

# *Amethyst Holistic Beauty Retreat*

## **Price List & Treatment Guide**

34 Grove Road, Gosport, Hampshire PO12 4JL

**Telephone 023 9252 7111**

[www.amethyst-beauty.co.uk](http://www.amethyst-beauty.co.uk)

## **OPENING TIMES**

Monday	CLOSED
Tuesday	09.00am - 4.00pm
Wednesday	09.00am - 5.00pm
Thursday	10.00am - 8.00pm
Friday	09.00am - 6.00pm
Saturday	09.00am - 3.00pm

A full range of Jan Marini, Guinot, Caci, Nailtiques,

Aromatherapy Associates, Anthony Braden &

St. Tropez products & treatments, plus Gift

Vouchers are available to purchase.

*Proprietor*

*Lisa Readwin*

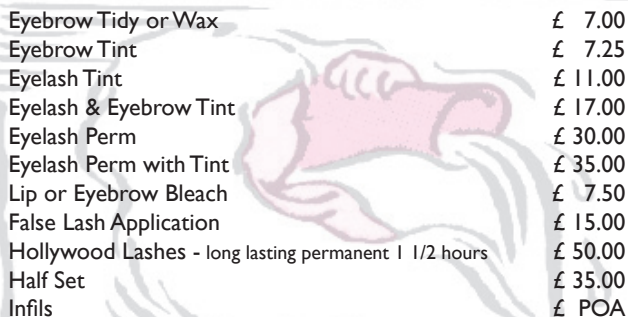
I.H.B.C. I.I.H.H.T. A.B.T.  
Beauty & Holistic Therapist  
(All Therapists fully Qualified)

Visa payments acceptable



## BEAUTY TREATMENTS

### EYELASH/BROW TREATMENTS



Eyebrow Tidy or Wax	£ 7.00
Eyebrow Tint	£ 7.25
Eyelash Tint	£ 11.00
Eyelash & Eyebrow Tint	£ 17.00
Eyelash Perm	£ 30.00
Eyelash Perm with Tint	£ 35.00
Lip or Eyebrow Bleach	£ 7.50
False Lash Application	£ 15.00
Hollywood Lashes - long lasting permanent 1 1/2 hours	£ 50.00
Half Set	£ 35.00
Infills	£ POA

**PLEASE NOTE: A 24 HOUR PATCH TEST IS REQUIRED PRIOR TO FIRST TINTING OR PERMING.**

### MAKE UP

Using excellent quality products from Anthony Braden, "Canada's best kept secret".

Make up lessons	£ 28.00
Day or Evening wear	£ 21.50

### SEMI PERMANENT

semi permanent make up is a technique similar to that of tattooing, using non permanent pigments to enhance certain facial features. Most procedures last from 2 - 5 years but may require a top up after 2 years. It may also be necessary to apply the pigment more than once until the required depth of colour is achieved

Full Brow Creation	£345.00
Brow Enhancement	£275.00
Top Or Lower Eyeline	£275.00
Top & Lower Eyeline	£375.00
Lash Enhancement	£195.00
Lip Liner	£325.00
Lip Liner And Blush	£450.00
Lip Liner And Full Lip Colour	£525.00
Colour Boost Within 18 Months	£150.00

## NAIL TREATMENTS

Manicure	£ 18.00
French Polish	£ 5.00
Pedicure	£ 24.50
“Callous control” Pedicure (ideal for very calloused feet or those with a lot of hard skin)	£ 35.50
“Callous control” treatment only (30 minutes)	£ 20.00
File & Paint	£ 9.50

**MINX Nail Armour** - revolutionary nail treatments guaranteed not to chip or smudge and requires no drying time.

Design Only On Feet	£ 20.00
With Full Pedicure	£ 35.00

**GEL FX** manicure system - long lasting chip and smudge proof system for nails

Manicure	£22.50
Pedicure	£29.50
Removal	£ 7.00

## CALGEL NAILS

False nail system - the kindest & most innovative nail care system.

