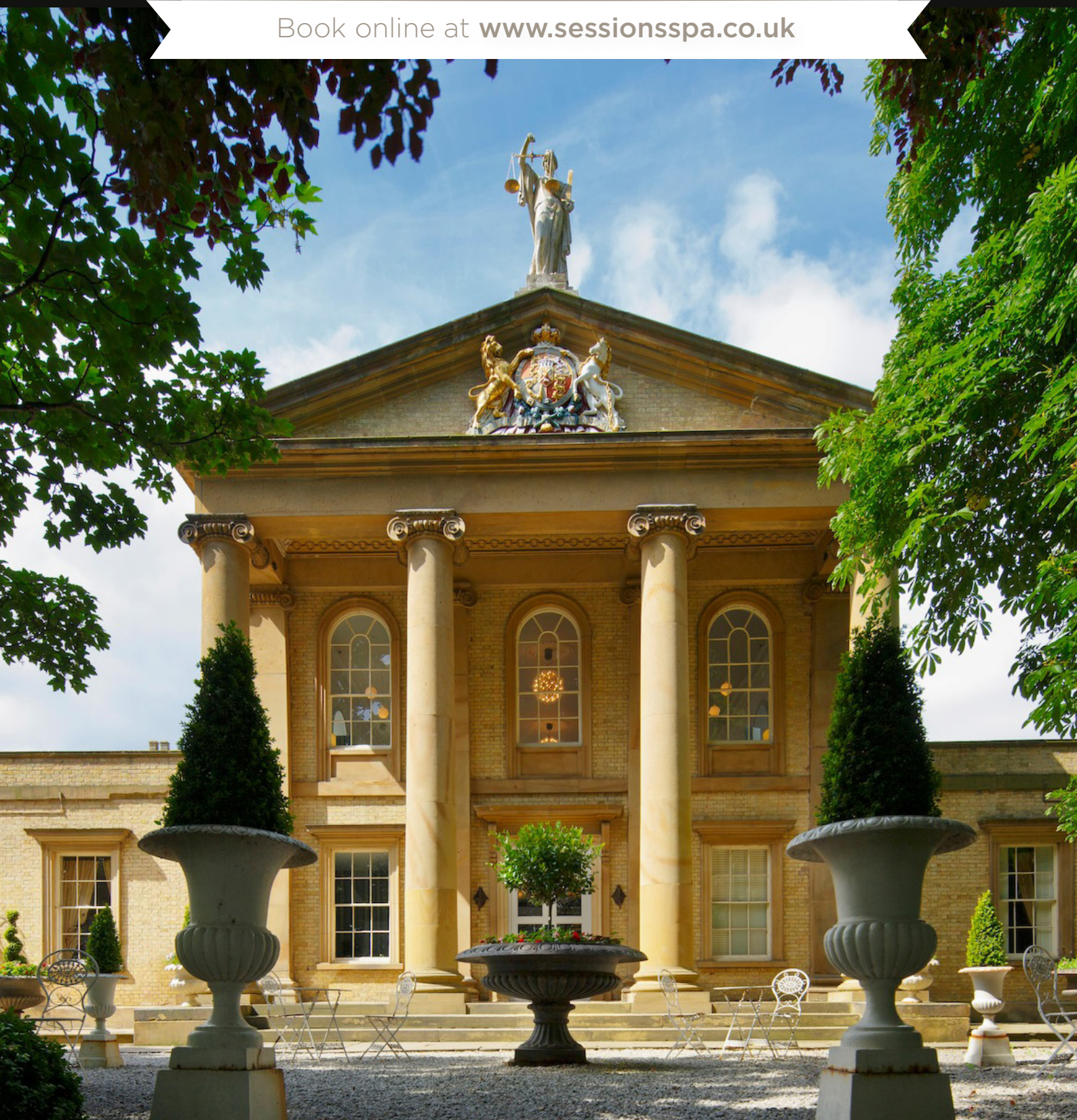


# SESSION2

## MEDISPA

Discover luxury in the heart of historic  
Beverley, East Yorkshire

Book online at [www.sessionsspa.co.uk](http://www.sessionsspa.co.uk)





WELCOME TO  
**SESSION2**  
MEDISPA

Add some indulgence into your every day with the finest spa  
in Beverley, East Yorkshire

Based in Beverley's Sessions House Crown Court, built in 1804, Sessions House  
Spa offers understated luxury and authenticity that you won't find elsewhere.

Whether you're longing for a monthly blow-dry, a full day of pampering, or  
advanced non-surgical treatments Sessions House can take care of your hair,  
body and facial needs all in one destination. Our experienced and specialist team  
dedicate their time and efforts to helping clients escape reality and transport  
them to a sanctuary of relaxation.

Explore our services at: [www.sessionsspa.co.uk](http://www.sessionsspa.co.uk)

**LUXURY  
GIFTING**

Vouchers available online at  
[www.sessionsspa.co.uk](http://www.sessionsspa.co.uk)

## CONTENTS

Sink into a world of complete relaxation and serenity with our  
range of indulgent spa packages and beauty, non surgical and  
injectable treatments.

