

# urban calm

Inner City Spa



Upper Tier, Metquarter, Liverpool L1 6DA

0151 236 0537

info@urbancalmuk.com

www.urbancalmuk.com



urbancalmLiverpool



@urbancalmuk



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to keep up to date on our offers

## Expert Nails

**On the Move Manicure\*** 15 mins ● 13.00

*Created for a busy lifestyle, with this 'on the move manicure' you will receive a nail file and polish.*

**Custom Manicure\*** 30 mins ● 26.00

*Receive that little bit more for your nails incorporating a Dermalogica hydrating hand and arm massage.*

**Immaculate Manicure\*** 60 mins 36.00

*The ultimate treatment for the 'best dressed hands and nails' when pampering is essential.*

### **Enjoy Urban Calm's pedicure experience whilst relaxing in our massaging spa chairs.**

**On the Move Pedicure\*** 15 mins ● 15.00

*A treat for your feet - you will receive a nail file and polish.*

**Custom Pedicure\*** 30 mins ● 27.00

*Receive that little bit more for your feet, incorporating a Dermalogica hydrating foot massage.*

**Pristine Pedicure\*** 60 mins 36.00

*This luxury pedicure combines hydration and relaxation as the ultimate foot care.*

**\* French Polish supplement 3.50**

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### **Gel Manicure/Pedicure**

Colour 20.00 Removal 7.00

French 20.00 Removal with New Colour 25.00

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**Callus Peel** 30 mins 20.00

*Softens and removes hard calluses quickly, leaving feet feeling soft and rejuvenated.*

Add on Callus Peel to any pedicure 10.00

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# Grooming Treatments

## Waxing

Brazilian / Hollywood	25.00	Under arm	10.00
Maintenance	21.00	Side of face	12.50
Standard bikini	15.00	Eyebrow wax	8.50
Half leg and Bikini	25.00	Lip wax	9.00
Full leg	20.00	Chin wax	9.00
Half leg	15.50	Back wax	26.00
Full arm	18.00	Chest wax	26.00
Forearm	10.00	Nostril wax	8.00

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## PRECISION HOT WAXING

*It's not just what we remove, but what we leave behind . . . healthy skin! Hot waxing sticks to the hair rather than the skin, reducing the pain and leaving skin less irritated.*

Brazilian / Hollywood	30.00	Eyebrow	10.00
Standard Bikini	17.00	Lip	10.00
Under Arm	15.00	Chin	10.00

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## Eyes

Eyebrow tint	8.50
Eyebrow tint and wax	15.00
Eye lash tint	8.50
Eye lash tint/Eyebrow tint/Eyebrow wax	21.00
Full set weekend lashes	16.00
Half set weekend lashes	9.00

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## LVL Volume Lash Lift 45 mins 35.00

*LVL is one of the quickest ways to brighten and lift your entire face. It is one of the essential treatments chosen by many celebrity make-up artists which gives that stunning wide-eyed look, natural lash.*

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***If you have not had a patch test, we will not perform treatments.***

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## Spray Tans

Full Body	20.00
Half Body	12.50
4 hour Fast Drying Tan	22.50

# Urban Calm Skin Treatments

**Whether you need a quick pick-me-up or an in-depth skin treatment, our Dermalogica skin treatments are completely tailored to your skin's needs. Redefining the 'spa facial'.**

## Face Mapping

Complimentary

A service we offer to help you realise your skin goals and concerns, and find products that will truly work for you.  
Complimentary



## ProSkin 30

30 mins

30.00

Targeting your key skin concerns for maximum impact in minimum time, combats pressing skin issues like breakouts, dullness, and tired eyes for immediate results.

## ProSkin 60

60 mins

45.00

The ultimate Dermalogica experience, customised with advanced products, techniques and technology in an environment made for relaxation. Completely personalised to your skin and different every time.

## ProSkin 75

75 mins

55.00

All the benefits of our ProSkin 60, with added treatment time for touch therapy. Touch therapy increases circulation, eliminates toxins and congestion through working on pressure points



### **Biosurface Peel**

60 mins

60.00

A professional chemical peel by Dermalogica, designed to resurface the skin with minimal recovery time. The unique, multi-phase approach works with the skin's biology to safely remove the dull outer layers of skin and accelerate cell renewal.

