

Price Guide

auk[®]

Look & feel amazing



Here at aUK we offer our guests the chance to look & feel amazing with the very best in relaxing and rejuvenating treatments for the mind, body, and soul.

Unlike anywhere else in Grantham you can discover outstanding treatments and services to meet all your health, hair, cosmetics and beauty needs. Your hair can be styled, your nails manicured, you can train with our expert personal trainers in our fitness studio or strength & conditioning suite, relax in our day spa and enjoy the benefits of anti-ageing cosmetic treatments, Each of aUK's guests are unique and receive a tailor made service designed to exceed all expectations.

State of the art facilities, combined with award winning stylists and therapists, take you on a journey to looking and feeling fantastic. Everything you need to make you feel your best on the inside and look equally great on the outside.

Taking time out of a busy schedule deserves the very finest in head to toe pampering, and the dedicated team of specialists at aUK promise to deliver outstanding, and life changing results, with the passion and dedication you would expect from a first class team.

01476 568 378
www.a-uk.com
info@aukltd.com

The Old Malthouse,
Commercial Road,
Grantham,
Lincolnshire,
NG31 6DE



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HAIR

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SOPRANO HAIR REMOVAL

DAY SPA AVEDA

www.a-uk.com

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Hair

TREATMENT	STYLIST DIRECTOR	CREATIVE DIRECTOR	PRINCIPAL DIRECTOR
CUT & FINISH			
Ladies	32	37	42
Gents	15	20	25
Child (up to 10)	15	20	25
SHAMPOO & FINISH	15	20	22
HIGHLIGHTS FOIL*			
Full	55	60	70
Half	45	50	55
OMBRE & BALAYAGE*	50	55	60
COLOUR*			
Root Touch	25	30	35
Full Head	40	45	50
Toner	15	15	15
BLEACHING*			
Root Touch	40	45	50
Full Head	45	50	55
KERATIN HAIR SMOOTHING*			
Short	99	99	99
Below Shoulders	125	125	125
PERMANENT WAVING*			55
HAIR EXTENSIONS* (price on consultation)			
*Excludes cut & finish / shampoo & finish			
HAIR UP* (from £35 with one of our specialists)			



Beauty

TREATMENT

PRICE

HANDS & FEET

Gel Overlays/Acrylics	35
Infills or Extensions or Acrylics	35
Shellac Mani or Pedi	32
Manicure	25
Pedicure	25
Callus Peel	20
Buff or Soak off	15

SPRAY TAN

1 treatment	20
Course of 3	50

MAKE UP

20

SUN BED

60 minute course	20
120 minute course	35

BROWS & LASHES

HD Brows	25
Eyebrow Wax	10
Eyebrow Tint & Wax	15
Eyebrow & Lash Tint	15
Eyebrow Tint	10
Eyelash Tint	10
Threading	10
LVL Lashes	40

TREATMENT

PRICE

WAXING

Full Leg	25
Half Leg	20
Intimate	25
Bikini	15
Back/Chest	20
Eyebrow, Lip & Chin	15
Arm	15
Under Arm	10
Eyebrow	10
Lip/Chin	8



Day Spa Aveda

TREATMENT	45mins	75mins	105mins
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FACIAL TREATMENTS

Tulasara™	25	37	44
Dual Exfoliation	25	37	44
Botanical Skin Resurfacing	25	37	44
Plant Peel	25	37	44

BODY TREATMENTS

Aroma Back Treatment		37	
Aroma Body Polish		37	

MASSAGE TREATMENTS

Aroma Massage	25	37	44
Stress Fix Massage	25	37	44
Chakra Massage	25	37	44

TREATMENT ADD-ONS

15mins	30mins	60mins
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SCALP MASSAGE

15

PLANT PEEL

15

EYE THERAPY TREATMENTS

Restorative Eye Therapy	15		
Energising Eye Treatment	15		

TREATMENT

15mins	30mins	60mins
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EXPRESS MANI & PEDI

Mani		25	
Pedi		25	
Mani & Pedi			37



Signature Massage

TREATMENT	30mins	60mins	90mins
MASSAGE			
Indian Head	18	30	
Surrender Massage	18	30	
Hot Stones			75
Pregnancy Massage		40	
Reflexology		35	
Body Fix		35	
Course of 6 <small>(A Bespoke body therapy targeting the area's you need fixing using a range of massaging techniques)</small>		175	

TREATMENT	30mins	45mins	60mins
BODY RITUALS			
Lemongrass Glow Body Scrub	26		
Hopi Ear Candles		30	
REIKI			30



Health

PRICE

GYM MEMBERSHIP

Monthly	25
Student	20

PERSONAL TRAINING (PT)

60mins	25
Course of 10	200
Buddy up (2 people to 1 trainer)	35
Course of 10	300

*Gym opening hours: 6am - 10pm weekdays, 8am - 8pm weekends

TREATMENT

COLONIC HYDROTHERAPY

1 Treatment	65
1 Treatment with Enema	75
Course of 3	155

HYPNOBAND

A virtual gastric band over a course of 4 sessions	300
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HYPNOTHERAPY

