Massage.

# Treatment Classics

## Dermalogica Facials

Personalised advanced skincare treatments.

Prescription Facial	£50
A completely customised treatment focusing on your personal skin priorities for optimum results.	
Advance Prescription Facial	£60
The next level in customised skin care designed to address specific skin concerns. Choose from:	
Age Smart to tackle the signs of ageing.	
Medibac for oily, congested skin.	
Ultracalming for sensitive or sensitised skin.	
Active Resurface for advanced exfoliation.	
Bio-Surface Peel†	£80
A professional chemical peel to effectively address your concerns without scarring or downtime.	
Ion Active†	£80
Combines thermal activity and the latest technology to give maximum product penetration for rapid results.	

## Relaxing Massage

### Tranquillity Massage

Your choice of light or deeper pressure, plus add-ons to personalise your treatment.

Back, Neck & Shoulder	£35
Full Body	£50
Massage Extras	
Hot Stones** add on	£10
Aromatherapy oils ** add on	£5
Antenatal Massage	
The perfect wind-down for any mother-to-be.	
Back, Neck & Shoulder	£46
Full Body	£62

## Spa Body Treatments

Back Purification	£45
A deep cleansing & nourishing "facial" for the back.	
Body Exfoliation Therapy	£45
A full body treatment to exfoliate & nourish the skin.	
Body Wrap Therapy	£45
A full body wrap therapy to hydrate or detoxify.	
Body Exfoliation & Wrap Therapy	£65
A personalised full body exfoliation & wrap.	

When you need effective results but have limited time, try our City Express Massage Treatment Menu.

# Luxury Treatments

Luxury Spa Facial	£80
For maximum relaxation with all the amazing skin results you'd expect from a Dermalogica facial. Includes extended massage, heat treatments & prescribed aromatherapy.	
Indulgence Spa Massage	£75
with hot stones	£85
A full body massage including face & scalp, using aromatherapy oils. Choose light or deep pressure & float away with scented eye pillow & heat therapy.	
Nurture Massage (antenatal)	£85
The ultimate treat for the mother-to-be: a full body antenatal massage including face & scalp with optional aromatherapy inhalation & scented eye pillow.	

# Treatments for Him

Please note that most of our treatments are suitable for both men and women.

Back or Chest Wax	£28
Full Arm Wax	£24
Brazilian Wax	POA
Please ask for a quote for waxing areas not listed.	
Personalised Facial	£50

# Wellbeing Clinic

## Therapeutic & Remedial Therapies

Deep Muscle Release Massage	
Deep tissue massage & remedial techniques designed to relieve the pain & discomfort associated with regular computer use, driving & everyday stress.	
Back Neck & Shoulder	£46
Full Body	£60
Sports Massage	
Initial Consultation & Treatment	£48
Follow up Treatment (30 or 50 mins)	£48 / £63
Physiotherapy	
Initial Consultation & Treatment	£48
Follow up Treatment	£46
Specialist Antenatal/Postnatal Physiotherapy	
Initial Consultation & Treatment	£75
Follow up Treatment	£60

## Holistic Therapies

Hopi Ear Candles	£35
A safe, effective treatment for ear & sinus health.	
Reiki	£35 / £50
An energy-channelling healing therapy.	
Indian Head Massage	£45
A classic upper back, neck, scalp & face therapy.	
Reflexology	£55
Relaxing therapeutic healing using reflex points in the foot.	
Signature Healing Therapy	£65
A unique tailored healing experience incorporating therapies such as crystals, colour therapy, reiki, aromatherapy and visualisation.	
Just Be	<i>fr</i> £30
Imagine a treatment somewhere between reiki and massage - gentle but effective, deeply therapeutic and suitable for even the most delicate constitution.	

# Aesthetics Clinic

## CACI Facials

Loved by celebs worldwide, CACI Non-Surgical Facelifts give amazing long lasting anti-ageing results.	
Classic Facelift	£60
The classic lifting & firming microcurrent facial.	
Ultimate Facelift	£95
The complete non-surgical lifting & firming facelift with microdermabrasion & hydrating mask.	
Microdermabrasion	£45
A non-crystal resurfacing and skin renewal treatment followed by a hydrating and soothing mask.	
Ultimate Eye Lift	£50
Complete anti-ageing for the eye area with microdermabrasion, lifting, firming & hydration.	
Ultimate Jowl Lift	£50
Complete anti-ageing for sagging jowls with microdermabrasion, lifting, firming & hydration.	

