

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	£16.50
Lip (Discounted when booked with other treatments)	£10.50
Chin	£10.50
Lip & Chin	£16.50
Face (Sides of face - vellus hair only)	from £16.50

BODY WAXING

Half Leg (Upper or Lower)	£28
Three Quarter Leg	£34
Full Leg	£40
Underarm	£16.50
Lower Arm	£20
Full Arm	£28
Buttocks	£18

BIKINI WAXING

Standard Bikini - to pant line	£18
Extended Bikini - a little more off	£26
Brazilian - leaves a landing strip	£32
Hollywood - all off	First time £46
First time Hollywood or those who haven't had one for six plus months.	
Hollywood Maintenance	25 minutes £38
Hollywood Maintenance	40 minutes £44



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.
- Age restriction - 18+ only.

MENS WAXING

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

Brows & Lashes

HD BROWS

£46

Maintenance 4-6 weeks £32

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 BROWSCULPT

£56

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.

HD BROW RITUAL

45 minutes £45

A relaxing upgrade to your HD Brow Maintenance. Includes bespoke tinting, precision waxing, shaping and HD make-up, plus a brow exfoliation, hydrating brow mask, cooling under-eye patches and a relaxing scalp massage for the ultimate brow and wellbeing experience.

TINTING

Eye Brow Tint

£15

Eye Brow Shape & Tint

£23

Eye Lash Tint

£25

Eye Lash & Eye Brow Tint

£32

Eye Brow Shape, Tint & Lash Tint

£42

LASH LIFT AND TINT

£54

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

LASH EXTENSIONS

Full Set

£62

Maintenance

2 weeks £40 | 3 weeks £50

EXPRESS LASHES

£50

No infills, lasts 2-3 weeks.

LASH REMOVAL

£12

LASH CONDITIONING RITUAL

30 minutes £32

Give your natural lashes the care they deserve with this nourishing treatment. Includes a lash tint with repairing complex, conditioning lash serum, cooling under-eye patches and a relaxing scalp massage, leaving your lashes beautifully defined while your eyes feel refreshed and revitalised. Perfect for maintaining healthy, conditioned lashes in between Lash treatments.

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**.
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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 you looking renewed.

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

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	£42
Hands I Feet	£37
BIAB Overlay Plain	£48
BIAB Overlay Colour	£50

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.

Gel Nails with Efile Removal	£50
Hands	£44
BIAB Overlay	£56

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	£45
With Polish	£42

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	£20

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	£55
Overlay Plain	£48
Overlay Colour	£50
Infill Plain	£48
Infill Colour	£50

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	£12
BIAB or Enhancements Soak Off	£20
Not reapplying? Add a strengthening repair treatment:	
Gel soak off, file and strengthener	£22
Gel Soak Off with IBX	£26
Enhancement Soak Off with IBX	£34

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 £10.50

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	£48
With Polish	£46
Without Polish	£40



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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.

Mindful Massage

MINDFUL RITUAL

First session with consultation 95 minutes £125

Follow up session 80 minutes Senior Therapist Only £105

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 £90

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.

TRANQUILLITY™ RITUAL MASSAGE

65 minutes £80

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 £80

Half Body (Back of Legs, Back and Scalp)

40 minutes £60

Back Only

25 minutes £42

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

Deeply restorative • Grounding • Muscle-melting relief

65 minutes £80

Add Hot Stone 80 minutes £90

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 £80
Half Body (Back, Stomach, Arms, Face)	40 minutes £60

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 80 minutes £90

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 £38
Back of Legs, Back & Scalp	40 minutes £54
Full Body with Face & Scalp	50 minutes £70
Full Body & Reiki	65 minutes £80

Specialist & Targeted Therapies

CORRECTIVE MASSAGE

First session with consultation	40 minutes £54
Follow-up	25 minutes £48

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 65 minutes £80

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.

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.

[Comfort Zone] Body Therapies

HIMALAYAN BODY RITUAL

80 minutes £90

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.

TRANQUILLITY™ SCRUB RITUAL

60 minutes £74

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.