<b>FINEST MEDI SPA</b>	<b>4</b>
Spa Packages	5
Spa Body Massage	9
Spa Face	12
Spa Wraps & Scrubs	14
Spa Hands	15
Spa Feet	16
Spa Eyes & Brows	17
Spa Waxing	18
<b>SESSIONS HAIR</b>	<b>20</b>
<b>AESTHETICS</b>	<b>22</b>
Aesthetic Courses	23
Aesthetic Hydrafacial	26
Aesthetic Endymed	28
Aesthetic Laser	29
Aesthetic Fractional Laser	30
Aesthetic IPL	30
Aesthetic CACI	31
Aesthetic Micro Needling	32
Aesthetic Dermaplaning	32
Aesthetic PCA	33
Aesthetic Cryo Face & Body	34
<b>INJECTABLES</b>	<b>36</b>
<b>WELLNESS CLINIC</b>	<b>38</b>
Wellness Cryo Sports	39
Wellness Cryo Pain management	39
Wellness Cryo Lymphatic Drainage	39



# SESSION2 SPA

Sink into a world of complete relaxation and serenity with our range of indulgent spa packages and beauty treatments.

When life takes its toll, a spa pamper in Yorkshire is the perfect way to escape. Check out our incredible selection of spa treatments suited to a variety of clients.



## SPA PACKAGES

### **SESSIONS RELAX - £160**

Our Sessions Medispa Team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your relaxing experience with us.

- Harmonising & Revive Facial, 30 mins
- Inner Harmony Body Massage, 30 mins
- Glass of Fizz with Afternoon Tea

### **SESSIONS SIGNATURE - £95**

Our Sessions Medispa Team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your relaxing signature experience with us.

- Luxury Manicure or Pedicure, 55mins
- Hand Massage or Foot Massage, 15 mins
- Glass of Fizz or Wine

### **SESSIONS LUXURY - £200**

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your relaxing luxury experience with us.

- Harmonise or Destress or Freestyle Facial, 25mins
- Harmony Body Massage, 60 mins
- Glass of Fizz or Wine

## SPORTS PACKAGE - £165

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your Ultimate Sports package with us.

- Sports Body Massage (Hands) (Excludes advanced technology Body massage), 60 mins
- Cryo Sports Muscle treatment, 30 mins
- Drink
- Relaxation
- Steam Room, 20 mins

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## MENOPAUSE SUPPORT PACKAGE - £495

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Sessions Menopause package and your relaxing experience with us.

***Consultation included with this package.***

- HydraFacial for your Skin, 30 mins
- Fat Freezing (choose area of concern), 30 mins
- Endymed Radio Frequency Body Shape, 30mins
- Glass of fizz or Wine
- Relaxation

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## WEIGHT LOSS SUPPORT PACKAGE - £495

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your advanced fat reduction technology experience with us.

***Consultation with this package***

- Cryo Fat Freezing & Skin Tightening Body Area 1, 30 mins
- Cryo Fat Freezing & Skin Tightening Body Area 2, 30 mins
- Cryo-light Face, 30 mins
- Glass of fizz or wine
- Relaxation

## SESSIONS ULTIMATE - £350

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your Ultimate relaxing experience with us.

- Choose any facial from menu (Excludes advanced technology facials), 55mins
- Choose any full body massage from menu. (Excludes advanced technology Body massage), 60 mins
- Glass of Fizz or Wine
- Relaxation
- Steam room, 20 mins

***Champagne Afternoon Tea included to compliment your Ultimate experience.***

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## ADVANCED TECHNOLOGY PACKAGE - £355

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Aesthetics Sessions package and your advanced technology experience with us.

- Deluxe HydraFacial which included 30 mins face and 30 mins body, (Tailored for Male or Female) 60 mins total
- Cryo Rejuvenation or Skin Tightening (Excludes advanced technology Body massage), 30 mins
- Glass of Fizz or Wine
- Relaxation
- Steam Room, 20 mins



**LUXURY COUPLES PAMPER - £265 PER PERSON.**

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Luxury Couples Pamper Package with us.

- Harmonise & Revive Facial, 25 mins
- Freestyle Body Massage, 60 mins
- Drink of Choice
- Relaxation
- Steam room, 20 mins
- Afternoon tea

**COUPLES PAMPER - £125 PER PERSON**

Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Couples Pamper Package with us.

- Freestyle Body Massage, 60 mins
- Glass of Fizz
- Relaxation
- Steam Room, 20 mins

**BODY MASSAGE**

**INNER HARMONY MASSAGE BACK**

Shoulders & Head, 30 mins - £85 / Full Body, 55 mins - £125

An intense Swedish style ritual with scientifically designed ingredients to bring about balance and harmony. Using bespoke massage techniques to relieve muscular tension and toxin drainage to encourage healthy circulation re-centring your body and brining overall balance to re harmonise your core.

**BODY LYMPHATIC MASSAGE**

Legs, 30 mins - £85 / Full Body, 55 mins - £125

This heavenly treatment starts with lymphatic body brushing followed with an enriched mineral and purifying body balm and gentle full body lymphatic massage. (Legs only 30 mins)

**THERMAL STONE MASSAGE**

Back, 30 mins - £90 / Full body, 55 mins - £135

Relax you body and deeply hydrate your skin with this restoring thermal muscle treatment. Balinese hot stones are worked gently into the muscles, loosening tension, and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles, and intensely hydrated skin.

