

urbanoasis UO It 2 Yourself Day Spa priceguide

A warm welcome awaits you at Spa Urban Oasis in Debenhams. A modern, vibrant and luxurious space with highly skilled therapists and stylists. It is our pleasure to offer you the very best in wellbeing, hair and beauty treatments and to offer you a journey of transformation both outwardly and inwardly.

We have six private treatment rooms including our Rose Room for two, a spacious Hair Salon, Lash & Brow Bar, an amazing Champagne Nail Bar, a Pedicure Suite, private Tanning Room, Oasis Lounge, The View Bar overlooking the ground floor and a comfy Reception Area.

Appointments are not always necessary, however our treatments are very popular so we do advise that you book in advance to secure your time with us via the app, online via our website, via our direct line 0161 835 4061 or email us if more convenient (Full details on the back of this list).

Please arrive in good time for your appointment so we are able to provide you with a relaxing experience from start to finish. If it is your first visit for a wellbeing treatment please arrive 15 minutes early to fill in a health consultation form. Arriving late may result in a shortened treatment or a lost appointment. Please allow enough time after any wellbeing, holistic and skin care treatments to relax with a warm wheat sac around your shoulders and enjoy a complimentary drink.

All wellbeing and beauty services are bookable online or via the app.

Spa Gift Vouchers / Instant E Gift Cards



Purchase in-store, or order online at www.spaurban oasis.com or by phone on 0161 835 4061.

"I have been a customer here for seven years. Urban Oasis concentrates its energy on training its staff to deliver high quality treatments at competitive prices. Over the years I have had massages, waxing, spray tan, foot treatments and have my hair styled in the hair salon. I'm yet to find fault, but my main requirement is my massage! Through a combination of deep tissue, reflexology and reiki Martha guided me to a level of relaxation I never thought possible. I physically felt like I was floating. I never knew how much tension was actually connected to my feet. Wonderful! Amazing! Words cannot describe it." A Loyal Customer 5 out of 5.

UO It 2 Yourself - Spa Wellness Membership

For customers who wish to incorporate therapeutic treatments into their regular wellness routine, we offer our exclusive UO It 2 Yourself™ wellness membership programme. This allows you to invest in your wellness on a consistent basis at a reduced fee. Each visit builds on the last, improving and maintaining health and wellness with the aim of letting go, relaxing and realigning on every level.

The membership functions similarly to a gym membership. Our members are all billed once a month on a recurring payment plan. They attend their monthly UO Signature Transforming Treatments session and that's it. It couldn't be easier.

Choose from Bronze (30), Silver (60) or Gold (90) minutes of treatment per month plus many additional members benefits. **Prices start from only £28 per month.** For full information pick up a leaflet in the spa or visit our website. On each visit to the spa, you will receive a truly customized therapeutic and unique experience from one of our wonderful therapists. Our therapists are all personally trained in the UO Signature Treatments created by Martha Mary Brophy (Founder and Owner since 2004).

UO Signature Transforming Treatments

Using our unique sacred Transformation essence blended into our highest quality signature organic products. Thus maximising the effectiveness of the treatments and the results you receive.

UO Back Neck & Shoulder Massage **£35 30mins**

A relaxing back neck and shoulder massage including acupressure to relax and realign, focusing on those areas prone to tension.

UO Indian Head Massage **£35 30mins**

Ease away aches and pains, working out tension from the shoulders, back, neck and scalp using massage and acupressure.

UO Reflex Therapy Foot Massage **£35 30mins**

A relaxing foot massage based on the ancient art of reflexology. Deeply relaxing and stimulating the body's natural ability to heal. Highly recommended!

UO Cosmic Love Reiki Healing **£35 30mins**

Urban Oasis specialises in Reiki healing as our Spa Director is a reiki master. Our attuned therapists work gently over and on the body using natural healing energies to ease your body, mind and soul into a restful state and stimulate your own healing energies. **If you've never experienced reiki we highly recommend that you try it as the results can be profound and the experience deeply relaxing.**

Two Transforming Signature Treatments **£63 60 mins**

Three Transforming Signature Treatments **£89 90 mins**

Butterfly Transformation Ritual **£75 70mins**

Our very own signature treatment developed by Urban Oasis, available exclusively at Urban Oasis. This fabulous spa body ritual combines: Acupressure, Aromatherapy Massage, Indian Head Massage, Reiki and Reflexology. It treats the whole body (including the back, neck & shoulders, head, face, arms, hands, legs and feet). Using our unique organic Transformation products enriched with a powerful blend of organic aromatherapy essence specifically created to transform the way you feel physically, mentally and emotionally. Get ready to embrace the changes and feel free of stress and tension. Let the transformation begin!!! EXCLUSIVELY available at Spa Urban Oasis - UO It 2 Yourself.

