



k:SPA

Skin Clinic | Boutique Salon

Our Treatments

01489 880497
www.mykspa.co.uk



Why Visit k:SPA?

k:SPA is a haven; professional yet friendly, serving our clients since 2008. We are committed to providing exceptional, memorable experiences for every client, every time, always exceeding expectations.

So Why Choose k:SPA?

Our clients know they can trust us to listen and to care because of our 100% absolute happiness guarantee. This philosophy is the cornerstone of everything we do at k:SPA.

Skincare Experts

Our highly-trained skin specialists have a passion for giving the very best customer care, and a passion to educate. Our FREE Skin Fitness Plan is the first step towards a lifetime of skin health and takes all the guesswork out of getting you results.

Not only will your therapist diagnose your skin's concerns she'll prescribe a no-nonsense homecare and treatment plan to suit your needs and budget, all with no-obligation, so what are you waiting for, book yours now!

Massage to Suit Everyone

With an ever-expanding offering of massages to suit everyone, we pride ourselves on using different techniques from around the world.

Intimate Waxing

We are intimate waxing specialists using the highest-quality products to minimise discomfort and achieve fantastic results.

Express Treatments

Time is precious, we appreciate that time can be a luxury some days, so we have a selection of 20-30 minute treatments to suit your needs.



Our Treatments

Please use this guide as an opportunity to explore and learn more about the treatments on offer at k:SPA.

Our team will be more than pleased to help you find the perfect treatment for your individual needs.



Join Our Monthly Prize Draw To Win A Free Treatment by signing up at www.mykspa.co.uk

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Dermalogica Facials

Pro Skin

30 mins from £50.00 | 60 mins from £89.00

Compared to your typical facial, the Dermalogica Pro Skin treatment delivers so much more! Tailored to your skin's needs on the day, your skin therapist will design your treatment to target your main skin concerns and include wellness touches to aid in relaxation and stress relief. Enhanced technologies such as microcurrent, ultrasonic and LED light therapy may be included alongside professional-grade formulas to deliver superior skin results. You will be left with radiant, glowing skin and feeling incredibly relaxed.

If this is your first facial at k:SPA or it has been a while we recommend the Pro Skin 60, this allows time for a full consultation and a minimum of 45mins hands on treatment. All following treatments will include maximum hands-on time.

Pro Bright*

30 mins from £70.00 | 60 mins from £105.00

Fade dark spots and reveal brighter skin. This high-intensity treatment combines a brightening peel with an electric infusion of professional-grade Vitamin C, Niacinamide and Hexylresorcinol - addressing all pigmentation concerns.

Pro Calm

30 mins from £70.00 | 60 mins from £105.00

Soothe and strengthen sensitive skin. Soothing botanical actives provide relief while lymphatic drainage and pressure point massage help calm a stressed nervous system. This targeted treatment helps hydrate, balance and restore the skin barrier for reduced sensitivity and calmer skin.

Pro Clear*

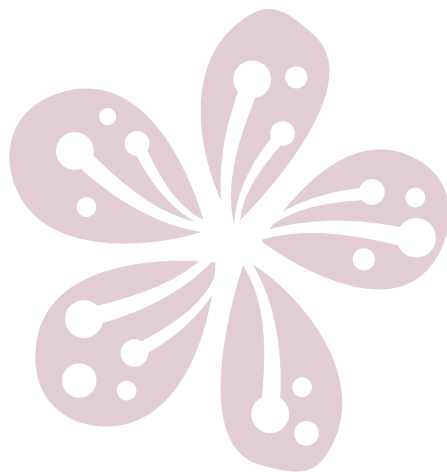
30 mins from £70.00 | 60 mins from £105.00

Your journey towards clear skin starts here. Pore softening techniques, extractions and anti-bacterial, microbiome-balancing actives work together to clear and calm congested breakout-prone skin.

Pro Firm*

30 mins from £70.00 | 60 mins from £105.00

A comprehensive facial workout. Firming and toning deep tissue facial massage or microcurrent is combined with retexturing and replenishing actives for visibly tighter skin.



Dermalogica Facials

Pro Power Peel*

30 mins from £70.00 | 60 mins from £105.00

A powerful skin resurfacing treatment to target skin texture, tone, wrinkles, and breakouts. Your skin specialist will tailor the peel to suit your skin with a unique peeling system comprising of three different acids including Lactic Acid, Salicylic Acid and Glycolic Acid. Unlike your typical chemical peel with a one size fits all approach, our peeling system can be mixed and layered for exceptional results.



