



# k:SPA

Salon Experience | Spa Approach

## Our Treatments

01489 880497  
[www.mykspa.co.uk](http://www.mykspa.co.uk)



# Why visit k:SPA?

k:SPA is a haven; professional yet friendly, serving our clients for over 11 years. 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.





# k:SPA Signature Facials

## k:SPA Signature Facials

**30 mins £46.00 | 60 mins £78.50 | 90 mins £120.00**

Our most popular skin treatment; more than just a facial this is the ultimate custom designed, results driven experience

Combining advanced professional Dermalogica products, machine technology and the hands-on skill of your skin specialist. We will discuss your skin care goals and personalise your treatment and aftercare plan to help you achieve them.

As your facial will be unique to you it may include some of the following: deep ultrasonic cleansing, extractions, superficial peel, dermabrasion, ultrasonic exfoliation, sonophoresis, microcurrent for lifting and firming, LED Light Therapy, acupuncture, lymphatic drainage or lifting and firming massage techniques and more.

We will concentrate on your key concerns and preferences whatever they may be: brightening, lifting & plumping, acne management, scarring, lines & wrinkle softening, de-puffing or de-stressing. Each facial is bespoke and the more time you have the more concerns we can target and the more technology we will be able to include in your treatment.

Unlock your potential for your healthiest skin yet and leave feeling refreshed and revitalised with that all-important glow.

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

## Diamond Dermabrasion

**30 mins £46.00 | Course of 6 £276.00 plus one FREE treatment.**

**60 mins £78.50 (includes extractions & massage) | Course of 6 £471.00 plus one FREE treatment.**

The Diamond Dermabrasion machine exfoliates dead cells from the skin surface, deep cleansing the pores and stimulating local blood flow to boost collagen and elastin production.

The treatment creates a firm, fresh and more even complexion that continually improves over time. It is a pain-free, simple and speedy procedure that produces immediate results. It can benefit many different skin concerns such as: fine lines and wrinkles, coarsely textured skin, scarring, pore size and age spots.

## k:SPA Skin Discovery Consultation

**30mins £30.00 (redeemable against product or treatment purchase)**

Our k:SPA Skin Discovery Consultation will help you solve your skincare woes and find the right solutions for your unique concerns. Taking into consideration environmental influences; hydration levels; oil production; breakout activity; redness; skin ageing (lines/wrinkles); pigmentation and more. We pair advanced technology, with our experience and skin expertise, to provide a one-of-a-kind consultation experience!

# Advanced Facials

## Dermalogica Pro Power Peel

**30 mins £65.00 | Course of 3 £195**  
**+ complementary homecare products**

The Pro Power Peel collection features a full suite of products, including Alpha Hydroxy Acids (AHA's) and Beta Hydroxy Acids (BHA's).

## Lifting & Firming Facial

**50 mins £60.00 | Course of 10 £550.00\***

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 £23.00 | Course of 10 £265.00\***  
**(includes targeted eye product worth £55)**

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 Signature 30 minute or 60 minute facial for just £10.

## The Lip Plump & Hydrate

**20mins £23.00 / Course of 10 £260.00\***  
**(includes a targeted lip product worth £50)**

Restore hydration, smooth lines and reduce the appearance of lip ageing. This lip service is a great way to help restore volume and hydration.

\*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.



## bt-titan Microneedling

**60 mins £200.00 | Course of 3 £480.00**

As a highly effective way of firming, smoothing and tightening the skin, microneedling or skin needling is an all-bases-covered solution to skin concerns as wide-ranging as wrinkles, scars and uneven tone. During this process, a fine-needled device is moved carefully over the skin in order to inflict small injuries on target areas. This triggers the skin's natural healing processes, with our supplies of collagen and elastin assuming centre stage to leave us with skin that appears fresher, less blemished and more illuminated.

## LED Light Therapy

**30 mins £40.00 | Course of 10 £350.00\***

Research has shown that LED can increase circulation, accelerate tissue repair, kill acne bacteria, decrease inflammation, and improve skin tone, texture and clarity. Great as a standalone treatment, but amazing when paired alongside any of the other advanced skin treatments.

Add a 10min LED taster to any Signature 30 or 60 minute facial for only £10.00.

