

Tonic beauty hub

From precision waxing to flawless brows and lashes, we offer a range of expert beauty treatments tailored to help you look and feel your best. All services are carried out by experienced, qualified therapists using high-quality professional products.

Waxing Treatments

Using both strip and hot wax, tailored to your skin and hair type for lasting, smooth results.

FACE WAXING

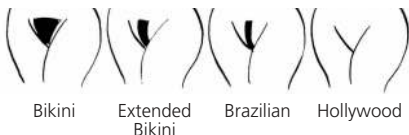
Eyebrow Shape	£16
Lip (Discounted when booked with other treatments)	£10
Chin	£10
Lip & Chin	£16
Face (Sides of face - Vellus hair only)	from £16

BODY WAXING

Half Leg (Upper or Lower)	£26
Three Quarter Leg	£32
Full Leg	£38
Lower Arm	£18
Full Arm	£26
Underarm	£16
Buttocks	£18

BIKINI WAXING

Standard Bikini - to pant line	£16
Extended Bikini - a little more off	£24
Brazilian - leaves a landing strip	£30
Hollywood - all off	First time £44
First time Hollywood or those who haven't had one for six plus months.	
Hollywood Maintenance	25 minutes £36
Hollywood Maintenance	40 minutes £42



WAXING TIPS

- For best results, avoid shaving for 2 weeks before your appointment.
- After waxing, avoid heat, deodorant, swimming or sunbeds for 48 hrs.
- Not sure what's right for you? Ask us for a pre-treatment consultation.

MENS WAXING

See our separate Men's page for ALL treatments available.

Brows & Lashes

HD BROWS

£45

Maintenance 4-6 weeks £30

A tailored brow treatment combining custom-blended tinting, shaping, hair removal and styling using make-up to create your perfect brow. Whether you're taming or regrowing your brows, it's bespoke to you.

HD BROWSTAY

£55

BrowStay combines the skin-staining benefits of hybrid brow tinting with the classic HD Brow treatment for the illusion of fuller, more defined brows in just one treatment. Hybrid tint lasts up to 6 weeks on the brow hairs and up to 10 days on the skin, providing the correct aftercare is followed.

HD BROWSCULPT

£55

Brow lamination with a bespoke HD twist. Ideal for creating symmetry, taming unruly hairs, or achieving a fuller, fluffier look. This treatment sets your brows in their perfect place for up to 6 weeks.

TINTING

Eyebrow Tint

£14

Eyelash Tint

£24

Eyelash & Eyebrow Tint

£30

Eyebrow Shape & Tint

£22

Eyebrow Shape, Tint & Lash Tint

£40

EVL LASH LIFT AND TINT

£52

Extend, Volumise & Lift - the latest in lash lift technology. Results last up to 6 weeks depending on lash cycle.

LASH EXTENSIONS

Full Set

£60

Maintenance:

2 weeks

£38

3 weeks

£48

EXPRESS LASHES

£48

No infills, lasts 2-3 weeks.

LASH REMOVAL

£10

A patch test is required 48 hours prior to all lash and tinting treatments.

CANCELLATION POLICY

- **Single treatments** require at least **24 hours notice**.
- **Multiple services or packages** require **48 hours notice**.
- Please scan the QR code for all terms & conditions.



Tel: 01543 450799/07432 201817 www.tonicdayspa.co.uk

Tonic nail therapy

Beautiful nails are just the beginning. Our advanced Gel and BIAB treatments are designed not only for lasting wear, but for long-term nail health. Whether you're after strength, structure or sheer perfectly polished style, your hands and feet will leave looking (and feeling) renewed.

All gel treatments come with our **7-day guarantee**, and are carried out with care, precision and attention to detail.

Planning something special? Please book our dedicated **'Signature Occasion Nails'** for Bridal, Prom Nails or similar events, to ensure you're matched with the right therapist for your event-ready look - especially if you're after nail art or detailed designs.

EXPRESS GEL NAILS

A flawless finish, fast - for hands or toes. Perfect between appointments, this treatment includes a cuticle tidy, shape, and a high-gloss gel polish to keep your nails looking effortlessly fresh.

Express Gel Nails with Efile Removal	£40
Hands	£36
Feet	£36
BIAB Overlay	£48

SIGNATURE OCCASION NAILS

Designed for those extra-special moments, this tailored nail service includes detailed nail art, perfect shaping, and a flawless gel finish. Whether you're walking down the aisle or stepping into prom night, we ensure your nails are as polished and picture-perfect as the rest of your look. Includes a consultation to customise your design with your chosen therapist.

Hands	£44
BIAB Overlay	£54

PRESCRIPTIVE MANICURE

This restorative hand treatment is the antidote to tired, overworked hands. Begin with a gentle exfoliation and relaxing massage, followed by expert cuticle work and your chosen gel polish.

With Gel	£44
With Polish	£40



BIAB - BUILDER IN A BOTTLE

The go-to treatment for those wanting added strength and durability, BIAB creates a supportive, structured base to encourage natural nail growth and reduce breakage. Finished with a sleek, high-gloss gel shine for long-lasting, healthy-looking nails. Long-lasting base to support natural nail growth and prevent breakage - with a glossy gel finish.

With Tips	£54
Overlay	£48
Infill	£46

IBX NAIL REPAIR SYSTEM

A breakthrough in nail care, IBX works within the nail - not on top. This innovative treatment penetrates the nail plate to strengthen from the inside out, targeting peeling, splitting, and damage. Ideal for weak or brittle nails, or anyone transitioning from acrylics or gels.

Full Treatment	£30
Add to any Nail Treatment	£18

SOAK OFF & NAIL RESTORATION

All soak-offs are carried out with gentle removal techniques and nourishing aftercare to protect the natural nail. Please note, we only offer soak-off services for nails that have been applied at Tonic Day Spa.

Gel Soak Off	£10
BIAB or Enhancements Soak Off	£20
Not reapplying? Add a strengthening repair treatment:	
Gel soak off, file and strengthener	£25
Gel Soak Off with IBX	£35
Enhancement Soak Off with IBX	£45

NAIL ART & DETAILING

Make your nails your own. From minimalist accents to full feature art, we'll help you create a finish that's uniquely yours.

