

RBT Wellness



Holistic Therapies

Prices 2025

07796 092 457

www.relaxingandbeautytherapies.com

Faye Tonkinson

Narrow Lane, Hurst Green, Halesowen

B62 9PB



Problem solving therapies for tension and stress

Please note: there is a £10 consultation fee added to your first session. This covers the time to assess your needs and ensure we offer the best approach for you without eating into therapy time.

Aromatherapy - assisting with the mind and body working to achieve a healthy balance. Essential oils are chosen and mixed specifically for each session.

Single 1 hour session £63

Lymphatic Drainage Massage - using gentle, gliding and alternate pressure techniques to assist the lymph flow. This can be performed over light clothing or directly onto the skin using base and essential oil mixes.

Single 30 minute session £48
(Choose from face & arms or legs & abdomen)

RBT Signature back massage - some or all of the following may be used to obtain maximum benefit for you: Hot stones, aromatherapy and / or vibrational massage.

Single 30 minute session £48

Seated Massage - neck and shoulders. Seated upright with the option of leaning into a headrest for extra comfort. Essential oils and hot stones may be used.

Single 30 minute session £48





Indian Head Massage (seated) 'Champissage' - treating face, head, neck, shoulders and upper arms. Ideal for relieving tension that causes headaches / migraines.

Single 45 minute session *£50*

Hot stone body massage - relaxing and warming to mind and body. Uses essential oil mix to help reduce tension and stress.

Single 1 hour session *£68*

RBT True Thermal Stone Therapy - using hot and cold stones to bring about a refreshing and relaxed state to the body and mind. Essential oils used.

Single 1 hour session *£68*

Hopi Ear Candeling - with essential oil face massage to relieve tension.

Single 30 minute session *£48*

RBT Signature Hopi Ear Candeling - with essential oil face, neck and shoulder massage to relieve tension.

Single 30 minute session *£55*

RBT Guided relaxation sessions - 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. The system of relaxation is easy to learn which enables you to eventually





practice in the comfort of your own home if desired.

One-to-one session in the Studio £48

Pre-recorded relaxation download / DVD to take home £25

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

Problem solving therapies for skin and nails

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

Single 45 minute session £50

Dry-brush skin exfoliation

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

Single 45 minute session £50

RBT LED Face mask therapy - activates the skin's natural repair process.

Single 45 minute session £50





**Luxurious facial therapies - includes
shoulders, neck and face massage**

RBT Aromatherapy Facial - tailored to the needs
of your skin

Single 1 hour session *£63*

Lifting and toning facial - to encourage tighter
facial muscles and clearer skin

Single 1 hour session *£63*

*Don't enjoy lying on a couch?
Ask for our seated option.*

Add a little extra

HD Brows - tint, shape and define

Single session *£28*

HD Brows lash and brow tint

Single session *£40*

HD Eye Lash Tint

Single session *£22*

Please note

A skin patch test is required
24 hours before any tinting appointment





RBT Problem specific manicure

Single 45 minute session

£55

RBT Foot Health Pedicure with foot spa

Single 45 minute session

£55

Additional polish application

£10

Foot-specific problem solving treatment

Individual treatment

£POA

RBT - here to help

Your concerns:

How this impacts you:

Our recommendations:

Prices are correct at time of publication but
subject to change without notice.

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