

***Relaxing  
&  
Beauty  
Therapies***

**Prices 2023**

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### 3 Point Body Balance

Ongoing long-term muscle aches, stiffness, mobility or movement problems?

Our 3 Point Body Balance offers three modalities to help you improve your muscle strength and suppleness.

- Personalised, take-home improvement guides
- Relaxation session
- Massage-based therapies

Experience the full 3PBB £90  
Target exercise session, massage mobilisation  
and guided relaxation at the studio

Downloads and DVD available

### Massage Therapies

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

Our **Signature back massage** is recommended for those who are suffering with long term muscle stiffness and aching in the hips, back and / or shoulders. A 30 minute treatment along with a thorough consultation helps to point you in the right direction for improved muscle health. Uses hot stones, aromatherapy oils and vibrational massage.

30 minute Signature back massage	£45
60 minute massage therapy of your choice	£57
45 minute massage therapy of your choice	£50
30 minute massage therapy of your choice	£42





## Massage Therapies (cont.)

*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 / Remedial** 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.

**Mix Hot & Cold Stone** massage to ease joint and muscle stiffness

**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. £42

**Hopi ear candles** to include face, neck and shoulder massage £42





## Massage Therapies (cont.)

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".

We offer courses of 6 pre-paid massage treatments for 8% discount.

## 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	£42
Download / DVD guided relaxation	£25

**Clients find relaxation sessions 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 then are able to help themselves to reduce it.**

## Body exfoliation for "problem skin" £43


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

## Dry-brush skin exfoliation £43

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

## Foot Health - Medi-Pedi £40

From careful nail trimming to avoid ingrowing nails, reducing thickened nails to the treatment of verruca, corns and callus - your feet get all the care they need here.



**Professional manicure** £39

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 stiff joints.

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** £42

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.

Alternatively, cool wraps and lymph flow drainage helps "heavy" and congested legs.

**HD Brows** get & keep great shape brows!

*A tint patch test is required before any treatments.*

CLASSIC HD Brow tint & shape	£25
HD Lash & brow tint with brow shape	£32
HD Lash & brow tint	£28
HD Lash tint	£23
HD Brow tint	£15
HD Brow shape/tidy	£14

**Waxing**

Brows, lip & chin	£29
Lip & chin	£19
Brows	£15
Sides of face	£19
Legs & bikini	£39
Legs	£34
Half legs, up to & inc. knee	£29
Bikini & underarm	£29
Bikini	£20
Underarm	£19

## 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.*

- A smooth, well balanced complexion is so important
- Whether we'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 prescriptive facial** to include face, neck and shoulder massage. Double cleanse & exfoliation, skin serum / active ampoule and suitable mask(s) £51

**Organic "Keep-it-simple" facial** £41  
Cleansing, balancing & hydrating

**Advanced prescriptive 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

Please note, we offer an 8% discount on a course of 6 facial therapies.

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All prices are effective from April 2023 and replace any previously advertised prices.

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