



revive | restore | renew

Welcome

Green Apple is the perfect place to take time out for yourself, to Revive, Restore and Renew your inner self. We encourage relaxation and balance in your inner body, which will ultimately nourish your mind and soul, leaving you feeling relaxed and reinvigorated.

It is our philosophy to provide a total experience for you, rather than just a treatment. We work with you to create your experience, ensuring we deliver your individual needs and requirements, allowing you to have some 'me time', switch off and relax in our calm surroundings.

Using only the best certified products, we offer:

- Facials • Manicures • Pedicures & Garra Rufa Fish Pedicures
- Tanning • Waxing • Gel & Acrylic Nails / Minx Nails • Artistic Gel Polish
- Hot Stone & Holistic Massage • Pregnancy Massage • Lava Shell Massage • Lava Bamboo
- Make-up & Wedding Make-up • Myscara • Eye Enhancement
- Reflexology & Indian Head Massage • Hopi Ear Candle • Spa Days & Twilight Evenings
- Teen Packages • Men's Grooming

Visit our website for special offers www.greenappletherapies.co.uk

ITEC qualified and BABTAC registered

Gift Vouchers

Gift vouchers available for treatments and products.

Appointments

Call 07970 290385 or email info@greenappletherapies.co.uk

Please give 24 hours notice to cancel or re-arrange your appointment.

Payment

Payment by credit/debit card or cash.

10% discount available to all Centurion Club members (excludes products, all packages, inc Spa Experiences, Garra Rufa Fish Pedicures, Artistic Gel Polish and all offers).

Opening Hours

Monday - Saturday including late nights until 8.00pm.



Packages

60 min Hot Stone Therapy Massage with a Pure Bliss Express Facial to suit your skin type:

90 mins £65.00

30 min Back, Neck and Shoulder Massage followed by an Express Facial to suit your skin type:

60 mins £45.00

Half Leg, Bikini Line, Underarm Wax and Eyelash Tint:

90 mins £40.00

Treatment Manicure including a File & Polish for the feet:

75 mins £35.00

Teen's

Mini Teen (8yrs -16yrs)

Mini Manicure & Mini pedicure:

45mins £20.00

Teen to Go (10yrs -16yrs)

Express Facial & Mini Manicure or Mini Pedicure:

45 mins £20.00

Party Teen (16yrs plus)

Xen Tan Spray Tan & File & Polish for hands:

60 mins £30.00

Holiday Teen (16yrs plus)

Half Leg Wax, Eyebrow Shape, Mini Manicure and Mini Pedicure:

75 mins £40.00

Dermalogica Teen Facial

Including face mapping, cleanse, tone exfoliation and mask:

40 mins £20.00

Men's Grooming

Pure Bliss Facial

Re-hydrate your skin and reduce roughness from shaving with a cleanse, exfoliation, face, neck and shoulder massage, finishing with a mask and moisturiser.

45 mins £30.00

Express Nail Treatment 30 mins £14.00

Waxing

Shoulder & Back 30 mins From £25.00

Back & Chest 45 mins From £30.00

Body Treatments – refer to previous pages.

Please call or visit the website for information on Twilight, half or full day Spa packages and latest offers.

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See inside for our full treatment range...

green
apple

revive | restore | renew

Using only certified product brands:

essie. Minx Artistic COLOUR GLOSS

MYscara PURE bliss

dermalogica XEN-TAN



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day spa treatments



www.greenappletherapies.co.uk

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Facials

Dermalogica Treatments

Dermalogica is the skin care system researched and developed by the International Dermal Institute. Known worldwide as the "professional's choice", Dermalogica is founded on the belief that good skincare is not about pampering or luxury.... Any more than brushing your teeth or washing your hair is!

Demalogica Face Mapping: Our face mapping analysis takes the guesswork out of getting results. Our therapists diagnose your skin concerns and prescribe a no-nonsense home care routine to deliver the optimum skin health.

10 mins free of charge

Dermalogica Skin Bar: Is a personal service where you can learn about your skin through face mapping and then try the products on yourself. Our therapists will explain how to use them and prescribe a homecare routine for you to get results.

20 mins free of charge when you purchase over £40.00 of products or a £10.00 booking fee.

Dermalogica Skin Treatment: Dermalogica's skin treatment is 100% customised to your skin's needs by using our Face Mapping analysis therefore giving a treatment as individual as you are. Our skin treatments includes face mapping, double cleansing, exfoliation, steaming, a tailored massage, mask, toner and finishing with a moisturiser.

Prescriptive facial	60 mins	£45.00
Express Prescriptive facial	30 mins	£25.00

Age Smart: This multivitamin power exfoiliant helps reverse the signs of ageing by removing dull dead skin, smoothing the surface and improving the texture of the skin. It contains retinol (Vitamin A), salicylic acid, lactic acid, and vitamins C and E.