**FREE STYLE MASSAGE HALF BODY**

Back, 30 mins - £90 / Full body, 55 mins - £135

Alleviate stress and soften the body with a tailored deep tissue treatment. Your therapist will select an oil suited to your concerns. Skin is prepared and circulation boosted while a flowing massage works deeply into the tension, leaving you grounded and fully restored

**UPPER BODY BLISS MASSAGE**

Back, Neck, Shoulders, Face & Scalp, 55 mins - £115

A deeply relaxing massage working on the back, shoulders, neck, face, and scalp. Rhythmic movements are performed to soothe, calm, and restore peace. The treatment includes facial cleansing and intense head massage.

## EXPRESS BACK MASSAGE

30 mins - £85

Pushed for time but need to unwind this is perfect for you. Choose a deeply relaxing massage that focuses only on the back in relieving you of day-to-day stresses or target tense muscles with greater pressure unravelling tightness to make you feel more relaxed and ready for another day.

## SPORTS MASSAGE

Bespoke Areas, 30 mins - £90 / Full body, 55 mins - £135

A sports restorative treatment is specifically designed for athletes tight stressed and aching muscles. Whether its heavy exercise, too many hours driving or at your desk your body can become stiff tight and painful. This massage technique along with bespoke balms know to aid circulation and warm up muscles and help disperse the build-up of lactic acid giving a calming soothing anti- inflammatory effect.

## DEEP TISSUE MASSAGE

Half Body, 30 mins - £95 / Full Body, 55 mins - £155

A deep tissue treatment is specifically designed for tight stressed and aching muscles. Whatever stresses are deep routed at muscular level our expert therapists using pressure specific to your needs will manipulate to relax you a get you ready for another day. Bespoke balms known to aid circulation and warm up muscles and help disperse the build-up of daily stresses giving a calming soothing effect.

## SUB ZERO BODY MASSAGE

(Advanced Technology) Half Body, 30 mins - £90 / Full Body, 60 mins - £160

Cryo (cold technology is applied in with a massage relaxing technique in combination with warm hands to target deep layers of tissue in a relaxing manor. This hybrid experience focuses on mobility flexibility and stability that can be used to optimize preparation, performance, and recovery. Get the benefit of improved oxygen flow, additional energy boost, immune system support and inflammation reduction in cells. A great choice for all athletes.

## SUB ZERO LYMPHATIC MASSAGE

Half Body (legs) - £135 / Full Body (back legs, arms) - £199

Advanced Cryo cold technology combined with warm hands provides an additional boost for lymphatic drainage. This also reduces swelling and boosts immunity. Popular for, water retention, swelling, menopausal symptoms. Monthly Course recommended.

## NEW BEGINNINGS

Full Body Massage, 55 mins - £115

**OR** add New Beginnings Facial, 90 mins - £185

Massage for mothers to be to restore to optimum wellness with an intuitive and relaxing massage that restores the body and hydrates skin that is expanding to accommodate a growing baby. Legs are massaged to ease the heavy feeling that comes with pregnancy Oils are carefully selected to encourage relaxation, health, and an overall feeling of well-being.

Choosing the combined facial massage, you also enjoy a facial to suit your needs and your skin while pregnant and relax even further with a full scalp massage. Give yourself a moment to enjoy leaving the stresses of life behind. Please note a maternity massage must not be booked of you are still in your first trimester.

## ADDITIONAL TREATMENTS

Steam Room, 20 mins - £40

Head Massage, 15 mins - £30

Indian Head Massage, 30 mins - £70

Luxury Foot Massage, 15 mins - £25

# FACE

## RADIANCE GLOW FACIAL & MASSAGE

55 mins - £115

For gorgeous glowing skin, deep cleansing, exfoliation, tone, and relaxing facial massage. Antioxidant rich goodness mask , harnessing effective super hydrating skin formula and finishing with nutrient rich superfoods to nourish and protect balanced skin.

## PRESCRIPTIVE PERFORMANCE

55 mins Facial & Massage - £95 / 85 mins (add back massage) - £125

This most popular facial is designed to leave your skin visibly radiant. Cleanse, exfoliate, tone, relaxing massage with this internationally renowned, multi-award-winning facial. A mask power-packed with vitamins and antioxidants and tailored to your skin type and needs. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Add your back for a little TLC with this leaving your skin deep cleansed, perfectly replenished, and glowing with vitality

## SKIN WORKOUT FACIAL & MASSAGE

55 mins - £115

A firming facial massage with a yoga lifting technique combines natures purest and most potent ingredients scientifically selected creating masterful blends to deliver each skin need for skincare solutions. Hydrates plumps, lifts tone and smooths the skin.

## AROMATHERAPY ANTI-AGING FACIAL

55 mins - £115

The ultimate antiaging triple performance facial targets wrinkles and loss of tone. It is designed to re define skin tone creating a firmer, plumper, smoother more radiant skin

## HARMONISING AND DESTRESS FACIAL

25 mins - £65 / 55 mins - £115

Experience complete relaxation and rebalancing face cleanse and tone with mini massage. Add full facial & neck massage to complete this sensorial experience. Tension relieving massage movements using unique rebalancing ingredients to promote a feeling of infinite well-being.

