



VJW Holistic Therapies
Health & Beauty Spa





Give the
'Gift of Relaxation'
with a VJW Gift Voucher
starting from just £20



How to Spa with VJW

The spa environment is one of tranquillity and relaxation. Please respect other guests rights to privacy and serenity at all times.

Your Health is our Priority

A full consultation must be completed before your first appointment and updated on each visit. Please notify your therapist of any health changes on booking. We reserve the right to refuse treatment if we feel the treatment is unsuitable. We may also require a doctors written permission with some health conditions to ensure it is completely safe.

Polite Notices

- Please arrive on time for your appointment. Late arrival may result in shorted treatment time.
- We cannot accommodate babies or toddlers.
- The use of mobile phones whilst within the spa in not permitted.
- Inappropriate behaviour or language will not be tolerated and you will be asked to leave the premises immediately.

Cancellation policy

Our cancellation policy is under monthly review due to the current situation, please see our website for more information

Parking

Parking is within our Court Yard, Plover Road, New Hey Road of surrounding areas. Weekends and Weekdays after 4.30pm we have an overflow car park just past 'The Heritage' arch way to the left hand side.

Other Onsite ammenaties

From a coffee at the onsite 'Old George Cafe', a Power Hour at 'ReForm Gym' or a Cut and Colour at the renowned 'Rubies Hairdressing'. Visit our little haven just a few minutes walk from the centre of Lindley.



Beauty

Kind to your natural nails, instantly dry, long lasting 10-21days, durable yet flexible, high shine and available in a wide range of over 80 beautiful colours.

Hands

Gel Application

File, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat

35minutes **£25** **add £6 for existing gel removal**

Gel Manicure

File, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat, Nourishing Hand Massage and scented cuticle oil.

45minutes **£28** **add £6 for existing gel removal**

Feet

Gel Application

File, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat

35minutes **£26** **add £6 for existing gel removal**

Gel Pedicure

Foot Soak, File, Hard Skin Reduction, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat, Exfoliation, Nourishing Foot Massage and scented cuticle oil.

60minutes **£36** **add £6 for existing gel removal**

Regular Polish Pedicure

Foot Soak, File, Hard Skin Reduction, Cuticle Work, Exfoliation, Nourishing Foot Massage and Scented Cuticle Oil. Base Coat, Phenom Polish & Top Coat.

50minutes **£32**

Holistic Pedicure

Ideal for her and for him...

Foot Soak, File, Cuticle Work, Hard Skin Reductuion, Exfoliation, Extended Foot Massage with Nourishing Foot Lotion and Scented Cuticle Oil finish.

30minutes **£26**

Gel Removal Treatment on Fingers or Toes

Gel Removal, File, Cuticle Work, Massage and Critical Care Nail Treatment.
20 minutes £18

Fancy a french polish?

No problem, please let our team know on booking as this can take a little longer. £2 supplement

Waxing

VJW Brows

Using a combination of tinting, waxing, trimming and tweezing the VJW Brow is designed to highlight the brows and create the desired natural looking brow using the NEW Mii Brow range.

£20

Be kind to your skin....

the natural, gentle way to facial wax

Eye Brow Wax £9.50

Lip or Chin Wax £9

Eye brow wax, lip or chin £13

Eye Lash Tint

Eyelash tinting is a popular treatment designed to darken your natural lashes, making them look longer and fuller, even without the mascara.

£18

All On The Eyes

Eye lash tint & VJW Brows £30

Spray Tanning

Tanning

A combination of cutting edge, naturally derived tanning agents work with the melanin cells, which lie in the top layers of the skin. This develops into a tan that can compliment your skin tones for a perfectly natural looking results.

*For best tanning results – please exfoliate and remove any unwanted hair 24 hours before a tan. On the day ensure no make-up, no moisturiser, no deodorant or perfume is worn and bring loose dark clothing to wear after.

Full Body Tan £25 Leg Tan £15

Fake it Friday £18 Full Body Tan
Fridays Only



Massage

Traditional Massage

Rejuvenate tired muscles and unwind a busy mind

Lay back on a warm, cosy bed in a peaceful, tranquil room. Our traditional massage relieves aching muscles and aids relaxation, using a range of traditional massage techniques tailored to suit you, using our bespoke massage balm.