Extensions	£ 35.00
Overlays (hands)	£ 25.00
Infills / Rebalance	£ 22.00
Repair per Nail	£ 3.50
Soak off	£ 10.00
Soak off & Manicure	£ 25.00
Manicure & Overlays	£ 30.00
Pedicure & Overlays	£ 35.00
Overlays (feet)	£ 30.00
Nail Art	£ 5.00

## NAILTHERAPEUTIC NAIL TREATMENTS

A blend of proteins & conditioners are used to treat any nail type, ensuring healthy, strong nails, includes aromatherapy hand or foot massage with heated mittens/booties. After 3 or 4 treatments you will see a great improvement in your nails, cuticles and hands.

Manicure 1 hour	£ 19.50
Pedicure 1 1/4 hours	£ 29.00

## EAR PIERCING

One ear	£ 11.50
Both ears	£ 16.00

Price includes 9ct gold earrings & after care solution.

## HAIR REMOVAL

Diathermy Electrolysis - Diathermy current is used for permanent hair removal using disposable sterile needles.

Up to 1/4 hour	£ 9.50
1/2 hour	£ 17.00
1 hour	£ 27.00

Courses of 6 are available at a reduced rate.

## WAXING

1 /2 Leg (lower)		£ 14.50
1/2 Leg (upper)		£ 16.00
3/4 Leg		£ 18.25
Full leg		£ 22.00
Lower leg & Bikini		£ 19.50
Upper Leg & Bikini		£ 21.00
3/4 Leg & Bikini		£ 23.25
Full Leg & Bikini		£ 27.50
Bikini		£ 10.00
Brazilian		£ 17.00
Hollywood (bare)	From	£ 21.00
Lower Leg & Brazilian		£ 27.00
Upper Leg & Brazilian		£ 28.50
3/4 Leg & Brazilian		£ 30.75
Full leg & Brazilian		£ 35.00
Lower Leg & H/wood		£ 33.50
Upper Leg & H/wood		£ 35.00
3/4 Leg & H/wood		£ 35.25
Full Leg & H/wood		£ 39.50
Under Arm		£ 8.00
Forearms		£ 11.50
Full Arm		£ 15.00
Upper Lip		£ 6.00
Chin		£ 7.00
Lip & Chin		£ 11.50
Face		£ 16.00
Chest		£ 17.00
BackFrom		£ 21.00

## THREADING

Threading - An ancient hair removing technique from Asian background, involving twisting a cotton thread between the fingers to remove the hairs.

Eyebrows	£ 8.00
Lip	£ 6.00
Lip and Chin	£ 10.00
Eyebrows, Lip and Chin	£ 16.00

## **CACI QUANTUM FACE & BODY** **(Computer Aided Cosmetology Instrument)**

CACI micro current system is the most publicised salon treatment available. The new CACI Quantum System is now even better, while the original CACI system produces amazing results on the face, the CACI Quantum goes a step further by allowing clients to enjoy the dual benefits of a non-surgical face lift whilst receiving a total body toning at the same time.

This multi functional system enables the client to target several treatment areas at the same time, eg. face and body.

Face lifting - CACI gently tightens and tones the muscles while smoothing the appearance of fine lines and wrinkles, and scar tissue producing dramatic results. Now includes Collagen mask application.

Body contouring - featuring 24 separate pad outlets and 8 different waveforms the CACI Quantum employs specific pre-programmed modes for slimming, contouring, cellulite and lymphatic drainage.

### **FACIAL MICRO CURRENT TREATMENTS**

Standard CACI 1 hour	£ 45.00
Super CACI 1 1/4 hour	£ 55.00 <small>(extra time on eye area or jowl lift)</small>
Standard course of 10	£400.00
Super course of 10	£500.00
Jowl lift area 30 minutes	£ 25.00
Jowl lift course of 10	£200.00
Add a collagen mask to a standard or super CACI for	£ 5.00

### **BODY MICRO CURRENT/CONTOUR TREATMENTS**

Specific muscle enhancement for bust, buttock & abdomen areas. 1 lift lasts 3 to 5 days. Can use contouring as a one off treatment after slim/tone/cellulite courses, or as a course of 10 for a longer effect.

