



Wellbeing & Beauty Studio

Beauty, wellbeing and relaxation treatments
for guests, visitors and non-residents



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Body Treatments

Holistic Massage

Each session is specifically tailored to your needs and so the treatment you receive will be unique, following no fixed routine, taking into account much more than just aches and pains.

Treatments draw from a wide range of massage techniques and may include gentle massage, stretches, relaxation work and deep tissue massage.

Massage works by improving circulation and aids the delivery of oxygen and nutrients to the body's cells whilst at the same time eliminating toxins, releasing muscular tension and boosting the immune system. Relaxing massage will deepen the breath, calm the mind and reduce the effects of physical and emotional stress on the body.

This is your treatment, your space and your time to relax.

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| Full Body Massage (to include scalp & face) | (75 minutes) £60.00 |
| Full Body Massage | (60 minutes) £45.00 |
| Neck, Back & Shoulders Massage | (45 minutes) £35.00 |
| Neck, Back & Shoulders Massage | (30 minutes) £27.50 |

To add a pre-blended aromatherapy massage oil selected to your needs, please add £5.00 to the cost of a treatment.



Body Treatments

Hot Stones Massage

This treatment combines water heated basalt lava stones and traditional massage techniques. The stones are placed on key points of the body and hot stones are also used to give a deep massage.

This creates a sensation of warmth and comfort, easing away the deepest aches and pains, leaving you feeling totally revived

Full Body Massage (60 minutes) **£60.00**

Back, Neck & Shoulders Massage (30 minutes) **£40.00**

Tension Melting Massage

This indulgent treatment has been designed to incorporate main areas of tension and stress to create a complete state of calm and serenity.

Massage to the scalp, face, neck, shoulders and arms

leaves you feeling nourished and totally relaxed (30 minutes) **£30.00**

Scalp & Face Massage

A calming treatment, which focuses on releasing tension & stress that build up in the tissues of the face & scalp. Firm, but gentle movements are used, including acupressure points, which improves blood circulation.

(30 minutes) **£30.00**



Holistic Treatments

Reflexology

(60 minutes)

£40.00

(30 minutes)

£27.50

Reflexology is a gentle and effective treatment applied to the feet and sometimes the hands, in the belief that areas on the feet & hands correspond to all parts & major organs of the body. It's considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.

Reflexology aims to stimulate the body's own healing processes.

Most people can benefit from Reflexology; it can bring relief to a wide variety of acute and chronic conditions and is suitable for all ages, including children. Once the body has been rebalanced, regular treatments can help to maintain health and general well-being.

Overall benefits may include:

Relaxation, stress relief, improved circulation, pain relief, aiding the body to heal current disorders, maintaining balance and well-being.

Reflexology with Chakra Balancing

£50.00

(75 minutes)

Reiki

(60 minutes)

£40.00

(30 minutes)

£27.50

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.



Holistic Treatments

Hopi Ear Candling

£30.00

(40 minutes)

Ear Candles' historic roots can be traced back to Indians of North and South America. They are considered to be a classic clearance therapy, and can be used successfully for many problems related to the ear and head area.

The treatment

- 🌸 Hollow tubes (candles) are placed in the ears and a gentle, soothing sensation is felt
- 🌸 The healing essence of Sage, St John's Wort and Chamomile are released into the ear during the therapy
- 🌸 A lymphatic draining face and head massage completes the treatment
- 🌸 Afterwards, the contents of the candles are examined to see how effective the treatment has been and to indicate how further treatments should proceed
- 🌸 Includes face and scalp massage

Hopi ear candling has been shown to be beneficial for catarrh, migraines, sinusitis, headaches, glue ears, neuralgia, rhinitis and relaxation.

This treatment may also ease problems with ears when flying.



Signature Treatments

Holistic Fusion

(70/90 or 120 minutes)

£50/£65/£80

Give your mind & body the break they deserve with a fusion of Reiki & Reflexology. Reiki will aid your body's own natural self-healing process & balance emotions. Whilst Reflexology uses pressure-point massage to the reflex areas of the feet to release tension, create a general feeling of wellbeing & restore the flow of energy throughout the body.

Heavenly Face & Back Therapy

£70.00

(90 minutes)

Start with a holistic massage to the back, neck & shoulders, melting away any stresses or muscle tension. Follow this with a Crystal Wand Healing Facial. A prescription facial using amethyst crystal wands, focusing on the face & using massage which covers the face as well as the neck, shoulders, hands & arms. The crystals aim to treat the individual's skin through the result of touch & can result in a feeling of rejuvenation & leave the skin glowing & soft. Many individuals (men & women) use this treatment as a way in which to unwind & destress.

Wellbeing Boost: Reflexology & Back Massage

(75 minutes)

£50.00

Combine a relaxing back & shoulder massage with a reflexology treatment. A perfect way to relax, heal & boost your sense of wellbeing.



