

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

Aromatherapy Massage (1 hour)
Indian Head Massage (1 hour)

£65.00
£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

Reflexology (1 hour) £60.00

Reiki (1 hour) £60.00

Bach Flower Remedies

Initial consultation including Remedies
(1½ hours) £60.00

Follow-up consultations including Remedies
(1 hour) £50.00

Hopi Ear Candling (1hour) £60.00

Hot Paraffin Wax Treatment
(price dependent on area being treated) £30-£40

Angel Healing (with 1 card reading) £70.00
Angel Healing (with 3 card reading) £80.00

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Beauty Treatments

Strip Wax

Eye brows	£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
¾ 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