75 mins £55.00

Medi Bac: This medicated treatment not only helps to clear follicles of congestion, helps with breakouts, oiliness, and bacteria. It also helps soothe irritated skin.

60 mins £45.00

Dermalogica Microzone: Get on the spot skin solutions with microzone treatments. Our therapists will analyse your skin, then perform a treatment to solve your skincare problems in the minimum amount of time. This is a great treatment for busy clients or between your regular skin treatments.

Flash Exfoliation: Resurface and brighten the skin with a maximum strength exfoliation to help diminish the appearance of lines.

Blackhead Relief: Clearing current breakouts and preventing future breakouts.

Rapid Spot Clearing: This product will help to clear excessive sebum.

Age Smart: A specialised anti-ageing treatment targeting wrinkles and uneven pigmentation.

Skin Smoother: Helping the skin to achieve a smooth flawless appearance.

20 mins £22.00 per treatment

Dermalogica Teen Facial: Including face mapping, one of our face skin experts will asses your skin in detail and will create a facial targeted to your needs, includes cleanse, tone exfoliation and mask.

40 mins £20.00

Demalogica Touch Therapies: A touch therapy can be added to any of the above treatments to give you that extra attention where you need it most.

Stress Relief Back Massage • Foot & Leg Massage
Neck & Shoulder Massage • Hand & Arm Massage
Back Exfoliation

15 mins £15.00 or Book 2 @ £25.00

Pure Bliss Prescriptive Facials

Pure Bliss: A completely organic product, bursting with gorgeous plant extracts and essential oils. The latest natural ingredients for improved performance and professional results.

Prescriptive Facial: This deeply relaxing and rejuvenating treatment begins with a cleansing and polishing routine to warm, enliven and refresh the skin. Stress and tension are massaged away using techniques sculpt and regenerate the facial muscles helping improve texture and tone. A neck and shoulder massage is also included, a treatment mask is applied whilst massage continues over the arms and hands. The treatment concludes with a moisturiser, eye and lip cream leaving you feeling fresh, calm and balanced.

60 mins £37.00

Express Facial: Perfect for those working to a tight schedule, includes cleanse, tone, exfoliation and mask. Your skin is left energised, revived and bursting with radiance.

30 mins £25.00

Body Treatments

Swedish Massage

Massage helps to relieve both stress and tension, stimulates and loosens tight muscles. The massage can be tailored either for relaxation or firmer deep tissue, working deep into muscle layers.

Full Body (including scalp & face) 60 mins £40.00

Back, Neck & Shoulder 45 mins £30.00

Back, Neck & Shoulder 30 mins £25.00

Aromatherapy Massage

The use of essential oils that have distinct therapeutic properties are blended to individuals specific needs. Helpful for many complaints and is particularly useful for stress related conditions.

Full Body (including scalp & face) 75 mins £45.00

Hot Stone Therapy

The ultimate treatment for pure relaxation. The warmth of the Basalt stones stimulates the body producing alternating sedative and energising responses. The therapeutic and physiological benefits of this treatment are beyond measure

Hot Stone Facial: The ultimate treat, the face will be cleansed, exfoliated and massaged using the hot and cool basalt stones. Pressure point work will release tension across the face, head and shoulders, a treatment mask will be applied on the face whilst the hands and arms are treated to a massage. This amazing treatment will be finished with a soothing moisturiser suited to your skin type Pure Bliss!

60 mins £45.00

Taster Treatment: Includes Spinal layout, toe stones, head, face, scalp, neck and arm massage.

30 mins £27.00

Back Treatment: Head, face, back, neck and shoulders.

30 mins £27.00

Full Body: Includes head and face.

60 mins £48.00

Pure Luxury: The complete package including all placements.

90 mins £60.00

Lava Shell Massage

Hot Lava Shell Massage: Relieve the deepest aches and pains, stress and tension with this revolutionary and unique full body massage which uses the natural benefits of heated Tiger Clam shells from the tropics. The smooth shells are expertly glided over the body using varying pressures, techniques and precision to meet your particular needs. Hydrating oils are used during the treatment to moisturise the skin as the warming energy of the shells helps to revitalise and rebalance the body and mind.

60 mins £50.00

Hot Lava Core Strength: The complete treatment of the back and tummy area to improve core stability and strength. Ideal for anyone suffering with minor back ache this treatment uses the hot lave shells to massage the tummy and the mid to lower back working as a natural colonic and relaxant to achieve body alignment.