SIGNATURE BACK FACIAL

60 minutes £74

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



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Specialist Massage Therapies

with Nikolas

Advanced bodywork, restorative massage and movement-based therapies designed to reduce tension, improve mobility and support overall wellbeing.

HOLISTIC MASSAGE - FULL BODY 80 minutes £90

A deeply restorative full body massage influenced by Nikolas' Eastern European training. Using intuitive techniques tailored to your needs on the day, this immersive treatment helps calm the nervous system, ease muscular tension and restore balance to both body and mind.

RESTORATIVE MASSAGE 80 minutes £90

A corrective-style massage combining deep tissue techniques, assisted movement and gentle joint mobilisation to help improve mobility, release restriction and reduce muscular tension. Particularly beneficial for office workers, gym-goers and active lifestyles.

Thai Massage

THAI TABLE TOP MASSAGE 80 minutes £90

TRADITIONAL THAI FLOOR MASSAGE 80 minutes £90 110 minutes £120

A traditional Thai-inspired treatment combining assisted stretching, pressure point work and rhythmic massage techniques to improve flexibility, mobility and overall body balance. Traditional Thai Floor Massage is performed on a floor mat for a more authentic experience.

Fully clothed treatment. Comfortable sportswear recommended.

- **Traditional Thai Floor Massage available Wednesdays only.**

THAI FOOT MASSAGE 40 minutes £45

A grounding treatment using traditional Thai massage techniques focused on the feet and lower legs. Designed to ease tension, reduce heaviness and encourage deep relaxation throughout the body.

Detox Massage

LYMPHATIC CLEANSE & DETOX MASSAGE

Targeted Area	25 minutes £45
Full Body	50 minutes £75
	Course of 4 £275

A specialist lymphatic massage using flowing drainage and body-contouring techniques to reduce swelling, bloating and water retention while supporting circulation and overall body function. Ideal when the body feels sluggish, heavy or in need of a reset.

SKIN SMOOTHING & TONING MASSAGE (CELLULITE)

35 minutes £55

Course of 4 £200

A sculpting body treatment designed to improve skin texture, encourage circulation and support smoother, firmer-looking skin in areas affected by cellulite.

For optimal results, we recommend a course of 4-6 treatments. Regular sessions provide cumulative benefits, helping to improve skin texture, firmness and the appearance of cellulite while supporting healthy lymphatic function.

Sports Massage

PRE-SPORT EVENT MASSAGE - FULL BODY 50 minutes £75

A stimulating massage designed to prepare the muscles and joints before training, competition or intense physical activity. Helps improve flexibility, mobility and overall muscle readiness.

POST-SPORT EVENT MASSAGE - FULL BODY 50 minutes £75

A recovery-focused massage designed to ease soreness, reduce stiffness and support muscle recovery following exercise or physical strain. Finished with a cooling leg treatment to soothe tired muscles.



Nikolas



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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 25 minutes £48

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

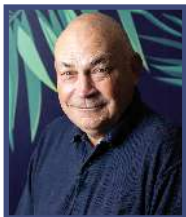
First session with consultation

40 minutes £54

Follow-up

25 minutes £48

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.



Jonathon Edwards

TONIC SPECIALISTS

Dale Knapton

Deep Relief & Structural Alignment

DK SOFT TISSUE THERAPY

First session with consultation

40 minutes £60

Follow-up

25 minutes £48

With expertise in injury rehabilitation, chronic pain, and elite sports recovery, I provide targeted therapy tailored to your body's individual 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, dealing with everyday tension, or striving to improve your sporting performance, every treatment is personalised to your presentation, posture, movement, and goals.

Ideal for:

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

ATHLETES AND ACTIVE INDIVIDUALS

- Treatments are designed to keep muscles and joints in optimum condition to enhance performance, improve joint mobility, muscle and tendon flexibility.
- Aid recovery following injury and help prepare your body before training or competition.
- If you work with a personal trainer, strength coach, or physiotherapist, treatments can complement your existing programme to support your performance and recovery.

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



Dale Knapton



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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 £62

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 £40

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 £62

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 £50

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

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 hormonally.

REFLEXOLOGY TREATMENTS

Single Session

50 minutes £62

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

Course Option

6 treatments £335

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

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

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

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 are preparing for birth, we've got you.

