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*Natural therapies in  
a tranquil haven*



*“Tension is who you think  
you should be...*

*...relaxation is  
who you are.”*

*Chinese Proverb*



# welcome

The Green Door offers a range of revitalising spa and beauty therapies for both women and men. With chic décor, calming music and subtle lighting, we provide a peaceful sanctuary in a busy world. Relax and enjoy complimentary refreshments in our waiting area or courtyard garden.

Our friendly and highly qualified therapists offer soothing treatments that help ease aches and pains, nourish your skin and restore a healthy radiance. Come and pamper yourself, or purchase a gift voucher to treat a friend or loved one.



spa FIND  
PURE SPA BLENDS  
LONDON

For our facial and massage treatments, we use the Spa Find

professional range of skincare products and therapies. Spa Find formulas blend pure de-ionised water with vitamin-rich Dead Sea minerals and organic ingredients.

CAUDALÍE  
PARIS

Caudalie is the first brand to harness and patent the extraordinary anti-ageing prowess of a vineyard's crop, in technologically advanced, pampering skincare. All derived from grapes, vines, leaves and seeds, natural molecules fight the signs of ageing - polyphenols provide a staggering 100% free radical protection, resveratrol boosts collagen, and viniferine brightens skintone.

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## *Exquisite Eyes*

### *Mineralizing eye contour treatment*

This specialised treatment consists of a gentle eye cleanse followed by traditional eye massage techniques that soothe your troubles away as the active ingredients in our mineralizing eye mask hydrate and tone the eye contours.

## *Express Elegance*

### *Occasional radiance facial*

This luxurious mini-facial deeply cleanses and purifies the skin. The skin is gently polished before a specialised Dead Sea mineral mask is applied. While the mask is working, your shoulders, neck and scalp are luxuriously massaged to ease away the stresses and strains of the day, leaving you totally relaxed.

## *Renewed Radiance*

### *Hydrating and reviving facial*

This energizing comfort facial is perfect for those with delicate skin who cannot tolerate traditional skincare products, as the natural ingredients help gently calm, soothe and rehydrate skin layers.

## *Balanced Beauty*

### *Rebalancing mud facial*

Balanced Beauty is perfect for combination skin and for skin with varying needs. Gentle massage techniques are used to help with skin rebalancing, before a mineral mud mask is applied to deep cleanse the pores.

## *Teen Facial*

### *Active mud facial for problem skin*

A perfect facial for a teenager worried about problem skin. This treatment helps to remineralize, soothe, oxygenate and rebalance acne skin.

## *Youthful You*

### *Anti-ageing algimud facial*

Youthful You is a revolutionary treatment that uses the ultimate combination of minerals, Dead Sea Mud and seaweed. Your skin is deeply cleansed and gently polished before traditional facial massage techniques allow your mind and senses to unwind. Your face is then cocooned in the active ingredients of our specialised mask.



**CAUDALIE**  
PARIS*Vinexpert Firming Facial*  
*Firming and lifting*

Specially created for skin lacking vitality and firmness, this treatment is followed by an application of Caudalie's Vinexpert Resveratrol-based firming products. Thanks to a mask rich in unique anti-ageing active ingredients, the toning and lifting effects are immediate. Your complexion's freshness and luminosity are restored and your face appears resculpted.

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*Pulpe Vitaminée Anti-Ox Facial*  
*Energizing*

A real burst of vitamins and energy, this treatment awakens even the most tired skin. An entirely manual treatment, that moisturizes, regenerates and awakens the cells of the epidermis through a lengthy massage with a Regenerating Concentrate and an application of a citrus fruit-based anti-oxidant mask. Your complexion is left radiant and smooth. Your skin will appear plumped from within.





*Scandinavian Soother*

*A traditional Swedish massage*  
This full body treatment is our unique interpretation of the classic Swedish massage, tailored to the precise needs of your body in terms of muscle aches and tension areas.

*Massage Treatment Journeys*

Our revitalising massage treatment journeys combine the therapeutic powers of Dead Sea Waters with intensely pampering massage rituals from the Orient:

*Clarity*

*An Indian Head Massage  
spa journey*

Discover clarity of mind and refreshed motivation from this spa treatment journey combining Indian Head Massage techniques with warm spa mud envelopment of the feet.

*Peace*

*A Hawaiian Mineral Stone  
spa journey*

Experience peace of mind and tension release through this deeply



relaxing and stress-relieving massage journey using hot mineral stones and warm spa envelopment of the feet.

*Mud and Salt Body Treatments*

We offer a range of distinctive body treatments that utilise mud, salt and seaweed blends to give you silky smooth skin with a healthy glow:

*Heavenly Hydration*

*Full body salt brushing exfoliation*  
This unique pure spa exfoliation treatment uses Dead Sea Salts combined with the rich effects of

Vitamin E and Coconut Oil to nourish and invigorate the body as it is lightly polished from head to toe. To finish the treatment, we smother your skin in warmed body lotion to massage your senses.

### *Body Bliss*

*Algimud and Black Mud body toning and contouring*

Body Bliss is the ultimate mind, body and soul experience. The rich effect of the original Dead Sea Mud and seaweed combined together mimics the healing, detoxifying and muscle-warming effects of the Dead Sea itself.