Manicures

Standard Manicure

I will shape and tidy your nails and exfoliate your hands and lower arms, finished with a wonderful hand and arm massage

With Polish (45 minutes) **£25.00**

Without Polish (30 minutes) **£20.00**

Luxury Manicure

This luxury treatment includes all of the stages of above but incorporates a soak, scrub, mask & massage butter from the luxurious Morgan Taylor Range. Add the option of heated mitts to make this a comforting treatment.

Whilst the mask is on enjoy a short scalp or shoulder massage. (Shoulder massage is over the clothes).

With Polish (55 minutes) **£35.00**

Without Polish (40 minutes) **£30.00**

Quick Fix for Fingers or Toes

No frills. Just a quick tidy, file & polish (15 minutes) **£15.00**

Please note: Timings are approximate



Pedicures

Standard Pedicure

Our pedicure includes a full exfoliation of the lower leg and feet, cuticle work and tidying the nails followed by a foot and lower leg massage

With Polish (55 minutes) **£35.00**

Without Polish (40 minutes) **£30.00**

Luxury Pedicure

This luxury treatment includes all of the stages of above but incorporates a soak, scrub, mask & massage butter from the luxurious Morgan Taylor Range. Add the option of heated boots to make this a comforting treatment.

Whilst the mask is on, enjoy a short hand or scalp massage.

With Polish (65 minutes) **£45.00**

Without Polish (50 minutes) **£40.00**

Quick Fix for Fingers or Toes

No frills. Just a quick tidy, file & polish (15 minutes) **£15.00**

Please note: Timings are approximate



Facials

Crystal Wand Facial

£40.00

(60 minutes)

The treatment

This facial was developed to combine the earth's energies of crystals to deliver a treatment that will take you to a place of total peace.

The facial includes cleanse, tone, exfoliate, mask, neck, hand and scalp massage.

Your skin will feel revitalised and your mind clear and calm. Crystal wands give a deeper massage to add to the touch of the hands in giving a deep tissue massage. Pressure points using the crystals give release to stagnant energy, creating a greater sense of wellbeing. This is an excellent facial in times of stress, or where time out is needed. Lymphatic drainage is used to help alleviate sinus and migraines.

Mini Facial

£25.00

(30 minutes)

This treatment can be done without crystals if required.

Natural Lift Facial Massage

£50.00

(60 minutes)

A massage focused on the face, scalp, neck and shoulders using the most effective acupressure and lymphatic drainage techniques. The unique massage is designed to remove toxins, improve the energy flow, release puffiness and help with both sinus congestion and headaches. Balancing these energy channels releases expression lines and wrinkles resulting in a fresh more youthful appearance glowing with radiance.





Finishing Touches

Waxing

Temporary hair removal, lasting up to 6 weeks

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| Full Leg | £25.00 |
| 3/4 Leg | £22.00 |
| 1/2 Leg (both legs, knee & below) | £20.00 |
| Bikini | £15.00 |
| Underarm | £15.00 |
| Brow | £15.00 |
| Lip or Chin | £12.00 |

Shaping

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| Eyebrow Shape (Tweeze) | £15.00 |
| Eyebrow Tidy (Tweeze Only) | £10.00 |

Tinting

A Patch test is required 24 hours before you first tint with me

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|------------------------|--------|
| Eyebrow Tint | £10.00 |
| Eyelash Tint | £15.00 |
| Eyebrow & Eyelash tint | £22.00 |

(enjoy a gentle hand or scalp massage whilst the lash tint is on)



Weddings

Bridal Make-up £150.00

Includes make-up trial plus bridal make-up applied on the day in the beauty studio

Manicure Package £165.00

As Bridal Make-up, plus a luxury manicure with polish prior to your big day

Head to Toe Package £190.00

As Manicure package, plus a luxury pedicure with polish

Complete Package £220.00

As Head to Toe package, plus a 60 minute facial
(To be taken at least 2 days prior to your ceremony)

Groom's Package £45.00

Neck, back and shoulder massage, plus a manicure including cleansing and shaping of the nail and a hand massage

Before You Fly £30.00

Hopi Ear Candles

A relaxing treatment which may ease problems with ears when flying. Includes a scalp and face massage

Lisa would be delighted to talk to you about a tailor made package



Other Information

- 🌸 A medical questionnaire **MUST** be completed before your treatment
- 🌸 All appointment durations are approximate
- 🌸 Appointments cancelled with less than 24 hours notice will incur a 50% fee
- 🌸 Gift Vouchers are available for any monetary value or specific treatments
- 🌸 An alternative method of payment will be required if gift vouchers are not brought along to your appointment
- 🌸 Gift Vouchers are valid strictly for 3 months only
- 🌸 An alternative treatment should be kept in mind if, for medical reasons, your original treatment is not suitable (a doctor's note may also be necessary)
- 🌸 At no point during any treatment will any claim be made to diagnose or cure

Prices effective from April 1st 2018

These supersede any previous prices.