Custom Nail Art & Diamantés	from £10
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Footlogix Medipedi

This is more than a pedicure - it's a specialist foot treatment powered by **Footlogix®, the world's first and only Pediceutical® foot care range**. Clinically formulated to treat common concerns such as dry skin, cracked heels, callus, fungal conditions, excessive sweating, and tired, heavy legs.

Using advanced Dermal Infusion Technology®, each treatment is tailored to your feet's unique needs - making it ideal for clients who are always on their feet, struggling with circulation, or want visible, lasting results.

With Gel	£46
With Polish	£44
Without Polish	£38



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The massage Hub

More than just a massage. More than just a spa.

At The Massage Hub we take your wellbeing seriously. Every member of our massage team is highly trained - not just in technique, but in intuition. We continuously invest in advanced training, in-house education, and evolving methods to ensure each massage is deeply personalised, effective, and meaningful.

Whether you need deep muscle release, emotional reset, or gentle nurturing, no two massages are ever the same. We tailor each treatment to how you feel on the day adjusting pressure, technique, and focus areas to meet your body's needs. Step into a sanctuary of stillness, where expert hands, soft lighting and calming sounds work together to restore balance from head to toe.

We don't just offer massage. We elevate it - every time.

MINDFUL RITUAL First session with consultation £120
80 minutes Senior Therapist Only £100
No script. No rush. Just you and a therapist who really listens.

Unlike standard massages found in most salons, our Mindful Massage Ritual is completely bespoke. Guided by consultation and an ongoing connection. Offered exclusively by our most experienced therapist, this advanced therapy draws from a wide range of techniques - including Reiki, Reflexology, Bamboo massage, Aromatherapy, CBD oils, Tranquility, Sen line energy work, Himalayan salts and Sound therapy.

Your treatment is shaped in the moment, based on what your body, mind and energy need that day. As the session unfolds, pressure, techniques and flow are adapted to ensure a truly personalised, transformative experience.

Perfect for stress, physical pain, emotional overload, or energetic burnout - this is more than a massage. It's a journey back to balance.



URBAN RITUAL

80 minutes £86

Designed Exclusively by Tonic

This signature experience is completely unique to The Massage Hub created by Julia to rebalance your body, mind, and energy on every level. Your ritual begins with chakra dowsing to assess energetic imbalances, followed by the creation of a personalised aromatherapy blend, intuitively selected for you. This is then combined with a tailored full body massage, and deeply relaxing healing energy work using Reiki and aura balancing. No two treatments are the same. Every element is guided by your energy on the day, allowing for a complete emotional reset and physical realignment.

Grounding, restorative and one-of-a-kind - this is holistic therapy, reimagined.

OTO CBD RITUAL

80 minutes £86

Reset your nervous system. Reconnect with your body. Realign your energy.

This deeply therapeutic ritual blends the power of high-strength OTO CBD oils, aromatic botanicals, and curated sound therapy to calm the mind, ease muscular tension, and restore emotional equilibrium. Each session is tailored to your mood, needs, and energy on the day - perfect for those feeling stressed, wired, fatigued, or out of sync.

Choose your journey:

- **Balance** - CBD infused with Jasmine & Chamomile, paired with energy balancing techniques to calm anxiety and re-centre.
- **Focus** - CBD with Frankincense & Ginger, combined with chakra balancing to energise and sharpen clarity.
- **Amplify** - Uplifting Bamboo massage with CBD infused with Grapefruit & Bitter Orange for targeted muscle recovery and motivation.
- **Sleep Soundly** - CBD with Lavender, Roman Chamomile & Vetiver combined with sound therapy, designed to deeply relax your body and quiet the mind for a restful night's sleep.

From emotional burnout to physical tension, this is your go-to ritual for whole-body restoration - with benefits that last long after the treatment ends.

TRANQUILLITY™ RITUAL MASSAGE

65 minutes £75

Light to Medium Pressure (Firm available on request)

A deeply indulgent, sensorial massage designed to melt away stress and bring your body and mind into perfect harmony. Using slow, rhythmic techniques and soft brushes dipped in warm Comfort Zone Tranquillity™ oil - a signature blend of Sweet Orange, Cedarwood, Rose, and Sandalwood - this treatment wraps you in aromatic calm and promotes a profound state of relaxation.

Perfect for those needing to switch off from the world, calm the nervous system, or reconnect with themselves through a luxurious and nurturing experience.

A modern wellbeing ritual that soothes the senses, balances emotions, and softens both body and soul.

HOT STONE MASSAGE

Grounding • Warming • Soothing

Full Body	65 minutes £75
Back Only	25 minutes £40

Heated volcanic stones are used to glide across the body. Perfect for those who love warmth, stillness, and letting go. Sink into a state of total surrender as heated volcanic stones glide across the body, in long, flowing strokes, gently melting muscle tension and deeply warming the tissues. The heat penetrates beyond the surface, helping to release tightness, calm the nervous system, and promote a deep sense of wellbeing.

Perfect for those needing more than just relaxation - this is for bodies that ache and minds that won't switch off.

Deep Tissue	70 minutes £86
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Deeply restorative • Grounding • Muscle-melting relief

This slow, grounding ritual combines the power of deep tissue massage with the anti-inflammatory, muscle-repairing benefits of high-strength CBD oil, easing even the most stubborn knots, stress build-up and muscles in need of real recovery.

HYDROTHERM MASSAGE

Supportive • Therapeutic • Uniquely Comfortable

Full Body	65 minutes £75
Half Body (Back, Stomach, Arms, Face)	40 minutes £50

Performed entirely face-up on a warm water-filled cushion, this advanced massage offers complete comfort without the need to turn over. This treatment is available for all but particularly ideal for pregnancy, hernias, post-operative recovery, and chronic conditions like fibromyalgia or fatigue.

The soothing heat from below helps muscles relax even before your therapist begins, making it perfect for sensitive bodies, deep relaxation, or post-event muscle recovery.

Deep Tissue Hydrotherm with CBD	70 minutes £86
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For deeper release, this version uses targeted pressure combined with high-strength CBD oil to reduce inflammation, ease pain, and encourage muscle repair.

Whether you're recovering, expecting, or simply need relief Hydrotherm is comfort and therapy combined.