30 mins £30.00

Hot Lave Shell Back Treatment: For an intensive back, neck and shoulder treatment this deep tissue massage uses heated lava shells to achieve a firm deep pressure and treat deep rooted muscular problems. The radiating heat from the shells releases tension and leaves you feeling instantly stress free and rejuvenated.

30 mins £30.00

Lava Bamboo Massage Coming Soon!

Book Your Treatment

Reflexology: Is a holistic therapy which accesses the body's natural healing processes by working on specific points on the feet, by massaging and applying pressure to reflex areas. The body is returned to a state of balance and deep relaxation, resulting in improved circulation whilst boosting the immune system. Health conditions include stress, depression, muscular complaints, digestive problems and hormone imbalances can also be relieved.

60 mins £35.00

Indian Head Massage: An ancient Indian technique using pressure points on the shoulders, neck, face and scalp to eliminate stress and relieve tension.

30 mins £22.00

Hopi Ear Candles: Can be used to treat many conditions of the ear, nose and throat area. Ear candles can help with the treatment of sinusitis, rhinitis, earwax, earache and irritation of the ears including tinnitus. It is also suitable for the treatment of headaches and migraines. It is a safe and gentle treatment for children.

60 mins £30.00

Dermalogica Exfoliating Body Treatment: A totally de-stressing and indulgent experience that leaves the skin gorgeously soft and glowing. Your dead skin will be buffed away, and the scrub removed with steaming hot mitts, then your body will be treated to a gorgeous rich body cream that will leave your skin glowing.

60 mins £38.00

Pure Bliss Face & Body Detox: The perfect treatment for those feeling sluggish, run down and in need of rejuvenation.

Hot mitts are used to cleanse the feet, and then the body will be brushed from head to toe. The back and legs will be treated to a massage using sculpting oil; a mud mask is then applied to the upper thigh and bottom area. Whilst the body is detoxing the face is then cleansed, exfoliated and a detox seaweed mask applied, a scalp massage aids relaxation, before the masks are removed and the body is treated with an intensive body lotion and the face cocooned in a luxury pure bliss face cream.

75 mins £50.00

Pregnancy Massage: Feel relaxed and pampered whilst you're pregnant with an all over body massage. Lying down, support is placed around your bump to assist your comfort and ease those aches and pains. This massage is tailored to your individual needs and pressure applied where you most need it.

Suitable after 13 weeks

60 mins £40.00

'Mum To Be' Pure Bliss: The ultimate treat for Mums to be. This 90 minute treatment starts with a relaxing back massage to ease away stress and tension, following this a gorgeous rejuvenating Pure Bliss express facial and to finish a treat for the feet, which includes a foot and leg massage, nails will then be shaped and topped off with a polish of your choice BLISS!

Suitable after 13 weeks

90 mins £60.00

Book Your Treatment

Hands & Feet

Using award winning Essie products.

Express Manicure: This treatment includes nail shape, replenishing hand cream and polish to finish.

30 mins £16.00

Treatment Manicure: Nail shape, buff, cuticle treatment, replenishing hand cream, heated mitts and polish to finish.

45 mins £20.00

Luxury Manicure: Nail shape, buff, cuticle treatment, hand and arm massage, heated mitts and polish to finish.

60 mins £25.00

Express Pedicure: Foot spa, file, refreshing foot cream and polish to finish.

30 mins £20.00

Treatment Pedicure: This treatment includes foot spa, exfoliation, file, cuticle work, foot massage and polish to finish.

50 mins £25.00

Luxury Pedicure: A real treat for the feet using thermal booties to nourish and hydrate the skin. Includes footbath, exfoliation, file, cuticle work, lower leg and foot massage and polish to finish.

75 mins £33.00

Add a French Polish to any Manicure or Pedicure for an additional £2.50.

Recommended you bring open toe shoes to wear after foot treatments.

Artistic Colour Gloss Gel Polish

The choice of A-listers from Victoria Beckham to Beyoncé. Available in a multitude of colours from sassy to sophisticated, now you can enjoy a beautiful, high gloss finish that lasts up to three times longer than traditional polish, perfect if you don't have the time for weekly manicures.

Hands: 60 mins £30.00

Feet: 60 mins £30.00

Artistic Gel Polish removal: For hands or feet, includes a mini manicure or pedicure

45 mins £15.00

Garra Rufa

Our unique Garra Rufa or 'doctor' fish are recognised around the world as nature's best pedicurists. Originating from Turkey and the Middle East, they're commonly used in Japan and South East Asia as well as their native countries, where locals have known of their therapeutic benefits for hundreds of years. The fish have the most delicate suction cup mouths that are perfect for gently lifting dry and dead skin away. They do this without damaging the healthy skin underneath, which then reveals gorgeous soft, supple and smooth skin. This is a totally painless treatment, as Garra Rufa fish do not have teeth.

