

# HAVEN CLASSICS

<b>Swedish Massage</b>	(55 mins) £44.00 (25 mins) £35.00
<b>Aromatherapy Massage</b>	(55 mins) £45.00 (25 mins) £36.00
<b>Hot Stone Massage</b>	(90 mins) £75.00 (55 mins) £40.00
<b>Lava Shell Massage</b>	(90 mins) £75.00 (55 mins) £45.00 (Tummy area) £35.00
<b>Indian Head Massage</b>	£45.00
<b>Reflexology</b>	£50.00
<b>Hopi Ear Candling</b>	£30.00 <b>(Pensioners and Children) £26.00</b>
<b>Celebration and Bridal Make-up</b>	£40.00
<b>Hand and Foot Spas</b>	
Luxury Hand Spa with Manicure	£35.00
Luxury Foot Spa with Pedicure	£35.00
Mini Manicure/Pedicure combined	£45.00
File and Polish (Hands or Feet) (French Polish £4 extra)	£18.00
<b>Body Bronzing</b>	
(Full Body)	£25.00
(Upper Body)	£20.00

**Call The Haven on 01389 607222**

Please call in advance to reserve your preferred appointment time. We require credit card details to hold a reservation and at least 24 hours notice should you wish to cancel an appointment.

Cancellations with less than 24 hours notice will be charged at the full rate.



## The Haven on the Loch

My name is Debra Bell and I would like to welcome you to The Haven, a piece of heaven on the tranquil shores of Scotland's beautiful Loch Lomond.



My dream for The Haven began many years ago while living and working in the Far East. Here I was introduced to the wonder of the Natural Spa. In tropical settings I found sanctuaries full of wonderful aromas, sounds, sights and sensations - retreats where you would go to be pampered and pummelled, spaces where your senses are overwhelmed by the elements, where you could switch off and simply...be.

It was with these thoughts, feelings and memories in mind that, in 2002, The Haven on the Loch was born.

Since then we have grown in many different directions - constantly striving to ensure that every experience is all it can be. Since 2007 we have been finalists in a total of 12 different categories at the British Beauty and Spa Awards winning the UK Facialist of the Year accolade in 2007, 2008 and 2009.

We are also proud holders of the Salon of the Year (Scotland and NW England) title for 2009/2010.

So whether you would like help with specific skin or body care problems or are simply looking to relax and unwind, we can help.

Call us now and let us become your... **Haven on the Loch.**

**OR VISIT OUR SPA-THE HAVEN AT THE LODGE, THE LODGE ON LOCH LOMOND HOTEL, LUSS.**

**01389 607222 www.the-haven.biz relax@the-haven.biz**

**1 The Galleries, Balloch Road, Balloch, Loch Lomond, G83 8SS, Scotland**



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## SKIN CARE AND FACE RITUALS

### The Prescriptive Skin Spa Facial

£50.00

This results-driven facial is individually tailored to meet your own specific skin care goals. Each session includes a full skin analysis using Chinese Diagnosis and FaceMapping techniques.

### The Haven Moroccan Signature Facial

£55.00

This classic Moroccan facial leaves your skin deeply cleansed and glowing with radiance. The ingredients used are selected following a detailed consultation and ensure maximum benefits. This facial treatment brightens, smoothes and rejuvenates the skin while relaxing the mind and the body.

### The Repairing Argan Facial

£60.00

This 'liquid gold' facial uses the highly effective argan oil taken from the Moroccan argan tree. This precious oil is renowned for its powerful anti-oxidants, rich in vitamin E and essential fatty acids and is fantastic for toning, repairing and regenerating the skin.

### The Skin Refining Facial

£65.00

This amazingly effective facial harnesses the anti-aging powers of the renowned prickly pear oil to help boost collagen production and reduce fine lines. It includes a toning facial massage, skin smoothing sugar cane exfoliation and intensive moisturising prickly pear masque.

### The Mini Radiance Facial

£35.00

This face ritual includes a Savon Noir cleanse and exfoliation followed by a honey, rose & ginger masque to brighten and tighten the skin.

### Crystal Clear Microdermabrasion

£60.00

Course of six: £300.00

An effective treatment to help with the effects of premature aging, fine lines, wrinkles, open pores, blackheads, pigmentation, acne scarring, stretch marks and much, much more. Results are visible immediately. For optimum results a course of 6 is recommended.

### Gents Traditional Hot Towel Wet Shave

£25.00

Includes a double shave and hot steam towel conditioning skin treatment.

**Bespoke Facial Treatments available on request.**

## BODY RITUALS

Using a combination of precious ingredients and ancient recipes, **La Sultane de Saba Rituals from around the world, transport your mind, body and senses on a journey of pure relaxation and wellbeing.**



## La Sultane de Saba

### The Muscle Melt Moroccan Massage

£60.00 (60mins)

£80.00 (90mins)

Using La Sultane's rich signature blend of warm oil and melted shea butter, this full body massage offers deep relaxation and relieves tension. This warming oil mixture is gently drizzled over the body and an intensive muscle relaxing massage follows.

### The Ritual of Relaxation

£62.00

An absolute stress reliever - this Moroccan delight encapsulates total calm and gentle stillness using the relaxing and calming properties of Rose. A warm oil scalp treatment and massage followed by our deeply relaxing foot ritual will leave you feeling as light as a feather.

### The Pure-Ritual

£65.00

A full-body cleanse firstly smoothes the skin before you are enveloped in pure Rassoul lava clay which is known for its powerful purifying properties. Whilst the clay gets to work at removing impurities and conditioning the skin, a purifying facial is given to leave you with a soft healthy glow all over.

### The Green Tea Tingler

£45.00

The ultimate uplifting, circulation-boosting treat to fight off that orange peel effect. A great way to get legs in tip top shape or even just as an energising lower body boost to make way for super smooth, radiant skin! Includes an exfoliating mineral salt scrub followed by a purifying lower body wrap and deep tissue massage.

### The Exfoliating Savon Noir Scrub

£40.00

A full body exfoliation using the black olive and eucalyptus Savon Noir scrub to remove dead skin and boost circulation. An essential monthly treatment for healthy, silky-smooth skin.

## BEAUTY TREATMENTS

**Lycon**  
arecis an waxing

### Waxing

This revolutionary new hot waxing system from Australia reduces the possibility of pain by literally shrink-wrapping itself around each hair, removing it from the very root. This helps to prevent hair breakage, in-grown hairs, bruising and redness. Amazingly, it even removes stubborn hairs as short as 1mm. Do not settle for anything less than the best for your waxing.

Eyebrow wax	£10.00
Upper Lip or Chin	£8.00
Upper Lip and Chin	£15.00
Underarms	£13.00
Forearms	£14.00
Bikini	£13.00
G-String	£17.00
Brazilian	£33.00
Hollywood	£35.00
Half Leg	£15.00
Full Leg	£23.00
Full Back and Shoulders	£22.00
Upper Back and Shoulders	£17.50
Chest	£20.00
Upper Back and Chest	£30.00

**HAVE ANY 3 AREAS WAXED AT THE SAME TIME AND THE LOWEST PRICED IS FREE OF CHARGE**

### Eye Treatments

Lash Tint	£10.50
Brow Tint	£8.50
The Complete Eye Treatment (Brow tint and shape with eyelash tint)	£23.50
Lash Perfect Semi-Permanent Eyelash Extensions (full set)	£60.00
(Top-up/Maintenance)	£32.00