

Body Spirit Mind

Holistic Treatments

Hot Stone Massage

Back, Neck & shoulder (30 mins)	£50.00
Full body (1 hour)	£60.00
Back neck and shoulders with crystals (30 mins)	£55.00
Full body with crystals (1 hour)	£65.00
Relax & Glow (half hour back massage & half hour facial)	£70.00
Manual Lymphatic Drainage (MLD)	£80.00

Swedish Massage

Back, neck & shoulder (30 mins)	£50.00
Full Body (1 hour)	£60.00

Therapeutic Menopause Massage with Acupressure	£70.00
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Aromatherapy Massage (1 hour)	£65.00
Indian Head Massage (1 hour)	£60.00

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Deep Tissue Massage

Back neck and shoulders or legs (30 mins)	£50.00
Full Body (1 hour)	£60.00
Back to Bliss (Integrated deep tissue and myofascial release full body with hot stones/hot bamboo (1 hour)	£65.00

Hot Bamboo Massage

Back, Neck & shoulder (30 mins)	£50.00
Full body (1 hour)	£60.00

Myofascial Release Massage

Back, neck and shoulders or legs (30 mins)	£50.00
Full Body (1 hour)	£60.00
Back to Bliss (Integrated deep tissue and myofascial release full body with hot stones/hot bamboo (1 hour)	£65.00
with cupping	£70.00

Body Cupping Massage

£80.00

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Clinical Hypnotherapy (1 hour)	£70.00
Stopping Smoking	£222.22

Hypnotherapy for Cancer (as able)	£Neg
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Reflexology (1 hour)	£60.00
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Reiki (1 hour)	£60.00
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Bach Flower Remedies

Initial consultation including Remedies (1½ hours)	£60.00
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Follow-up consultations including Remedies (1 hour)	£50.00
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Hopi Ear Candling (1hour)	£60.00
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Hot Paraffin Wax Treatment (price dependent on area being treated)	£30-£40
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Angel Healing (with 1 card reading)	£70.00
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Angel Healing (with 3 card reading)	£80.00
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Beauty Treatments

Strip Wax

Eyebrows	£7.00
Upper lip or chin	£8.00
Upper lip and chin	£10.00
Underarm	£12.00
Forearm	£18.00
Full arm	£20.00
Bikini	£30.00
Half leg	£20.00
$\frac{3}{4}$ leg	£25.00
Full leg	£30.00

Hot Wax

Hollywood	£40.00
Brazilian	£40.00
Bikini	£25.00
Underarm	£15.00
Upper lip and chin	£15.00



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Eye Treatments

Lash Tint	£10.00
Brow Tint	£7.00
Lash/brow Tint	£15.00
Brow Tint/shape	£15.00
Lash/brow Tint & Shape	£20.00

Facials

Luxury Facial (1 hour)	£60.00
Express Facial (½ hour)	£50.00



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Treatments just for men

Waxing:

Brow Tidy	£10.00
Shoulders	£15.00
Upper Back	£20.00
Full Back	£25.00
Chest	£25.00