SWEDISH MASSAGE

A timeless massage using long, flowing strokes and gentle to moderate pressure, this treatment helps to ease muscle tension, improve circulation, and calm the nervous system. Swedish Massage relieves everyday aches, and leaves you feeling refreshed, restored, and rebalanced. Ideal for those new to massage.

Back Only	25 minutes £36
Back of Legs, Back, Face & Scalp	40 minutes £52
Full Body with Face & Scalp	50 minutes £65
Full Body & Reiki	70 minutes £75

Specialist & Targeted Therapies

CORRECTIVE MASSAGE

First session with consultation

40 minutes £52

Follow-up

25 minutes £45

More than just relaxation - this focused, therapeutic treatment works deep into the muscles to release chronic tension, break down scar tissue, and correct muscular imbalances. If you've tried general massage and still experience discomfort, this is for you. A corrective massage is tailored to your physical needs and uses advanced techniques to treat the root cause of pain - not just the symptoms.

DEEP TISSUE FULL BODY MASSAGE

70 minutes £75

This results-driven treatment targets deeper layers of muscle, fascia, and connective tissue to release long-standing tension, reduce pain, and improve flexibility. Using advanced techniques, often combined with Bamboo, leaving you feeling lighter, looser, and more aligned.

It's ideal for clients who experience:

- **Chronic tightness** or **muscular pain**
- **Postural issues** or **physical strain** from work or training
- **Stiffness** after injury or intense activity
- **Stress** held deep in the body

When you need more targeted care...

Alongside our therapeutic massages, we offer specialised deep relief and structural realignment services - designed to ease stubborn aches, improve mobility, and support lasting comfort.

Ask for more details.



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Tonic SPECIALISTS

Jonathon Edwards

Deep Relief & Structural Alignment

If you've had treatment before but the problem keeps coming back - or you've never quite found lasting relief - it could be time to go deeper. If you're living with pain, poor posture, or movement restriction, **general massage may not be enough**. Our advanced therapists offer **clinical, hands-on treatments** that focus on the **root cause - not just the symptoms**. These therapies work on a structural level, supporting long-term change, not just short-term comfort. **At Tonic, you can now access expert care in:**

SKELETAL ALIGNMENT/MANUAL THERAPY 30 minutes £45

With over 30 years of hands-on experience, I specialise in gentle, precise skeletal adjustments that support spinal health, nerve function, and overall mobility. My work focuses not just on relieving pain, but on correcting the root cause - restoring alignment so your body can function at its best. Using a blend of manual spinal therapy techniques, I focus on realigning joints - particularly in the spine and hips - to reduce compression, release impinged nerves, and improve posture and movement.

Ideal for:

- **Spinal restriction and discomfort**
- **Postural misalignment**
- **Nerve impingement and referred pain**

Since graduating from the Northern Institute of Massage in 1994, I've spent over 30 years helping clients find lasting relief. The fact I'm still here - and still passionate about what I do - says it all.

Ideal in conjunction with:

CORRECTIVE MASSAGE

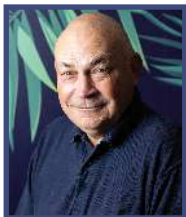
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Jonathon Edwards

Tonic SPECIALISTS

Dale Knapton

Deep Relief & Structural Alignment

DK SOFT TISSUE THERAPY

First session with consultation

40 minutes £52

Follow-up

30 minutes £45

With expertise in injury rehabilitation, chronic pain and elite sports recovery, I provide targeted therapy tailored to your body's needs. As a qualified Clinical Soft Tissue and Remedial Massage Therapist, I work with the body's soft tissues - muscles, fascia, ligaments and tendons - using a combination of deep massage, mobilisation, and advanced stretching techniques. My aim is always to identify the root cause of your discomfort, not just treat the symptoms. Whether you're recovering from surgery, managing a long-term condition, or dealing with tension caused by daily life or sport, each treatment is personalised based on your presentation, posture, and goals.

Ideal for:

- **Shoulder dysfunction**
- **Sciatica and lower back pain**
- **Postural issues and tight hips**
- **Repetitive strain injuries and soft tissue pain**

In addition, I offer tailored advice on corrective exercises, mobility techniques, and home care strategies to support your recovery. This ensures the benefits of your treatment continue well beyond your time in the therapy room.



Dale Knapton

Why Book with Us?

- **Specialist knowledge in back care and chronic pain**
- **Suitable for complex conditions, stress tension & injury recovery**
- **Calm, professional environment within Tonic Day Spa**



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Tonic holistic therapies

When life feels out of balance, these treatments work beyond the physical - helping to restore harmony across mind, body, and energy. All therapies are delivered by experienced practitioners and tailored to your individual needs.

INNER PEACE REIKI

First visit with consultation £70

Follow-up 50 minutes £60

Feeling drained, anxious or emotionally off balance? Reiki is a gentle, holistic therapy that works on an energetic level to help realign your body and mind.

- Soothe stress and anxiety
- Clear emotional blockages
- Restore a sense of peace, clarity and inner balance

Perfect if you're feeling burnt out, grieving, overwhelmed or simply in need of a reset.

Performed fully clothed, using light hands-on (or no-touch) techniques, Reiki offers deep relaxation and healing without the need for words. It's a calm pause in a noisy world.

SACRED PAUSE INDIAN HEAD MASSAGE

25 minutes £38

This ancient technique focuses on the upper back, shoulders, scalp, and face - using warm oil and flowing massage.

A deeply soothing treatment releases tension, supports sleep and relieves stress.

INDIAN HEAD MASSAGE WITH REIKI

50 minutes £58

Combining the physical tension release of traditional Indian head massage with the energetic realignment of Reiki, this dual therapy restores harmony inside and out. Great for clients who hold stress in the head, neck or shoulders, or need emotional rebalancing.

HOPI EAR CANDLING

40 minutes £48

A calming treatment using warm ear candles to help relieve pressure in the ears, sinuses, and head, combined with a gentle lymphatic facial massage to support drainage.

Particularly beneficial for:

- Ear wax build-up
- Tinnitus
- Sinus issues
- Headaches or blocked ears

MINDFUL COACHING

50 minutes £65

Is it time to talk it out? Through intuitive and supportive conversation, we'll explore what's holding you back and gently uncover new ways of seeing and moving through life. Mindful Coaching offers a space to pause, reflect, and reconnect.