In general, BioSurface Peel can be tailored to address:

- Skin roughness
  - Fine lines
  - Acne breakouts
  - Hyperpigmentation
- \*\*Patch test required*

### **LED Light Therapy**

20 mins

30.00

Our Illumination Mask has the technology to treat a variety of skincare concerns with its non-invasive nature to give you better skin from within. With two lights targeting either acne breakouts or anti ageing.



## Maternity Spa Treatments

*Our special programme designed to take you from 12 weeks right through to a Happy Baba.  
Happy Mama equals Happy Baby.*

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**mellow mama** 60 mins 50.00

*A relaxing full body massage using safe and effective pre-natal techniques to relax those lower back muscles that are carrying that beautiful bump.*

**Gorgeous Glow Pregnancy Facial** 55 mins 45.00

*Especially designed to help with hormonal breakouts to give you that gorgeous pregnancy glow. Deep cleansing and exfoliation is followed by a mind-melting facial massage and our brightening serum, the Oxygenating Moisture Mask sets about clarifying and evening-out your skin tone, helping with excess pigmentation.*

**Gorgeous Glow Top to Toe** 75 mins 60.00

*Sit back, relax and get ready to look and feel gorgeous! This treatment incorporates both Gorgeous Glow Facial and Leg Massage treatment. Pure relaxation for both Mama and Baby.*

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## Wellbeing Treatments

Back Neck and Shoulder 20 mins ● 25.00

Scalp and Facial Massage 30 mins ● 25.00

Back, Face and Scalp Massage 40 mins ● 35.00

Swedish Full Body 60 mins ● 45.00

Deep Tissue Full Body 60 mins ● 50.00

**Dermalogica Body Scrub** 45 mins 30.00

*Scrub away impurities and uneven skin tones with our Dermalogica body scrub. Skin will feel smoother and more hydrated.*

**Inch Loss Wrap** 1 hour 30 mins 47.00

*Targets fat reduction in specific target areas and improves skin tone whilst tightening and firming skin, thus reducing the appearance of cellulite.*

## TRANQUILLITY FACE AND BODY RITUAL

30 min	Back Ritual	30.00
60 min	Body Ritual	50.00
90 min	Face and Body Ritual	70.00

A unique aromatic wellbeing Ritual to rest mind, body and soul using comfort zone Tranquillity. A feeling of timelessness is achieved by a touch that is embracing, slow and deep - whilst circulation is improved and skin is left beautifully hydrated, nourished and toned.

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## Lava Shell Massage

Hydrating oils are used with the heated tiger calm shells from the tropics to relieve the deepest aches, pains, stress and tension away.

<b>Lava Shell Back Neck and Shoulder</b>	30 mins	35.00
<b>Lava Shell Full Body Massage</b>	60 mins	55.00

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## Packages

**Mums and Daughters Girly Treat** 1 hour 30 mins 115.00

Both of you will enjoy a custom pedicure on our pedicure thrones followed by dermalogica facial for mum and a dermalogica 'Clear Start' facial and an 'on the move manicure' for young ladies.

**Ladies who lunch** 3 hours 30 mins 125.00

Spoil yourself and spend half a day letting us groom you to perfection. Immaculate manicure, pristine pedicure, dermalogica facial and back neck and shoulder massage. (Refreshments included)

**We also offer packages perfect for Hen Parties and Birthday Girls! For more information head to [www.urbandcalmuk.com](http://www.urbandcalmuk.com)**



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**Situated in the heart of the city, Urban Calm offers you result driven, high quality and effective treatments and products. Our team of technicians provide a first class service whether you**

**are calling in for a five minutes or spending the whole day with us. So if you are looking for expert skin care advice, a relaxing treatment to help you unwind or feel like just spoiling yourself.**

**Call us on 0151 236 0537**

*We advise that all services using  
tints or glue require a patch test  
48 hours prior to treatment*

## **Opening times:**

Mon	9.30 - 6.00
Tue	9.30 - 6.00
Wed	9.30 - 6.00

Thur	9.30 - 7.00
Fri	9.30 - 6.00
Sat	9.30 - 6.00
Sun	11.00 - 5.00