

Roko wellbeing

treatment list for the Elemis salon at Roko Gillingham

Roko members & non-members welcome

Please scroll down for treatments &
prices

Members receive a 10% discount on
treatments

Phone now on 01634 233 348 to book

Gift vouchers available to buy

Updated April 2012



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Roko Gillingham
Off Will Adams Way
Watling Street
Gillingham, Kent
ME8 6BY
t: 01634 233 348
w: www.roko.co.uk

Elemis Spa Therapies

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(All Treatment times include time for consultation & room preparation)

Express Facial (25mins)

£26.00

A quick booster facial with great results. Includes hand & arm massage

Skin Specific Facials (55mins)

£45.00

Herbal Lavender Repair

For perfect restoration of skin balance. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Fruit Active Glow

Bring back the glow to a lifeless complexion Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance

Exotic Cream Moisture Dew

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin

Recommended: 1 treatment every 2 weeks

Advanced Anti-Ageing Facials (70mins)

£66.00

Pro-Collagen Quartz Lift Facial

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%*, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance. **Winner! Best Anti-Ageing Facial - Grazia**

Recommended: 1 treatment every 3 weeks - Course of 6.

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Visible Brilliance Facial

£66.00

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Recommended: 1 treatment every 4 weeks - Course of 6.

Tri-Enzyme Resurfacing Facial

£66.00

Peel away the years for smoother, more radiant skin. This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Recommended: 1 treatment every 3 weeks - Course of 6.

Skin Solution Facials (70mins)

£54.00

Oxygen Skin Calm Facial

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

Recommended: 1 treatment every 4 weeks.

SOS Purifying Facial

£54.00

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Recommended: 1 treatment every 4 weeks

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Modern Skin Facial (60mins)

£58.00

Designed for skin challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

Recommended: 1 treatment every 3 weeks

Elemis Eye Detox (25mins)

£24.00

Elemis Body Therapy

Body Sculpting Cellulite & Colon Therapy (60mins)

£66.00

This treatment will redefine and smooth your silhouette; using the clinically proven Elemis Body Sculpting System, which targets stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Hot Stones Face & Body Sensation (55mins)

£62.00

The perfect treatment duo. Experience the perfect Elemis treatment duo, a sensational hot stone massage to the back and backs of legs, combined with a prescribed booster anti-ageing facial.

Recommended: 1 treatment every 3 weeks.

Deep Tissue Massage

Focusing to improve skin condition and relieve specific stress and muscle tension using specially blended aromatherapy massage oils

- Full Body Massage (55mins)

£45.00

- Back Massage (25mins)

£28.00

Absolute Spa Ritual (115mins)

£96.00

Combine one of our advanced anti ageing or skin solution facials with one of our powerful deep tissue muscle massages to achieve dramatic results!

Swedish Massage

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Full Body Massage (55mins)	£40.00
Full Body, Face & Scalp (70mins)	£45.00
Back, Neck & Shoulder (25mins)	£26.00
Shoulder, Scalp & Face (25mins)	£25.00
Foot & Leg Massage (25mins)	£25.00

Body Treatments

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Full Body Exfoliation, including moisturiser (35mins)	£26.00
Back Exfoliation & Massage (40mins)	£29.00

Holistic Treatments

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(All Treatment times include time for consultation & room preparation)

<u>Indian Head Massage</u> (40mins) <i>Incorporating shoulders, neck, scalp and facial massage, this treatment helps to relieve stress and tension in the upper body</i>	£29.00
<u>Hot Stone Back Ritual</u> (35mins) <i>Using warm Basalt Stones and pre-blended oils this treatment will focus on the back of legs, back and shoulders</i>	£31.00
<u>Cleansing Back Treatment</u> (55mins) <i>A deep cleansing treatment for the most neglected part of the body. Includes a back and leg massage</i>	£38.00
<u>Reflexology</u> (50mins) <i>Reflexology is a specialised type of massage to the feet which can stimulate the body's healing forces to restore the body to optimum health. It can help to alleviate the effects of stress and many other conditions associated with poor health</i>	£35.00

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Jessica Hand & Nail Treatments

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Jessica GELeration

GELeration's gel formula delivers a long lasting, flawless finish that dries instantly and protects the natural nail. It's painted on like a polish and sets under UV light. Available in a variety of colours & French polish. Treatment includes cuticle tidy.