REBALANCE REFLEXOLOGY

Reflexology applies gentle pressure to specific points on the feet, which correspond to the body's nine systems. It works on energetic pathways to help rebalance the body, support healing, and ease symptoms - emotionally, physically, and hormonal.

General Health & Wellbeing

Supporting vitality from the ground up, reflexology can:

- Reduce stress and anxiety
- Improve sleep and mood
- Support digestion and circulation
- Ease pain and muscle tension

Sessions are soothing and non-invasive. A 3 to 6 month top-up is ideal for regular wellbeing maintenance.

Pregnancy Support

Gentle reflexology has shown promise in:

- Managing anxiety and emotional overwhelm
- Easing back and pelvic tension
- Supporting circulation and reducing swelling
- May also help shorten labour and ease pain during birth prep

Fertility & Implantation Support

Used as part of a pregnancy preparation plan, reflexology may:

- Enhance blood flow to the reproductive organs
- Support hormonal balance, ovulation, and uterine function
- Aid implantation by creating a calmer, more receptive environment

Starting a course before fertility treatments can help your body prepare gently and proactively.

Long-Term Illness & Cancer Care

Reflexology is widely accepted in integrative oncology settings and has shown benefits for:

- Reducing chemotherapy-related fatigue, nausea and discomfort
- Lowering anxiety and improving quality of life
- Supporting emotional resilience during long-term health journeys

REFLEXOLOGY TREATMENTS

Single Session

50 minutes £60

A one-off session to reset your system, support recovery or enjoy relaxation.

Course Option

6 treatments £320

Recommended for pregnancy support, fertility prep, or long-term health issues.

Discuss with your therapist to design the best schedule for you.

Why courses work best:

Ongoing treatments allow reflexology to align with your cycles and deeper changes - whether supporting fertility windows, pregnancy trimesters, or recovery stages. Progress is gentle, cumulative, and feels more aligned with your body's natural rhythms.



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Tonic mum to be

Safe, soothing, and tailored to support your journey.

Growing a little human is beautiful - but it can also take its toll on your body and skin. Our pregnancy-safe treatments are designed to ease tension, improve sleep, boost circulation and bring some much-needed calm. Whether you're in your second trimester or preparing for birth, we've got you.

RADIANT CALM FACIAL

60 minutes £70

A bespoke facial designed for hormonal or sensitised skin. Using pregnancy-safe products, this treatment soothes inflammation, reduces puffiness, and restores your radiant glow.

MOMA GLOW POSTNATAL FACIAL

60 minutes £70

Created for new mums, this facial targets the toll that birth, hormones, breastfeeding and broken sleep can take on your skin. Using calming, brightening and deeply hydrating products, it helps rebalance hormonal breakouts, soften fine lines from fatigue, and replenish lost moisture - leaving you feeling nourished, rested and radiant.

SACRED PAUSE INDIAN HEAD MASSAGE

25 minutes £38

with Reiki 50 minutes £58

This seated Indian Head Massage is the perfect relief for tired mums and mums-to-be. Designed to be comfortably performed upright - ideal for pregnancy or after birth - this gentle yet effective treatment focuses on key areas of tension such as the scalp, neck, shoulders and upper back. It helps to ease headaches, soothe neck stiffness, and calm the nervous system, especially helpful during hormonal shifts, disrupted sleep, or breastfeeding fatigue. A moment of peace when your mind and body need it most.

FLOAT & RESTORE HYDROTHERM MASSAGE

Full Body Hydrotherm

65 minutes £75

Half Body Hydrotherm

40 minutes £50

(Focuses on the lower back, pelvis, arms, chest, face, and scalp)

From 12 weeks right through to birth, this specialist pregnancy massage offers complete comfort, support, and safety. Performed face-up on warm, water-filled cushions, the Hydrotherm system creates a feeling of total weightlessness - gently easing aches, boosting circulation, and releasing tension. It's especially beneficial for pelvic discomfort and SPD (Symphysis Pubis Dysfunction), helping to relax surrounding muscles and reduce pressure without straining the joints. No need to turn over - just relax, float and let your body be soothed. Especially loved in the later stages of pregnancy.

REBALANCE REFLEXOLOGY

50 minutes £60

A nurturing and grounding treatment to support you throughout pregnancy and beyond. Reflexology can ease common discomforts such as swelling, fatigue, and poor sleep, while gently supporting hormonal balance and emotional wellbeing.

In the final weeks, targeted techniques may assist in encouraging the body to begin labour naturally - helping you feel more in control and connected as you prepare for birth.

From six weeks postnatal, reflexology can be a powerful ally in recovery - promoting hormone regulation, aiding the body's return to balance, and supporting the restoration of the uterus. A quiet moment just for you, when you need it most.

INNER PEACE REIKI

First visit with consultation £70

Follow-up 50 minutes £60

A calming, energy-based treatment to support emotional balance and inner peace during pregnancy. Reiki gently eases anxiety, soothes an overactive mind, and helps you feel grounded and connected as you prepare for birth and life with a new baby. Ideal if you're feeling overwhelmed, sleep-deprived, or emotionally drained.

Pregnancy Ritual Packages

PRECIOUS PAUSE

Approx 80 minutes £86

Your perfect pre-baby pamper. This gentle yet effective ritual includes our signature **Nurture & Nest Back Massage** to release tension and support the changing body, alongside a **Radiant Calm Express Facial** to leave the skin fresh and radiant incorporating **Chakra Balancing** to calm emotional tension. A true moment of stillness for you and baby.

PRECIOUS BUNDLE

2 hours 30 minutes £140

A deeply nurturing experience, designed with the needs of both mum and bump in mind. This package includes a **Nurture & Nest Back Massage** to ease pregnancy aches. Followed by a **Rebalance Reflexology** including lower leg & foot massage to soothe swelling, and gentle **Inner Peace Reiki healing** to restore emotional balance. Finish with a **Prescriptive Pedicure**, leaving you polished, grounded, and ready for the journey ahead.

Waxing for Mums-to-Be

Our therapists use extra-gentle products and techniques to keep skin calm and comfortable.

See standard waxing prices for details.