RADIANT CALM FACIAL

60 minutes £74

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 £74

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 £40

with Reiki 50 minutes £62

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 £80

Half Body Hydrotherm

40 minutes £54

(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 £62

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 £62

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 £90

Your perfect pre-baby pamper. This gentle yet effective ritual includes our signature **Float and Restore 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 20 minutes £150

A deeply nurturing experience, designed with the needs of both mum and bump in mind. This package includes a **Float and Restore 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 levels**, promoting calm and better sleep
- Improve **mood, energy, and emotional resilience**
- Calm **sensitive or compromised skin**

SOOTHE & SUPPORT RITUAL

Full Body

80 minutes £90

Half Body

50 minutes £70

(Back of Legs, Back and Scalp)

A deeply nurturing treatment created for those living with cancer, chronic illness, long-term pain, burnout, or recovery. More than a massage, this personalised ritual supports both body and mind, recognising the emotional and physical challenges that often accompany illness. Your treatment begins with a thorough consultation, allowing your therapist to tailor every aspect of your experience. A personalised aromatherapy or CBD blend is selected before a restorative massage, with the pressure, pace, and techniques adapted to your comfort, energy levels, and individual wellbeing. To complete your experience, your therapist intuitively incorporates **Reiki** or **Sound Therapy**, helping to quiet an overactive mind, restore emotional balance, and encourage deep relaxation.

Ideal for:

- **Cancer treatment or recovery**
- **Chronic fatigue or fibromyalgia**
- **Long-term pain or inflammation**
- **Stress-related illness and burnout**
- **Anxiety, overwhelm, or emotional exhaustion**



FLOAT & RESTORE HYDROTHERM MASSAGE

Full Body Hydrotherm

65 minutes £80

Half Body Hydrotherm

40 minutes £54

(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

65 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 £62

Targeted pressure-point therapy on the feet to support energy flow, reduce pain, and calm 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 £62

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 £74

A restorative facial designed to comfort skin affected by cancer treatment, chronic illness, hormonal change, or prolonged stress. Using fragrance-free, skin-soothing products, this treatment helps restore hydration, strengthen the skin barrier, and calm sensitivity while supporting overall skin health. Cooling lymphatic techniques help reduce puffiness and promote comfort, while a relaxing scalp or hand massage encourages deep relaxation and emotional wellbeing.

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.

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.



TONIC mankind

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 £54

Follow-up 25 minutes £48

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 MASSAGE

50 minutes £70

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.

65 minutes £80

DEEP TISSUE FULL BODY MASSAGE

65 minutes £80

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.

Men's Skincare Treatments

Clear, hydrate and energise tired or congested skin.

ACTIVE SKIN FACIAL

60 minutes £74

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.

Grooming Essentials

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

HAND & FOOT CARE

Mens Manicure	£36
Mens Medipedi	£40

FACIAL GROOMING

Eyebrow Tidy	£16.50
Eyelash Tint	£25
Ears, Nose & Eyebrow Shape	£36
Ears Wax	£16
Nose Wax	£16

WAXING

Back (Upper)	£32
Back (Full)	£42
Chest	£32
Groin	£20
Buttocks	£30
BCS (Buttocks, Crack and Sack)	£75

Mankind Package

MEN'S TIME TO UNWIND

2 hours 10 minutes £150

Your ultimate male grooming and recovery ritual. This powerful reset combines a warming **Himalayan Salt Stone Exfoliation** and a **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.



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.

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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, highly 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 £62

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 and book your consultation today.



CACI REJUVAMED FACIAL

Lift • Firm • Restore

90 minutes £280

Course of 6 £1,400

Our most advanced non-invasive facial combines **oxygenation, microcurrent, radio frequency, FPL skin rejuvenation, and needle-free PDRN serum infusion** in one complete treatment to lift, firm, tighten, and rejuvenate the skin.

Working on both the facial muscles and skin, it delivers visible lifting while improving hydration, skin quality, tone, and overall definition.

Benefits include:

- **Lift** and **tone facial muscles**
- **Improve firmness** and **elasticity**
- **Smooth fine lines** and **wrinkles**
- **Brighten uneven skin tone**
- **Boost hydration** and **skin quality**

You'll notice an immediate improvement in skin freshness, firmness and definition, with a course recommended for longer-lasting results.