1 Session	65
Weight Management & Goal Setting	65

EMOTIONAL FREEDOM TECHNIQUE (EFT)

1 session	65
Course of 3	145

AQUA DETOX

1 Treatment	25
Course of 3	50



Cosmetics

TREATMENT

PRICE

LIPOCONTRAST - MEDICAL GRADE FAT FREEZE

1 Treatment	150
2 Treatments	200
4 Treatments	360
6 Treatments	500
8 Treatments	600

CELLULITE TREATMENT

1 Treatment / Course Of 10	75 / 495
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CRYOPEN

Moles, Warts, Skin Tags, Milia, Pigmentation, Cherry Angioma, Verrucas	75 per treatment
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MICROBLADING

Brows / Brow Annual Top Up	200 / 175
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MICRO PIGMENTATION

Brows / Brow Annual Top Up	295 / 195
Lips / Lip Annual Top Up	295 / 195
Eyeliner / Eyeliner Annual Top Up	195 / 175

LASER TATTOO REMOVAL

per area	from 20
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Cosmetics

TREATMENT

PRICE

DERMAL FILLERS

1ml	195
Lips (1ml)	195
Lips (2ml)	325
Nose to Mouth Lines (2ml)	295
Marionettes (2ml)	295
Cheeks	450
Chin + Jawline	450
Neck Lines	450
Hands	550

DERMA PRP (VAMPIRE)

1 treatment / Course of 3	125 / 375
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PDO THREADS

Small area	295
Lower Face / Mid Face / Jowl	695 per area
Full Face	995



Cosmetics

TREATMENT

PRICE

A-LIFT FACIAL

1 Treatment / Course Of 10

40 / 295

MEDIK8

Cosmeceutical Facial / Course Of 3

Peels / Course Of 3

45 / 109

55 / 125

IPL FACE REJUVENATION

1 Treatment / Course Of 3

75 / 175

COOLIFTING

1 Treatment / Course Of 3 / Course Of 8

75 / 160 / 420

DERMATUDE/DEEP DERMABRASION

1 Treatment / Course Of 3 Treatments

40 / 99

LINE RELAXERS (Botox)

1 Area

125

2 Areas

175

3 Areas

225

Bunny Lines, Brow Lift, Chin, Smokers Lines

50 per area

Nefertiti Neck Lift

175

HYPERHIDROSIS

Under Arm Sweating

450

Hands

350

Feet

350

COGS - FACE LIFT (Using threads to lift the muscle and firm the face)

Lower Face

1495

Full Face

1995



Soprano

TREATMENT

SINGLE TREATMENT

COURSE OF 6 (buy 5 get 1 free)

SOPRANO LASER HAIR REMOVAL

Upper Lip	25	125
Monobrow	25	125
Chin	30	150
Feet	30	150
Underarms	50	250
Forearms	70	350
Neck (front or back)	50	250
Chin and Upper Lip	50	250
Bikini Standard	60	300
Chest (excluding breasts)	65	325
Cheeks/Sideburns	50	250
Abdomen	50	250
Full Bikini (brazillian)	70	350
Thighs	70	350
Buttocks	70	350
Back	70	350
Whole Face	70	350
Lower Legs	80	400
Full Arms (Including hands)	80	400
Face and Neck	80	400
Three Quarter Leg	100	500
Full Leg (including feet)	110	550

SOPRANO SKIN TIGHTENING

50	250
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Day Spa Aveda Packages

The Butterfly Effect gives you an elegant and introductory set of treatments that will have a profound effect on your body - allowing you to unwind in a peaceful way.

The Force of Nature opens up the greater strength of the natural botanical ingredients, penetrating your body and rebalancing your natural state of being to a state that will keep you feeling refreshed for longer.

The Soulful Signature is our premier treatment day spa package and, alongside the deepest sensations of relaxation and rejuvenation, you are treated to a light and refreshing lunch.

PACKAGE (Includes gym & fitness class access and Sauna)

DURATION

PRICE

MASSAGE

Butterfly Effect (Aveda Back, Neck & Shoulder Massage, Tulasara™ Facial)	75mins	45
Force of Nature (Tulasara™ Facial, Full Aveda Aroma Massage, Express Pedicure)	135mins	75
*Soulful Signature (Tulasara™ Facial, Full Aveda Aroma Massage, Express Mani & Pedi)	195mins	105

*Light lunch included

Please note - all times listed include a 15 minute consultation



aUK How to find us



aUK opening hours

Monday - Friday: 8am - 8pm

Saturday: 9am - 6pm

Sunday: 9.30am - 5.30pm

www.a-uk.com

info@aukltd.com

 www.facebook.com/aukltd

 www.instagram.com/aukltd

 www.twitter.com/aukltd

Gym opening hours

Monday - Friday: 6am - 10pm

Weekend: 8am - 8pm

Location & booking

The Old Malthouse,
Commercial Road,
Grantham, Lincs, NG31 6DE

Download free
aUK App
Book online 24/7