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Tonic wellness

CANCER CARE & CHRONIC WELLNESS SUPPORT

Gentle therapies for when you need a little more care.

At Tonic, we create a safe, nurturing space for anyone navigating cancer, chronic fatigue, fibromyalgia, stress-related illness, or long-term recovery. Our specialist treatments are designed to calm the nervous system, reduce inflammation, and ease both emotional and physical tension.

Massage and holistic therapies can:

- Ease **fatigue, pain and joint discomfort**
- Support **immune function and circulation**
- Lower **cortisol**, promoting calm and better sleep
- Improve **mood, energy, and emotional resilience**
- Calm **sensitive or compromised skin**

SOOTHE & SUPPORT MASSAGE

50 minutes £65

A deeply nurturing full-body massage tailored for those navigating cancer, chronic illness, or recovery. Using slow, light-touch techniques, this treatment is designed to ease tension, promote rest, and support emotional wellbeing.

CBD RITUAL MASSAGE

70 minutes £86

A deeply calming massage enhanced with high-strength OTO CBD oils and soothing botanicals. CBD offers support during long-term illness and recovery by working with the body's endocannabinoid system to rebalance stress responses, soothe inflammation, and promote restful sleep.

Ideal for those managing pain, inflammation, fatigue, or nervous system burnout linked to illness or recovery:

- **Cancer & Treatment Side Effects** - May ease nerve pain, reduce nausea, and support emotional calm during and after treatment.
- **Chronic Fatigue Syndrome** - Helps regulate sleep patterns, quiet mental restlessness, and reduce sensory overwhelm.
- **Fibromyalgia** - Supports muscle relaxation, reduces sensitivity to touch, and may relieve persistent aches.
- **Stress-Related Illness** - Calms the nervous system, lowers cortisol, and encourages deep physical and emotional release.



FLOAT & RESTORE HYDROTHERM MASSAGE

Full Body Hydrotherm

65 minutes £75

Half Body Hydrotherm

40 minutes £50

(Focuses on the lower back, pelvis, arms, chest, face, and scalp)

Face-up massage on warm, water-filled cushions - ideal for clients who find traditional massage positions uncomfortable. Particularly supportive for those with hernias, lymphoedema, fatigue, or limited mobility. The warmth and buoyancy reduce tension without the need to turn over.

OTO CBD UPGRADE

70 minutes £86

CBD offers meaningful support during long-term illness and recovery by working with the body's endocannabinoid system to calm the nervous system, soothe inflammation, and promote deep rest. Can be combined with Reiki or Sound therapy to restore emotional balance and support energetic healing.

REBALANCE REFLEXOLOGY

50 minutes £60

Targeted pressure-point therapy on the feet to support energy flow, reduce pain, and calms the nervous system. Helps rebalance hormones, improve sleep, and support rebalance and recovery as well as emotional wellbeing during periods of treatment or recovery.

INNER PEACE REIKI

First visit with consultation £70

Follow-up 50 minutes £60

A deeply relaxing, light hands-on or non-touch treatment that works to restore balance in the body and mind. Ideal for clients experiencing anxiety, overwhelm, or post-illness fatigue. Reiki is especially useful when a massage is not suitable or too stimulating.

RADIANT CALM FACIAL

60 minutes £70

A calming, skin-soothing facial using ultra-gentle, fragrance-free products to restore moisture and calm sensitivity. Designed for skin affected by chemotherapy, radiotherapy or stress-related flare-ups. Includes cooling lymphatic techniques and a scalp or hand massage.

All treatments are adapted to suit your individual needs and delivered by qualified, compassionate therapists trained in supportive care. You are always in control - we'll take everything at your pace.

Please let us know about your diagnosis or concerns when booking so we can make your time with us as comfortable and beneficial as possible.



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REFINED RITUALS FOR HIM

Tailored therapies to help you look sharp, feel good, and perform at your best. Whether you need stress relief, skin renewal or essential grooming, our treatments are adapted for men's unique needs and lifestyles.

Specialist Massage Therapies

Whether you're chasing performance or peace of mind these treatments deliver real results. Tailored to your goals, pressure preferences, and areas of tension.

CORRECTIVE MASSAGE

First session with consultation 40 minutes £52

Follow-up 25 minutes £45

Target and treat chronic tension in the back, shoulders and neck. This results-driven therapy works deep into tight or problem areas - ideal if you sit, train, or stress a little too hard.

SWEDISH FULL-BODY DE-STRESS

50 minutes £65

Long, flowing strokes work across the entire body to reduce muscle fatigue, calm the nervous system and ease built-up stress. Light to medium pressure for total relaxation.

Upgrade:

Choose Hot Stone full body for deeper muscle melt. £70

DEEP TISSUE FULL BODY MASSAGE

70 minutes £75

This results-driven treatment targets deeper layers of muscle, fascia, and connective tissue to release long-standing tension, reduce pain, and improve flexibility. Using advanced techniques, often combined with Bamboo, leaving you feeling lighter, looser, and more aligned.

OTO CBD RITUAL

70 minutes £86

Modern life takes its toll - physically and mentally. This powerful treatment goes deeper than a standard massage, helping you switch off, slow down, and reset.

Using premium CBD oil and targeted techniques, we work to ease muscular tension, calm the nervous system, and quiet a racing mind. Whether you're desk-bound, gym-heavy, or simply stretched thin, this treatment is designed to bring you back to balance.

Men's Skincare Treatments

Clear, hydrate and energise tired or congested skin.

ACTIVE SKIN FACIAL

50 minutes £65

For skin that works as hard as you do.

This deep-cleansing facial targets congestion, oiliness, and environmental build-up. Exfoliation and targeted hydration help to refresh tired skin, reduce post-shave irritation, and restore a clear, energised complexion.

POWER FACIAL with BYONIK® QUICK BOOST 60 minutes £85

High-tech, no-fuss skin transformation.

This facial uses advanced cellular hydration and anti-inflammatory laser technology to calm, plump and protect the skin - with zero downtime. Ideal for men who want rapid results, improved skin tone, and hydration without the fluff.

Grooming Essentials

Clean, tidy, and maintenance-friendly. All treatments use gentle, effective products suitable for men's skin.

