

Welcome

We hope you enjoy your visit to The Treatment Rooms. Our professional therapists are concerned with your comfort and want you to be delighted with your treatments. We will always be pleased to hear any comments or suggestions to help us fulfil this aim.

We want you to get the most from your treatment so **please try to arrive 5 minutes before your treatment time**. Late arrival may compromise the time we can spend on your treatment. You are always welcome to arrive early, enjoy a complimentary drink, relax or browse around the gift shop.

Treatment times

Monday	1000 – 1930
Tuesday	0900 – 1930
Wednesday	0900 – 1930
Thursday	0900 – 1930
Friday	0900 – 1730
Saturday	0830 – 0100

Shop opening times

Monday	1000 – 1730
Tuesday	0900 – 1730
Wednesday	0900 – 1730
Thursday	0900 – 1730
Friday	0900 – 1730
Saturday	0830 – 0100

Gift vouchers

The perfect gift! These can be exchanged for treatments, gifts or products and are valid for one year from date of purchase. Please note they are non-refundable and non-extendable.

Cancellation Policy

24 hours notice of cancellation is requested. Non-attendance or late cancellation may result in the full cost of the treatment being charged if we are unable to fill the appointment.

Please note

If you are receiving any medical treatment or medication or if you are or may be pregnant please ensure the therapist is aware of this before any treatment.

Complaints

We hope you will never have cause for complaint, but if you are ever dissatisfied with your treatment please raise this first with your therapist who has carried out your treatment. If you are not happy with the response please speak to another member of staff. We promise we will deal with you fairly.

Prices effective from 26 September 2007.

Pevonia facials

There is a Pevonia facial for every skin type and problem. Pevonia offers luxury products for the face and body using pure plant extracts.

The products contain no artificial fragrance, alcohol, chemical fillers, mineral oil, lanolin or PABA and the products are not tested on animals.

All facials can be booked as a course – pay for 5 in advance and get the 6th free.

Prescription Facial

Good for all skin types, this facial is tailored to treat individual needs enabling the therapist to improve any kind of skin complaint. It is recommended as an excellent introductory facial.

£40.00 (55 mins)

Express Facial

This mini facial boost is suitable for all skin types and included cleansing, exfoliation, steam and mask.

£25.00 (25 mins)

Aromatherapy Facial

A deeply relaxing facial using aromatherapy oils and pressure point massage.

£40.00 (55 mins)

Skinfit Facial for Men

This facial along with the home skincare range is formulated especially for men's skin. It helps to soothe irritability, prevent folliculitis, smooth wrinkles and rehydrate.

£47.50 (70 mins)

Pevonia offers an extensive range of specialised facials for particular skin conditions which can give even better results. Your therapist can discuss your needs and will recommend which one is best suited to your skin.

Plantomer Facial

£45.00 (55 mins)

Anti-free Radicals

£50.00 (70 mins)

Elasto-Firm Mask

£47.50 (55 mins)

Luminous 'C' and 'Sea'

£50.00 (70 mins)

RS2 Rosacea Facial

£50.00 (70 mins)

Pigmentation Facial

£50.00 (55 mins)

Caviar and Escutox Anti-Wrinkle Treatment

£55.00 (55 mins)

Myoxy Caviar Facial

£75.00 (70 mins)

Lacto Flora Facial

£35.00 (40 mins)

Florocide Facial

£35.00 (40 mins)

Neck and Décolleté Treatment

£50.00 (55 mins)

Rejuvalight

This wonderful relaxing treatment uses the power of light to enhance the skin at a cellular level. Rejuvalight treatments can be incorporated into all the Pevonia facials with fantastic results. Alternatively a Rejuvalight treatment can be enjoyed as a facial in its own right. For very best results a course of treatments is recommended.

Rejuvalight Facial

This treatment includes cleansing, exfoliation and steam and full Rejuvalight treatment.

£44.00 (55 mins)

Mini Rejuvalight Facial

This treatment includes cleansing, exfoliation and steam and a 10 minute Rejuvalight treatment.

£30.00 (25 mins)

10 minute Rejuvalight treatment additional to any facial - **£10**

Full Rejuvalight treatment
additional to any facial - **£25.00**

Biolift Facial

Biolift is a complete treatment process using three technologies that combine to produce dramatic and immediate results for lifting, toning and deep skin cleansing. Collagen and elastin fibres are increased and strengthened providing a firmer network of support for the skin.

£45.00 (55 mins)

Make Up

We use the amazing Jane Iredale Mineral make up – all natural, fantastic for sensitive skins and recommended by dermatologists.

Make Up Application

£20.00 (30 mins)

Bridal Make Up

Includes consultation, first trial and the make up on your wedding day (at The Treatment Rooms).

£45.00 (45 mins for first appt)

Additional trials £20.00

Arrangements can be made for make up to be done at home for an extra charge – this will be a minimum of £30.00 and will depend on the distance to be travelled and the travelling time. Please consult your therapist about your own individual needs.

Wedding Party Make Up

For Mother of the Bride, Bridesmaids, etc.