## FREESTYLE FACIAL

25 mins - £65 / 55 mins - £115

A bespoke facial to suit your needs. Discuss with your therapist what areas you would like to work on and what style works best for you and your therapist will recommend the best ingredients for your skin to achieve your desired outcome.

## NEW BEGINNINGS FACIAL

45 mins - £85

A bespoke facial formulated for pregnancy. Products chosen specifically for your skin tone and type and a relaxing massage to give yourself a moment to appreciate the joy of pregnancy and leave the stresses momentarily behind you

## HYDRAFACIAL

Express, 30 mins - £100 / Basic 60 Mins - £130

Resurfacing for stunning smooth skin. Purify and brightens as skins texture is transformed. Express focuses on cleanse, exfoliation, and hydration. The basic includes spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by enzyme technology minimises the look of uneven tone, texture, and fine lines.

## CRYO FACIAL

Collagen Boost Sub Zero Cryo Facial Advanced Cryo Technology)

Bespoke face area, 30 mins - £100 / Full face, 60 mins - £150

Cryo (cold) technology age defying facial works on stimulating collagen production and its fat freezing ability sculpts and provides definition. Cryo technology also works on skin rejuvenation, skin tightening, A popular anti aging, rejuvenating non-surgical option. (A course is recommended for optimum results)

## ADDITIONAL TREATMENTS

Face, Neck & Head Massage, 50 mins - £105

Leg & Foot massage, 40 mins - £95

Head Massage, 25 mins - £55

# WRAPS & SCRUBS

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## SCRUBS

Cleansing Salt Scrub, 25 mins - £65

Invigorating experience with the mineral-rich, cleansing power of salt. Dead skin cells are sloughed away encouraging the skin's regeneration and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with oil for a velvety soft conditioned skin.

## WRAPS

Unique ingredients are used to target either aging, hydrating and or slimming. The body is softly cocooned and warmed while the specific targeted ingredients do their work. Neck shoulder and scalp massages ease you further into relation. Choose from

Gold Antiaging Wrap, 55 mins - £125

Slimming Wrap, 55 mins - £125

Hydrating rejuvenating Wrap, 55 mins - £125

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## ADDITIONAL TREATMENTS

Add Scrub or Wrap, 15 mins - £50

Steam Room, 20 mins - £40

# WAXING

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## FACE

1 Area (Chin, Ear, Lip, Nasal), 10 mins - £25

2 Areas (Chin, Ear, Lip, Nasal), 15mins- £35

Eyebrow shape and wax, 15 mins - £30

Eyebrow tint shape and wax, 30 mins £45

## ARMS

Full Arm, 20 mins - £40

Half Arm, 10 mins £25

Under Arm, 15 mins - £35

## BIKINI

Bikini, 15 mins - £35

Intimate, 20 mins- £40

## BODY

Back, 20 mins - £45

Chest, 15 mins - £40

Leg (Half), 15 mins - £40

Leg (Full), 30 mins - £50

Leg (Half) + Bikini, 30 mins - £75

Leg (Full) + Bikini, 45 mins - £85

Leg (Half) + intimate, 35 mins - £80

Leg (Full) + intimate, 50 mins - £90



# FEET

## LUXURY PEDICURE WITH GEL

55 mins - £60  
Our anti-aging expert pedicure includes, hot foot bath, exfoliation, luxury heated boots, giving a deeply hydrating result finished with OPI gel.

## LUXURY PEDICURE WITH POLISH

55 mins - £55  
Our anti-aging expert pedicure includes, hot foot bath, exfoliation, luxury heated boots, giving a deeply hydrating result finished with an OPI polish

## EXPRESS PEDICURE NO POLISH/GEL

25 mins - £40  
Cuticle work, buff and file , finished with cuticle oil

## EXPRESS PEDICURE WITH POLISH

30 mins - £45  
Cuticle work, buff and file , finished with cuticle oil

## EXPRESS PEDICURE WITH GEL

30 mins - £50  
Cuticle work, buff and file, finished with cuticle oil

## GEL REMOVAL

20 mins - £20

## MALE PEDICURE

30 mins - £40  
Cuticle work, buff and file, finished with cuticle oil

## ADDITIONAL FOOT TREATMENTS

Deluxe Foot Treatment, 30 mins - £45  
Deluxe Foot bath, exfoliation, hard skin treatment, Foot & lower leg massage

Luxury Foot massage, 15 mins - £25  
Foot Bath, relaxing foot massage finished with a luxury foot balm

# EYES & BROWS

## EYELASH & BROW TINT

30 mins - £45

## EYELASH TINT

15 mins - £25

## EYEBROW TINT

15 mins - £25

## HD BROW SCULPT / LAMINATE

45 mins - £90

## LVL LASHES

60 mins - £110

## LASH EXTENSIONS – NEOVEAUX

Removal, 15 mins - £25  
Full Set, 90 mins - £150  
Lash top up, 45 mins - £90



# HANDS

## LUXURY MANICURE WITH GEL

55 mins - £60  
Our anti-aging expert manicure with luxury gloves, giving a deep hydrating result finished with an Opi gel

## LUXURY MANICURE WITH POLISH

55 mins - £55  
Our anti-aging expert manicure with luxury gloves, giving a deep hydrating result finished with an Opi polish

## EXPRESS MANICURE NO POLISH/GEL

30 mins - £40  
Cuticle work, buff & file, oil

## EXPRESS MANICURE

35 mins with Polish £45  
Cuticle work, buff & file , oil

## EXPRESS MANICURE WITH GEL

35 mins - £50  
Cuticle work, buff & file , oil

## MALE MANICURE

30 mins - £40  
Cuticle work, buff & file , oil

## ADDITIONAL HANDS TREATMENTS

- Gel Soak Off Hands, 20 mins - £20
- Hand Massage, 15 mins - £20
- Hand and Arm Massage, 30 mins - £40
- Hand mask & Warm Rehydrating Gloves, 20 mins - £25





# SESSION2

## HAIR

Professional cutting, colouring and styling from  
Sessions elite talented team.