Pro Nanoinfusion

60 mins from £117.00

Achieve visibly smoother skin texture with zero downtime! Resurfacing actives and professional serums are infused into skin with a unique device, which uses tiny cones to maximise product penetration revealing visibly smoother skin.

Pro LuminFusion

60 mins from £126.00

Designed to restore skin luminosity and diminish the signs of ageing skin such as hyperpigmentation, fine lines & wrinkles. A targeted retinol skin peel exfoliates the skin whilst utilising nanoinfusion to drive products deeper to maximise results. LED light therapy and a targeted mask revitalise the skin resulting in a healthy skin that glows!

Pro Microneedling

60 mins from £185.00

Our bespoke and tailored service, Pro Microneedling offers a clinically tested protocol which addresses dull skin, refines pores, targets hyperpigmentation, and softens fine lines and wrinkles. This micro-injury service is used alongside a professional only formula, Pro Restore which you'll be given as part of your after care. This Pro formula helps strengthen the skin, reduce downtime, and amplify your results. Microneedling the Dermalogica way includes a unique combination of chemical peeling and microneedling for effective and dramatic results.

Pro Dermaplaning

60 mins from £100.00 | 90 mins from £130.00**

Dermaplaning is an exfoliation treatment that uses a specialised blade to remove dead skin cells and fine vellus hair from the face. It is an effective treatment for most skin types and will leave the skin feeling soft, smooth and bright. After your dermaplane we will use professional serums and masks to target your specific skin concerns.

* A patch test is required a minimum of 24hrs prior if you are new to peels or it has been 6 months since your last peel.

** Includes LED Light Therapy.

Advanced Facials with bio-therapeutic technology

Bio-Penta Hydrodermabrasion Facial

30 mins from £60.00 | 60 mins from £105.00 | 90 mins from £150.00

Our Bio-Penta Facials offer remarkable results, featuring 5 different advanced technologies to address even the most challenging skin conditions. From microsonic deep cleansing to superior controlled wet/dry microdermabrasion exfoliation, we can give you skin that is smoother, clearer and brighter.

We may also include LED light therapy using red, blue and a combination light to refine pores, banish bacteria and boost overall skin renewal and regeneration. Not only that but this facial also uses ultrasound and microcurrents to infuse active ingredients efficiently into your skin for instant hydration.

Energising Hydralift Facial

60 mins from £117.00

The Energising Hydra Lift Facial is quite literally like a line smoothing, skin firming filter for your face! Designed to correct and prevent multiple signs of skin ageing. Rough texture is eradicated with hydrodermabrasion whilst skin nourishing vitamins and peptides help to repair and reveal smoother, more luminous skin. Fine lines/wrinkles are softened using the highly advanced and renewing power of red light LED. This treatment also features our specialised microcurrent facial sculpting to improve facial contours by energising, lifting and firming the skin. There is no better solution for achieving visible results from just one treatment.

bt-titan Microneedling

60 mins from £154.00

Microneedling firms, smooths, tightens and brightens the skin, making it an effective solution to skin concerns such as wrinkles, scars and uneven skin tone. It involves using a

fine needled device to inflict micro injuries to the skin. This triggers the skin's natural healing processes, encouraging collagen and elastin to renew to give you skin that appears fresh, illuminated and less blemished. Skin creams and serums also absorb more easily into the skin after treatment.

Facial Sculpting with Microcurrent*

50 mins from £69.00

Utilising the latest breakthrough in microcurrent technology alongside advanced topical ingredients for superior results, microcurrent aids muscle re-education to lift, tone and contour the face whilst increasing the natural production of collagen and elastin, reducing the overall visual appearance of ageing.

The Eye Lift & Brighten*

20 mins £22.00

This eye opening service illuminates the eye area delivering quick, visible benefits to help reduce fine lines, puffiness and dark circles. This can also be added to the Pro 30/60 for just £15.