"My first visit to your spa- lovely ambience, quality therapy and products. I've visited lots of five stars spas in the Far East and your spa rivals the best!"

Spa Packages

Drifting Away - Express Retreat **£50 50mins**

Relax and enjoy a Back Neck & Shoulder Massage & Reviver Facial with Scalp Massage.

Fix You - Detox Package** **£80 1.5hrs**

Enjoy a Full Body Massage with detoxifying aromatherapy oils followed by a stress busting Foot Massage.

This Is The Life - 1/2 Day Spa Experience **£140 3hrs**

Enjoy top to toe pampering with a relaxing Back Neck & Shoulder Massage, Reviver Facial, Luxury Pedicure & Luxury Manicure with Polish. Three hours of spa heaven.

Girls Day Out for Two **£160 2.5hr**

A Drifting Away Package, followed by a choice of Express or Shellac Manicure or Pedicure or Signature Foot Massage, followed by Afternoon Tea in the View Bar area. Access to the Oasis Lounge included.

Total Touch - Indulgence Experience **£70 70mins**

This indulgent spa experience starts with a Back Neck & Shoulder Massage followed by a Reviver Facial with a Hand Massage and finished off with a wonderful Foot Massage.

The Bump - Expectancy Pamper Package **£80 1.5hrs**

Back Neck & Shoulder Massage, Reviver Facial, Foot Massage with File & Plain Polish.

You're Not Alone - Romance For Two with Prosecco **£120 1hr each**

A Relaxing Full Body Massage each, side by side in our Rose Room for two. A romantic experience for any couple or we also often treat friends, mothers and daughter taking some quality time out together. Enjoy a bottle of Prosecco together after your treatments.

Massages and Holistic Treatments

Full Body Massage **£60 1hr**

Expectancy Full Body Massage **£60 1hr**

Full Body Deep Tissue Massage** **£65 1hr**

Stoned - Volcanic Hot Stone Back Massage** **£45 40mins**

Hot stones assist with the relaxation of the muscles as the body is warmed deeply and helps tension release.

Volcanic Hot Stone Full Body Massage** **£80 75mins**

Hot stones give a deeply relaxing and effective massage to ease out tension and de-stress the whole body.

The Reflex - Reflexology **£55 1hr**

A powerful treatment to stimulate the healing process, detox the body and encourage a better energy flow throughout. Also ideal for those trying to conceive. Book a course of six and get 6th session free.

Cosmic Love - Reiki **£55 1hr**

Remain clothed while the attuned therapist works gently using natural energies to ease your body into a restful state and stimulate your own healing energies.

Reiki Reflexology Mix **£55 1hr**

Combining these two fabulously relaxing and healing treatments to maximise the benefits of the session.

Japanese Dream - Hanakasumi Body Ritual **£75 70mins**

Enjoy a cherry blossom scented full body exfoliation with a foot massage. The body is then moisturised & massaged with warm shea butter and cherry blossom essence. Divine!

Lava Shells Massage**

The warmth of the Tropics in the Palm of our Hands!

Lava Shells Relax Back Massage	£45	40mins
Lava Shells Relax Full Body Massage	£60	60mins
Lava Shells Relax Body & Face Massage	£80	90mins
Lava Shells Relax Body Massage including abdomen	£80	90mins
Lava Shells Relax Tummy Treatment	£20	15mins

For full information and to book in online please visit our website www.spaurbanoasis.com.

Facials – Skin Care

Less Is More – Signature Facial **£35 30mins**

A quick fix to refresh and replenish your skin with rapid results. The perfect pick me up when time is at a premium. Suitable for all skin types of both male and female clients. Immediate results, and improved softness and hydration are immediate.