Stomach 30 minutes	£ 30.00
Back Thigh and Buttocks 30 minutes	£ 30.00
Bust 40 minutes	£ 40.00

Courses of 8 to 10 recommended

### **SLIM/TONE TREATMENTS**

Combines faradic and galvanic currents to tighten and tone sagging muscles, and aids breakdown of adipose tissue. (uses body pads)

30 minutes	£ 25.00
Course of 10	£220.00

### **CELLULITE TREATMENTS**

Targets cellulite, fluid retention and stubborn fatty areas such as thighs and buttocks. (uses body pads)

45 minutes	£ 35.00
Course of 10	£305.00

### **ELECTRO CELLULITE MASSAGE (E.C.M.)**

Achieve amazing results- say goodbye to cellulite

30 minutes	£ 40.00
Course of 8 (2 per week)	1 free £280.00

**Combinations of any of the courses: Priced individually.**

## CACI CHROMACLEAR FACIAL

A significant advancement over traditional peeling methods:- combines vacuum massage, micro dermo percussion, micro vibration, chromotherapy (blue light) & phototherapy (red light), clinically proven to aid natural skin healing and cellular regeneration especially collagen!!

Most conditions treated including deep wrinkles, stretch marks, acne and acne scarring, uneven skin tone and blemishes.

25 - 45 minutes	£ 45.00
1st course of 10	£400.00
Subsequent courses	£350.00

Up to 3 consecutive courses recommended for optimum results, no maintenance required.

Combine CACI microcurrent with CACI chromaclear for superb results in both anti-wrinkle and non surgical facelifting effects.

per facial	£ 65.00
course of 10 Chroma / 15 caci	£575.00

## FACIAL TREATMENTS

### GUINOT FACIALS

Guinot's answer to the non surgical face lift. A two part treatment with lymphatic drainage to eliminate toxins plus stimulation to tone the muscles in the face and neck. Designed for the 30+ age group. There are four combinations to choose from based upon time and requirement.

1. *Hydradermie<sup>2</sup> lift express* a 30 minute lifting treatment £ 50.00

2. *Hydradermie<sup>2</sup> lift* an indepth lifting treatment including a massage and mask  
1 hour £ 65.00

Both are recommended as a course of 9 treatments at 3 per week

Maintenance once per month	£ 50.00/£ 65.00
Course of 9 (1 free)	£400.00/£520.00

3. *Hydradermie<sup>2</sup> lift deluxe* incorporates the express with a Hydradermie<sup>2</sup> Age Logic  
2 hours £ 80.00

4. *Super Hydradermie<sup>2</sup> lift* incorporates the express with a Hydradermie<sup>2</sup>  
1 3/4 hours £ 69.00

*Hydradermie<sup>2</sup> Double Ionisation* is the new improved star facial - twice as effective as before, it uses galvanic & high frequency currents to deep cleanse & moisturise the skin leaving it looking radiant & healthy.

1 1/2 hours	£ 41.00
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*Hydradermie<sup>2</sup> Age Logic* as above, but individually treats the eye, face & neck to concentrate on these delicate skin areas - a luxury super star facial including a serenity massage (for the 40+ age group)

1 1/2 hours	£ 55.00
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*Hydradermie<sup>2</sup> lift yeux* - smooths away shadows, bags & wrinkles from the eye area.

40 mins	£ 30.00
Course of 9	£ 240.00

*Age Summum new for 2015* The ultimate anti ageing facial that targets all signs of ageing; regenerating, firming and restores radiance. Combining pure vitamin C hyaluronic acid and pro collagen to smooth away lines and plump the skin.

50 minutes	£65.00
course of 3 (1 every 3 weeks)	£160.00

*Liftosome facial* - a unique toning facial using Thermo Clay & Vitamin C to rejuvenate skins leaving them softer, smoother & firmer.

1 hour	£ 43.50
Course of 3	£ 117.00

*Beaute neuve facial* - a 2 peel treatment using Glycolic acid and fruit acid, which helps to improve circulation & complexion, leaving tired & dry skins looking radiant. Excellent boost for all skin types.

1 hour	£ 38.50
Course of 3	£ 102.00

*Essential facial* - a luxurious hands on treatment, incorporating exfoliation, aromatherapy massage & cream mask.

45 mins	£ 32.00
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*Tres homme facial* - designed specifically for men using specialised products. Deep cleansing and exfoliation before a specialised mask is applied, will leave skin soft and revitalised.

45 mins	£ 32.00
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*Aromatic facial* - uses plant extracts & pre blended essential oils. Tension relieving massage with specific Guinot techniques & a customised peel-off, well being mask. A relaxing treatment with physical & emotional benefits.

