



OPENING HOURS

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

BOOK AN APPOINTMENT

Online: www.atonedayspa.co.uk
Call: 0121 233 0600

CONTACT

Address: 10 Great Western Arcade,
Birmingham B2 5HU
Call: 0121 233 0600
Email: info@atonedayspa.co.uk
Web: www.atonedayspa.co.uk

SOCIAL

Facebook: /atonedayspa
Twitter: @atonedayspa

GIFT VOUCHERS

Treat that Special someone to a pampering Gift voucher. Vouchers are available for all treatments or for monetary values and are valid for one year!
For more information contact us directly or buy online at www.atonedayspa.co.uk!

About At One Day Spa

At One Day Spa is a boutique independent day spa, close to Colmore Business District in Birmingham centre.

Our beautiful treatment rooms are set in the mezzanine level of the classic Victorian Great Western Arcade. Our team of highly trained, experienced therapists deliver expert treatments using only the best products.

Terms and Conditions

To confirm a treatment, a 50% deposit (or voucher code) will be taken on time of booking for all treatments.

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 regret we will retain your deposit/voucher.

Please arrive at least 5 minutes early prior to your treatment.

Should you arrive late, we may modify the treatment or refuse to carry it out.

Full terms & conditions are available on our website.

Introducing...

THALGO
LA BEAUTE MARINE



Discovery Facial 30 mins. Usually £40 now £30

Illuminating Facial 30 mins. Usually £42 now at £30

3 Algae Facial 1 hour. Usually £52 now at £40

Heart of the Ocean Facial 1 hour. Usually £62 now at £50

***Offer running from 23/07/18 until 20/08/18
Must be paid for in full at time of booking
T&c's apply**

WAXING

for women

Full Leg	£35	Full Arm	£25
¾ Leg	£25	½ Arm	£19
½ Leg	£20	Underarm	£15
Lip	£9	Chin	£9
Lip & Chin	£15	Brow	£12
Back	£21	Chest	£16
Stomach	£16		
Stripped Bare	£70		

(Brazilian/Hollywood, Full Leg, Underarm)

Basic Bikini (to normal underwear line)	£15
Extended Bikini (to high rise/thong line)	£20
Brazilian* (full removal except small strip)	£32
Hollywood* (full removal)	£37

for men

Back	£30	Chest	£30
Full Arm	£30	Half Arm	£25
Half Leg	£30	Brow	£15

HANDS & FEET

Classic Manicure	<i>Standard Polish</i>	£37.50
	<i>Gel Polish</i>	£42.50

Luxury Manicure	<i>Standard Polish</i>	£57.50
	<i>Gel Polish</i>	£62.50

Classic Pedicure	<i>Standard Polish</i>	£37.50
	<i>Gel Polish</i>	£42.50

Luxury Pedicure	<i>Standard Polish</i>	£57.50
	<i>Gel Polish</i>	£62.50

Add On:

French Finish	add £8
Callus Peel	add £25
Gel Soak Off**	add £8
Gel Polish Soak Off** (without mani or pedi)	£15

Express Nails for Hands or Feet	£32
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Executive Manicure for Men	£32
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TINTING

Brow Tint †	£11	Lash Tint †	£14
Combination Tint †	£21		
Beautiful Brows †	£23		

FACIALS

Thalgo

Discovery Facial	£40
Illuminating Facial	£42
3 Algae Facial	£52
Heart of the Ocean Facial	£62
Prodige Des Oceans Facial	£82
(Coming soon!)	

CACI Non-Surgical Facelift

Microcurrent facials with a lifting and tightening effect. One treatment will give a visible effect but a course of 10 is recommended for longer term impact. Consultation prior to booking recommended.

Classic Facelift	£65
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Ultimate Facelift	£97
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Includes microdermabrasion, wrinkle zapper and hydrating masque.

Microdermabrasion	£45
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Eye Lift	<i>Ultimate</i>	£50
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	<i>Express</i>	£32
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Jowl Lift	<i>Ultimate</i>	£50
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HOLISTIC THERAPIES

Ear Candling	£37
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A relaxing treatment to balance the sinuses and help clear wax build up.

Reiki

A gentle clothed therapy to balance, heal & re-energise.

30 minutes	£37
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50 minutes	£55
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Indian Head Massage	£47
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Reflexology	£55
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Healing treatment using reflex points in the feet.

Signature Healing Therapy	£65
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Totally bespoke treatment combining various holistic therapies to suit your specific needs.

PACKAGES

Chill Out with At One	£110
<i>Aromatherapy Full Body Massage, Thalgo Discovery Facial, Face & Scalp Massage.</i>	

Pamper with At One	£135
<i>Thalgo Heart of the Ocean Facial, Classic Manicure, Classic Pedicure.</i>	

Relax with At One	£68
<i>Aromatherapy Back Massage & Discovery Facial</i>	

Mother to Be with At One	£155
<i>Full Body Antenatal Massage, Flash Facial & Luxury Spa Pedicure.</i>	

Destress for Him with At One	£105
<i>For men: Full Body Tranquillity Massage & Discovery Facial</i>	

COUPLES

Tranquillity Massage for two	
Back, neck & shoulder	£74
Full body	£110

Time Out for Two	£110
<i>A back scrub with a relaxing back massage finished with a Face & Scalp Massage</i>	

Prices shown are for two people.

MASSAGE

Tranquillity Massage	
<i>A relaxing light / medium pressure massage.</i>	
Back, neck & shoulder	£37
Full body	£55

Indulgence Luxury Spa Massage	£85
<i>A Tranquillity Massage with the added luxury of hot stones, aromatherapy, scalp & face massage.</i>	

Aromatherapy Massage	
<i>A Tranquillity Massage using relaxing or energizing essential oils.</i>	
Back, neck & shoulder	£42
Full body	£60

Hot Stone Massage	
<i>A Tranquillity Massage using heated basalt stones for deep muscle relaxation.</i>	
Back, neck & shoulder	£47
Full body	£65

Deep Muscle Release Massage	
<i>Our signature deep tissue massage to ease aches, pains and stiffness.</i>	
Back, neck & shoulder	£46
Full body	£60

Sports Massage	
<i>A deep focused massage to tackle deep tension, muscular pain, knots and tightness. It can be focused on specific areas of tension or injury.</i>	
Initial consultation with treatment	£48
30 minute follow-up treatment	£48
50 minute follow up treatment	£63

Antenatal Massage (for pregnant women)	
<i>Perfect relaxation during the 2nd or 3rd trimesters.</i>	
Back, neck & shoulder	£46
Full body	£62

Nurture Luxury Antenatal Massage	£75
<i>Luxurious pregnancy massage with face & scalp.</i>	

Express Destress	£31
<i>A 20 minute express back massage.</i>	

Head in the Clouds	£31
<i>A 20 minute express neck, face & scalp massage.</i>	

Hand, Foot, Face or Scalp Massage	
<i>Added onto any massage</i>	
Stand alone	£15

Approximate durations: Back, Neck & Shoulder 30 minutes; Full Body 50 minutes.

† Patch test required at least 24 hrs before appointment.

* Uses hot wax.

** We only soak-off gel that has been applied by us.

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