*** Results can be seen with just one treatment but a course of 10 is recommended for optimum results and a maintenance treatment every 4-6 weeks on completion.**

LED Light Therapy

30 mins £40.00

LED light facials are safe, effective and cause absolutely no discomfort or downtime. Using different light wavelengths, we can boost collagen and elastin, reduce redness and irritation, rehydrate your skin, reduce puffy skin, balance oil production and reduce bacteria that causes breakouts. Great as a standalone treatment but amazing when paired alongside any of our other facials. **Add a 10min LED light therapy to your facial for only £15.00**

Plasma Pen Skin Tightening & Rejuvenation**

from £150.00

With targeted precision, the Touch Skin 21 Plasma Pen tightens and lifts sagging skin and improves the appearance of key areas of concern on the face and body. The most popular treatment areas include eye bags and hooded eyes, crepey necks, droopy jawlines, acne and scarring, stretch marks, wrinkles, smoker's lines, age spots, and skin tags.

The Plasma Pen sends a micro-beam of plasma energy into the skin which causes it to retract and tighten. The body then begins its natural healing process, producing more collagen to plump, tighten and firm the treated areas.

After the treatment you will see tiny dark brown spots on the treated areas. These fall off naturally after 5-7 days to reveal brighter, firmer skin. Optimum results are seen approximately 4-8 weeks after the procedure and the results can last up to 24 months. We may recommend a course of treatments, depending on your needs.

**** A full consultation is required to ensure suitability for treatment and to discuss your treatment plan.**



Massage & Reflexology



Bespoke Massage

25 mins from £35.50 | 55 mins from £68.00

Our expert Therapists will create your very own personalised massage targeted to your individual needs. Whether that is pure relaxation, a deeper massage for sore and aching muscles/joints or something in-between.

Stress Buster Massage (Back, Neck, Shoulders & Scalp)

45 mins from £57.00

The stresses and strains of modern life can take their toll and our stress-busting treatment will help you deal with any related problems be they mental or physical: muscular tension, headaches and tight shoulders, tummy troubles, disturbed sleep or exhaustion.

Lava Relax Massage

Back – 25 mins £50.00

Full-Body – 75 mins £100.00

The Relax massage offers an idyllic treatment combining the warmth of the lava shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind.

Reflexology

50 mins £63.00

Working on specific pressure points on the foot which in turn relate to the zones of the body. This ancient healing technique helps to rebalance and energise the entire body.



Pregnancy Massage

Truly Bumptious Massage

60 mins from £80.00

Suitable for pregnant women from 12 weeks onwards your massage is adapted by your therapist to suit every stage of pregnancy. Massages can help to alleviate tension, reduce joint/muscle pain, improve lower back pain and reduce swelling in over-worked limbs/ This treatment may also reduce pregnancy headaches and help you to relax and even sleep better.

Pregnancy Back, Neck & Shoulder Massage

25 mins from £45.00

Suitable from 12 weeks onwards and adapted by the therapist at every stage of pregnancy; this targeted massage will help to relieve aches and pains leaving you feeling calm and relaxed.

Pregnancy Foot & Leg Massage

25 mins from £40.00

This luxurious foot and leg massage helps to relieve swelling and aching feet.



Hair Removal

k:SPA are specialists in intimate waxing and utilise only the highest quality strip and non-strip (hot) wax to ensure your waxing experience is as pain free and comfortable as possible. Non-strip wax is used for female intimate waxing.

Waxing

Full Leg	from	£35.50
¾ Leg	from	£34.00
Upper Leg inc knees	from	£29.50
Lower Leg inc knees & feet	from	£25.00
Back of Thighs Only	from	£15.00
Underarm	from	£13.50
Full Arm	from	£22.50
Forearm inc. elbows/hands	from	£23.00
Eyebrows	from	£12.50
Lip or Chin	from	£11.50
Eyebrow & Lip	from	£21.50
Lip & Chin	from	£21.00
Nostrils (painless technique)	from	£13.00
Face Wax Package		
(Eyebrows/Ears/Nostrils)	from	£26.50
Full Back & Shoulders	from	£35.50
Upper Back	from	£22.50
Lower Back	from	£13.50
Abs	from	£16.50
Chest	from	£17.00
Chest & Abs	from	£28.00

Electrolysis

A safe and effective permanent removal of unwanted hair from any area of the face and body using disposable needles.