1 hour	£ 34.50
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## AROMATHERAPY FACIALS

Luxurious & deeply relaxing treatments using organic ingredients, to calm, soothe & revitalize the skin.

### ESSENTIAL PRESCRIPTION FACIALS

Selected from one of the following, our therapists will indulge your skin in a totally relaxing experience.

**Essential rose** - excellent for special occasions, relaxing and uplifting.

**Skin solutions** - regulates problem skin, leaving complexion instantly bright and radiant.

**Deep cleanse** - an intensive treatment with steaming and extraction, and hot towel compresses.

**Men only** - using hot towel compresses and including an Ayurvedic scalp massage and reflexology points, this will leave the body and mind balanced.

basic prescription facial 1 hour	£ 40.00
ultimate facial incl. back massage 1 1/2 hours	£ 50.00

### AGE REPAIR FACIAL

For mature skins losing elasticity and firmness. An intense treatment for a firmer, plumped up more youthful looking complexion..

1 1/4 hour	£ 50.00
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### INSTANT EYE REPAIR

Specialised massage improves microcirculation and drainage to the delicate eye area. Instant tightening effect.

1/2 hour	£ 25.00
can be added to prescription facials	extra £ 15.00

## JAN MARINI FACIALS

### GLYCOLIC PEEL

Using 40% strength glycolic acid this treatment helps the skin to naturally exfoliate dead surface layers, revealing a smoother more refined even complexion. Peels will help with any skin condition from sun damage, wrinkles and dehydration to acne and scarring. Even sensitive treatments can be treated. A course of 6 to 12 treatments is recommended at a rate of 1 per week. All skins need to be prepared



before any peel commences, with the use of a pre peel pack included at the time of a course purchase, this must be used for a minimum of 2-3 weeks prior to first peel procedure.

individual treatment	£ 50.00
course of 6 (pre peel pack included)	£300.00

### C'ESTA FACIAL

With both lipid soluble vitamin C and DAE complex to encourage collagen production, repair free radical damage and encourage facial tone, the C'ESTA facial will provide instant visible results. Skin will appear smoother, brighter, firmer, lifted and contoured.

per facial 45 minutes - 1 hour	£ 40.00
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### AGE INTERVENTION REGENERATING FACIAL

This facial incorporates an entirely new concept in topical anti ageing and skin regeneration that benefits any skin type. It provides remarkable and immediate skin resurfacing and regeneration. Treatment uses 12% glycolic acid and powerful anti ageing extracts.

45 minutes - 1 hour	£45.00
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### PROTEOLYTIC ENZYME FACIAL

This facial is a scientifically based method of deep effective exfoliation and skin resurfacing. The term proteolytic refers to an enzyme reaction that can digest dead or diseased skin cells without harming living healthy cells. Skin texture and clarity will be immediate, the skin will also appear smoother and more refined.

30-45 minutes	£40.00
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## JUST FOR MEN

### MEN ONLY FACIAL

Specially designed to treat the male skin. Freshening and brightening plant extracts and essential oils leave the skin clean, clear and invigorated. After thorough cleansing and exfoliation, products are removed with a series of hot towel compresses and a skin-reviving facial massage follows. A stimulating Ayurvedic scalp massage increases circulation to hair follicles, while a foot massage with reflex pressure points leaves body and mind balanced.

1 1/2 hours with back	£ 50.00
1 hour	£ 40.00

### TRES HOMME FACIAL

Designed specifically for men using specialised products. Deep cleansing and exfoliation before a specialised mask is applied, will leave skin soft and revitalised.

45 minutes	£ 32.00
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### WAXING

Chest	£ 17.00
Back	From £ 21.00

### SPORTS MASSAGE

Ideal for sports men & women also for aiding posture problems - benefits include better physical condition, improved mobility, & relief from sciatica, shin splints and frozen shoulder.

Full body 45 mins - 1 hour	£ 40.00
Part body	From £ 25.00

## SPECIAL TREATMENTS

Diathermy Cautery - removal of dilated capillaries (red veins), skin tags & milia from face & body.