Our experienced stylist are here to give you that  
new look and make you feel pampered and ready to  
conquer.



## HAIR

### STYLING

Ladies Cut & Finish, 30 mins | Elite Stylist - £60 Senior Stylist - £55  
Ladies Cut & Finish, 45 mins | Elite Stylist - £65 Senior Stylist - £60  
Ladies Restyle, 60mins | Elite stylist - £80 Senior Stylist - £65  
Blow Dry, 30 mins | Elite Stylist - £50 Senior Stylist - £45  
Blow Dry, 45 mins | Elite Stylist - £55 Senior Stylist - £50  
Creative Hair Put Up, 30 mins - £65  
Bridal Hair Put Up Practice, 45 mins - £85  
Bride Hair, 60mins - £100  
Bridal Party (Subject to consultation)  
Mens Cut, 15 mins - £35  
Mens Cut, 30 mins - £45  
Wet Cut, 30 mins - £55

### COLOUR

Full Head Colour Long, 30 mins | Elite Stylist - £65 Senior Stylist - £60  
Additional packets, 15 mins - £35  
Full Head Colour Short, 30min | Elite Stylist - £60 Senior Stylist - £55  
Full Head Highlights Short Hair, 60 mins | Elite Stylist - £88 | Senior Stylist - £82  
Full Head Highlights Long Hair, 60mins | Elite Stylist - £95 | Senior stylist - £90  
Full Head Highlights Extra-Long, 85 mins | Elite Stylist - £105 | Senior Stylist - £100  
Half Head Highlights Short Hair, 30mins | Elite Stylist - £65 | Senior Stylist - £60  
Half Head Highlights Long Hair, 45 mins | Elite Stylist - £80 | Senior Stylist - £75  
Full Head Semi-Permanent Colour Long Hair - £60  
Full Head Semi-Permanent Colour Short, 30mins - £55  
Parting Only Highlights, 15 mins - £35  
Additional Packets or Flashes (10), 15 mins - £35  
Balayage Full Head, 60 mins - £90  
Balayage Refresh Ends Only, 30 mins - £70  
Ombre Colour (Roots and ends), 30 mins | Elite Stylist - £80 | Senior Stylist - £75  
Inoa Long Hair, 30 mins | Elite Stylist - £65 | Senior Stylist - £60  
Inoa Short Hair, 30 mins | Elite Stylist - £60 | Senior Stylist - £55  
Toner, 15 mins - £30  
Olaplex Add On - £25  
Kerastase Fusio Treatment, 10 mins - £25  
Hair Mask, 20 mins - £15

### CHILDREN

Childs Hair (under 5), 15mins - £20  
Childs Dry Cut & Finish (under 16), 30 mins - £45  
Young Ladies Cut & Blow Dry Long Hair, 45 mins - £50



# SESSION2

## AESTHETICS

Treat yourself to the latest in aesthetics technology  
at our Cryo Clinic or to a luxury Hydrafacial.

Explore our range of aesthetics treatments  
including laser hair removal, micro needling and  
advanced facials.



## AESTHETIC COURSES

### HYDRAFACIAL COURSES

Express Hydrafacial, 30 mins x3 - £295

### BASIC HYDRAFACIAL COURSES

Face x3 - £330    Face x6 - £580

Body x3 - £400    Body x6 - £720

### PRESCRIPTIVE HYDRAFACIAL COURSES

Face x3 - **£340**    Face x6 - **£620**

Body x3 - **£450**    Body x6 - **£810**

### DELUX HYDRAFACIAL COURSES

Face x3 - £395    Face x6 - £700

Body x3 - £675    Body x6 - £900

### MICRO NEEDLING COURSES

Full Face, 60 mins x3 - £650    Full Face, 60 mins x6 - £1200

Half Face, 30mins x3 - £450    Half Face, 30 mins x6 - £800

Small Area, 15mins x3 - £280    Small Areas, 15 mins x6 - £500

Stretch Marks, 20mins x3 areas - £800

Stretch Marks, 20mins x6 areas - £1,500



CRYO FACE & BODY COURSES

Arctik Body Fat freezing, x4 - £1,200    Arctik Body Fat Freezing, x8 - £2,400  
Cryo Body, x4 - £900    Cryo Body, x8 - £1,600  
Cryo Face Light, x4 - £400    Cryo Face Light, x8 - £700  
Cryo Face Lift, 60 mins x4 - £600    x8 - £900  
Cryo Ice & Fire Face, x4 - £800