5 mins	from	£13.00
15 mins	from	£24.00
30 mins	from	£36.00

Female Intimate Waxing

Basic Bikini (outside underwear line only)	from	£16.50
G-String Bikini (high sides and top)	from	£24.00
Brazilian (landing strip)	from	£36.00
Hollywood (all removed)	from	£36.00

Threading

An ancient, highly specialised method of hair removal using a pure, thin, twisted cotton thread; the perfect alternative for those with sensitive skin or who use Retin-A, Accutane, and similar products.

Eyebrows	from	£12.50
Chin	from	£11.50
Full Face	from	£34.00
Lip	from	£11.50
Sides of Face	from	£23.50



Eyes

LVL Enhance – The Natural Lash Lift*

60 mins from £68.00

(includes a mini facial or eyebrow shape/ tint worth £25).

LVL Enhance adds Length, Volume and Lift to natural eyelashes. With no extensions, no adhesive and no mascara. Unlike a traditional lash perm, LVL Enhance straightens your natural lashes at the root, creating the appearance of longer, thicker lashes. Plus the added lash tint creates a mascara-style effect, so your lashes are perfect from the moment you wake up.

* A patch test is required 48hrs prior to the first treatment.

Eyebrow Shape from £12.50

Choose from waxing, threading or tweezing.

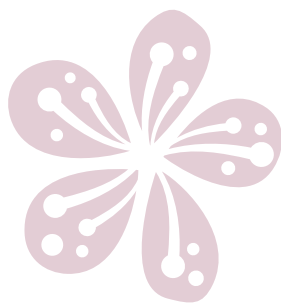
Eyelash Tint* from £22.50

Eyebrow Tint* from £12.50

Eyelash & Eyebrow Tint*

(inc free eyebrow shape) from £34.00

*A patch test is required 24hrs prior to the first treatment.



So, What Now?

There are a number of ways you can get in touch with k:SPA to book your appointment or just find out a little bit more about us and our treatments:

Online

Go online www.mykspa.co.uk for more information and FAQ's, to make an appointment, for special offers and to sign-up to our monthly competition.

Email or Call

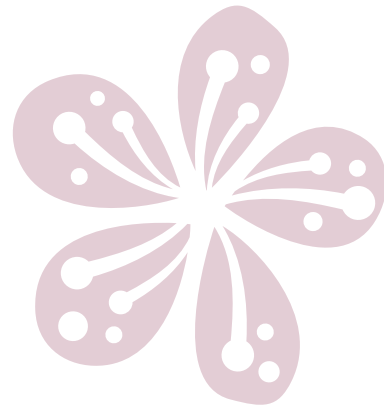
You can email us at info@mykspa.co.uk or call 01489 880 497 to ask any questions or to make an appointment.

Follow k:SPA on Instagram, Facebook and TikTok for the latest updates, news and tips.

 @kspawhiteley

 @kSPAwhiteley

 @kspawhiteley



However you decide to get in contact with us, Kelly and the k:SPA team look forward to welcoming you and making your time at k:SPA an enjoyable and rewarding experience.

General Information

Please arrive in good time for your appointment, you will be sent a consultation form by email, please complete this before your arrival so that we can prepare for your treatment. It will also mean we don't use your valuable treatment time to complete the form. As a courtesy to all clients' late arrivals will regrettably result in reduced treatment time at full cost.

GIFT CERTIFICATES

Gift Certificates can be purchased online or in person and are available for an amount of your choice. Gift Certificates are valid for a period of twelve months from the date of purchase and are non-refundable or transferable.

CANCELLATION POLICY

We request that clients provide us with 24 hours notice to cancel or reschedule an appointment, or part of an appointment, to avoid paying a 50% cancellation charge.

CHILDREN

We respectfully request out of consideration for other clients that children are not brought into the salon. For Health & Safety reasons we do not allow children into the treatment rooms.



Opening Hours & Map

We understand how precious weekends are and have listened to our clients requests. We have chosen to work longer and later during the week so that our clients and our team can enjoy this special time.

Opening Hours

Monday Closed
Tuesday 10:00am – 8:00pm
Wednesday 10:00am – 8:00pm
Thursday 10:00am – 8:00pm
Friday 10:00am – 6:30pm
Saturday & Sunday Closed

Address

3600 Parkway
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Parking

Enjoy 2 hours of FREE parking within The Solent Centre. If you think your visit will take longer, please let our Reception know on arrival.