Hands / Feet (60mins)	£32.00
Gels With Manicure/Pedicure (90mins)	£45.00

(If existing gel needs to be removed, allow an extra 15mins with a charge of £5.00- If you are having gels removed and redone, there is no charge for removal)

Hands:

File and Varnish (30mins)	£ 9.45	£10.50
Le Remedi – Nourishing Anti-ageing hand treatment (30mins)	£13.95	£15.00
Jessica Standard Manicure (60mins)	£22.50	£25.00
Jessica Deluxe Manicure (75mins)	£27.00	£30.00

Feet:

File and Varnish (30mins)	£ 9.45	£10.50
Jessica Standard Pedicure (60mins)	£25.20	£28.00
Jessica Deluxe Pedicure (75mins)	£28.80	£32.00

(Do remember you'll need to allow 2hrs drying time, so for manicure please make your payment prior to treatment and for pedicure please bring flip flops)

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Waxing

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We have now introduced Lycon Hot Wax which removes stubborn hair as short as 1mm. It is the most pain-free wax you will have! A-list Celebs including Sienna Miller and Victoria Beckham became devout fans of Lycon waxing treatments...

	Warm	Lycon
Eyebrows	£ 7.50	£ 8.50
Lip or Chin	£ 6.00	£ 7.00
Lip and Chin	£10.00	£12.00
Under Arm	£10.00	
Standard Bikini (outside knicker line)	£ 8.00	£ 9.00
High bikini	£12.00	£14.00
Brazilian (landing strip)		£35.00
Hollywood (everything off)		£35.00
Half Leg	£17.00	
¾ Leg	£20.00	
Full Leg	£22.00	
Full Leg & Standard Bikini	£28.00	
Half leg & Standard Bikini	£22.00	
Forearm	£11.00	
Full arm	£15.00	
Back & Shoulders	£17.00	
Chest & Stomach	£17.00	
Back and Chest	£30.00	

Eye Treatments

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Eyebrow Tint	£ 7.65	£ 8.50
Eyelash Tint	£11.25	£12.50
Eyelash and Brow Tint	£14.85	£16.50
Eyelash Tint and Eyebrow Wax	£14.85	£16.50

(If you have not had tinting treatments here previously, please book in for a skin test at least 24 hours before)

	Member	Guest	*
Tanning			
<u>St Tropez Tan (70mins)</u>	£32.40	£36.00	
<i>St Tropez works with your own skin to give you natural, sun kissed look. This tan is applied and includes a full body exfoliation lasting between 7-10 days.</i>			
<u>Fake Bake Spray Tan (20mins)</u>	£23.40	£26.00	
<i>(Advice slips available from Reception. It is advisable to wear black loose clothing, sandals and black underwear. The tan takes 6-8hrs to develop)</i>			

Wellbeing For Men *

Elemis Skin Intelligence

- Urban Cleanse Facial (70mins) <i>Deep cleanse and complete skin detox</i>	£48.60	£54.00	
- Skin IQ+ Facial (70mins) <i>Anti-ageing and super boosting for tired, stressed and dehydrated skin</i>	£59.40	£66.00	
- Modern Skin Facial (60mins) <i>A purifying treatment bursting with anti-oxidant rich minerals and vitamins. Suitable for all skin types.</i>	£52.20	£58.00	
- Total Timeout (115mins) <i>Combine one of our Skin Intelligence facials with one of our powerful deep tissue muscle massages to achieve dramatic results.</i>	£86.40	£96.00	

Jessica Hands & Feet

Gents Custom Manicure (30mins)	£14.40	£16.00	
Gents Custom Pedicure (30mins)	£16.20	£18.00	

Spa Day Packages

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Please Note Members Do Not Receive Discounts on Spa Day Packages

Our Spa Day Packages are available to everyone and are the perfect gift. The price includes:

- ❖ Tea/Coffee on Arrival
- ❖ Full use of the gym, spa & pool
- ❖ Lunch & a drink in the Bistro
- ❖ Beauty treatments (choose from below)

The Express Spa Package (25mins)

Elemis Express Facial OR Swedish Back Massage

£34.00

The Wellbeing Spa Package (70mins)

Full Body, Scalp & Face Massage

£48.00

The Deluxe Spa Package (115mins)

Skin Specific Facial & Swedish Full Body Massage

£88.00

The Ultimate Spa Package (180mins)

Elemis Absolute Spa Ritual & Jessica Standard Manicure or Pedicure

£126.00

Spa Day Packages can be bought on a gift voucher but are non – transferrable

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NON-MEMBERS WELCOME

Gift vouchers have a 6 month expiry date from the date issued and are non-transferable. They are available as £5, £10 or £20.

Quoted treatment times include Client and room preparation.

Courses of treatments are available – you can purchase 5 treatments for the price of 4 (terms & conditions apply)

We offer members 10% discount on treatments. Terms apply. This is not applicable when used in conjunction with any other offer.

Clients having treatments who are not a member of Roko, will not receive the member discount on any occasion

Loyalty Cards have terms & conditions

A cancellation fee of 50% is chargeable if 24hrs notice is not given. If you cancel on the day the full price of the treatment is requested.

**To Book Appointments Please Call:
01634 233348**

Price List Updated April 2012