HAND & FOOT CARE

Hand & Nail Tidy

£34

Foot & Nail Tidy

£34

FACIAL GROOMING

Eyebrow Tidy

£16

Eyelash Tint

£24

Ears, Nose & Eyebrow Shape

£32

Ears Wax

£16

Nose Wax

£16

WAXING

Back (Upper)

£32

Back (Full)

£42

Chest

£32

Groin

£20

Buttocks

£30

BCS (Buttocks, Crack & Sack)

£86



CANCELLATION POLICY

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Tonic [comfort zone]

[COMFORT ZONE]: SKIN SCIENCE + SOUL

High-performance skincare rooted in science, sustainability, and sensory ritual. Each treatment blends targeted, professional-grade ingredients with immersive sensory elements - aromatic oils, massage and elegant techniques to uplift both skin and spirit.

Facials

SIGNATURE SKIN FACIAL

60 minutes £70

Tailored to your skin's needs, our therapists use advanced Comfort Zone blends - whether targeting dryness, oil balance, sensitivity, or ageing. You'll leave deeply nourished, visibly refreshed and genuinely pampered.

HYDRA GLOW FACIAL

60 minutes £80

A luxe hydration booster featuring lactic and hyaluronic acids combined with a stimulating "Ice Spoon" massage to reduce puffiness, tone and impart a radiant, sculpted glow.

LUMINANT FACIAL

60 minutes £80

Reveal your most radiant skin yet with this brightening, multi-correction facial from Comfort Zone's Luminant line. This targeted treatment gently reduces the appearance of dark spots, evens out skin tone, and restores your natural glow - leaving your complexion visibly smoother, more luminous, and refreshed.

OPTIONAL ADD-ON:

SUBLIME EYE RITUAL

£15

Brighten, de-puff and smooth tired eyes with a cooling infusion of caffeine and marine botanicals.

Body Therapies

SIGNATURE BACK FACIAL

60 minutes £70

A deep clean & polish for your back, paired with a soothing mask and massage to cleanse pores, relieve tension, and hydrate neglected skin.

TRANQUILLITY™ SCRUB RITUAL

60 minutes £70

Unwind completely with this sensorial, skin-softening body ritual. It begins with warm, aromatic Tranquillity™ oil to enhance relaxation, followed by a rich, creamy exfoliator applied using slow, rhythmic strokes to buff away dull, dry skin. Once exfoliated, soft towels gently remove the scrub to reveal a renewed, satin-smooth texture. The experience is completed with a deeply hydrating application of Comfort Zone's Tranquillity™ Body Cream and a tension-melting scalp massage. A moment of pure calm that leaves your body glowing and your mind completely at ease.

HIMALAYAN BODY RITUAL
Rebalance • Detoxify • Renew

80 minutes £86

Immerse yourself in a deeply restorative ritual designed to exfoliate, purify, and re-mineralise the entire body. Warm Himalayan salt stones gently smooth and melt away tension before an invigorating salt-oil scrub polishes the skin to perfection. You'll then be cocooned in a soft muslin wrap to allow minerals to absorb while you drift away with a soothing scalp massage. Your journey finishes with a nourishing full-body moisturiser and calming aromatherapy back massage, leaving your skin silky, your body lighter, and your mind deeply relaxed.

A full-sensory escape that renews from the outside in.

TRANQUILLITY™ RITUAL MASSAGE 60 minutes £75
Light to Medium Pressure (Firm available on request)

A deeply indulgent, sensorial massage designed to melt away stress and bring your body and mind into perfect harmony. Using slow, rhythmic techniques and soft brushes dipped in warm Comfort Zone Tranquillity™ oil - a signature blend of Sweet Orange, Cedarwood, Rose, and Sandalwood - this treatment wraps you in aromatic calm and promotes a profound state of relaxation.

Perfect for those needing to switch off from the world, calm the nervous system, or reconnect with themselves through a luxurious and nurturing experience.

A modern wellbeing ritual that soothes the senses, balances emotions, and softens both body and soul.

OPTIONAL ADD-ON:
EXPRESS GLOW FACIAL £25
Upgrade your ritual with a skin-brightening facial for the ultimate top-to-toe indulgence.



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The Skin Hub

CONFUSED BY SKINCARE? WE'VE GOT YOU

Welcome to the Skin Hub

With social media overflowing with trends, filters and conflicting advice, it's easy to feel overwhelmed by skincare choices. At The Skin Hub, we cut through the noise.

Our experienced, educated therapists don't follow fads they follow the science of your skin. Whether you're dealing with breakouts, sensitivity, ageing or simply want a long-term plan, we take a personalised, professional approach.

We start with understanding your skin - its history, habits and goals - before creating a tailored treatment and product journey that delivers real results.

SKIN CONSULTATION

50 minutes £65

Not sure where to start with your skin? Let us simplify it for you. With endless skincare trends and conflicting advice out there, it's easy to feel overwhelmed - or waste time and money on the wrong things. That's why every great skin journey at The Skin Hub begins with a professional consultation.

In this 50-minute session, your expert therapist will carry out a detailed skin analysis, review your current habits, homecare, lifestyle, and take time to understand your concerns and goals. From there, we'll design a tailored treatment and homecare plan that fits your life - not just your skin type.

- **Analyse** your skin in detail
- **Understand** your skin history and lifestyle
- **Identify** your true skin needs
- **Build** a personalised plan that delivers results

At Tonic, we believe healthy, radiant skin isn't a quick fix, it's a journey. Your consultation includes ongoing support, expert product advice, and a clear, confident roadmap to glowing skin. Take the first step towards skin confidence, book your consultation today.



BYONIK®

Boost • Plump • Calm • Glow

BYONIK® is the world's only system that repairs and rejuvenates your skin from inside the cell. This advanced, non-invasive treatment pairs a patented pulsed light laser with medical-grade hyaluronic acid and powerful antioxidants, delivered directly into the skin - right when your cells are most receptive.

The result? Instantly plumper, smoother, and more radiant skin, with improved elasticity, texture, and tone.

Perfect for:

- **Premature ageing** and **fine lines**
- **Post-treatment recovery** (microneedling, peels, etc.)
- **Rosacea, sensitivity, or compromised skin**
- **Dehydration, inflammation, or environmental stress**

Boost hydration, calm inflammation, and visibly slow the signs of ageing - all without downtime.