The treatment begins with a ritual spa polish followed by a traditional massage using scented oils to relax your senses. Your body is then cocooned in a combination of heated mud and cooling seaweed masks that rebalance the body and relieve muscle tension.

### *Marine Miracle*

*Algimud body contouring treatment*

A personalised treatment, Marine Miracle is designed to revitalise specific problem areas. This modelling mask treatment uses a unique formulation of seaweed, Dead Sea Mud and plant extracts, which have combined powerful effects to eliminate cellulite and tone the body contours. An exfoliation ritual to invigorate the localised area is followed by the application of caffeine-rich extracts and specialised massage techniques to promote deep penetration of the active ingredients, which work together to stimulate, detoxify and firm the body.



### *Infinite Indulgence*

*Body hydrating mud envelopment*

Infinite Indulgence is a pure spa experience to relax the body and mind, combining the powerful effects of Dead Sea minerals and sensual aromatherapy oils. Your body is luxuriously polished from head to toe before being massaged with scented oils. We then envelop you in heated original Dead Sea Mud to soften, soothe and condition the skin with rich minerals from the lowest place on earth.



The skin on our hands and feet is often overlooked and yet these hard-working limbs need more attention than other areas.

Treatment of your hands and feet can help to relieve tension and improve circulation. Let us exfoliate, rehydrate and massage your hands and feet with pampering manicures and pedicures using natural, botanical ingredients:

#### *Healthy Hands*

##### *Hydrating manicure treatment*

You can thoroughly relax while we clean, shape and strengthen your nails. For the final touch of glamour, we apply a perfect polish in the colour of your choice from our wide selection of beautiful shades.

#### *Fabulous Fingernails*

##### *Nail extensions*

Enhance the beauty of your hands with professionally applied fibreglass nail extensions. Please note that, after the initial

application, your nail extensions will require maintenance every two to three weeks.

#### *Fantastic Feet*

##### *Soothing pedicure treatment*

Enjoy a soothing foot spa. A foot mask is then applied and your therapist will massage your legs while the mask is in place. Your cuticles are treated before your toenails are shaped and polished in your choice of colour from our fabulous range.

#### *Shellac Manicure or Pedicure*

##### *Long lasting mirror shine finish*

Shellac, the hybrid (half polish, half gel), nail treatment is in high demand! With a beautiful mirror shine finish, shellac provides strength, does not damage the nail and gives longer lasting, chip resistant nails. When leaving The Green Door your nails will be completely dry, there's no need to worry about smudging.

The Green Door offers a range of treatments especially for the guys. Designed to relieve stress and give a reinvigorated appearance, these therapies use high performance products for superb skin tone:

#### *The Works*

##### *Total body massage*

This full body Swedish-style massage will soothe aches and pains, relieve stress and restore your skin's natural balance.

##### *Commuter Cure*

##### *Back massage*

Perfect for those with mild



backache from long periods in cars or on trains, Commuter Cure involves massage of all areas of the back and neck, leaving you reinvigorated.

##### *Stress Buster*

##### *Back, neck & shoulder massage*

Concentrating on the tension areas around the back, neck and shoulders, Stress Buster is the ideal antidote to a week in the office.

##### *Fab Fists*

##### *Hand & nail treatment*

Fab Fists will improve the texture of your hands by hydrating and nourishing the skin. This treatment also includes the cleaning, shaping and strengthening of your nails.

##### *Lucky Soles*

##### *Refreshing foot treatment*

This therapy will be heaven for your feet. An exfoliating scrub is followed by a soothing foot spa, foot mask and leg massage. Your cuticles are treated and your nails cleaned and shaped.



***Lash Perfect***

*Professional eyelash extensions*

Lashes are made thicker and longer through professional application of an individual synthetic eyelash directly to your own natural eyelashes with a specially formulated bonding agent. For a perfect look everyday individual eyelash extensions last for weeks. They look and feel like natural lashes - only you will know they are not real.

***La La Express***

*Individual lash extensions*

Perfect for that night out or special occasion. A natural look or something more glamorous. La La Express lashes must be removed after two weeks.

***Hopi Ear Cleansing Ritual***

*Thermal auricular therapy*

This relaxing, non-invasive therapy is believed to help in cleaning out excessive or compacted wax, promoting lymphatic circulation and

alleviating allergic conditions.

***Waxing***

*Hair removal treatments*

Waxing is the ideal way to remove unwanted hair and leave silky smooth skin.

***Intimate Waxing***

Using hot wax, clients can choose to have either a 'Hollywood' (all-off) or a 'Brazilian' (strip).

***Threading***

*An alternative to waxing*

Particularly good for those who are sensitive to waxing.

***Tinting***

*Eyelash and eyebrow treatments*

A patch test is required 24 hours beforehand to ensure no sensitivity to the products used.

What better way to show just how much you care than to treat your friend or loved one to a pampering spa therapy in a peaceful retreat? The perfect present for birthdays and other special occasions, you could also book a treatment for yourself in order to enjoy the experience together. Attractively presented, The Green Door gift vouchers are available to the exact value you choose.



*“Beauty is how you feel inside,  
and it reflects in your eyes.”*

*Sophia Loren*