Seasons Indulgence **£50 45mins**

A treatment that is specifically created to target the skins needs at this particular time of year. Using natural ingredients to nourish and hydrate the skin be it Spring/Summer or Autumn Winter this facial is extremely effective.

Lava Shells Thermo Facial **£60 60mins**

The natural heat from the Lava Shells is instantly relaxing, allowing you to drift into a tranquil state of mind whilst aiding the penetration of skincare products increasing their effectiveness. The Shells are used to lift, drain and contour the face. The combination of massage, heat and products together help tone & firm & leave the skin radiant and glowing.

Porcelain Doll - Renewal Facial** (Course of 3 £175) **£65 60mins**

Microdermabrasion and Peel to give a porcelain doll finish to the skin. This treatment deep cleanses, detoxifies, resurfaces, re-balances and oxygenates the skin. After only one treatment the skin is visibly clearer, smoother and renewed. The complexion is radiant, uniform and bright with lasting effects. A course of 3 treatments over 9 weeks is recommended.

10 Years Gone - Collagen Hyaluronic (Course of 3 £210) **£80 75mins**

Our intensive anti-ageing treatment contains a combination of highly concentrated active ingredients to give instant & visible results after just 1 treatment. Lines & wrinkles proven to be reduced by up to 28% and firmness improved by up to 63%. A course of 3 treatments is recommended for maximum benefits.

Man In The Mirror - Sothys Homme Facial **£65 1hr**

The ultimate detoxifying and de-stressing treatment for men. A relaxing shoulder and scalp massage to ease you into the treatment, which uses fantastic products for hydrating, preventing fine lines and wrinkles and nourishing the skin.

Add That Little Bit Extra...

Make your visit to Urban Oasis truly memorable and Add On one or more of the following services to make your treatment more indulgent or to personalise it to your needs. (These can only be booked in alongside other Spa treatments).

Afternoon Tea **£10 per person**

Relax in The View Bar overlooking the ground floor and enjoy Sandwiches, crisps, scones with jam and butter, cakes and a choice of Coffee, Tea or Herbal Tea.

Hot Stones** **£10**

To intensify the effects of your treatment and allow tension to melt away.

Back Scrub - Cleanse and polish the skin before a body massage **£10**

Scalp

£10

A relaxing scalp massage, the perfect addition to a facial, massage or holistic treatment.

Reiki

£10

The perfect addition to any facial or body treatment. Assists relaxation before and during a treatment.

Feet - Detoxifying and relaxing foot massage **£10**

Hands - A powerfully relaxing hand massage **£10**

Brows & Lashes

For full information and to book in online please visit our website www.spaurbanoasis.com. Lash or Brow Consultation – Free * Patch test required 24hrs before treatment. Our therapists are highly skilled in all eyelash & brow services and we use the Lash Perfect individual lashes.

Eyebrow Tint * **£12**

Eyelash Tint* **£13**

Lash & Brow Tint* **£23**

Eyebrow Tint & Eyebrow shape* **£20**

Eyebrow tint & Eyebrow Shape & Eyelash Tint* **£30**

Eyebrow Shape **£11**

Hi Brow Hi Impact HD Brow effect (up to 45 minutes)* **£25**

A complete salon service combining expert techniques of tinting, threading, waxing, shaping and styling, you can be assured that we can create a perfect brow just for you. Don't underestimate what these face framers can do, they can elongate, narrow, deepen or soften your look just by their shape. This service is suitable for everyone who desires perfectly styled brows whatever your age, face shape or image.

Lash Extensions

Using the industries leading Lash Perfect products to create whatever look you prefer. Lash or Brow Consultation – Free. Allow our well trained and experienced therapists to carry out what treatments you need to look and feel at your best.

Full Set Lash Perfect Semi Permanent Individual Lashes **£60-£80 Up to 2hrs**

Half Set Lash Perfect Semi Permanent Individual Lashes **£50**

Corner Flicks Lash Perfect Flutter Look **£25**

Maintenance In fills	£25	30min
	£40	45min
	£50	60min

Express La La Lashes **£35 40mins**

Glamorous individual lash extensions in 40 minutes.

