

***Relaxing
&
Beauty
Therapies***

Prices 2022

Telephone

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3 Point Body Balance

Personalised, guided exercise & stretching routine session, plus 30 minute massage, plus guided relaxation session.

3 sessions in one	£80
Course of four 3-in-1 sessions	£280
Personalised mobilisation exercise as download / DVD	£25
Personalised pre-recorded relaxation as download / DVD	£25

The 3PBB is designed to combat issues of reduced mobility, stiff muscles, general aches & pains and overworked minds.

Massage Therapies

On your first visit we advise 30 minutes of massage which helps us assess the best way forward for your needs.


60 minute	£55
45 minute	£48
30 minute	£40

We offer courses of 6 pre-paid massage treatments for 10% discount.

We are pleased to offer a choice of treatment protocols: Massage couch or three seated options more suited to head, neck, shoulders and back massage.

Swedish massage is a great all over therapy to reduce tension in muscles. With regular sessions tight and knotted areas are released and soothed.

Aromatherapy is the most soothing therapy using plant oils to balance the body systems and encourage gentle relaxation. More sophisticated essential oil blends can be used in subsequent treatments.





Lymphatic massage is the lightest and most gentle of these therapies.

Hot Stone Body Massage combines heat with gentle manipulation of the muscles. Regular sessions guarantee to ease the deepest of tension set into the muscles over a long time. This luxurious massage is suitable for the sorest of muscles as the therapist can adjust the pressure and allow the heat from the stones to do the work.

Indian Head Massage is a fabulous alternative to lying on the couch for a thoroughly relaxing and tension relieving massage. Indian Head Massage works on the scalp, face, neck, shoulders, shoulder blades and arms. £40

Hopi ear candles to include face, neck and shoulder massage £40

Massage is a touch therapy that assists the body in relaxation. By varying the techniques during the massage routine, the body and mind are allowed to shed tension within a calming atmosphere. This is your chance to "close the door" on your busy life and have some "me time".

Relaxation Therapies

Different from massage therapy, this offers you a guided session of mindfully relaxing your body, using a simple breathing technique to help you relax and calm your mind and body.

One to one session in the studio £40
Personalised pre-recorded relaxation download / DVD £25

Clients find this incredibly beneficial between massage therapies as it offers a way for the body to slowly realign tensions. They become aware of where they regularly hold tension and are then able to help themselves reduce it.





Body exfoliation £40

With DHF (Direct High Frequency) recommended to reduce skin breakouts - "spots", "papules & pustules" particularly on the upper chest and back.

Dry-brush skin exfoliation £40

This is excellent to help reduce dry / excessively dry skin especially on the upper arms and legs. Arms & legs to include moisturisation.

Professional manicure £37

To encourage nail growth, keeps nails and skin in good condition. Includes relaxing massage of hands and arms up to the elbow joint and heated mitts to ease joint stiffness.*

Please ensure jewellery is removed and sleeves can be clear of the forearm and elbow. (Plain band rings can be left in place).

Professional pedicure £40

Keeping your toenails in good health with filing and smoothing the nail plate. Heated boots and massage over toes, feet and lower legs helps improve mobility of joints and improves skin quality of the feet and legs.*

Help is available to keep your feet flexible and improve balance. **A personalised mobilisation / exercise session** with optional take-home instructions is available via **download** or instruction sheet.

£40 + £25

* We are happy to recommend products that are effective in treating various nail and skin conditions for hands and feet.



Tinting and shaping

A tint patch test is required before any treatments.

Lash & brow tint with brow shape	£32
Lash & brow tint	£27
Brow tint & shape	£22
Lash tint	£22
Brow tint	£14
Brow shape/tidy	£14

Waxing

Brows, lip & chin	£27
Lip & chin	£17
Brows	£14
Sides of face	£17
Legs & bikini	£37
Legs	£32
Half legs, up to & inc. knee	£27
Bikini & underarm	£27
Bikini	£17
Underarm	£17

Electrolysis

Please telephone us for full information.

Epilation for the permanent removal of facial hair.

We insist on a thorough consultation before any course of treatment can begin.

Initial consultation with treatment.

From £40

Make-over

Special occasion to include a before the day trial

£150 + travel

For a one-off occasion or a little bit of a lift to your self-esteem. With option to bring your own make-up.

£45

Skincare / Facial Therapies

A thorough consultation process is essential to get the best from your facial therapy. Together we can plan the best treatment, home care routine and products to give you lasting confidence. We use organic products to promote good skin health, whatever the challenge:

- A smooth, well balanced complexion is so important
- Whether you're going "bare-faced" or wearing make-up
- Women or men
- Teenage "spots"
- Rosacea (reddening of the face)
- Blocked pores
- Eczema
- Fine lines
- Sensitive

Organic manual facial to include face, neck and shoulder massage. £50

Advanced facial to include one or more of the following treatments: £68

- Toning & lifting
- High Frequency cleansing
- Deeply hydrating Iontophoresis
- Lymphatic stimulation

LED Facial therapy £68

We offer course of six pre-paid facial therapies for a 10% discount

All prices are effective from April 2022 and replace any previously advertised prices.

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