# Massage & Well-Being Therapies

## Bespoke Massage

**25 mins £34.50 | 55 mins £66.00**

Relax and enjoy a Bespoke Massage – the ultimate in massage therapy at k:SPA. Our expert Therapists will create your very own personalised massage targeted to your individual needs. Beginning with a detailed consultation to find out what areas you would like us to concentrate on, any problems you are currently experiencing and the type of massage pressure you prefer. We will then create your unique therapy whether that is pure relaxation, a deeper massage for sore and aching muscles/joints or something in-between. A perfect blend of Aromatherapy oils designed to up-lift and re-energise or relax and de-stress will complement your choice of treatment.



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

**45 mins £55.00**

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 £43.50 | Full Body – 75 mins £87.50**

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

During the massage warm shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

## Reflexology

**50 mins £54.50**

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.

# Hands & Feet

## **GELeration Manicure**

**40 mins £40.00**

Cuticles will be cared for; nails will be shaped and finished with Jessica's GELeration gel polish and hand cream applied.

Add a French Gel Polish for £10 at the same time as booking the above.

## **GELeration File and Polish**

**30 mins £33.00**

For fingers or toes – nails are filed and finished with Jessica's GELeration gel polish.

Add a French Gel Polish for £10 at the same time as booking the above.

## **ZenSpa Pedicure with GELeration**

**50 mins £52.00**

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed; toenails shaped and finished with Jessica's GELeration gel polish.

Add a French Gel Polish for £10 at the same time as booking the above.

## **French Gel Polish\***

**10mins £10.00**

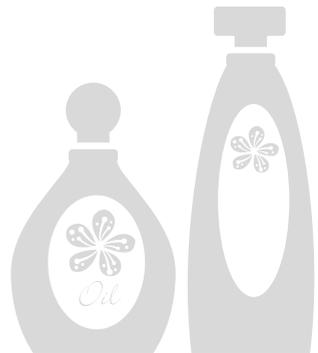
\*This is not available as an individual treatment, it must be booked at same time as the above treatments.



## **GELeration Removal**

**£15.00**

GELeration removal charges apply to all appointments, you may purchase a removal kit for multiple home uses to save this charge on your appointment. Please contact the salon for details.



# Hair Removal

At Myk:SPA we 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 all intimate waxing.

## Waxing

Full Leg	£36.00
¾ Leg	£33.00
Upper Leg inc knees	£29.50
Lower Leg inc knees & feet	£25.50
Back of Thighs Only	£16.00
Underarm	£14.00
Full Arm	£23.00
Forearm inc. elbows/hands	£20.00
Eyebrows	£12.50
Lip or Chin	£11.50
Eyebrow & Lip	£22.00
Lip & Chin	£21.00
Nostrils (painless technique)	£10.00

## Male Waxing

Eyebrows	£12.50
Ears	£11.50
Nostrils	£10.00
Face Wax Package (Eyebrows/Ears/ Nostrils)	£27.50
Full Back & Shoulders	£35.00
Upper Back	£23.00
Lower Back	£12.50
Abs	£14.50
Chest	£14.50
Chest & Abs	£25.50

## Electrolysis

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

5 mins	£11.00
15 mins	£22.00
30 mins	£33.00

## Female Intimate Waxing

Basic Bikini (outside underwear line only)	£16.00
G-String Bikini (high sides and top)	£23.00
Brazilian (landing strip)	£34.50
Hollywood (all removed)	£39.50

## Threading

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

Eyebrows	£12.50
Chin	£11.50
Full Face	£35.00
Lip	£11.50
Sides	£23.00

## Advanced Electrolysis

Using advanced techniques to remove thread veins, skin tags, blood spots, seborrheic keratosis and many more skin lesions. Multiple lesions can be removed in the allocated time, full consultation is required.

15 mins	£50.00
30 mins	£100.00
Mole Reduction	£150.00

# Eyes

## HD Brows £35.00

More than just an eyebrow wax let us help you achieve the brows you desire with a combination of techniques. Can include waxing, threading, tweezing, tinting plus an application of HD Brows make-up for the perfect brow.

A patch test is required 48hrs prior to your first treatment or if it has been 6 months since your last treatment.

