

Aromatherapy Massage

Signature massage customised to the individual. Experience the natural benefits of individually blended essential oils helping to relax tired muscles, increase circulation or just for de-stressing.

Back, Neck and Shoulders Massage	£25.00
Indian Head Massage	£25.00
45 min Body Massage	£40.00
60 min Full Body Massage	£48.00
90 min Full Body Massage	£60.00

Hot and Cold Stone Therapy

Very relaxing massage incorporating hot stones with individually blended oils. The cold stones are normally used for sports injuries or deep muscular aches and pains.

Back Neck and Shoulders Massage	£30.00
Full Body Massage	£50.00

Reflexology

Manipulation of the foot's reflex points which naturally correspond to the body's organs and glands, helping the release of unwanted toxins and stimulating the body's natural healing abilities.

Reflexology (45 mins)	£28.00
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Hopi Ear Candling

Using the original biosun Hopi Ear Candles to create a light suction chimney effect the movement of the flame creates a massage like effect of the ear drum.

£20.00

Reiki Treatment

A holistic system for balancing, healing and harmonising all aspects of the persons mind, body and well being.

30 mins	£17.50	60 mins	£30.00
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Waxing Treatments

 cream and/or hot wax

Half Leg	£15.00
Three Quarter Leg	£18.00
Full Leg	£20.00
Bikini Line	£8.00
Hollywood or Brazilian	£15.00
Under Arm	£7.00
Forearm	£9.00
Top Lip or Chin	£5.00
Top Lip and Chin	£8.00
Eyebrow Shaping	£7.00

Eyesh & Brow Treatments

* New Clients require a patch test 24 hours prior to these treatments

* Eyebrow Tint	£5.00
* Eyelash Tinting	£12.00
* Eyelash and Brow Tint, plus shaping	£20.00
* Eyelash Perm (including tint)	£28.00

Eye Lash Extensions, flares	from £25.00
Lash Extensions (individual silk lashes) full set	£65.00
Infills	£20.00

Thermal Slimming Body Wrap

Thermo active ingredients accelerate fat cell metabolism helping to improve toxins. The healing action helps emulsify fat cells. Treatment includes body brushing to improve lymphatic drainage

1 Treatment	£30.00
Course of 5 Treatments	£130.00
Course of 10 Treatments	£270.00

Body Exfoliation and Moisturising

Full Body	£25.00
Half Body	£15.00

SUN Body Tanning, cream application

Full Body	£25.00
Half Body	£15.00

OPI Manicures & Pedicures

Manicure	£25.00
Pedicure	£25.00
Winter/Summer Deep Hydrating	from £30.00
File and Polish	£12.00
French Polish	extra £4.00

Gelish

Gelish plus a manicure	£25.00
Soak off and file (30mins)	£10.00
Soak off, file and re application (1hour & 15mins)	£19.00

Shellac & Rockstar

Shellac plus a manicure	£25.00
Soak off and file (30mins)	£10.00
Soak off, file and re application (1hour)	£19.00

Minx

Nails or toes, plain or design including a light manicure/pedicure, nail shaping & cuticle work	£25.00
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Traditional treatments formulated from selected ingredients including aromatherapy oils and plant and marine extracts for all skin conditions.

Mini Facial (45 mins)

Treatment includes cleansing, exfoliation, short facial massage and mask. £25.00

Thai Facial (1 hour)

Products do not include parabens, petrochemicals or Sodium laureth sulfates £35.00

Classic Facial (1 hour)

Prescriptive facial: treatment includes cleansing, exfoliation, warm towels (steaming if necessary), facial massage and selection of deep cleansing or moisturising masks, aromatherapy hand or foot massage. £40.00

Signature Facial (2 hours, with Liz or Karla)

Pure indulgence: this facial includes all of the above, 20 minute back massage and reflexology plus more. £65.00

Mini Pamper (1 hour, with Liz or Karla)

Pick 2 of the following treatments, each last 30mins £50.00

- Back massage
- Shiatsu facial massage
- Reflexology

Ultimate Non Surgical Face Lifting

This process is a non surgical, lifting and tonal facial treatment. It has an amazing amount of applications including relief from frown lines, smooths and reduces lines and skin folds, reduces puffiness, treats acne scarring and improves tone and texture of the skin

Special Occasion Hydralift (1 hour, includes a mask)	£40.00
Course of 5	£150.00
Course of 10	£300.00
Monthly Maintenance Session (35 mins)	£25.00

We also do several treatments for the neck, chest, hand and eye areas. Prices on request