CRYO SPORTS COURSES

Individual Treatment, 30 mins - £125  
Treatment Area, x3 - £350    Treatment Area, x5 - £600  
Treatment Area, x10 - £1,000

CRYO PAIN MANAGEMENT COURSES

Individual, 20 mins - £115  
Treatment Area, x3 - £320    Treatment Area, x5 - £560  
Treatment Area, x10 - £900

CRYO LYMPHATIC DRAINAGE COURSES

Half Body, x6 - £700    Half Body, x12 - £1,225  
Full Body, x6 - £1,100    Full Body, x12 - £2,000

IPL COURSES

Nose, 15 mins x3 - £120  
Cheeks, 15 mins x3 - £180  
Nose & Cheeks, 30 mins x3 - £260  
Full Face, 30mins x3 - £450  
Full Face & Neck, 45 mins x3 - £595  
Decollete, 30 mins x3 - £390  
Full Face, Neck & Decollete x3 - £805  
Hands (Pigmentation only), 45 mins x3 - £195

ENDYMED COURSES

EndyMed Eye Lift, x6 - £700  
EndyMed Eye Tighten, x6 - £550  
EndyMed Neck or Cheek, x6 - £500  
EndyMed Jaw & Neck or Cheek, x 6 - £655  
EndyMed Full Face, x6 - £1,500  
ENDYMed FSR, x 3 - £900  
ENDYMed INTENSIF, x3 - £1,200  
EndyMed Body Shaper, 30mins x6 - £800  
EndyMed Body Shaper, 60mins x6 - £1,500

PCA PEELS

PCA Brightening Peel, x3 - £350  
PCA Brightening Peel, x6 - £640

CACI COURSES

CACI Classic, 60 mins - £85    x6 - £480    x12 - £900  
CACI Synergy, 75 mins - £95    x6 - £540    x12 - £1020  
CACI Ultimate, 90 mins - £105    x6 - £600    x12 - £1,140  
CACI Eye Revive, 30 mins - £55    x6 - £300    x12 - £540  
CACI Jaw, 30 mins - £50    x6 - £270    x12 - £480  
CACI Buttocks, 30 mins - £90    x6 - £510    x12 - £960



# HYDRAFACIAL

Hydrafacial uses advanced technology and bespoke products to detox lymphatic drainage to remove toxins, improve circulation, detoxify, tone and tighten skin. Cleanse, Exfoliation and Peel. Uncover a new layer of skin with gentle exfoliation & relaxing resurfacing. Extract & Hydrate Remove debris from pores with painless vortex extraction. Nourish with intense moisturisers that quench skin. Infuse & Protect Saturate the skins surface with antioxidants and peptides to maximise your glow.

## Enhancements Included:

LED light therapy to treat acne, reduce redness, wrinkles, pores and further stimulate collagen, improving texture and tone.

## HYDRAFACIAL EXPRESS

30 mins - £100

This convenient quick 30min treatment for time precious clients focuses on advanced cleanse, exfoliate and super hydration to leave you glowing and refreshed.

## HYDRAFACIAL BASIC

Face, 60 mins - £130      Body, 60mins - £170

## HYDRAFACIAL CLASSIC

Face, 60 mins - £140      Body, 60 mins - £190

## Includes all of the HydraFacial Basic steps and in addition to:

- Peel or face Mask
- Peel to stimulate cell turnover and treat acne, pigmentation, and age spots, improving overall texture & tone.

## HydraFacial Deluxe

Face, 80 mins - £160      Body, 80mins - £210

Includes all of the Basic and Prescriptive HydraFacial steps and in addition:

## Tailored Booster serum, either:

### Bespoke Booster

Skin Bespoke Booster can treat redness and sensitivity by detoxifying the skin and replenishing hydration to support a healthy skin barrier function. It is also able to minimize inflammation and diminish the appearance of skin redness. Meanwhile, extract works to control sebum production and minimize texturizing pores.

### Brightening Booster

Skin Brightening Booster is specifically formulated for those who exhibit an uneven skin tone and signs of hyperpigmentation. As well as restoring hydration, this booster can reduce the appearance of brown spots and prevent new pigmentation from forming. Using a skin brightening complex to block the production of pigmentation, the Brightening Booster will help you achieve a more even complexion. Plus, glycerine will restore and replenish.





# ENDYMED

EndyMed is an advanced, non-invasive skin rejuvenation and tightening treatment. EndyMed uses state of the art radiofrequency technology to stimulate collagen production resulting in firmer, smoother, and more youthful looking skin. This is a minimal invasive and requires little to no downtime allowing you to return to your daily activities with minimal disruption

## ENDYMED EYE LIFT

60 mins - £200

## ENDYMED TIGHTEN EYES

30 mins - £120

## ENDYMED TIGHTEN NECK OR CHEEK

30 mins - £110

## ENDYMED TIGHTEN JAW & NECK OR CHEEK

60 mins - £160

## ENDYMED FULL FACE

80 mins - £350

## ENDYMED LASER RESURFACE

80 mins - £350

## ENDYMED RADIO FREQUENCY & NEEDLING

80 mins - £450

## ENDYMED BODY CONTOUR

30mins - £185

## ENDY MED BODY CONTOUR

60 mins - £340

# LASER HAIR

Sessions offers industry leading permanent hair removal. Quick effective and safe, our laser hair removal provides a long-term solution to unwanted, excess hair for both men and women. This hair laser treatment is suitable for both face and body hair, with visible results just a after a few sessions.