Consultation & patch test	£ 10.00
Per session - 15 mins	£ 28.00

**Skin Needling** or Collagen Induction Therapy - is the latest skin removal technique to restore the healthy, youthful appearance of the skin. The Medik8 Titanium Dermaroller creates a multitude of tiny puncture wounds to the dermis which induces the release of growth factors that stimulate the production of new collagen and elastin. The concept is based on the skin's natural ability to repair itself whenever it encounters physical damage such as cuts, spots, sun damage and other abrasions. Immediately after an injury occurs, our body reuses the damaged skin components to produce new ones, therefore controlled induction of the skin's self repair mechanism creates an increased production of collagen and elastin by up to 200%. It is essential to the skin to use the specialised serums for at least 4 weeks prior to treatment to prepare it. Daily application of topical vitamin C and A is highly recommended for the acceleration and consolidation of procedure results.

1st course of 3 treatments complete with all homecare (worth £186.50)	£550.00
Subsequent course of 3 per treatment	£380.00 £150.00

Allow 45mins for anaesthetic prior to treatment, and 45mins per treatment - total 1 1/2 hours  
**for optimum results it is recommended to have 3 - 6 treatments spaced 4 - 6 weeks apart**

**We also run a medical clinic for vein removal using sclerotherapy, and dermal fillers, with either collagen or synthetic products used, and Botox injections, including sweat reduction for feet and underarms. These treatments are carried out by our highly qualified harley street nurse. Prices on request. Please call Jane directly on 07932 153208.**

### BEAUTY PACKAGES

#### WEDDING DAY

Full bridal make up	£ 38.00
As above, plus a manicure on the day	£ 52.50
Full package - make up, manicure, pedicure & full body tanning treatment (spray)	£102.00
Make up, Gel Nails, Tan	£ 85.00

*All make up packages include a make up trial.*

#### AROMATHERAPY TOP TO TOE

Aroma Associates luxury massage, Essential Rose facial, Nailtiques manicure & pedicure, all served with a light lunch, please make your choice of lunch when booking.

4 1/2 hours	£135.00
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#### GUINOT LUXURY TOP TO TOE

Hydradermie facial, Aromatic Douceur massage, Nailtiques Manicure & Pedicure, all served with a light lunch, please make your choice of lunch when booking.

4 1/2 hours	£128.00
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#### TOP TO TOE

Manicure, Pedicure, Facial, Eyebrow Tidy & Full Body Massage

4 hours	£108.00
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#### MINI TOP TO TOE

Manicure, Facial, Eyebrow Tidy & Back, Neck & Shoulder Massage

2 3/4 hours	£ 70.00
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## LUXURY PRE HOLIDAY PACKAGE

1/2 leg, bikini, underarm, eyebrows wax, full body exfoliation, spray tan and Minx feet design.  
over 2 days £ 80.00

## MINI BREAK PACKAGE

1/2 leg, bikini, underarm, eyebrows wax, Minx feet design.  
£ 50.00

All packages are subject to a non refundable £30 booking charge.

## PRINCESS PARTY PACKAGE

*for all 6 - 14 year olds*

Up to 6 girls in a party. Choose from mini manicure, mini pedicure, mini facial or make up, Soft drinks and nibbles provided.

All Treatments £ 9.00 each

*Bookings to be made 6 weeks in advance with a deposit of 50%. All parties MUST be accompanied by at least one supervising parent*

## BODY TREATMENTS

### ST.TROPEZ SELF TAN

A natural instant tan. Experience a full body exfoliation and moisturising treatment before an application.

Full body £ 37.50

### ST.TROPEZ AIR TANNING

A spray-on tan application £ 25.00

n.b. It is recommended that the client purchase St.Tropez exfoliant and moisturiser for use at home prior to the first treatment.

### AROMATIC DOUCEUR

The ultimate French body treatment using Guinot products to help relax and soften even the driest of skins - an alternative to swedish massage.

1 hour £ 40.00

### AROMATIC MINCEUR

This treatment is an holistic anti-cellulite treatment using essential oils and algae, with manual massage and a refining thermal peel off mask to stimulate circulation, eliminate fatty deposits and firm the skin - targets abdomen, thighs and buttocks.