BYONIK® CELLULAR REJUVENATION

75 minutes £185

Course of 4 £599

The world's only pulse-triggered laser facial that works in sync with your heartbeat.

Infuses hyaluronic acid and antioxidants deep into the skin.

Repairs, hydrates, and boosts collagen.

Soothes sensitivity, redness & inflammation.

Perfect prep before any advanced treatment.

BYONIK® QUICK POWER ADD-ON

£60

Supercharge your facial results. BYONIK® Quick Power enhances skin recovery, reduces inflammation, and deeply hydrates - making it the ideal pre-treatment boost for any skin service.

BYONIK® is also the ideal prep before other facial treatments, improving product penetration and accelerating results. No downtime. Just results.

EXCEED MICRONEEDLING

Smoother Skin • Fewer Lines • A Visibly Fresher Glow

If your skin's feeling tired, textured, or uneven - EXCEED Microneedling is your go-to for real, lasting results. This advanced treatment gently creates tiny microchannels in the skin, triggering your body's natural healing process and collagen production.

It's safe, effective, and clinically proven to reduce signs of ageing and scarring - leaving your skin noticeably firmer, brighter, and smoother.

What it helps with:

- **Fine lines** and **wrinkles**
- **Acne** or **surgical scars**
- **Enlarged pores**
- **Pigmentation** or **sun damage**
- **Rough** or **uneven skin texture**

Your skin will look refreshed, feel firmer, and continue to improve over the weeks that follow.

SINGLE TREATMENT

75 minutes £185

Course of 4 £599

GENEO 4-IN-1 SUPER FACIAL (OXYGENEO TECHNOLOGY)

Renew • Brighten • Hydrate • Revive

Forget basic facials - Geneo combines four powerful steps in one smart treatment, giving your skin immediate, glowing results. It gently exfoliates, oxygenates, infuses active ingredients, and uses ultrasound to deeply rejuvenate.

Benefits you'll see and feel:

- **Smooths** and **refines skin texture**
- **Brightens** and **evens tone**
- **Firms** and **tightens**
- **Reduces fine lines** and **visible pores**
- **Deeply hydrates** and **plumps**
- **Soothes redness** or **sensitivity**
- **Instant glow** with **zero downtime**

Best for:

Special occasion prep.

Dull or dehydrated skin.

Oily, congested skin.

Sensitive or reactive skin.

Tired, uneven tone.

GENEO SUPER FACIAL

60 minutes £140

Includes RF tightening, oxygenation, ultrasound infusion, and your choice of physician-grade OxyPods (e.g., Hydrate, Illuminate, Balance).

RADIANCE BOOST

TriPollar Radio Frequency £95

A targeted lift and firm session to enhance facial contours.

A course of 6 bespoke Geneo Facials

£599

DERMALUX FLEX LED LIGHT THERAPY

Heal • Glow • Repeat

Renew your skin from the inside out with Dermalux FLEX - an award-winning LED light treatment beloved by skincare experts.

Clinically proven wavelengths work together to:

- **Boost collagen production** for firmer, smoother skin
- **Reduce redness, inflammation and breakouts** for calm, clear results
- **Accelerate healing** after other skin treatments
- **Brighten dull or tired complexions** with a radiant glow
- **Repair sun-damage & uneven pigmentation** - even on hands and body

This quick, non-invasive therapy leaves you feeling refreshed and radiant - with no downtime.

EXPRESS LED FACIAL

40 minutes £52

Fast-track to brighter, smoother skin.

Course of 6 £245

Ideal for ongoing skin health or tackling specific concerns long-term.

Add-On to any Facial or Skin Service £28

Enhance results and accelerate healing.

Add-On Course (6 sessions) £130

DERMAPLANING

Smooth • Brighten • Glow Instantly

Dermaplaning is a deeply exfoliating treatment that removes dead skin cells and fine vellus hair (peach fuzz) using a precision surgical blade. The result? Instantly smoother, brighter, and more radiant skin.

It helps to:

- **Soften fine lines**
- **Improve skin tone and texture**
- **Reduce the appearance of open pores and pigmentation**
- **Enhance product absorption**
- **Create the perfect base for flawless makeup**

Your skin will feel silky smooth and look noticeably fresher - after just one session.

DERMAPLANING FACIAL

65 minutes £70

Includes full dermaplane treatment and Dermalux LED light therapy to calm, heal and boost post-treatment results.

IMAGE CLINICAL COUTURE PEELS

Brighten • Smooth • Revive • Transform

Our professional-grade peels are crafted by skincare experts to deliver visible, long-lasting results. They work by exfoliating the top layer of skin, clearing away dullness, and encouraging collagen production for smoother, healthier-looking skin

Why you'll love them:

- **Reveals a fresher, more even complexion**
- **Smooths fine lines and wrinkles**
- **Clears blemishes, acne marks and clogged pores**
- **Lightens pigmentation and smooths texture**
- **Builds collagen for firmer, youthful skin**

BESPOKE PEELS

from £80

Your skincare expert will choose the perfect peel for your skin type and goals - whether you're targeting breakouts, dullness, sun damage, redness, or ageing. Each session includes a full consultation, deep cleanse, professional application, and post-peel care.

Ready to renew your skin? Ask about our IMAGE peels at your next visit - tailored to your skin, your goals, and your glowing future.



CANCELLATION POLICY

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Tonic SPECIALISTS

Dr Sara Ramond-Stokes

Aesthetics

At Tonic Day Spa we are proud that all Aesthetics treatments we provide are carried out by Dr Sara Ramond-Stokes. With over 14 years' experience and Harley Street trained in aesthetics, Dr Sara strives to deliver the best in anti-ageing and facial sculpting offering revolutionary treatments which once required surgical procedures. A consultation is required to determine individual needs, offering you a tailor-made treatment plan.

FILLERS

We offer a range of fillers including:

Juvéderm® Belotero® and Teosyal®

Lips from £150

Scars from £150

All other areas from £200

Areas treated: lips, cheeks, nasolabial lines, marionette lines, chest, back of hands and scars.

ANTI-AGEING TREATMENT

Bocouture® and Botox®

One area from £190

Two areas from £245

Three areas from £300

Areas treated: frown lines, forehead, crow's feet (eye lines), lower face and neck treatment as part of a non-surgical facelift and subtle lip enhancement.

