

Hands & Feet

Jessica Prescriptive Manicure

Full manicure including hand massage, cuticle conditioning, nail shaping and polish application.
1 Hour £22.00

Jessica Mini Manicure

Includes nail shaping and polish application.
30 Minutes £14.00

Hand & Nail Grooming for Men

Grooming to make the nail look natural but tidy, includes hand massage, nail shaping and conditioning.
45 Minutes £18.00

Jessica Pedicure

Includes hard skin removal, foot soak, leg and foot massage, cuticle conditioning, nail shaping and polish application.
1 Hour 15 Minutes £30.00

To allow the polish to thoroughly dry, please remember to bring a pair of open toe sandals to wear after your pedicure treatment.

Minx™

The ultimate toe fashion accessory. A flexible film applied using only heat and pressure. Minx has no drying time, is long lasting, smudge free, fast and exciting.
45 minutes £25.00



Eyes

A range of treatments to define and enhance the eyes. A patch test is required for all new clients 48 hours prior to tinting treatments.

Eyelash Tint	£11.50
Eyebrow Tint	£7.00
Eyebrow Shape	£7.00
Eyelash Tint, Eyebrow Tint & Shape	£22.00

Waxing

Full Leg (inc. Bikini Line)	£28.50
¾ Leg	£22.50
½ Leg	£18.00
Thigh	£15.50
Bikini	£14.00
Underarm	£11.00
Forearm	£14.50
Back	£20.00
Chest	£15.50
Eyebrow	£7.00
Lip	£5.50
Chin	£5.50

Treatments available at Tattershall Lakes Country Park Spa

Friday	9.30am - 4.30pm
Saturday	9.30am - 4.30pm
Sunday	9.30am - 4.30pm

Other times may be available by prior arrangement, please call 07887 675985

You can also find us at our salon in the village centre

Ladies Hair Salon
Open Monday - Saturday
&
Mens Barbers Shop
Open Tuesday - Saturday

John & Associates
5 High Street, Tattershall, Lincoln LN4 4LE
Website: johnandassociates.co.uk

**For a hair appointment call
01526 342309**

**For a beauty appointment at
Tattershall Lakes Country Park Spa call
07887 675985**



*time for a
me day?*

the
spa

**Relaxation · Pampering · Beauty
for everyone!**

by

JOHN & ASSOCIATES

Hair ~ Health ~ Beauty

at

Tattershall Lakes Country Park Spa

Sleaford Road · Tattershall · Lincoln · LN4 4JG

Telephone: 07887 675985

Website: tattershallLakes.com



Facials

Aromatic Facial

Personalised holistic facial treatment based on the use of essential oils and plant extracts, suitable for all skin types. Includes an eyebrow shape.

1 Hour £35.00

Beaute Neuve Facial

An exfoliating treatment which renews and restores radiance and allows the skin to breathe. Includes a relaxing massage. Suitable for all skin types.

1 Hour 15 Minutes £36.00

Essential Facial

Personalised facial which incorporates a deep cleanse, exfoliation, facial massage and mask. Includes an eyebrow shape. Suitable for all skin types.

1 Hour £32.50

Men's Stress Buster Facial

A holistic treatment based on the use of essential oils. Includes hopi ear candles.

1 Hour 15 Minutes £40.00

Hopi Ear Candles

A natural treatment used by American Indians to assist in treating sinus problems, headaches, tinnitus and glue ear.

45 Minutes £26.00



LAVASHELLS®

Lava Shells Massage is a deeply comforting and relaxing massage which uses naturally self heating Tiger Clam shells from the sun kissed shores of the Philippines. These marine polished sea shells glide smoothly over the body and are used as massage tools to release muscle tension and blocked energy flow to provide a sense of balance to the entire body and mind.



Full Body & Facial Massage

90 Minutes £60.00

Full Body Massage

60 Minutes £45.00

Back & Facial Massage

45 Minutes £35.00



Massage

Full Body Massage

1 Hour £40.00

Back, Neck & Shoulder Massage

30 Minutes £21.00

Aromatic Body Bien Etre

Exfoliation is followed by an energising and de-stressing full body massage with essential oils.

1 Hour 30 Minutes £50.00

Indian Head Massage

Evolved from traditional techniques that have been practised for thousands of years. Involves a massage to the upper back, arms, head and face. Great for stress, headaches and hair condition.

45 Minutes £28.00

Sports Massage

Sports massage is the application of massage and stretch techniques to the muscle and connective tissues of the body to enhance athletic performance. It is also ideally suited to clients with no sporting backgrounds, who prefer a much deeper, firmer massage. Sports massage increases range of movement, flexibility and relieves muscle soreness. It assists in injury prevention and promotes faster recovery from both training and injury.

30 Minutes £27.50

45 Minutes £37.50

