

Body Spirit Mind

Holistic Treatments

Hot Stone Massage

Back, Neck & shoulder (30 mins)	£30.00
Full body (1 hour)	£40.00
Back neck and shoulders with crystals (30 mins)	£35.00
Full body with crystals (1 hour)	£45.00

Swedish Massage

Back, neck & shoulder (30 mins)	£25.00
Full Body (1 hour)	£35.00

Aromatherapy Massage (1 hour) £40.00

Indian Head Massage (1 hour) £30.00

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Deep Tissue Massage

Back neck and shoulders or legs (30 mins)	£30.00
Full Body (1 hour)	£45.00
Full Body Integrated deep tissue and myofascial release (1 hour)	£50.00

Hot Bamboo Massage

Back, Neck & shoulder (30 mins)	£30.00
Full body (1 hour)	£40.00

Myofascial Release Massage

Back, neck and shoulders or legs (30 mins)	£30.00
Full Body (1 hour)	£45.00
Integrated Deep Tissue and Myofascial Release Full Body (1hour)	£50.00

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Clinical Hypnotherapy (1 hour) £50.00

Hypnotherapy for Cancer (as able) £Neg

Reflexology (1 hour) £30.00

Reiki (1 hour) £30.00

Bach Flower Remedies

Initial consultation including Remedies (1½ hours) £50.00

Follow-up consultations including Remedies (1 hour) £30.00

Hopi Ear Candling (1hour) £35.00

Hot Paraffin Wax Treatment (price dependent on area being treated) £10-£20

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Beauty Treatments

Strip Wax

Eyebrows	£5.00
Upper lip or chin	£5.00
Upper lip and chin	£7.00
Underarm	£6.00
Forearm	£8.00
Full arm	£12.00
Bikini	£10.00
Half leg	£10.00
$\frac{3}{4}$ leg	£12.00
Full leg	£15.00

Hot Wax

Hollywood	£25.00
Brazilian	£22.00
Bikini	£15.00
Underarm	£10.00
Upper lip and chin	£12.00

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Eye Treatments

Lash Tint	£7.00
Brow Tint	£5.00
Lash/brow Tint	£12.00
Brow Tint/shape	£10.00
Lash/brow Tint & Shape	£15.00

Facials

Luxury Facial (1 hour)	£40.00
Express Facial (½ hour)	£30.00

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Treatments just for men

Waxing:

Brow Tidy	£5.00
Shoulders	£10.00
Upper Back	£15.00
Full Back	£20.00
Chest	£20.00