Between Eyebrows, x6	£130
Lip, x6	£250
Lip & Side of Face, x6	£425
Lip & Chin, x6	£385
Chin, x6	£280
Beard, x6	£700
Full Face, x6	£790
Neck, x6	£375
Underarm, x6	£450
Half Arm, x6	£645
Full Arm, x6	£1,000
Hands & Fingers, x6	£250
Feet & Toes, x6	£250
Nipples, x6	£200
Full Chest, x6	£790
Stomach Line, x6	£200
Abdomen, x6	£790
Chest & Abdomen, x6	£1,000
Half Back, x	£750
Full back & Shoulders, x6	£1,000
Bikini 30 mins, x6	£495
Bikini & Underarm, x6	£600
Brazilian, x6	£755
Brazilian & Underarm, x6	£825
Buttocks, x6	£750
Upper Leg, x6	£1,000
Lower Leg, x6	£895
Full Leg, x6	£1,695
Full Body, x6	£2,500

# FRACTIONAL LASER

Fractional laser resurfacing is a non- invasive procedure used to maintain or bring back the skin's natural youth. Treatments precisely target microscopic imperfections on the face or body without damaging the surrounding skin. As a result the treated areas of the skin blend with the untreated areas, improving the overall look of the skin.

Upper Eyes, 15 mins - £110  
Top Lip, 15 mins - £65  
Lower Face, 30 mins - £165  
Full Face, 45 mins - £225  
Lower Face & Neck, 60 mins - £275  
Full Face & Neck, 60 mins - £315  
Neck, 30 mins - £135  
Decollete, 30 mins - £165  
Hands, 30 mins - £145

## IPL

A professional grade, advanced IPL solution treating all skin types. A platform for pigmented lesions, melasma, vascular lesions and improving skin tone and look

Nose, 15 mins - £50  
Cheeks, 15 mins - £70  
Nose & Cheeks, 30 mins - £100  
Full Face, 30mins - £165  
Full Face & Neck, 45 mins - £215  
Decollete, 30 mins - £145  
Full Face, Neck & Decollete, 45 mins - £295  
Hands (Pigmentation only), 45 mins - £75

# CACI

Award winning CACCI micro current system use specific waveforms and ultra-low frequencies to transmit tiny electrical signals to boost muscle tone and skin tissue. Working in harmony with the body's own bio-electrical field the range of CACI non -surgical procedures is effective improving skin tone, texture and shape. Non-invasive pain free and completely safe. CACI treatments are suitable for most skin types.

CACI Classic, 60 mins - £85  
CACI Synergy, 75 mins - £95  
CACI Ultimate, 90 mins - £99  
CACI Eye Revive, 30 mins - £55  
CACI Jaw, 30 mins - £55  
CACI Buttocks, 30 mins - £90  
CACI Lips, 20 mins - £45

## CACI ADD ON

CACI Hydration & Collagen Mask - £20  
CACI Purifying Soothing Mask - £20  
(for problematic Skin)

## CACI COURSES

CACI Classic, 60 mins - £85 x6 - £480 x12 - £900  
CACI Synergy, 75 mins - £95 x6 - £540 x12 - £1,020  
CACI Ultimate, 90 mins - £105 x6 - £600 x12 - £1,140  
CACI Eye Revive, 30 mins - £55 x6 - £300 x12 - £540  
CACI Jaw, 30 mins - £50 x6 - £270 x12 - £480  
CACI Buttocks, 30 mins - £90 x6 - £510 x12 - £960



# MICRO NEEDLING

Microneedling is an increasingly popular. Clinically proven form of collagen induction therapy and can be effective in a wide range of skin conditions. The procedure is completely safe and works by stimulating the body's natural regeneration and repair mechanisms. It works by penetrating the dermis or mid dermis to enhance blood flow and encourage the production of new collagen cells, Thus enhancing skin tone, texture plumpness and radiance

Full Face, 60 mins - £260

Half Face, 30 mins - £160

Small Area, 15 mins - £100

Stretch Marks 1 Area, 20 mins - £300

Face Neck and Chest, 45 mins - £350

# DERMAPLANING

Dermaplaning uses a technique to gently remove the top layer of dead skin cells as well as the fine, peachy fuzz to reveal a smoother, brighter complexion allowing a more flawless make up application. A perfect treatment to have before a special occasion.

Dermaplaning Express, 30 mins - £65

Dermaplaning Rejuvenate 45mins - £90  
(includes AHA Exfoliation pre-treatment)

Dermaplaning Glow 60 mins - £105  
(includes AHA Exfoliation pre-treatment Hydrating Collage Mask post-treatment)

# PCA

**PCA MEDI GENTLE FACIAL**, 30 mins - £95

A gentle enzymatic exfoliation facial treatment that provides an instant glow with no down time.

**PCA MEDI BRIGHTENING FACIAL**, 30 mins - £105

A brightening facial that combines powerful yet gentle enzymatic and AHA exfoliants for immediate skin brightening and anti-ageing benefits.

**PCA MEDI DEEP DETOX FACIAL**, 30 mins - £105

A gentle detoxifying facial which deeply cleanses the skin and removes impurities. Minimises pore size and balance oily skin.