Ideal for skin showing loss of firmness or uneven skin tone, suited to those looking for a more results-driven treatment.

CACI ELEMENTS

CACI MICROCURRENT LIFT

40 minutes £64

A muscle-toning facial treatment using microcurrent technology to help lift, firm and support facial definition. Working across the underlying facial muscles, the treatment helps improve muscle tone while softening the appearance of sagging and loss of firmness. Ideal for skin showing early signs of loss of tone or definition.

CACI FPL SKIN REJUVENATION

50 minutes £100

An advanced light-based treatment designed to improve uneven skin tone, pigmentation and overall skin clarity. FPL works across the skin to target visible imperfections while helping to support smoother, brighter and more even-looking skin. Particularly effective for pigmentation, uneven tone and dullness.

CACI RADIO FREQUENCY SKIN TIGHTENING

50 minutes £125

A heat-based skin tightening treatment designed to support collagen production and improve skin firmness. Using radio frequency technology, the treatment helps to improve elasticity, soften fine lines and leave the skin looking firmer and smoother. Best suited to skin showing loss of firmness or elasticity.

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

70 minutes £185
Course of 4 £650

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

40 minutes £64

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

80 minutes £155
Course of 4 £599

Reveal firmer, healthier-looking skin with our advanced three-stage rejuvenation treatment. Your treatment begins with

BYONIK® laser, infusing hyaluronic acid and antioxidants to deeply hydrate, calm the skin, and prepare it for optimal microneedling results. **EXCEED Microneedling** then creates precise microchannels to stimulate collagen and elastin production, improving skin texture, tone, firmness, and the appearance of fine lines, scars, and pigmentation. Finally,

Dermalux FLEX LED red light therapy helps calm the skin, reduce post-treatment redness, accelerate healing, and support collagen production for enhanced results.

Benefits include:

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

CIRCADIA

CUSTOMISED ENZYME FACIAL

60 minutes £85

Smooth • Brighten • Refresh

A customised facial designed to smooth, refresh and rebalance the skin, incorporating targeted enzymes to gently resurface and improve overall skin clarity. Designed to support dullness, congestion, dehydration and uneven texture while leaving the skin feeling smoother, fresher and more refined.

OXYGEN RX FACIAL

60 minutes £95

Calm • Clear • Reset

A targeted oxygenating facial for acne-prone, congested or reactive skin. Designed to help calm redness, reduce breakout-causing bacteria and support clearer, more balanced skin. Ideal for skin that feels inflamed, congested or difficult to manage.

HYDRATING LACTIC ACID PEEL FACIAL

60 minutes £100

Smooth • Brighten • Hydrate

A hydrating peel facial using lactic acid to gently resurface the skin, helping to smooth texture, brighten dullness and soften the look of fine lines. A good option for dull, dehydrated or uneven skin that needs exfoliation without feeling stripped.

ALPHA-BETA ACID PEEL

60 minutes £115

Refine • Clear • Renew

A corrective peel combining lactic and salicylic acid to smooth texture, target congestion and improve overall skin clarity. Working across both the surface and within the pores, the treatment helps to refine uneven skin, reduce breakouts and support early signs of ageing.

FIRMING PEPTIDE FACIAL WITH LED

60 minutes £125

Lift • Smooth • Strengthen

An advanced firming facial designed to lift, tighten and improve skin that's starting to lose firmness, elasticity and overall tone. Combining targeted peptides, antioxidants and a tightening mask, the treatment helps to support collagen, soften fine lines and leave the skin looking smoother, firmer and more lifted.

SWICH

£135

Firm • Smooth • Brighten

Course of 6 £695

An alternative to a traditional chemical peel, **Circadia's patented SWiCH™** works with the skin's natural energy system to support repair and renewal - without visible peeling or downtime. By stimulating ATP production, this advanced treatment helps improve firmness, smooth texture, boost hydration and reduce the appearance of uneven pigmentation for healthier, more radiant skin.