Full Body	60 Minutes	£59
Back of Body	45 Minutes	£45
Back	30 Minutes	£35

Target Massage **NEW**

Find relief from tension

This unique massage is designed to target congested areas within the neck, and shoulders. Using a range of renowned Swedish massage techniques and our powerful muscle ease massage balm. After working the congested areas your therapist will change techniques to a slower massage style including a scalp massage, to leave you feeling relaxed and pampered. It's the happy medium between a Traditional and a Deep Tissue Massage!

Target Massage	40 Minutes	£46
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Deep Tissue Massage

Intense pressure for potent results

A range of intense pressures and techniques are applied to release the harmful build-up of lactic acid within the muscles - often causes discomfort and tension on a day-to-day basis.

Each and every deep tissue massage is unique and tailored to the individual. We incorporate moderate to firm traditional massage techniques for maximum results.

Full Body	60 Minutes	£65
Back of Body	40 Minutes	£48
Back	30 Minutes	£36 - Best Seller

Aromatherapy Massage

Drift away on an aromatic cloud

Calming, soothing, fragrant - this massage experience lifts you up, up and away on a cloud of aromatic scents. A truly therapeutic treat. On arrival to your treatment room, select from one of our NEW Germaine De Capucini aromatic blends and let us transport you to a place of calm and restoration.

Full Body	60 Minutes	£60
Back of Body	45 Minutes	£46
Back	30 Minutes	£36

Indian Head Massage

A Balancing and Uplifting Retreat

Treat, relieve and ease the tensest of areas - a relaxing yet stimulating treatment for the upper back, shoulders, neck, face and scalp.

Extremely effective for reducing stress, and alleviating physical and mental tension stored in the upper body. Release pressure, increase mental clarity and boost energy levels.

Indian Head	45 Minutes	£45
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Hot Stones Massage

A beautifully reassuring cocoon of warmth

A deeply relaxing and soothing experience, this treatment involves the right combination of hot basalt stones with essential oils – for a relaxed mind, reinvigorated body and rejuvenated spirit.

Advanced massage techniques are used with the heated stones - for a sensation of warmth, comfort and deep relaxation.

Full Body	70 Minutes	£65
Back Massage	40 Minutes	£45

Dreamy Legs

Designed to Ease tension stored from the knees down to the toes

Incorporating an invigorating leg and foot scrub, a revitalising lower leg and foot massage using our NEW Germaine De Capucini range of products.

Dreamy Legs	40 Minutes	£40
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Holistic Therapies

Hopi Ear Candles

Just hear me out...

An exquisitely relaxing experience. Using hopi ear candles, followed by a hot towel cleanse and therapeutic face & scalp massage, this treatment releases built-up tension and pressure from within the head.

This non-invasive treatment acts as a natural alternative remedy to relieve congestion and the problems associated with the ears, nose and throat. These can include wax, tinnitus, hay fever, sinusitis, migraines, headaches and pressure within the ear.

Hopi Ear Candles **40 Minutes** **£42**

**Hopi Ear Candles
with mini Facial** **1 Hour** **£55**

Reflexology

Unravel your past tension

Reflexology is a natural holistic treatment using specialist techniques, manipulation and pressure to reflex points mapped on the feet. Stimulating these reflexes helps to correct congestion and imbalances in the body on both a physical and an emotional level.

Stress is a modern-day affliction, and today contributes to many illnesses. Reflexology is an effective answer, and has been found to be one of the most efficient solutions for reducing stress levels and aiding relaxation.

Reflexology **1 Hour** **£48**

Taster Reflexology **30 Minutes** **£32**

**Traditional Back Massage
& Reflexology** **1 Hour** **£59**



Pregnancy

Lady In Waiting

Embrace this magical time

This soothing, full-body pregnancy massage and restorative face and scalp treatment is just what's needed for the pressures and rigours of pregnancy. Ease tired muscles, calm a busy mind and soothe tight skin. Let one of our expertly trained therapists deliver a dreamy experience for you and baby.

Lady In Waiting 1 Hour 30 Minutes £65

In Bloom

A place of perfect calm

A calming tailor-made back massage, aimed to release tension and extra pressure placed on the back during pregnancy. Switch off your busy nesting mind with a therapeutic scalp massage and facial – for an enhanced glow of a blossoming mum to be.

In Bloom 45 Minutes £45

Dreamy Escape

Emerge your developing body with this revitalising treat.

Indulge in a full body exfoliation to remove dead skins cells, especially from your new hard to each areas. Now take the weight off your tired legs with a bespoke foot and leg ritual using our specially formulated pregnancy safe Geraine De Capuccini skin care range.

