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BEAUTY & HOLISTIC THERAPY

&

SOLUTION FOCUSED HYPNOTHERAPY



MIND • BODY • SOUL

We all have the ability to change

*Supporting you through life stresses
to emerge as the person you wish to be*

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SOLUTION FOCUSED HYPNOTHERAPY

Solution Focused Hypnotherapy is a powerful tool to help you take control of those things in your life you'd like to change. Using a technique of hypnosis, similar to daydreaming, we access your subconscious mind to focus awareness on positive solutions. This is a relaxing, safe, and powerful psychotherapeutic treatment, which will help you overcome negative patterns and behaviours, replacing them with positive outcomes and achieving your goals.

As a clinical hypnotherapist I can help with any number of issues including:

- Stress & anxiety • Low confidence & low self-esteem
- Depression • Sleep problems • Panic attacks • Regain control & have purpose in your life • Obsessions (OCD) • Addictions
- Fears & phobias • PTSD & trauma • Bereavement • Irritable bowel syndrome • Weight control • Pain management
- Tinnitus • Exam pressure and many more...

FEES & PACKAGES

The 30minute consultation is always free, allowing us to establish your needs and wants to determine how I can help you.

Sessions are either in person, or online over Zoom. Subsequent sessions are **£60**

MIND REBOOT

Designed for people who are stuck in a rut, have a limiting belief about themselves, or are struggling with extreme stress or anxiety, all stopping you from moving forward with your life.

Are you ready to Reach your full Potential and emerge as the person you wish to be?

7 sessions for **£360**

SMOKING CESSATION

One focused 2-hr session, or arrangements can be made to work through shorter sessions if preferred **£200**

Whether you yourself are struggling to cope, or you have concerns about someone you love, a conversation with me might give you the answers you've been looking for.

Gift Vouchers available

For that extra special present; for any occasion!

**GIFT VOUCHERS ARE AVAILABLE FOR THE
VALUE OR TREATMENT OF YOUR CHOICE.**

HOLISTIC THERAPY

REFLEXOLOGY

Reflexology is an ancient healing therapy which is believed to be almost as old as history itself, practiced in India, China, Egypt and American Indian tribes more than 3,000 years ago. Reflexology is not a diagnostic, nor a cure-all treatment, but it can give relief to many conditions. It calms and relaxes the mind and body thus reducing stress, leaving a feeling of well being. The treatment is performed on the feet and lower leg.

£40.00

INDIAN HEAD MASSAGE

Indian Head Massage is India's most ancient healing healthcare system introduced over 5,000 years ago. It treats the body as a whole- mind, body and spirit, boosting the immune system and promoting well being. The massage can help: aches and pains, anxiety, depression, eye strain, hair loss, headaches, insomnia, lack of concentration, sinus congestion, stress, tension and tinnitus. For the treatment you remain clothed (it is best to wear a comfortable cotton top) and you will be sitting in a chair.

£40.00

AROMATHERAPY

Aromatherapy is a natural therapeutic massage to harmonise and balance the body using essential oils mixed to suit your individual needs. Aromatherapy helps to reduce stress by relaxation to give physical and mental well being. A full consultation is given on the first treatment to help me determine the best oils for you.

FULL BODY AROMATHERAPY MASSAGE

Includes facial cleanse face and scalp massage **£48.00**

AROMATHERAPY BACK MASSAGE

£35.00

BAMBOO MASSAGE

Bamboo massage is a powerful unique treatment that delivers stress relief, improves circulation, detoxifying, reduces muscular tension and restores the body's silhouette. The Bamboo canes glide smoothly over the body using Bamboo Oil, containing Bamboo bio-extract and Rosehip, to balance mental and physical well being. Full body massage includes face **£48.00**

Hours: By appointment only.

Monday and Tuesdays 8.30am- 8.30pm

Wednesday and Thursdays 8.30am-4.30pm

Fridays 8.30am-1pm

Saturdays 9am-1pm

Where possible, please give 24 hours notice of cancellation or a charge may be requested. Full Ts & Cs on my website. Answer machine in service.

Payment by cash, cheque or bank transfer

BEAUTY THERAPY

FACIAL TREATMENTS

Facials are carried out using MONU products created only from natural sources that provide gentle and caring solutions that can clean, moisturise, nourish, form and protect every skin type.

All products are made from only the finest, natural, locally sourced ingredients, manufactured in the UK. None of our products are tested on animals and are vegan friendly.