**PCA PROFESSIONAL NO-PEEL PEEL**, 30 mins - £100

This gentle and calming superficial peel removes impurities, detoxifies pores and promotes skin resurfacing and renewal for a brighter-looking complexion.

**PCA PROFESSIONAL PERFECTING PEEL**, 30 mins - £105

This peel uses alpha hydroxy acid solution to help improve skin texture, fine lines and promote even skin tone.

**PCA PROFESSIONAL BRIGHTENING PEEL**, 30 mins - £130

This peel uses both enzymatic and alpha hydroxy acid solution to help improve skin texture, fine lines and promote even skin tone.

**PCA PROFESSIONAL DEEP PORE PEEL**, 30 mins - £140

This resurfacing treatment is a unique peeling option for oily, combination and acne / breakout prone skin.

## ADD ON

PCA Enzymatic treatment - £25

PCA detoxifying pore treatment - £25



# CRYO FACE & BODY

Cryo technology uses advanced sub-zero temperatures to boost collagen production, reduce fat and tighten skin, delivered in a pleasant relaxing way with no downtime (Slim, rejuvenate & tighten)

## **CRYO-LIGHT** 30 mins - £150

Combine our advanced Cryo facial with LED Light Therapy to boost collagen, reduce invisible or visible inflammation and increase circulation. Leaving your skin feeling nourished, calm, and rejuvenated

## **CRYO-FACIAL FOR REDNESS**, 30 mins - £150

To reduce skin irritation, inflammation, and calm redness.

## **CRYO-EYES**, 30 mins - £150

To reduce dark circles, under eye puffiness and eye wrinkles.

## **CRYO-LIFT**, 60 mins - £200

Combine advanced Cryo-Facial with our hands-on lifting ritual to lift, plump & reinvigorate. The treatment will increase hydration, tighten, and target fine lines and wrinkles for a healthy, youthful glow.

## **CRYO - ICE AND FIRE FACIAL**, 70 mins - £250

Combined our advanced Cryo-facial with Radio frequency to achieve the ultimate hot & cold tightening treatment.

## **CRYO NON - SURGICAL FAT REMOVAL CHIN**, 35 mins - £250

Advanced Cryo therapy targets fat cells causing the fat cells to go into apoptosis which is a safe effective way to reduce fat and improve face contours.

## **BODY FAT REDUCTION**

Arctik Body Ultimate Fat Freezing Specific Area, 30 mins - £350

Cryo Body Fat Freezing & Skin Tightening Specific Area, 30 mins - £250





# SESSION2

## INJECTABLES

Rejuvenate, hydrate, boost and sculpt your skin at our  
NEW Injectables Clinic.

We are proud to introduce Sessions new Injectables Clinic.  
Visit our aesthetics team to experience bespoke services  
to rejuvenate, hydrate, collagen boost, wrinkle reduction,  
face sculpt and many more.



## INJECTABLES

### ANTIWRINKLE

Consultation	£50
1 Area	£150 - 190
2 Areas	£180 - £220
3 Areas	£210 - £260
Hyperhydrosis	£460
Brow lift	£200
Gummy Smile	£200
Lip Flip	£160
Bunny Lines	£180 - £240

### FILLERS

Cheeks	£270 - £400
Chin	£240 - £350
Jawline	£270 - £400
Nose	£260 - £375
Lips 1m	£250 - £325

### SKIN BOOSTERS

Profhilo (1 treatments)	£350
Profhilo (3 treatments)	£900

### HEALTH INJECTIONS

Vitamin B12	£55
Biotin	£80



# SESSION2 WELLNESS

Sooth and treat sore, aching muscles with a deep sports massage and tailored Cryo therapy courses.

Luxury and effective pain management for sports clients in East Yorkshire.



## SPORTS

All sports clients boost performance and recovery with advanced cryo technology. Reduces pain, treats injury, increased energy and boost immune system

Individual, 30mins - £125

Treatment area, 30mins x3 - £350

Treatment area, 30 mins x5 - £600

Treatment area, 30 mins x10 - £1,000

## PAIN MANAGEMENT

Advanced cryo technology reduced inflammation supports recovery. Reduces pain, treats injury and improves arthritis

Individual - £115

Treatment area x3 - £320

Treatment area x5 - £510

Treatment area x10 - £890

## LYMPHATIC DRAINAGE

Advanced cryo technology boosts lymphatic drainage reduces inflammation and water retention reduces pain, treats and improves arthritis.

Half Body, 30 mins - £135 (Legs)

Full body, 60 mins - £199 (Back legs arms)

## COURSES

Half Body, x6 - £700    x12 - £1,225

Full Body, x6 - £1,100    x12 - £2,000



# SESSION2 MEDISPA

Sessions Spa, New Walk, Beverley, HU17 7AE  
01482 873000 | [info@sessionsspa.co.uk](mailto:info@sessionsspa.co.uk)

## **Opening Hours**

Monday 9am - 7pm

Tuesday & Wednesday 9am - 6pm

Thursday 9am - 8pm

Friday 9am - 6pm

Saturday 8am - 5pm

Sunday Closed

Book online at [www.sessionsspa.co.uk](http://www.sessionsspa.co.uk)