1 1/4 Hours £ 48.00

For best results courses are recommended and can be tailored to suit individual needs

As a boost 3 In One Week £135.00

Course Of 9 Over 3 Weeks £385.00

incorporate any aromatic body treatment with the aromatic facial extra £25.00

### MASSAGE

Promotes relaxation by relieving muscular tension & mental fatigue, stimulates circulation & aids lymphatic drainage.

Full body 1 hour £ 36.00

Back, Neck & Shoulders £ 22.50

add a pre body exfoliation for £10 allowing an extra 20 minutes

### SPORTS MASSAGE

Ideal for sports men & women also for aiding posture problems - benefits include better physical condition, improved mobility, & relief from sciatica, shin splints and frozen shoulder.

Full body 45 mins £ 40.00

Part body From £ 25.00

# PREGNANCY TREATMENTS

## GUINOT LUXURY PREGNANCY MASSAGE

Guinot luxury pregnancy massage, application of creams, gels and oils and a facial - just the thing to relax all you mums to be, an hour and a half of pure bliss

£ 45.00

## THE REAL NURTURING EXPERIENCE

Perfectly safe oils and specific massage techniques are used to aid relaxation and pain relief for the pregnant lady. A real nurturing experience for the mother to be.

Full body, face & scalp - up to 1 hour

£ 40.00

## ROSE HYDRATING COCOON

For the mother to be or the new mother. Relaxing application of gels, oils or creams which are then enveloped and attention given to scalp, face or foot reflexes to compliment specific effects of the treatment.

1 hour

£ 35.00

## ROSE HYDRATING FOOT TREATMENT

Specific leg treatment to aid water retention, & relieve hot and tired feet. Sit back and enjoy the uplifting aroma of an Equilibrium foot bath, followed by exfoliation and rose wrap to soften and nourish the skin.

1/2 hour

£ 23.00

## RENEW ROSE MOTHER TO BE FACIAL

Luxurious Renew Rose Radiance Facial softens, moisturises and nourishes, using natural Damask Rose water, Geranium and Evening Primrose Oil. More than a facial, this is a facial experience. This facial will leave your skin toned, polished, deliciously scented and quite simply radiant. It will leave you glowing from the inside out.

£ 40.00

# HOLISTIC BODY TREATMENTS

Holistic treatments aim to bring about good health & well being by treating the body as a whole & not just the area of concern.

PLEASE ALLOW AN EXTRA 15 MINUTES FOR CONSULTATION PRIOR TO YOUR FIRST TREATMENT.

## REIKI

Reiki is an ancient form of healing. It is the vital life energy which flows through all living things and which can be activated for the purpose of healing, working on all levels - spiritual, physical, mental and emotional. Although it has its roots in ancient Buddhist teachings, Reiki is not a religion or a faith system. A Reiki treatment activates the body's natural ability to heal itself. It works wherever it is most needed within the body, mind or spirit, releasing blocked energies and cleansing the body of toxins.

1 - 1 1/4 hours

£ 23.00

## REFLEXOLOGY

Reflexology is a natural therapy which works through reflex points found in the feet and hands. By using specific techniques of applying pressure to the feet the body's own energies are prompted to accelerate healing. The whole of both feet and hands can be treated, not just the area corresponding to the part of the body producing symptoms of illness.

Up to 1 hour

£ 27.00

Course of 6 (1 free treatment)

£135.00

## INDIAN HEAD MASSAGE

An invigorating traditional Indian technique used to treat upper Back, Neck, Scalp & Face for tension and stress relief.

Per session

£ 21.50

## HOT STONE MASSAGE

This unique treatment is designed to uplift and relax the body at its deepest level. It is an extension of massage techniques and has profound effects on the mental, physical and spiritual levels of the body. One movement with the warm stone has the effect of four to five movements with the hand. Using basalt stones and carefully placed crystals to help balance body mind and spirit, this treatment will leave you totally relaxed.

Full body treatment

£ 55.00

Back only

£ 35.00

Facial

£ 40.00

## HOPi EAR CANDLE TREATMENT

Centuries old, candling continues to be used as a soothing and relaxing treatment for the ears. A cylinder is gently placed in the ear and the opposite end is lit to create a vacuum - old ear wax and toxins are removed, helping to relieve pressure, wax build up and ear blockages.