Removal of Lashes **£10**

Nail Bar

We use CND Shellac and Vinylux products and polishes only, to give you the best Nail Bar experience and results in Manchester.

File & Colour Polish **£20 20mins**

File & French Polish **£25 30mins**

Express Manicure **£35 40mins**

Nail shaping & cuticle tidy, wet exfoliation, moisturiser & colour polish.

Express French Manicure **£40 45mins**

Nail shaping & cuticle tidy, wet exfoliation, moisturiser & French polish.

Hand Repair **£35 40mins**

Suitable for women and men. Luxury Manicure without the polish. Hands in need of some TLC? This treatment includes nail shaping & cuticle tidy, hand soak & exfoliation with a mask to add hydration as the hands are placed in heated mitts to increase absorption. This is all finished with a relaxing hand massage using a nourishing moisturiser.

Luxury Manicure (inc plain or French polish) **£50 1hr**

A very thorough treatment where the hands and nails are soaked, the nails are cut, filed, shaped and the cuticles are tidied. Skin is exfoliated then a hand masque is applied to soften the skin and the hands are placed in heated mitts. To finish off there is a relaxing hand massage and a professional colour polish is applied.

Shellac Manicure **£30 35mins**

CND Shellac™, the original Power Polish™, delivers 14+ day flawless wear, superior colour and mirror shine with zero dry-time and no nail damage. What's not to love!

Glamorous Glitter Gel Manicure **£30 35mins**

Choose from one of our Glitter polishes for a real impact and lasting sparkle.

Soak Off & Remove existing Shellac/gel polish on fingers **£10 15mins**

Pedicures – Foot Care

File & Colour Polish **£20 20mins**

File & French Polish **£25 30min**

Express Pedicure **£35 40mins**

Nail & cuticle tidy, wet exfoliation, foot file, moisturiser & colour polish. Leaves your feet looking and feeling great.

Express French Pedicure **£40 45mins**

Nail & cuticle tidy, wet exfoliation, foot file, moisturiser & French polish.

Foot Repair Treatment **£35 40mins**

This treat for your feet includes a warm foot soak, nail and cuticle tidy, foot file and exfoliation followed by a foot mask with heated booties. To finish the feet are then moisturised and massaged. Feel good about your feet and feel like you're walking on air. No polish included but you can add one if you like as we focus on repairing your feet and rehydrating them.

Callus Peel Hard Skin Removal Treatment **£30 30mins**

Don't just dream about pretty feet, simply Callus Peel away the hard skin and calluses. We recommend that anyone with stubborn and thickened hard skin on the feet try this amazing product. Available in salons only. "Fantastic product, at last a product that works".

Callus Peel Nails & Cuticles **£40 45mins**

Callus peel hard skin removal as above, but also includes a warm foot soak with a nail & cuticle tidy. The feet are then moisturised to finish. No polish is applied.

Callus Peel Pedicure (inc plain or French polish) **£50 1hr**

Callus peel hard skin removal, a warm foot soak, nail & cuticle tidy. The feet are then moisturised and finished off with a colour or French polish.

Luxury Pedicure (inc plain or French polish) **£50 1hr**

A very thorough treatment where the feet are soaked, the nails are cut, filed, shaped and the cuticles are tidied. Skin is filed and exfoliated. A foot masque is applied to soften the skin and the feet are placed in heated booties before a relaxing foot massage and professional colour polish is applied.

Shellac Pedicure **£30 35mins**

CND Shellac™, the original Power Polish™, delivers 14+ day flawless wear, superior colour and mirror shine with zero dry-time and no nail damage. What's not to love!

Glamorous Glitter Gel Pedicure **£30 35mins**

Choose from one of our Glitter polishes for a real impact and lasting sparkle.

Soak Off & Remove existing Shellac or gel polish on toes **£10 15min**

Spray Tanning

A professional spray tan ensures even coverage in ALL areas of the body and gives a natural sun kissed look that always makes you look and feel great. We have our own spray tanning room for you to use and keep all your clothes tan free. We also have the Vita Liberata instant tan so you're ready to go in 90 minutes. A choice of shades to choose from. Please ask when booking in or on the day with your therapist.

