

NAIL TREATMENTS



Express Manicure or Pedicure with Polish	£15.00
Luxury Manicure or Pedicure	£30.00
Shellac Manicure or Pedicure	£20.00
Shellac Manicure and Pedicure	£35.00
Rockstar Manicure or Pedicure	£25.00
Rockstar Manicure and Pedicure	£40.00
Gel Polish Removal	£6.00

MASSAGE THERAPIES

SWEDISH MASSAGE

Traditional and most popular massage method

Back Neck and Shoulders	£25.00
Full Body	£40.00

AROMATHERAPY MASSAGE

The use of essential oils to promote healing and a feeling of well-being and relaxation

Back Neck and Shoulders	£27.00
Full Body	£42.00

HOT STONE MASSAGE

Promotes deeper muscle relaxation through placement of smooth, water-heated stones at key points on the body

Back Neck and Shoulders	£30.00
Full Body	£50.00

PREGNANCY MASSAGE

Prenatal massage can relax tense muscles, ease sore spots, and improve circulation and mobility

Back Neck and Shoulders	£25.00
Leg and foot Massage	£25.00

BODY TREATMENTS

Full Body Exfoliation	£30.00
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STRICTLY PROFESSIONAL SKINCARE TREATMENTS

Vegan and paraben free facial products. Whether it be rosacea, dehydration or breakouts we've got the treatment for you!

Classic Express Facial	£25.00
<i>On the go? Enjoy all the basics in this customized express treatment for your face. Includes speed mapping and consultation</i>	

Luxury Face Treatment	£45.00
<i>Your skin therapist will perform a zone-by-zone. Skin analysis, a customised facial treatment with massage and hot towels.</i>	

TANNING SERVICES

The original tan solution infused with certified organic argon and rosehip oils, Moroccan Tan is a deeply-nourishing formula leaving a natural, golden glow

EXPRESS TAN (1-3 HOUR DEVELOPMENT TIME)

Full body	£15.00
½ body	£12.00



**GIFT VOUCHERS
AVAILABLE**



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RIVER FRONT HEALTHCLUB&BEAUTY

AT MUTHU GLASGOW RIVER HOTEL



HEALTHY & BEAUTY

 **014-812-5090**

**MUTHU
GLASGOW RIVER
HOTEL**

GLASGOW - SCOTLAND

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SPA PACKAGES

Spa Experience from £39.00 p.p
The perfect introduction to self-pampering

Includes:

- Full use of facilities
- Robes, slippers and towels on day
- 2 course light lunch with bubbly
- 20% off any treatments on the day

Spa Pamper from £49.00 p.p
The perfect pamper day to treat yourself, a loved one or just a day out with the girls

Includes:

- Full use of facilities
- Robes, slippers and towels on day
- 2 course light lunch with bubbly
- Swedish back, neck and shoulder massage
- Express facial

**upgrade to hot stones for £5*

Teen Spa Pamper from £49.00 p.p
Specially created teen spa for the perfect first spa experience with treatments

Includes:

- Full use of facilities
- Robes, slippers and towels on day
- 2 course light lunch
- Clear start facial
- Express manicure

Spa Bliss from £69.00 p.p
Enjoy some time out and spend your day in total bliss

Includes:

- Full use of facilities
- Robes, slippers and towels on day
- 2 course light lunch with bubbly
- Full body exfoliation with massage
- Express facial

LUXURY SPA PACKAGE

Spa Indulgence from £109.00
The ultimate rejuvenation, this luxury package eases away the everyday stresses and strains

Includes:

- Full use of facilities
- Robes, slippers and towels on day
- 2 course light lunch with bubbly
- Luxury face treatment
- Hot stone full body massage

SPECIAL OCCASION PACKAGE

Party People £45.00
Express full body tan, party lashes, Shellac hands

Bare Essentials £40.00
Eyebrow wax, ½ leg wax, bikini wax, underarm wax, mini manicure

Mum to Be £55.00
BNS & Facial, express mani or pedi

Miss to Mrs £50.00
BNS OR facial, Shellac mani or pedi, eyebrow wax & tint

HOLISTIC TREATMENTS

Indian Head Massage £30.00
Helps release stress & tension, improving sleep and stimulating and improving hair growth & quality

WAXING TREATMENTS

Full Leg £22.00
 ½ Leg £15.00
 ½ Arm £12.00
 Underarm £9.00
 Back or Chest £20.00
 Back and Chest £35.00
 Bikini Line £10.00
 Hollywood £25.00
 Brazilian £20.00
 Lip or Chin £8.00
 Lip and Chin £12.00
Waxing packages available and can be tailored to your individual needs

EYE AND BROW TREATMENTS

Eyebrow Wax £7.00
 Eyebrow Tint* £7.00
 Lash and Brow Tints* £16.50
 Eyebrow Wax, Lash and Brow Tint £20.00
 HiBrows £25.00
high definition eyebrow treatment
 Eyelash Tint* £11.00
 Party Lashes £15.00
 Lash Lift* £30.00
Straightens your natural eyelashes at the root, creating lifted lashes

** Patch test required, minimum of 24 hours prior to treatment*

feel good look great