£20.00

Massage

Swedish Massage

Massage is wonderful for relief of muscular tension, relaxation, stress relief and general well being. Your therapist will tailor the massage to your needs, whether you need relaxation or deeper work– all you need to do is decide how long you want it to last and which parts of the body you want massaged!

£25.00 (25 mins)

£32.50 (40 mins)

£40.00 (55 mins)

£47.50 (70 mins)

Hydrotherm Massage

Hydrotherm massage is carried out on a large warm water filled bag using special techniques. It is deeply relaxing and comforting for aching muscles and is excellent for remedial massage. This is a suitable massage in pregnancy as you lie on your back throughout the treatment.

£28.00 (25 mins)

£36.00 (40 mins)

£45.00 (55 mins)

Indian Head Massage

An invigorating massage to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

£25.00 (25 mins)

Daoyin Tao

A harmonious synergy of softened and adapted Chinese massage, blended with modern Western massage techniques. This face, neck and shoulder massage is amazingly therapeutic and can enable the body to heal itself from a wide variety of everyday complaints. It is also a deeply relaxing and stress relieving treatment.

£30.00 (30 mins)

Aromatherapy

Aromatherapy is the controlled use of essential oils to aid the general health and well being of the body, mind and spirit. It can be very helpful for many complaints and is particularly useful for stress related conditions. A treatment consists of consultation, massage and oils for home use if required.

£45.00 (55 mins – first appointment 70 mins)

Hot Stone Therapy

Refresh

This treatment offers placement of the warm basalt stones along with face, scalp, foot and hand massage. A great way to refresh the mind, body and soul.

£40.00 (40 mins)

Relax

This combination focuses on massage and offers a complete holistic approach and sensory journey. Deeply relaxing.

£65.00 (85 mins)

Rejuvenate

The complete cleansing and massage ritual. It includes a face and body polish with hot towel compresses and a face and body massage using the hot stones. The skin is left cleansed and glowing with vitality and all tension melts away.

£85.00 (115 mins)

Hopi Ear Candling

A very relaxing and calming treatment that can help with balance and inner ear problems, build up of wax, tinnitus, hearing difficulties and sinus problems as well as colds, flu, sore throats, stress, headaches and migraines.

£40.00 (55 mins)

Ear Piercing

Uses the hygienic Caflon system and includes aftercare lotion and choice of studs. Please note we only pierce the lobes of the ears.

£10.00

Body Wraps

Back Wrap with Natural Moor

The warming thermal action of the Moor Mud aids muscular tension, aches and pains, and softens and refines the skin.

£35.00 (40 mins with short massage)

£45.00 (55 mins with full back massage)

Fit for Life Moor Wrap

The warming thermal action of the Moor Mud aids muscular tension, aches and pains, tension and stress. Excellent for relieving pain from arthritis and rheumatism.

£50.00 (70 mins)

Desert Heat Body Wrap

A self-heating bubbly wrap rich in minerals offers a profound sense of relaxation and well-being. It leaves skin hydrated, nourished, toned and shiny. The ultimate in relaxation and very good for stress and fatigue.

£50.00 (70 mins)

Skin Smoothing Treatment for Cellulite

A very effective treatment to improve circulation and the orange peel appearance of cellulite.

£50.00 (70 mins)

Moroccan Cocoon with Rassoul

This extraordinary mud contains an abundance of healing minerals. It calms sensitivity and smoothes and moisturises rough scaly skin, whilst energising and re-invigorating.

£50.00 (70 mins)

Seaweed Thalasso Wrap

This detoxifying treatment alleviates fluid retention whilst improving circulation, using a blend of the finest seaweeds renowned for their therapeutic properties.

£50.00 (70 mins)

Green Coffee Body Wrap

This high performance detoxifying treatment increases circulation, improves skin elasticity, breaks down fatty deposits and visibly reduces puffy and spongy skin.

£55.00 (70 mins)

Exfoliation

Body Polish

A top to toe exfoliation and moisturising treatment which leaves your skin feeling silky smooth.

£30.00 (25 mins)

Aroma Salt Glow

Deep cleansing, exfoliating treatment, which massages away impurities, leaving skin radiant.

£35.00 (40 mins)

Litho-cal seaweed body polish

A mineralising, exfoliating body treatment which is rich in seaweed elements. It has a stimulating, energising and oxygenating effect – skin is left vibrant and silky smooth.

£40.00 (55 mins)

Eye Treatments

Eyelash Tint

Patch test essential at least 24 hours before first treatment

£12.00 (20 mins)

Eyebrow Tint

Complimentary with eyelash tint

£5.00 (10 mins)

Anti-Puffiness Treatment

Stimulates drainage in the eye area thus reducing puffiness

£10.00 within any facial

Wrinkle Treatment

Uses pure freeze dried collagen to aid the problem of wrinkles and creepiness.

£12.00 within any facial

Anti-Puffiness and Wrinkle treatments when taken together

£20.00 within any facial

St Tropez Spray Tanning

A fantastic quick drying, natural looking tan using the highly acclaimed St Tropez Ultimate Air Spray tanning system.