Skin Hub Facials by Condition

CLARIFYING FACIAL

60 minutes Start from £85

Clear • Calm • Rebalance

A treatment for acne-prone complexions, congestion and inflamed breakouts. Helps manage excess oil, calm visible redness and support the barrier without leaving the skin feeling stripped.

PIGMENT SUPPORT FACIAL

60 minutes Start from £85

Brighten • Even • Balance

A targeted facial for pigmentation, sun damage and post-breakout marks. Working to improve uneven skin tone, the treatment supports healthy skin renewal while helping to reduce the appearance of excess pigment.

HORMONAL SKIN FACIAL

60 minutes Start from £85

Hydrate • Strengthen • Support

A skin-supporting facial for perimenopause, menopause and hormonal change, designed to help with dehydration, sensitivity, inflammation and loss of firmness. Focused on strengthening the skin barrier, restoring hydration and supporting skin that feels thinner, drier or more reactive.

MOISTURE RESTORE FACIAL

60 minutes Start from £85

Hydrate • Strengthen • Comfort

A nourishing facial for dry, dehydrated or compromised skin, designed to restore moisture, support barrier function and improve comfort. Ideal when skin feels tight, rough, flaky or easily irritated.

BRIDAL & EVENT PREP FACIAL

60 minutes Start from £85

Prepare • Smooth • Brighten

A tailored facial designed to prepare the skin ahead of a wedding, event or special occasion. Adapted to your skin on the day, the treatment can help smooth texture, improve brightness, calm sensitivity or balance congestion, creating a better base for makeup and helping skin look its best.

WELLNESS FACIAL

70 minutes Start from £95

Calm • Restore • Rebalance

A restorative facial designed for skin affected by stress, burnout, hormonal change, or emotional overwhelm. Prolonged stress can leave the skin dull, dehydrated, reactive, and more prone to inflammation. Your treatment begins with **guided 9-point abdominal breathing** to calm the nervous system and prepare the body for deep relaxation. A slow, mindful facial ritual restores hydration, strengthens the skin barrier, and revives the complexion using professional skincare tailored to your skin's needs. While your treatment mask works, your therapist intuitively incorporates **chakra balancing**, before finishing with **sound therapy or subtle energy balancing** to leave you feeling calm, grounded, and beautifully restored.

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-damaged and 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 £42

Fast-track to brighter, smoother skin.

Course of 6 £230

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

Exfoliate • Smooth • Brighten

Dermaplaning is an exfoliation treatment that removes dead skin cells and fine vellus hair (peach fuzz) using a sterile, specialist blade. The result is skin that looks instantly smoother and brighter.

It helps to:

- **Improve rough, uneven texture**
- **Remove dry surface build-up**
- **Brighten dull-looking skin**
- **Help skincare apply more evenly**
- **Create a smoother base for make-up**

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

DERMAPLANING FACIAL

50 minutes £74

Includes dermaplaning, professional skincare and Dermalux LED phototherapy to calm the skin and support recovery after exfoliation.



[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.

SIGNATURE SKIN FACIAL

60 minutes £74

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 £84

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 £84

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.

SIGNATURE BACK FACIAL

60 minutes £74

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

OPTIONAL ADD-ON:

SUBLIME EYE RITUAL

£17

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



TONIC SPECIALISTS

Dr Sara Ramond-Stokes

Aesthetics

At Tonic Day Spa, all aesthetic treatments are carried out by **Dr Sara Ramond-Stokes**, a Harley Street-trained medical practitioner with over **16 years' experience** in facial aesthetics. Specialising in natural-looking anti-ageing treatments and facial sculpting, Dr Sara creates bespoke treatment plans tailored to your individual needs.

CONSULTATION

£50

A consultation is required before treatment. The consultation fee is fully redeemable against your first treatment.

DERMAL FILLERS

We offer a range of premium dermal fillers, including:

Juvéderm® Belotero® and Teosyal®

Lips from £160

Scars from £160

All other areas from £210

Areas treated include the lips, cheeks, nasolabial folds, marionette lines, chest, backs of the hands and scars.

ANTI-WRINKLE TREATMENTS

Bocouture® and Botox®

One area from £200

Two areas from £260

Three areas from £315

Areas treated include frown lines, the forehead, crow's feet, the lower face and neck as part of a non-surgical facial rejuvenation treatment, and subtle lip enhancement.

