

Holistic Treatments

Hopi ear candling **£15.00**

Hollow cotton candles containing pure beeswax extract, traditional herbs and pure essential oils to help relieve sinusitis, rhinitis, tinnitus, compact wax, headaches and migraines. Safe, natural alternative to ear syringing. Including pressure point facial massage with aromatherapy oils.

At least 2 treatments are recommended to assist in relieving any of the above symptoms.

Indian head massage **£16.00**

De-stress with a relaxing massage concentrating on the back, neck, shoulders, face and head. Ideal for assisting in the relief of tense, knotted muscles, tension headaches and sinus problems. Promotes healthy strong hair due to the increased blood flow to the area. The massage is performed seated and takes approximately 45 minutes.

Can be combined with a warm coconut oil treatment for dry, brittle, over processed hair. **£20.00**

Warm oil treatment and scalp massage only. **£12.00**

Reflexology

A non invasive energising therapy based on the principal of reflex zones in the feet which are related to corresponding parts of the body. By applying pressure to these specific zones the body is stimulated into self healing and detoxification. Treatment includes a relaxing foot spa and massage.

First treatment (to include consultation) 1 hour 15 min **£20.00**

Following treatments 1 hour. **£16.00**

Researched Brands used in treatments

Lavera, and Primavera

Major BDIH & Natrue certified organic brands signifying advanced international standards for natural and organic cosmetics, quality and innovation, with a skin care range rich in organic plant oils. Mentioned as "excellent" in the Guardians top 100 list of the best natural products.

All products used in the treatments are available to purchase.

Gift vouchers available.

BEAUTY THERAPY & HOLISTIC TREATMENTS

with



Opening Hours

Tuesday	9.30 a.m. – 5 p.m.
Wednesday	9.30 a.m. – 5 p.m.
Thursday	9.30 a.m. – 5 p.m. Later appointments available at 8 Spalding Road, Pinchbeck
Friday	Limited availability
Saturday	9.30 a.m. – 1 p.m.

On your first appointment please ensure you arrive 15 minutes prior to your treatment time to complete client record card.

If appointment cancelled within 12 hours prior to appointment a 50% cancellation fee will be charged.



Personal treatments
using natural products

Tel: 01775 712 598

Pure Beauty

In life we are constantly being exposed to larger levels of chemicals on a daily basis, especially through our use of grooming products such as face creams, shampoo, deodorants, toothpaste, bubble bath/shower gel etc. Truly horrifying when you consider that 60% of what you put on your skin is absorbed into your body. My aim is simple; keep it simple. Wherever possible the products I use in my treatments have organic origins, are devoid of synthetic preservatives (such as parabens, recently found in breast cancer tissue), artificial fragrance (parfum, a constant source of allergies) and petrochemicals (which prevent the skin from "breathing"). Instead, a high percentage of organically derived plant oils are used to nourish the skin, perfume and preserve the product naturally. Finally, no products are tested on animals or animal derived.

My commitment is to your well being and rejuvenation using the best natural organically derived products available.

When it comes to skin care you do have a choice!



Caron Lawton

City & Guilds Levels 2 & 3 Beauty Therapy
IHH Diplomas

Skincare

Lavera prescription facial 1 hour, **£25.00**

A totally relaxing experience...

Your skin is deep cleansed exfoliated and treated with specific gels and mask to tone and hydrate. Organic aromatherapy oils, suited to skin type, are then used in a deeply relaxing shoulder, neck and face massage. Finally, your choice of hand or foot massage to complete the sense of overall well being. Pure bliss!

Essential lavera 45 min, **£15.00**

The very basis of good skincare, cleanse, tone, mask and moisturise.

Lavera anti-ageing facial 1hr, **£30.00**

A facial to target wrinkles and fine lines using specialised massage techniques and products enriched with white tea plant extracts, ceramides and phyto collagen to smooth, firm and protect.