Dreamy Escape 60 Minutes £58



All pregnancy treatments are suitable from 14 weeks plus in a healthy pregnancy. Have confidence in the fact that all our therapists are specially trained in maternity massage.



Facials

Flawless Facials from VJW

Hydrocure Facial

Hydrate and awaken tired skin...

An energising Germaine De Capucini Facial treatment to boost tired skin and add immediate radiance. The perfect 'Pickme up' for any day of the week.

30 Minutes

£36

Radiance Vit-C Facial

Illuminate skin and even skin tone...

A firm favorite facial for dull, tired stressed skin. Using Germaine De Capuccini Timexpert C+ range, Lay down and let your therapist wisk your face, mind and soul to another level of radiance.

45 Minutes

£50

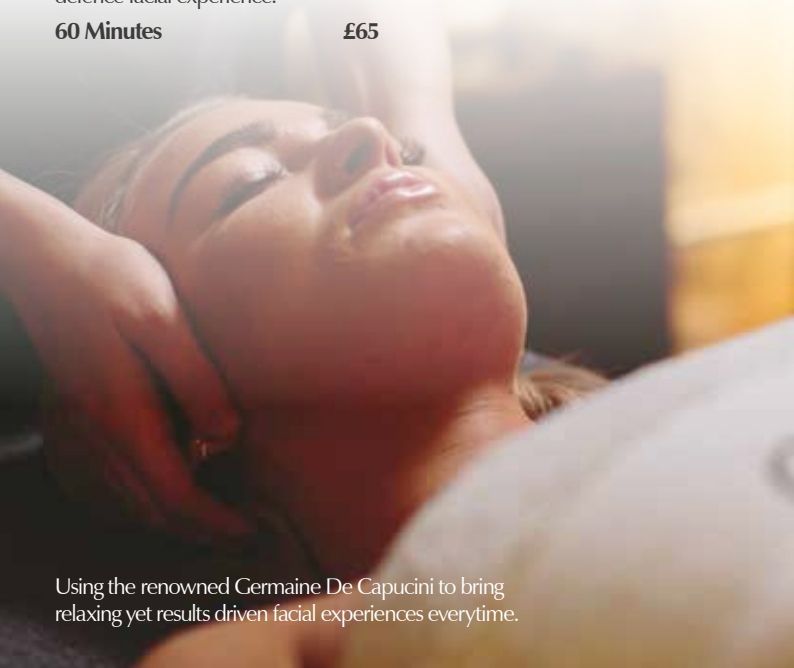
Time Expert Anti Aging Facial

A powerful all round anti-aging facial

Enhance firmness, revitalisation and improve skin pigment with this age defence facial experience.

60 Minutes

£65



Using the renowned Germaine De Capucini to bring relaxing yet results driven facial experiences everytime.

Body Treatments

Green Soul Scrub

Restores your glow and skin's silky smoothness touch.

Regain your skin's radiance and softness, with this specially developed Green Tea scrub topped off with a rich, luxurious body cream.

60 Minutes

£55

Signature Bamboo Body Ritual

Indulge with our divine body scrub to exfoliate away dead skin cells and increase circulation immersed in a delicately fragranced bamboo extract scrub.

Now enter a place of pure luxury with a full body aromatherpy massage . Your skin will be luxuriously soft and wrapped in a delicate scent of calm.

90 Minutes

£85



Spa Days

The VJW Day Retreat

Ease tension, awaken your senses, reinvigorate your body and mind

A wonderful array of treatments for a single day of deep rest, relaxation and recuperation

1.5 Hour Private Heat Experience | 65 Minute Aromatherpy Massage |
55 Minute De-Stress Facial | Afternoon Tea | Gel Manicure |
Gel Pedicure | Relaxation Time with Coffee

*Dressing Gowns, Towels and Water provided. Please bring swiwear and Flip-Flops

Recommended time: Allow 7 hours + **£235 pp**

Any Gel Manicure or Pedicure can be change to a Hand or Foot Ritaul if preferred.

The Half Day Hide Away **BEST SELLER**

Escape the stresses and strains of everyday life - recharge and refresh

Hand-selected treatments in a package of pure indulgence

1 Hour Heat Private Experience | Traditional Back massage |
45 De-Stress Facial | Afternoon Tea | Gel application on fingers or toes
Relaxation Time with Coffee

*Dressing Gowns, Towels and Water provided. Please bring swiwear and Flip-Flops

Recommended time: Allow 4.5 hours + **£150 pp**

Any Gel Manicure or Pedicure can be change to a Hand or Foot Ritaul if preferred.

