



South Lake
Leisure Centre



**Health
& Wellbeing**
Suite



Treatment Menu



getactiveabc.com/wellness




Armagh City
Banbridge
& Craigavon
Borough Council

Physiotherapy

	PRICE	
PHYSIOTHERAPY INITIAL ASSESSMENT	£40.00	10%
PHYSIOTHERAPY FOLLOW UP SESSION	£38.00	10%
SPORTS MASSAGE 30 MINS	£35.00	10%
SPORTS MASSAGE 45 MINS	£50.00	10% 
1:1 PILATES SESSION	£30.00	10%
1:1 ONLINE PILATES SESSION	£28.00	
ONLINE PILATES GROUP SESSION <i>Min 4 people per class</i>	£8.00	
MANUAL LYMPHATIC DRAINAGE MASSAGE <i>Individual session</i>	£55.00	10%  
MANUAL LYMPHATIC DRAINAGE MASSAGE <i>Bundle of 3 sessions</i>	£150.00	10%  
ONLINE PHYSIOTHERAPY SESSION	£25.00	

Massage

	PRICE	
FULL BODY MASSAGE 60 MINS	£45.00	10%  
FULL BODY MASSAGE 90 MINS	£60.00	10%  
HOT STONES BACK MASSAGE 30 MINS	£30.00	10% 
FULL BODY HOT STONES MASSAGE 60 MINS	£45.00	10%  
HEAD, NECK & SHOULDER 15 MINS	£15.00	10% 
BACK, NECK & SHOULDER 20 MINS	£20.00	10% 
BACK, NECK & SHOULDER 30 MINS	£30.00	10% 
BACK, NECK & SHOULDER 45 MINS	£35.00	10%  
HALF BODY MASSAGE	£30.00	10% 



WET AREA INCLUDED



RELAXATION ROOM INCLUDED



MEMBERS DISCOUNT

Holistic

	PRICE	
REFLEXOLOGY*	£35.00	10%  
PREGNANCY REFLEXOLOGY*	£35.00	10%  
FERTILITY REFLEXOLOGY*	£35.00	10%  
REIKI	£28.00	10%  
INDIAN HEAD MASSAGE	£35.00	10%  

*Please note these treatments are 45 min treatment + 15 Mins consultation

Waxing

	PRICE	
EYEBROW	£7.00	10%
LIP	£6.00	10%
CHIN	£5.00	10%
NOSTRIL	£7.00	10%
UNDERARM	£10.00	10%
FOREARM	£13.00	10%
FULL LEG	£25.00	10%
HALF LEG (BOTTOM)	£15.00	10%
HALF LEG (TOP)	£15.00	10%
3/4 LEG	£17.00	10%
CHEST	£20.00	10%
BACK	£20.00	10%
STANDARD BIKINI	£10.00	10%
EXTENDED BIKINI	£15.00	10%
HOLLYWOOD	£30.00	10%
BRAZILIAN	£28.00	10%
FULL LEG & STANDARD BIKINI	£30.00	10%



WET AREA INCLUDED



RELAXATION ROOM INCLUDED



MEMBERS DISCOUNT

Threading

EYEBROW

PRICE

£7.00

10%

LIP

£7.00

10%

CHIN/NECK

£9.00

10%

Facials

EXPRESS FACIALS

£30.00

10%

PRESCRIPTION FACIALS

£45.00

10%



DELUXE FACIAL BIO

Includes back massage

£60.00

10%



EXPRESS TEENAGE FACIALS

Minimum 16 years of age

£20.00

10%

Advanced Facials

HIGH FREQUENCY FACIAL

Machine based treatments

£50.00

10%

24K GOLD MICRONEEDLING FACIAL

24 Karat Gold serum/Mask

£90.00

10%



MICRONEEDLING FACE

£50.00

10%



LED THERAPY

£15.00

10%



MICRODERMABRASION

No massage no mask

£35.00

10%



MICRODERMABRASION

includes mask & sculp

£45.00

10%



EXPRESS DERMAPLANING

£35.00

10%



LUXURY DERMAPLANING

£45.00

10%



BILLION DOLLAR FACIAL

£95.00

10%



WET AREA INCLUDED



RELAXATION ROOM INCLUDED



MEMBERS DISCOUNT

Eyes

	PRICE	
EYE BROW TINT*	£6.00	10%
BROW WAX SHAPE & TINT*	£12.00	10%
EYELASH TINT*	£8.00	10%
EYE PACKAGE* (Brow tint, eyelash tint & brow wax)	£17.00	10%
EYELASH LIFT & TINT*	£30.00	10%
HENNA 3D BROWS*	£25.00	10%
LASH APPLICATION (LASHES INCLUDED)	£5.00	10%
LASH EXTENSIONS (3D)*	£80.00	10%
LASH EXTENSION MAINTENANCE Up to 4 weeks after 1st set	£37.50	10%
1/2 SET 3D LASHES*	£45.00	10%
1/2 SET 3D LASH MAINTENANCE*	£22.50	10%

*Please note these treatments require a patch test at least 24 hrs beforehand

Hand & Foot Treatments

	PRICE	
NAIL ART	£2.00 each	10%
EXPRESS NAILS - ACRYLIC EXTENSIONS	£25.00	10%
SPA MANICURE - INCLUDES GEL POLISH	£30.00	10%
SPA PEDICURE - INLCUDES GEL POLISH	£30.00	10%
EXPRESS MANICURE - NATURAL NAIL	£20.00	10%
EXPRESS PEDICURE - NATURAL NAIL	£20.00	10%

Make up

	PRICE	
MAKEUP APPLICATION	£20.00	10%

Tanning

	PRICE	
FULL BODY SPRAY	£20.00	10%
ARM ONLY SPRAY	£12.00	10%
LEG ONLY SPRAY	£12.00	10%



WET AREA INCLUDED



RELAXATION ROOM INCLUDED



MEMBERS DISCOUNT

For further information please contact **0330 056 4411**
slc@armaghbanbridgecraigavon.gov.uk

 /iphysiosouthlake  /Bellsatsouthlake
 /SimplyBeautifulAtSouthLake  /EdenatSouthLake

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