Primavera 1hr, **£35.00**

Ultra Moisture facial

For skin suffering from effects of holiday sun, winter central-heating or just in need of a rehydrating boost. Organic almond, jojoba rose oils and shea + cocoa butter combine to intensely nourish and revitalize.

Hands & Feet

Spa manicure 1hr, **£10.00**

Shaping, buffing, cuticle tidy, exfoliation and hand and arm massage.

Nail polish **£2.00**

Rhinestone 20p per stone.

Rhinestone 50p per flower.

Maintenance manicure **£8.00**

Shape, cuticle tidy, polish.

French manicure **£16.00**

As spa manicure with french polish.

Therapeutic manicure with paraffin wax 1hr 15min, **£15.50**

Ideal for brittle nails, dry hands and alleviating arthritis and rheumatic conditions, includes full manicure and use of heated mitts. Or with Almond oil and heated mitts. **£12.50**

Paraffin wax only **£10.00**

Includes exfoliation and hand and arm massage.

Revitalising pedicure 1hr, **£14.00**

Treat your feet to an aromatic herbal foot spa, nail trim, cuticle tidy, removal of hard skin, exfoliation of feet, and half leg therapeutic massage using rich foot massage cream.

Nail polish **£2.00**

Foot repair paraffin wax treatment 1hr 15min, **£18.50**

As "revitalising" pedicure incorporating heated booties to leave feet feeling soft, smooth and moisturised.

Paraffin wax only **£15.00**

Includes nail trim, hard skin removal and massage.

Special occasion make-up **£15.00/make-up lesson**

Cleanse, tone, moisturise and professionally applied make-up for every occasion.

Bridal make-up **£15.00**

Trial hour consultation. Home visits available by quotation.

Eyes

Eyebrow shaping **£6.00**

Eyebrow tidy **£5.00**

Allergy patch test required 24 hours previously the following treatments:

Eyeshadow tint **£7.00**

Eyebrow tint **£4.00**

Eyeshadow & eyebrow tint **£10.00**

Waxing



The most hygienic system available today.
Disposable applicator used for each client.

Using warm honey or tea tree wax, after care lotion application.

Full leg and bikini **£18.00**

Full leg **£15.00**

Half leg **£10.00**

Bikini line **£6.00**

Under arm **£6.00**

Arm **£5.00**

Lip **£3.50**

Chin **£3.50**

Lip and chin **£6.00**

Body Treatments

St. Tropez ultra bronzing treatment 

90% of skin ageing is caused by the sun's rays. Achieve a golden glow without that harmful sun exposure. Treatment includes body exfoliation.

Full body 1hr **£30.00**

Legs only 30 min. **£12.00**

Face, arms and upper body 30 min. **£18.00**

Lavera 100% organic tanning 1hr.

Includes exfoliation. Prices as St. Tropez.

Aromatherapy massage

The use of essential oils to balance the mind, body and soul, to eliminate toxins, boost the immune system and relieve stress. A relaxing massage allows the body to absorb the oils via the skin and respiratory system (smell). Oils are mixed to clients individual requirements. All treatments begin with infra red lamp to warm and relax.

First treatment (inc. Consultation and full body massage) . **£35.00**

Full Body Massage, 1 hour **£30.00**

Back / Shoulder / Neck massage, 30 mins **£15.00**

Legs **£12.00**

Invigorating lime and ginger scrub **£20.00**

Ideal pre-holiday or body conditioning treatment. An intensive lime exfoliation stimulates circulation and lifts dead skin cells followed by an application of nourishing ginger lime body lotion. Activates a tired body and inspires clarity of mind.

Dead Sea mud wrap **£30.00**

Kick start a weight loss plan or tighten and tone, this intensive treatment targets hips, thighs, stomach and buttocks, boosting circulation and detoxifying. An exfoliating juniper berry and cypress scrub followed by a specialised vigorous massage to help breakdown fatty deposits. A luxurious mask is applied to target areas of concern. An application of juniper berry and cypress body lotion completes the treatment.