Top to Toe **NEW**

Head up, shoulders back, best foot forward - feel restored and ready to face the world with this formidable treatment package

Top to toe pampering for a dramatically different you – energy levels restored, mind, body and soul, refreshed.

1 Hour Private Heat Experience | Traditional Full Body massage | '30 Minute
De-Stress Facial | Relaxation Time with a Hot Drink

*Dressing Gowns, Towels and Water provided. Please bring swiwear and Flip-Flops

Recommended time: Allow 3 hours **£109 pp**

Duo Delight for Two People

Relax, unwind and revitalise - together

A unique selection of treatments for you and a friend, undertaken in our NEW duo treatment room

1 Hour Private Heat Experience Together | A 60 minute Warm Oil massage
each in our Duo treatment room | Light Afternoon Tea for Two

*Dressing Gowns, Towels and Water provided. Please bring swiwear and Flip-Flops

Recommended time: Allow 3 hours **£97.50 pp (min. 2 ppl)**

Treatment Packages

Indulge in these packages as standalone treatments or upgrade and step into our sumptuous **NEW** heat facilities.

Target Tension

Aids relaxation and releases tension from the body

Escape the pressures of everyday life with this powerful package. Designed to target tension with a laser precise aim - restoring a perfect calm.

40 Minute Target Back Massage | 30 minute Germaine De Capuccini Facial

Target Tension 1 hour 10 minutes £70

Target Tension with Heat Experience 2 hours 15 minutes £89

Holistic Heaven **BEST SELLER**

Enclose yourself in a cocoon of cosiness

Tension... melt it all away with this deeply warming experience. Using a combination between traditional massage and hot basalt lava stones over the back, neck and shoulders, tired muscles are eased, relieved and reinvigorated. Then enter an even deeper state of relaxation with a nourishing Vino Therapy facial.

Hot Stone Back Massage | 30 Minute Germaine De Capuccini Facial

Holistic Heaven 1 hour 10 minutes £70

Holistic Heaven with Heat Experience 2 hours 10 minutes £90

On The Rocks

Deeply delicious, discover why hot stone treatments have prevailed through the ages – from ancient rituals to modern day massages

Deluxe Full Body Hot Stones Massage including a Royal Jelly Basalt Stone Facial ritual

On the Rocks 1 hour 45 minutes £80

On the Rocks with Heat Experience 2 hour 45 minutes £100

Just fancy trying our Heat Experience?

Indulge in some well earned R&R...

Enjoy 1 hour in our Steam | Sauna | Jacuzzi and then take a 30 minute break in our relaxation suite with a warm drink as you pop your feet up.

*Dressing Gowns, Towels and Water provided. Please bring swiwear and Flip-Flops

£28pp - booking in advanced required.

About us

From Massage to Manicures, Facials to Spa days - we are here for you!

VJW Holistic Therapies is a leading health and beauty Spa, situated in a beautifully converted mill complex in Lindley, Huddersfield. We pride ourselves on providing only the highest quality of Spa Days, Massages and Beauty Treatments in Yorkshire.

Our newest addition to VJW is our heat experience. This includes a Hydro jacuzzi, swedish sauna, steam room and ice shower along with our luxury relaxation suite. These areas have been developed with privacy and luxury in mind to help you truly relax. Enjoy this area as part of a spa day or as a stand alone experience... the choice is yours.

Now, sit back relax and read our treatment list with a cup of Yorkshire tea and start planning your visit to our world, where a warm welcome is always included!

We look forward to seeing you...

Love, Peace and Joy

Victoria & Team VJW x



Arrive 5 minutes prior to your appointment and toddlers or children are NOT permitted



ALL consultation forms must be done prior to arrival digitally. You will also receive a text message remind 24 hours before a booking, this will have a COVID-19 disclaimer to consent to.



Payment in full for all bookings will be required to prevent congestion at reception.

Therapist Notes:



VJW Holistic Therapies
Health & Beauty Spa

VJW Holistic Therapies Ltd
Heritage Exchange, Lindley, Huddersfield HD3 3HR

01484 485 321

contact@vjq-holistics.co.uk

www.vjq-holistics.co.uk

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