Most ear, nose and throat conditions can be relieved with a maximum of 2 or 3 treatments - includes glue ear, swimmers ear, temporary deafness, sinusitis, post infection. Regular flight travellers will benefit greatly.

1 hour session

£ 25.00

Course of 3 sessions

£60.00

includes a lymph drainage facial massage

## DEEP HEAT, THAI STYLE MASSAGE

Priadara Thai-Style combines traditional remedies with modern techniques. This treatment uses deep massage with heated compresses full of natural ingredients and finishes with delicate, fragrant blends of essential oils.

Toxins and fluids that make us sluggish and lethargic are given a 'kick start' as this powerful spa treatment rejuvenates and stimulates your body and mind.

Priadara Thai-Style is available as a body and facial treatment. This natural, holistic, lifestyle treatment is the ultimate in detoxification, re-balancing and relaxation.

Full body

£ 45.00

Full body & face

£ 55.00

Back

£ 25.00

Back & back of legs

£ 35.00

Facial

£ 40.00

## AROMATHERAPY ASSOCIATES MESSAGES

### THE ULTIMATE AROMATHERAPY EXPERIENCE

Uniquely blended oils in conjunction with specific massage techniques will leave you feeling totally relaxed and stress free. Selected blends are able to treat a wide range of conditions and are chosen to suit each individual very carefully. Emotionally and Physically balancing, consider your therapist as the 'Holistic Doctor'.

Full body, Face & Scalp 50 or 80 minutes	£ 50.00/£80.00
Full Body 1 hour	£ 55.00
Back 1/2 hour	£ 26.00

### WELL BEING TREATMENTS

Specialised to add focus on areas of the body needing extra care and attention. Involving deeper massage movements and pressure points tailored to enhance the physical effects on the body. The products used also work on an emotional level bringing peace and harmony to the mind.

**Intensive muscle release** - ideal for after physical activity, or those in need of a regular deep massage. well suited to men.

1 hour	£ 45.00
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**Jet lag** - ideal pre or post flight, for those who feel sluggish in the mornings, those who have overindulged socially, or those who need a really good nights sleep.

1 1/2 hours	£ 50.00
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**Anti cellulite treatment** - for those on a serious detox including diet and exercise, for cellulite on hips and thighs, fluid retention and those who want to wake up body and mind due to low energy levels.

1 hour	£ 45.00
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**Immune recovery** - for those who need to cleanse the head, nose and chest and breathe clearly, or those recovering from illness.

45 minutes	£ 40.00
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### SCRUB AND WRAP TREATMENTS

Intensive treatments developed to bring physical and emotional benefits to the client, whilst natural ingredients enhance the skin condition.

**De-stressing soother** - for busy executives with day to day stresses and an emotionally demanding lifestyle. Those who need to unwind and refocus.

**Detox reviver** - for those who feel lethargic, sluggish and tired in the mornings, for those who over indulged, have cellulite or those who travel frequently.

**Summer skin cooler** - for over exposure to the sun and in need of cooling down.

**Rose hydrator** - for those who require a nurturing, pampering and truly feminine treatment to uplift spirits.

all bespoke cocoons are 1 hour	£ 40.00
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### ENRICH BODY EXPERIENCE

Its more than a massage...its a wrap, but its more than a wrap..its a total indulgence. Your skin has never felt so amazing!

The perfect treatment for dry, out of condition body skin. An exotic body experience to deeply nourish the skin and tantalise the senses. Full body exfoliation with stimulating coffee and fruit scented granules, applications of exotic scented serum and oil to nourish and soften. Finally you are cocooned in body butter for that total luxury, whilst a relaxing scalp massage is performed. Hands and feet are treated separately to complete this intensive experience.

Treatment time 1 1/2 hours	£ 60.00
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### BESPOKE SKIN POLISH

An all over exfoliation followed by layering of richly nourishing serums and creams. Can be performed prior to any of the above massages or on its own.

pre massage	£ 10.00
as a stand alone treatment	£ 15.00



IN CASE OF CANCELLATIONS WE WOULD APPRECIATE AT LEAST  
24 HOURS NOTICE, IF POSSIBLE, OTHERWISE A  
CANCELLATION FEE MAY BE CHARGED.

*THESE PRICES ARE SUBJECT TO CHANGE  
WITHOUT PRIOR NOTICE*