SKIN TAG REMOVAL

from £50

PLENHYAGE XL

Plenhyage XL is a unique injectable treatment that uses DNA to alter the behaviour of skin cells and promote skin regeneration.

Plenhyage XL is a polynucleotide injectable treatment that stimulates fibroblasts in the skin cells to produce more collagen, elastin, and hyaluronic acid. It improves skin quality, thickness and hydration of any area, but will be particularly useful for the face, including the under-eye area, neck, décolletage and hands. Plenhyage XL has also been shown to reduce the inflammation of the skin, rosacea, scarring and pigmentation due to sun damage.

One treatment or top-up £280

Course of three treatments £700

Course of four treatments £900

Bespoke combined courses for skin treatments start from £999



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Tonic packages

In need of a treat? Sometimes an hour just isn't enough. Whether you're craving head-to-toe pampering or a full-day escape, we've crafted these signature packages to restore, renew, and completely switch off.

TOTAL INDULGENCE 2 hours 10 minutes £140

A full-body escape for deep relaxation and radiant skin. Begin with a **Full body brush** to stimulate circulation, then drift away with a **Full Body Aromatherapy Massage** using pre-blended essential oils. Next, indulge in a **Signature Skin Facial** to hydrate and revive your complexion. Finish with **Inner Peace Chakra Balancing** and a tension-releasing **Indian Head Scalp Massage**.

TRANQUILLITY™ SUBLIME RESET

Back Ritual 80 minutes £95

Full Body Ritual 100 minutes £120

Restore vitality and dissolve tension with this deeply indulgent therapy. Begin with a warming **Himalayan salt stone exfoliation** to smooth and soften the skin, followed by our signature **Tranquillity Massage** using warm aromatic oils and soft brushes to soothe the senses and calm the mind. A therapeutic massage melts away muscular stress, while a **Signature Facial** brightens and nourishes the complexion. Choose the **Back Ritual** for focused relief or immerse yourself in the **Full Body Ritual** for head-to-toe rejuvenation.

MEN'S TIME TO UNWIND 2 hours 10 minutes £140

Your ultimate male grooming and recovery ritual. This powerful reset combines a warming **Himalayan salt stone exfoliation** and a **Deep Tissue full body massage** to release tension, remove impurities and restore balance. A tailored **Active Facial** recharges hard-working skin, while an **Eyebrow tidy** and **Hand and nail therapy** leave you feeling sharp, polished, and totally renewed.

THE PERFECT TONIC 5 hours 25 minutes £280 (Includes Lunch)

A luxurious, top-to-toe indulgence designed for complete renewal. Begin with an invigorating **body brush** to awaken the senses, then surrender to a **deeply relaxing full body massage** to calm the mind and melt away stress. Rebalance with **Chakra Healing Reiki**, followed by a **Signature Comfort Zone Facial** to nourish and illuminate the skin. Enjoy a **light lunch**, then complete your day with a **gel manicure & pedicure**, and a **lash tint, brow tint and shape** - leaving you glowing, grounded, and completely restored.

Patch test is required minimum 48 hours before treatment.

HOLIDAY COUNTDOWN

2 hours 10 minutes £140

Get glowing and groomed before your getaway.

Includes a **Gel Express Manicure & Pedicure, Eyelash Tint, Eyebrow Shape & Tint.**

MINI ME PAMPER (Under 13s)

80 minutes £86

A gentle introduction to spa life for our younger guests.

Includes a **Back Massage, Teen Balancing Facial, and Mini Manicure.** Perfect for a shared pamper day with a parent or carer.

Pregnancy Ritual Packages

PRECIOUS PAUSE

Approx 80 minutes £86

Your perfect pre-baby pamper. This gentle yet effective ritual includes our signature **Nurture & Nest Back Massage** to release tension and support the changing body, alongside a **Radiant Calm Express Facial** to leave the skin fresh and radiant incorporating **Chakra Balancing** to calm emotional tension. A true moment of stillness for you and baby.

PRECIOUS BUNDLE

2 hours 30 minutes £140

A deeply nurturing experience, designed with the needs of both mum and bump in mind. This package includes a **Nurture & Nest Back Massage** to ease pregnancy aches. Followed by a **Rebalance Reflexology** including lower leg & foot massage to soothe swelling, and gentle **Inner Peace Reiki healing** to restore emotional balance. Finish with a **Prescriptive Pedicure**, leaving you polished, grounded, and ready for the journey ahead.

Optional Extras

Why not add on a little something extra?

- Get some shut eye - add on a heated eye mask £6.50
- Sublime Eye Ritual £15
- Upgrade your massage with CBD oil £10
- Add a Scalp Massage £15
- Balance your Chakras £15
- Super Power your facial with a Byonik Quick Boost £60

CAN'T FIND YOUR PERFECT PACKAGE?

Let us create one just for you. We're happy to design a bespoke experience tailored to your needs.



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Tonic

useful information

At Tonic Day Spa, we're committed to delivering high-quality treatments, expert service, and a relaxing, professional environment. All of our therapists are highly trained, fully insured, and continually upskilled to bring you the latest in beauty and wellness. We use only trusted, industry-leading products and are always sourcing new innovations to enhance your experience.

CANCELLATION POLICY

We understand life happens - but please give us as much notice as possible if you need to cancel or reschedule.

- **Single treatments** require at least **24 hours notice**.
- **Multiple services or packages** require **48 hours notice**.
- Late cancellations or reschedules will incur a charge of **£10 per 15 minutes** of booked time.
- **No-shows will be charged in full.**

NEW CLIENTS

We kindly ask all new clients to pay for their first treatment at the time of booking.

ONLINE BOOKING

Book anytime, anywhere via our website.

All online bookings require pre-payment to confirm your appointment.

GIFT VOUCHERS

The perfect gift for any occasion - or just because.

Available for specific treatments or as monetary vouchers.

Purchase in-salon or instantly via our website.

CONTACT

Tel: 01543 450799/07432 201817

Email: enquiries@tonicdayspa.co.uk

www.tonicdayspa.co.uk

Prices correct at time of printing - August 2025

Website



Online Booking