Full Body £25.00 (20 mins)

Legs £15.00 (10 mins)

Professional Aesthetics

Botox and Dermal Filler treatments are now available with our visiting doctor, who is a practicing GP.

He is happy to offer a free consultation with no obligation to undergo treatment.

Please ask at Reception for more information or visit his website.

www.professionalaesthetics.co.uk

Hands and Feet

Luxury Pedicure

A real treat for feet - includes foot soak and exfoliation, nail shaping, cuticles, special attention to calluses and rough, dry patches and a moisturising foot massage.

£35.00 without polish (55 mins)

£41.00 with polish (70 mins)

Express Pedicure

Foot soak, exfoliation, nail shaping, cuticles and short foot massage.

£20.00 without polish (25 mins)

£26.00 with polish (40 mins)

Basic Pedicure

Foot soak, nail cutting/ filing, and moisturiser

£12.00 (15 mins)

Luxury Manicure

Includes exfoliation, cuticle tidy, nail shape, hand conditioning, massage and clear varnish.

£27.00 without polish (40 mins)

£33.00 with polish (55 mins)

Express Manicure

An excellent maintenance treatment for healthy nails.

£18.00 without polish (25 mins)

£24.00 with polish (40 mins)

Polish Application

£7.50 (15 mins)

Shape & Polish

£11.00 (20 mins)

French Polish

£10.00 (20 mins)

Shape & French Polish

£12.50 (25 mins)

Paraffin Wax Treatment

For very dry hands and feet. This treatment is only available as an alternative to hot mitts within a luxury manicure or pedicure. **Please request when booking.**

£5.00 for hands or feet

Caviar Hand & Foot Treatment

The ultimate luxurious anti-ageing and deeply moisturising treatment for the hands and feet. Skin will be soft, supple, brighter and you will feel relaxed and pampered.

£50.00 (65 mins)

Reflexology

Reflexology stimulates the various reflexes on the feet, and works on the principle that energy balance will lead to greater health and vitality.

£38.00 (55 mins)

£22.00 (25 mins)

Hair Removal

Waxing

We use azulene roller wax for hygiene and comfort, plus tea tree cream wax or peelable wax for smaller areas.

Half leg	£16.00
Three quarter leg	£22.00
Full leg	£28.00
Full leg and bikini	£34.00
Full leg, bikini and underarm	£38.00
Bikini line	£8.00
Thong bikini line	£12.50
Brazilian	£20.00
Underarm	£8.00
Lip	£5.00
Chin	£5.00
Arm	£16.00
Half arm	£10.00
Back	£20.00
Eyebrows	£8.00

We are happy to offer a free consultation to advise on the best method of hair removal for you.

Electrolysis

Still the only permanent way to remove persistent coarse hairs, particularly on chin and lip.

£15.00 up to 15 mins

£5.00 for each 5 mins thereafter

EpilPro

Sound waves are used to effectively and safely damage the root of the hair. Suitable for finer hairs or for people who cannot have electrolysis.

£15.00 (15 mins)

£5 00 for each 15 mins thereafter

Alkaline Wash

An effective and pain free way to progressively treat downy facial hair.

A patch test is required at least 24 hours before treatment.

£65.00 for first treatment which includes aftercare products

Thereafter as follows:

£17.50 Upper lip or chin

£27.50 Cheeks

£37.50 Full face (lower part)

Alternative Health & Acupuncture

Appointments are available with Monika Becker, Alternative Health Practitioner and Registered Acupuncturist. Please ask for a price list and more information.

Bowen Therapy

Bowen Therapy is a gentle manipulation technique which helps bring the body back to balance and can help with many complaints. Appointments are available with Elisabeth Nuttall who is a member of the Bowen Association UK. Please ask for more information.

£38.00 (1 hour)

Career Coaching

Our working life evolves through different stages just as do other parts of our lives, and there are times when an experienced, objective and sympathetic coach is what you need to help you move forward. Whether you want to improve your performance in the job you're in, look elsewhere for opportunities or even completely change direction, career coaching can help with everything from producing a stunning cv to finding your life's purpose!

£95 per session (1½ hrs)

Cognitive Hypnotherapy

Hypnotherapy is an ancient practice which has been recognised by the British Medical Association as a complementary therapy since 1958. Effective treatment for phobias, addictions, stress, lack of confidence, sports performance and much more.

Anyone can be hypnotised and people often experience hypnosis as a state of wonderful physical and mental relaxation; and because we are all unique, each client is treated on an individual basis and treatments geared to you personally.

£75 per session (1hr)

Confident Childbirth

Promote a healthy pregnancy and a sense of calm and confidence for childbirth through the art of self-hypnosis and guided visualisation. You'll learn techniques for relaxation and pain control to enable you to manage the birth of your baby in the best way for you.

£195 – four individual sessions

(1hr each)

£120 – four small group sessions

(1 hour each)

Career Coaching, Hypnotherapy and Confident Childbirth sessions are run by Angela Massey MBA, Dip CH, PNL. Angela is a member of the NCH (National Council for Hypnotherapy) and the IACP (International Association of Career Professionals). As a trainer, coach and hypnotherapist, she has fifteen years' experience helping people fulfil their potential at work, home and sport.