Full Body Rapid tan (ready in 90mins) **£24**

Full Body **£20**

Upper Body **£10**

Lower Body **£10**

Hair Removal - Women

Eyebrow Shape	£11
Lip Or Chin	£10
Lip & Chin	£17
Eyebrow, Lip & Chin	£25
Full Face including Eyebrows	£28
Full face excluding Eyebrows	£20

Upper Body

Underarm Wax	£13
Forearm (inc elbow & hands)	£15
Full Arm (inc shoulders & hands)	£22
Back Wax Lower	£15
Back Wax Full (inc shoulders)	£20
Chest	£15
Stomach (breast bone to bikini)	£15

Lower Body

1/2 Leg Lower (inc knees & feet)	£16
1/2 Leg Upper	£18
¾ leg inc feet	£22
Full Leg inc feet	£30
Full Leg & Basic Bikini	£35
Full body Excl intimate bikini area & face	£90
Full body (Incl intimate bikini wax excl face)	£100

Bikini Hair Removal

We take 10% off when combining a leg wax and bikini wax together.

Bikini Standard	£13
Extended Bikini (high sides & top)	£15
Amazing	£25
Our Brazilian leaves a little on the outer labia and a wider strip on top	
Aphrodite	£27
Our Playboy just leaves a thin strip on top everything off underneath	
Flawless - Our Hollywood everything removed	£30

Hair Removal - Men

Eyebrow Shape	£11
All Tinting etc. is charged same as for women. Patch test required 24 hrs before tinting.	

Upper Body

Underarm	£13
Forearm (inc elbow & hands)	£18
Full Arm (inc shoulders & hands)	£25
Small of back	£15
Full back (inc nape of neck, shoulders + blended arm if needed)	£25
Nipples	£10
Chest (inc shoulders & blended arm if needed)	£20
Abs (breast bone to hip bone)	£15
Chest & Abs	£28

Lower Body

Lower 1/2 Leg (inc knees & feet)	£18
Upper 1/2 Leg	£20
¾ leg (inc feet)	£25
Full Leg inc feet	£32

Hair Salon L'Oreal - Appointments bookable online or app.

(Saturday Appointments Only)

Shampoo & cut only (no blow dry)	£20
Shampoo & blow dry	£25
Shampoo & blow dry longer hair below shoulders	£29
Shampoo, cut & blow dry	£35
Shampoo, cut & blow dry longer hair below shoulders	£39
GHD curls	£15
Straightening	£10
Hair up - From	£25
L'Oreal conditioning treatments	£10

Men's Barbering

Men's clipper cut (dry)	£15
Men's shampoo cut & finish	£20
Men's colour & finish	£35
Men's colour cut & finish	£45

Colour

Half head foils + blow dry	£75
Half head foils + blow long hair below shoulders	£89
Half head foils + cut & blow dry	£85
Half head foils + cut & blow longer hair below shoulders	£99
Full head foils + blow dry	£95
Full head foils + blow long hair below shoulders	£114
Full head foils + cut & blow dry	£105

Full head foils + cut & blow dry longer hair below shoulders	£119
Full head colour + blow dry	£75
Full head colour + blow long hair	£89
Full head colour + cut & blow dry	£85
Full head colour + cut & blow longer hair below shoulders	£99
Roots & blow dry	£60
Roots & blow dry longer hair below shoulders	£64
Roots + cut & blow dry	£70
Roots + cut & blow longer hair below shoulders	£74
Colour gloss semi - from	£25

Patch test for colour (not highlights) required 48 hrs prior to appointment.
All Hair, Beauty & Spa services are bookable online or via App.

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* Patch test required 24hrs before treatment

** Not suitable if pregnant

Opening hours

Monday to Friday	9.00am – 7.00pm
Saturdays	9.00am – 5.30pm
Sundays	11.00am – 5.00pm

Closed Some Bank Holidays

Booking Recommended - our treatments are very popular, so we do advise that you book in advance using our online or App facility, call our direct line or email if more convenient.

How to get in touch

Tel: 0161 835 4061

Email: enquiries@thespaco.com



@spaurbanoasis



spaurbanoasis

www.spaurbanoasis.com

Visiting us

Use the entrance nearest to Piccadilly Gardens (opposite Starbucks) and immediately turn right up the stairs to our Spa reception.

Download our App and book your appointment



urban oasis at Debenhams