An optional eyebrow tidy included with every facial.

EXPRESS FACIAL

Cleanse, scrub, pre-mixed mask and moisturise.

30-minute treatment to give a quick pick me up and leave you feeling relaxed and your skin hydrated and beautifully refined.

£32.00

AROMATIC FACIAL

Cleanse, peel, hot compress, massage using pre-mixed essential oils, pre-mixed mask, moisturise. This luxury signature MONU Facial indulges the senses, protect against life's daily stresses, with ingredients tailored to your skin that will help smooth, repair and create radiance.

£45.00

PRESCRIPTIVE FACIAL

Cleanse, peel, hot compress, massage using pre-mixed essential oil, MONU Gel Mask with essential oil, moisturise. The MONU Gel Mask contains vitamins and minerals which ensure fine lines are smoothed and boosts moisture levels keeping the skin soft, smooth, fresh and youthful.

Essential oils are selected and mixed in depending on your skins needs revealing a toned, tightened and healthier looking skin.

£48.00

HYDRA-LIFT COLLAGEN FACIAL

Cleanse, peel, hot compress, ampoule, Active Collagen Bio Mask, shoulder and arm massage, moisturise. This luxury treatment is ideal to treat dry, dehydrated or aging skins in one easy step. Provides instant hydration to the face and neck by 75% and plumps firms improving wrinkle depth by up to 40%. Increased elasticity and cell renewal reveals soft, smooth younger looking and vibrant skin.

£58.00

EYE CONTOUR TREATMENT

Facial cleanse, ampoule, eye massage, eye mask and face moisturise, 30-minute treatment which smooths fine lines, relieves congestion, calms and refreshes eyes.

£32.00



STEREX BLEND ELECTROLYSIS

Blend is a progressive, permanent hair removal treatment using new sterile needles for each treatment. Blend is a mixture of Galvanic and Short Wave Diathermy, making the treatment much more effective with minimal re-growth and less discomfort during the treatment.

Up to 10 mins	£12.00	15mins	£17.00
20mins	£21.00	30mins	£27.00

WAXING

HALF LEG WAX	£21.00
HALF LEG AND BIKINI WAX	£30.00
¾ LEG WAX	£26.00
FULL LEG WAX	£32.00
FULL LEG AND BIKINI WAX	£40.00
BIKINI WAX	from £14.00
UNDERARM WAX	£12.00
LIP, CHIN OR EYEBROW WAX	from £10.00
LIP AND CHIN WAX	£18.00

BODY TREATMENTS

FULL BODY MASSAGE

Improves circulation, helps break down fatty deposits and reduces tension. **£48.00**

BACK MASSAGE

Reduces tension in the back, neck and shoulders. **£35.00**

EYE BEAUTY

A patch test will be required 24 hours before tinting or lash-lift. Tinting darkens the lashes or brows to give definition; colours available are black, brown, or blue.

Lash-lift gently lifts and straightens, or curls your natural lashes, providing a significant beauty enhancement to the eye area. The addition of tinting gives the illusion of eyelash length, the eyes appear more open and results in a more awake and youthful appearance. The results can last 6-8 weeks.

EYELASH TINT	£13.00
EYEBROW TINT	£10.00
EYELASH AND EYEBROW TINT	£20.00
EYEBROW SHAPE	from £10.00
EYELASH, EYEBROW TINTS AND EYEBROW WAX/TIDY	£30.00
EYEBROW TINT AND WAX/TIDY	£16.00
LASH-LIFT WITH TINT	£40.00

HANDS AND FEET

Manicure and Pedicure both include cutting and filing of the nails, cuticle treatment, scrub, hard skin removal on feet, mask, massage and application of polish using Orly products.

RE-VARNISH	£16.00
MANICURE	£30.00
PEDICURE	£32.00
MANICURE AND PEDICURE	£55.00
ORLY GEL FX	

A gel polish system where the products are packed with a vitamin infusion which nourishes and strengthens nails. The polish is instant drying and will last for up to 3 weeks. Included in the price is cuticle work and the removal of the gel polish as I recommend having it removed professionally to prevent damaging your nails.

GEL FX FINGERNAILS / TOENAILS	£28.50
Both together	£50.00
GEL FX POLISH WITH FULL MANICURE	£38.00
GEL FX POLISH WITH FULL PEDICURE	£40.00
Both together	£70.00