SKIN TAG REMOVAL

from £55

PLENHYAGE XL

Plenhyage XL is an advanced polynucleotide injectable that stimulates collagen, elastin and hyaluronic acid production to regenerate and repair the skin. It improves skin quality, thickness and hydration, making it ideal for the face, under-eye area, neck, décolletage and hands. It may also help reduce inflammation and improve rosacea, scarring and pigmentation caused by sun damage.

One treatment or top-up £295

Course of three treatments £735

Course of four treatments £945

Bespoke combined courses for skin treatments start from £999

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.



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Facial Courses

CACI REJUVAMED COURSE

Course of 6 £1,400

A course of six treatments designed to support more effective, longer-lasting results from the CACI RejuvaMed system.

While one treatment can provide an immediate lift and improvement in skin quality, a course allows each treatment to build on the last. Regular sessions help reinforce the lifting effect while continuing to improve firmness, tone, hydration, and overall skin quality.

Each treatment follows the full five-step RejuvaMed system, combining oxygenation, microcurrent, radio frequency, FPL skin rejuvenation and PDRN serum infusion.

WEDDING FACIAL SERIES

Course of 3 £350

Prepare • Refine • Enhance

Monthly

A three-month facial series designed to prepare the skin ahead of your wedding day. Combining exfoliation, hydration, and firming treatments over three monthly appointments, the series helps improve skin texture, hydration and overall skin quality while creating an excellent base for makeup.

SKIN HUB BESPOKE FACIAL COURSES

Our bespoke facial courses are designed for clients who want a more focused approach to their skin, combining advanced technologies and professional treatments over a course of appointments.

Each course includes a set combination of treatments, with every appointment guided by your skin, your concerns and what we are working towards.

See over for details.



CANCELLATION POLICY

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- **Multiple services or packages** require **48 hours' notice**.
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Skin Hub Edit

A tailored skin course designed to support hydration, texture and overall skin health.

Your course may include:

- Enzyme Treatment
- Skin Peel
- LED
- Cryotherapy
- Microcurrent
- Dermaplaning
- CACI Oxygenation Pod
- Byonik Dry Laser
- Targeted Mask

Single treatment: £135

Course of 4: £480

Please note: With all three of our courses your therapist will select the most appropriate combination from the treatments listed. Not all elements will be used in every appointment.

Skin Hub Journey

An advanced skin course designed to support hydration, firmness, texture and overall skin quality.

Your course may include:

- Enzyme Treatment
- Skin Peel
- LED
- Cryotherapy
- Microcurrent
- Dermaplaning
- CACI Oxygenation Pod
- Byonik Dry Laser
- Circadia Treatment Mask
- Byonik Laser with Hyaluronic Acid
- Radio Frequency

Single treatment: £170

Course of 4: £600

Skin Hub Collection

Our most advanced skin course, designed for clients wanting a more intensive approach to firmness, texture and overall skin quality.

Your course may include:

- Enzyme Treatment
- Skin Peel
- LED
- Cryotherapy
- Microcurrent
- Dermaplaning
- CACI Oxygenation Pod
- Byonik Dry Laser
- Circadia Treatment Mask
- Byonik Laser with Hyaluronic Acid
- Radio Frequency
- FPL Skin Rejuvenation
- Microneedling

Single treatment: £210

Course of 4: £750

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 £150

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 1 hour 10 minutes £99

Full Body Ritual 1 hour 45 minutes £130

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 £150

Your ultimate male grooming and recovery ritual. This powerful reset combines a warming **Himalayan Salt Stone Exfoliation** and a **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 Bbody 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 and 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

£140

Get glowing and groomed before your getaway.

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

MINI ME PAMPER (Under 13s)

1 hour 30 minutes £90

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 £90

Your perfect pre-baby pamper. This gentle yet effective ritual includes our signature **Float and Restore 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 20 minutes £150

A deeply nurturing experience, designed with the needs of both mum and bump in mind. This package includes a **Float and**

Restore 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 £64

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.



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.

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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 2026

Website



Online Booking

