

Hands & Feet

We use quality, results driven products in our manicures and pedicures to deliver an exceptional treatment leaving you with beautifully manicured hands and/or feet.

Gel Removal £5

Removal of CND SHELLAC Gel Polish applied by Wellness @ the Chase, (we don't remove polish applied at other salons). Includes nail tidy and protein polish.

Express Manicure or Pedicure

Includes nail care and polish in a choice of gel, lacquer or protein polish. Please ensure your nails are free of polish before you appointment.

CND VINYLUX Lacquer or Protein Polish £30 / 45 min

CND SHELLAC Gel Polish £35 / 45 min

Deluxe Manicure or Pedicure

Includes exfoliation, hand / foot mask with heated mitts or booties, relaxing hand or foot massage, nail care and choice of gel, lacquer or protein polish. Please ensure your nails are free of polish before you appointment.

CND VINYLUX Lacquer or Protein Polish £40 / 60 min

CND SHELLAC Gel Polish £45 / 60 min

Add On

French Manicure * £5

Nail Art up to 4 nails (2 each hand) * £10

Nail Art Full Set * £20

Elemis Exotic Foot Ritual

A pampering treatment for the feet for those who don't want their nails painted, Treat your feet to a refreshing foot soak followed by an Elemis foot and lower leg scrub, nail care and dry skin removal. completed with a relaxing and nourishing lower leg and foot massage.

£40 / 40 min

Lashes & Brows

Lash Tint £16.00

Brow Tint £10.00

Lash & Brow Tint £22.50

Brow Tint & Wax or Threading & Lash Tint £30.00

LVL Lash Lift and Tint £45.00

*Please allow extra time for your appointment

Waxing

Bikini £14.50 Hollywood £32.00

Lip £8.00 Chin £8.00 Lip & Chin £12.00 Eyebrow Shape £10.00

Arm £22.50 Underarm £12.50

Full Leg £32.00 Half Leg £22.50

Back £22.50 Chest £22.50

Wellness Packages

Serenity

The Ultimate Relaxation Experience

Relax as our expert therapist begins with a full body Elemis salt glow scrub to cleanse, exfoliate and hydrate, followed by a soothing Elemis Frangipani massage and finished with a luxurious frangipani cream for a silky smooth wrap. Whilst you relax in candlelit serenity, your therapist will complete a bespoke Elemis facial leaving you beautifully relaxed, with nourished, soft glowing skin.

£120 / 120 min

Radiant Rose Escape

Awaken Your Senses, Restore Your Glow

Unwind with this luxurious treatment designed to rejuvenate both body and mind. Begin with an Elemis salt glow back scrub followed by a relaxing back massage to ease away tension, leaving your skin soft, smooth and glowing. Our expert therapist will then complete your treatment with a beautifully scented Elemis rose facial, designed to pamper your skin and reveal a softer, more hydrated complexion, visibly targeting the signs of ageing and strengthening the skins barrier.

£90 / 90 min

Jet Set 'n Glow

Get holiday ready with this ultimate package, created to ensure you look immaculate & feel your best, leaving you confident and glowing. Includes gel manicure & pedicure, 30 minutes waxing plus a brow tint & shape with lash tint.

£120 / 140 min

Please note - times shown are the appointment times, not treatment times.



Wellness @ The Chase

Welcome To The Ultimate Relaxation Experience



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Massage

Aromatherapy Massage

A bespoke treatment created to meet your individual needs and concerns. This treatment offers a choice of Elemis pre - blended aromatherapy oils, combined with highly therapeutic massage techniques to ease away tension and relax or refresh the mind and body.

Massage Pressure - Light or Medium

£35 / 30 min
£60/ 60 min

Deep Tissue Massage

This is the perfect treatment when you're needing a more intense massage to relieve tension and pain. Combining the use of forearms, elbows, hands and dry cupping the therapist releases tension and tightness held deeply in your muscles and your connective tissues. A deep tissue massage will typically focus on your primary areas of discomfort

Massage Pressure - Medium or Firm

£38 / 30 min
£65 / 60 min

Hot Stone Massage

A deeply relaxing treatment where the hot stones provide heat therapy to the muscles, which can help reduce pain and tension, stress and anxiety and inflammation . The stones used in hot stone massage are typically basalt, volcanic rock that absorb and retain heat.

Massage Pressure - Light or Medium

£38 / 30 min
£65 / 60 min

Mum-To-Be-Massage

Pure indulgence for the face and body, using safe and natural products for pregnant and nursing mothers. Used to soften and protect the skin and to help combat and prevent stretch marks and cellulite during pregnancy. Muscular aches are relieved and skin is given a boost to give you an increased glow.

£80 / 90 min

Elemis Facials

Elemis Skin Specific Facial

Restore your skins vitality with this unisex, customised facial to target your skins needs, using clinically proven formulas and skin-lifting massage techniques to deliver a bespoke treatment which leaves your complexion hydrated and rejuvenated.

£35 / 30 min
£65 / 60 min

Elemis Radiant Rose Facial

Sooth and calm your senses, this high performance facial plumps, firms and smooths fine lines whilst also soothing and hydrating the skin, ensuring you leave with a radiant, petal soft complexion. In just one treatment, skin looks visibly refreshed, renewed and radiant.

£70 / 60 min

Elemis Pro-Collagen Age Defy Facial

This exceptional facial is designed to help improve the fitness and firmness of your skin while reducing fine lines and wrinkles. Clinically proven Elemis formulas and signature massage techniques are used to lift and tighten the skin.

£70 / 60 min

Body

Elemis Frangipani Body Wrap

A truly indulgent treatment, this exotically fragrant, intensely moisturising body wrap uses aromatic Monoi Oil, gently massaged into the body, offering super-hydration and relaxation. You are then treated to a mini facial with a neck, shoulder and scalp massage.

£65 / 60 min

Elemis Deep Cleansing Frangipani Salt Scrub

This fragranced salt scrub will gently slough away dead skin cells, encouraging the regeneration of new cells. Your treatment is completed with the application of Elemis Frangipani body cream, leaving your skin velvety soft.

£35.00 / 30 min

Holistic Therapies

Indian Head Massage

A deeply relaxing treatment that uses acupressure massage on the head, neck and shoulders, to rebalance your body's energies. This treatment helps to alleviate brain-fog, stress, tension, headaches, migraine, anxiety and stimulates hair follicles to encourage hair growth

£40 / 40 min

Reflexology

To optimise body function, it is important to ensure our life energies are balanced. Reflexology does this by using specific techniques of massage and manipulation of the hands or feet to stimulate the body's natural healing responses and to promote a sense of wellbeing by working on specific reflex points in the hands and feet which correspond to organs, glands, and parts of the body. Stimulating these reflex areas unblock nerve impulses and improves blood circulation to leave you feeling physically relaxed and re-energized. Reflexology helps to reduce stress and anxiety and aids relaxation. Reflexology can be used as a complementary treatment alongside traditional medicine, but is not an alternative to it.

Initial Consultation & 1st Treatment

Consultation to assess your individual needs, and any ongoing health issues, followed by a 55 minute treatment and a treatment plan.

£60 / 70 min

Reflexology

A complete treatment working on the reflex points of the feet, followed by feedback as to the areas that are not functioning effectively.

£55 / 50 min

Ultimate Reflexology

A luxurious reflexology treatment that includes a lower leg exfoliation scrub and a mask applied to remove dead skin cells and rejuvenate, firm and hydrate the lower legs.

£70 / 70 min

