

Reflexology

A non invasive holistic treatment using pressure points and massage on the feet, helping to maintain harmony and balance between the body's 9 systems. £25.00
Using Hot Stones £27.00

Reiki

A healing treatment that uses the natural energy of unconditional love. By using the natural energy forces of our universe, it helps energise, de-stress, relieve pain & promote emotional & physical well-being. This relaxing treatment enables you to switch off whilst the Reiki energy channels through your mind & body
Full Body 45 mins £20.00

Hopi Ear Candling

By using Hopi Candles & energy healing, this treatment calms & heals the head, ear & nose & any ailments or conditions that may be present. It is non invasive & deeply relaxing. £20.00

Swedish Massage

A soothing or stimulating massage (1hr), promoting the well being of the circulatory, lymphatic, sensory, nervous, digestive and muscular systems. Therefore relaxing & relieving stress, aches & pains.

Full body £29.00
Back, neck and shoulders £17.00
Chest, face and scalp £17.00

Sports Massage

A deep tissue massage centred on specific areas of the body. This massage type is ideal for those involved in sports & training or those that simply require a more intense massage.

30 mins £19.00
1 hr £33.00

Mixed Treatments

Choose 2 of the following treatments lasting 30 mins each, ensuring total relaxation.
Reiki, Reflexology, Back, neck & shoulder
Swedish or Aromatherapy massage or Chest, face & scalp Swedish or Aromatherapy massage.
£31.00

MUM & BABY

Baby Massage

Baby Massage can be a fabulous experience for both parent & child. Baby Massage can be used on children from 6 weeks to 16 years. A "bond of attachment" is a 2 way bonding relationship between the parent & child & is essential to the baby's growth, health & development. This is a skill that you will be able to utilise for years to come after the 5 week course. £35.00

Baby Reflexology

Baby Reflexology is another fabulous experience for both parent & child. Baby Reflexology can be used on children from their first immunisations (allowing 48 hours) to 16 years. A "bond of attachment" is a 2 way bonding relationship between the parent & child & is essential to the baby's growth, health & development. Another skill, that will literally be at your fingertips after the 5 week course £35.00

* A 20% discount will be adjusted to any second course taken

Pregnancy Massage

A deeply relaxing massage to help with aches & pains during pregnancy, enabling you to take much needed "me time" £30.00



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BEAUTY TREATMENTS

Waxing

Using a crème wax with Lavender, especially formulated for sensitive skin.

Full leg	£16.00
Half leg	£11.00
¾ leg	£13.00
Bikini line	£ 8.00
Chin/Upper lip	£ 6.00
Underarm	£ 8.00

Other hair removal treatments available on request -prices to be confirmed with consultation

Manicure

A full treatment concentrating on restoration and stimulation of the skin and nails.

Shaping of the nails, cuticle work, exfoliation massage and polish of your choice.

(Jessica & Nails Inc colours available)	£14.00
French Manicure	£16.00
Paraffin Wax Manicure	£18.00

Pedicure

A full treatment concentrating on relaxation and rejuvenation. Spa soak, exfoliation, mask, massage, shape and polish of your choice.

(Jessica & Nails Inc colours available)	£16.00
Paraffin Wax Pedicure	£20.00

Gelish Soak Off Gel

Manicure & pedicure includes file, shape & cuticle with polish of choice £20.00

**Don't forget that Gift Vouchers
Make Ideal Presents!!!**

Facials

A complete treatment (1hr) based on client requirements and skin types. Including cleansing, exfoliation, steaming, along with, face, neck and shoulder massage. £25.00

Eye Treatments

Eyelash tint*	£9.00
Eyebrow tint*	£8.00
Eyelash & Eyebrow tint*	£14.00
Eyebrow shape (tweeze/wax)	£7.00
Eyelash perm*	£14.00

*patch test required 24-48hrs prior to treatment

Please note that all treatments will only be performed after a detailed consultation.

Eye Lash Extensions –MarvelLash

Full set	£45.00
Infills (2-3wks)	£25.00
Packages available-	
Full set + 2 infills (10% off)	£85.50
Full set + 3 infills (15% off)	£102.00
2 infills (10% off)	£45.00
3 infills (15% off)	£63.75
Express Lashes (includes removal)	£20.00

Pamper Packages

Aromatherapy massage 30mins, manicure & pedicure	£40.00
Facial, manicure & pedicure	£45.00
Aromatherapy massage 30mins, facial & manicure or pedicure	£50.00
Aromatherapy massage 30mins, Facial, manicure & pedicure	£65.00

HOLISTIC TREATMENTS

Hot Stone Massage

A luxury massage, using volcanic basalt stones. This deeply relaxing technique balances & re-energises the mind, body and spirit through the healing properties of the stones, thermotherapy and the cleansing of the chakras.

Full body 1hr	£33.00
Full body 1 1/2hr	£39.00
Back, neck and shoulders	£20.00
Chest, face and scalp	£20.00
Including essential oils +	£ 2.00

Indian Head Massage

A massage to transport you from the now, to a calming place, relieved of stress & tension. This balancing massage is not only for your emotional state but physical state. It provides a beauty treatment within the massage, conditioning the skin, scalp, and hair, along with re-balancing and cleansing the chakras.

Back, neck, shoulders, arms, hands, Chest, face and scalp	
40 mins	£24.00
Using Hot Stones	£26.00

Aromatherapy

A natural and holistic treatment (1hr), using the herbal energies in essential oils in association with massage, inhalation or compression, therefore combating physical and emotional problems. All oils are blended according to your mood and general state.

Full body	£31.00
Back, neck and shoulders	£18.00
Chest, face and scalp	£18.00