We take good care of our fish and are kept in a clean and healthy environment. All our tanks have UV-filters and the water is constantly replenished. The fish can't transmit disease and the treatment poses no more threat than visiting a public swimming pool. However if you have any fungal infections, verrucas or open wounds you cannot have the treatment.

Treatments

Express: 25 minute Fish Pedicure and nourishing foot cream.

£20.00 (includes 20 minutes with the Garra Spa Fish)

Treatment: 60 minute Fish Pedicure including nail shape, buff, nourishing foot cream, plus polish.

£35.00 (includes 20 minutes with the Garra Spa Fish)

Luxury: 75 minute Pedicure including nail shape, buff, nourishing foot cream, massage, hot booties plus polish.

£45.00 (includes 20 minutes with the Garra Spa Fish)

Garra Rufa Spa Packages

Ocean: Includes Express Fish Pedicure treatment, full use of Pool, Gym and Spa facilities (Jacuzzi, Steam Room and Sauna). Plus a Fish and Chip supper with glass of wine. **2.5 hours £50.00**

Pacific: Includes Treatment Fish Pedicure treatment, full use of Pool, Gym and Spa facilities (Jacuzzi, Steam Room and Sauna). Plus a Fish and Chip supper with glass of wine. **3.5 hours £65.00**

Atlantic: Includes Luxury Fish Pedicure treatment, full use of Pool, Gym and Spa facilities (Jacuzzi, Steam Room and Sauna). Plus a Fish and Chip supper with glass of wine. **4 hours £75.00**

The Nail Bar

Minx Nails

Minx, the flexible and firm nail coatings that adhere perfectly to natural nails. Minx is hard wearing, lasting up to 6 weeks and with no need for drying you'll get instant beautiful results. Minx is odour free, flexible, non smudging and is a one stop application.

Application Hands 45 mins £30.00

Application Feet 45 mins £30.00

Treatment Manicure including application 75 mins £40.00

Treatment Pedicure including application 75 mins £40.00

Acrylic & Gel Nails

Acrylic

Full set with tips £35.00

Full set with tips (pink & white) £38.00

Natural Nail Overlay £33.00

Infill's £25.00

Gel

Full set with tips £35.00

Gel Overlay £33.00

Gel Infills £25.00

Take Off & Mini Manicure £25.00

Weekend Nails - Ideal for teenagers

Natural or French £22.50

Book Your Treatment

Waxing

Using Hot Wax - the wax that sticks to your hair not your skin, no strips involved, much less painful!

Bikini Line £10.00

High Leg Bikini £15.00

Brazilian £25.00

Hollywood £25.00

Underarm £10.00

Using Cool Wax - using a cooling Aloe Vera creme wax ideal for sensitive skin.

Top Lip £7.00

Chin £7.00

Top Lip & Chin £12.00

Half Leg £15.00

Full Leg £23.00

Full Leg & Bikini £28.00

Forearms £12.00

Book Your Treatment

Tanning

Get a great natural looking tan all year round with the new revolutionary XEN Tan, Americas latest and hottest tanning product.

Full Body £25.00

Upper Body £15.00

Legs £15.00

Book Your Treatment

Eye Enhancement

All tinting requires a patch test 24 hours prior to the appointment.

Eyelash Tint 30 mins £13.00

Eyebrow Tint 15 mins £10.00

Eyelash/Brow Tint 30 mins £18.00

Eyebrow Shape/Wax £10.00

Book Your Treatment

Myscara: Is a long lasting mascara which adds curl, volume and length to your lashes, and last up to four weeks. So with long lasting results that won't smudge or budge no matter how much you get them wet, this safe and eye friendly lash coating is the must have addition to your beauty regime.

45 mins £30.00

Add an eyelash tint to increase enhancement

60 mins £40.00

Book Your Treatment

Make-up

Using Jane Iredale "the skin care make-up" Jane Iredale pure mineral cosmetics captures the nurturing effects and light diffusing quality of minerals. Sensitivity tested with spf 20, these skincare cosmetics create a smoother appearance and glowing tone whilst minimising the appearance of pores and wrinkles. Voted "Best mineral make-up" by professionals and consumers, further more is highly recommended by plastic surgeons and dermatologists.

Make-up Consultation: Have a one to one consultation to try our make up and look at our extensive range of products.

30 mins £11.00 - which is redeemable against any products purchased on the day.

Make-up Lesson: A step-by-step guide to create your individual look for any occasion.

60 mins £25.00

Special Occasion Make-up: Sit back and relax while your make-up look is created especially for you.

60 mins £28.00

Bridal Make-up: Includes consultation, trial make-up and make-up on the day.

60 mins Consultation & Trial

60 mins on the day

£60.00