## LVL Enhance – The Natural Lash Lift

**60 mins £60.50 (includes a mini-facial worth £20)**

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.

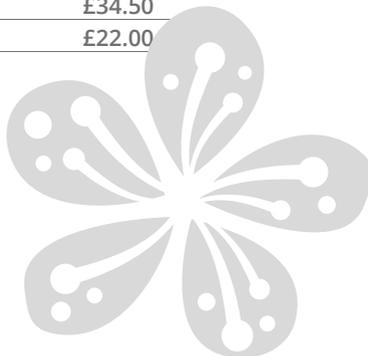
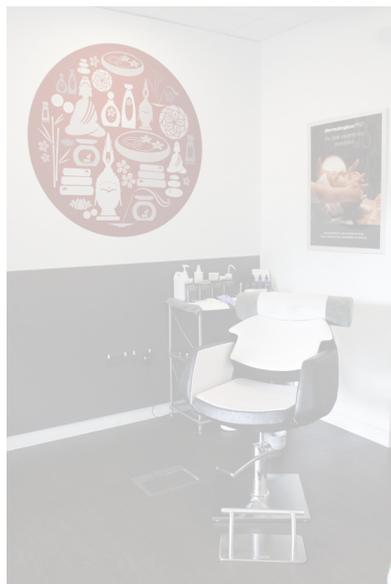
A patch test is required 48hrs prior to your first treatment or if it has been 6 months since your last treatment.

## Eyebrow Shape £12.50

Choose from waxing, threading or tweezing.

Eyeshadow Tint*	£23.00
Eyebrow Tint*	£11.50
Eyeshadow & Eyebrow Tint*	
(inc free eyebrow shape)	£34.50
Eyebrow Shape & Tint*	£22.00

\*A patch test is required a minimum of 24hrs prior to your first treatment or if it has been 6 months since your last 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](http://www.mykspa.co.uk) for more information and FAQ's, to make an appointment, for special offers and to sign up to our newsletter.

## EMAIL or CALL

You can email us at [info@mykspa.co.uk](mailto:info@mykspa.co.uk) or call **01489 880 497** to ask any questions or to make an appointment.

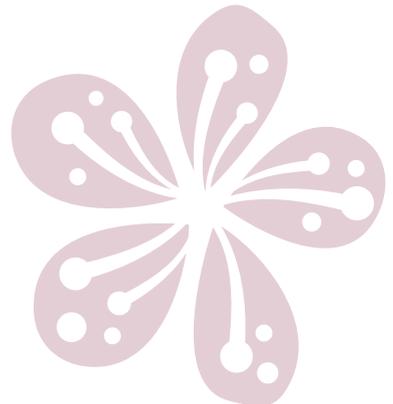
**Follow k:SPA on instagram, facebook and twitter for the latest updates and news.**

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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 Info

Please arrive in good time for your appointment, you will be asked to complete a consultation card on your first visit to k:SPA. As a courtesy to all clients late arrivals will regrettably result in reduced treatment time at full cost.

## GIFT CERTIFICATES

Gift Certificates are available for an amount or treatment/s of your choice. Gift Certificates are valid for a period of twelve months from the date of purchase and are non-refundable or transferable.

## COURSES

Purchase a course of six of the same treatment and receive the seventh one free. We are more than happy to advise you on a personal programme to suit your needs. Courses are non-refundable or transferable, and are not available for all treatments. Please speak with a member of the team for more information.

## CANCELLATION POLICY

We request that clients provide us with 24 hours notice to cancel or re-schedule an appointment to avoid paying a 50% cancellation charge. Appointments of two hours or more will need to be secured with a credit card.

## 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 and Map

## Opening Hours

Monday 10:00am – 4.00pm  
Tuesday 10:00am – 8:00pm  
Wednesday 12:00am – 8:00pm  
Thursday 11.30am – 8:00pm  
Friday 10:00am – 6.30pm  
Saturday & Sunday – Closed

## Address

3600 Parkway  
The Solent Centre  
Solent Business Park  
Whiteley, Fareham  
Hants, PO15 7AN

01489 880 497  
info@mykspa.co.uk  
www.mykspa.co.uk

## 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.

