

# HIDEAWAY *at home*

Massage and other holistic treatments are a wonderful way to escape from the stress of the day.. Perfect if you want to feel relaxed and totally chilled out..

The mini treatments offer a great value way to relax. The prices give you a chance to sample a mix of different pampering treats in your own home, hotel or venue.

## TO BOOK YOUR PARTY:-

- a) Invite your friends
- b) Choose your treatments
- c) Call to book your party
- d) Buy in a few nibbles
- e) Put your feet up and RELAX

*We look forward to pampering you..*

Arrange your booking today



Tel: 07793 532911

A minimum party booking of £100 required  
A deposit of £10 per treatment\* booked  
will secure your party.

## MASSAGE & HOLISTIC

### BACK, NECK & SHOULDER MASSAGE

Ease away tight muscles and feel the stress melt away

15 min £14

30 min £25

### LEG MASSAGE

On your feet all day?

Relieve the feeling of tired, aching legs and heavy limbs  
Excellent for helping reduce the appearance of cellulite

30 min £25

### BACK EXFOLIATION & REHYDRATION

A gentle exfoliation to deeply cleanse and remove dead skin cells followed by a relaxing massage. Perfect to get your back looking great for Summer or a low cut outfit

20 min £20

### HAND & WRIST MASSAGE

The cream/oil used softens the skin and reduces tension  
Perfect for computer users and easing repetitive strain

10 min £8

### FOOT MASSAGE

Soak away your cares in a warm foot bath to refresh your tired feet, then a pampering foot massage will complete your relaxation

20 min £18

### INDIAN HEAD MASSAGE

A wonderfully relaxing and therapeutic massage which originated in India where it has been practised for over a thousand years. The massage takes place with the client fully clothed and seated on a chair

15 min £14

### REIKI

A therapy using channelled energy to restore the natural balance to the body helping to promote deep relaxation

20 min £18

30 min £25

## SKINCARE

### MINI FACIAL

A cleanse, massage, tone and moisturise treatment that will leave your skin feeling wonderfully soft, clean and refreshed

20 min £20

### MINI LUXURY FACIAL

Luxurious facial including deep cleansing, exfoliation, refreshing face mask, massage to improve circulation, tone and moisturise  
Leaves your skin radiant and you feeling totally pampered

30 min £30

### UNWRAPPED INCH LOSS

Lose inches whilst having a relaxing massage!!

PROVEN, EFFECTIVE & LASTING INCH LOSS FORMULA  
Both immediately post treatment and continual inch loss for the next 72 hours

NATURALLY SPEEDS UP BREAKDOWN OF FATS AND BOOSTS METABOLISM

FIRMS AND TIGHTENS THE SKIN

HELPS IMPROVE CELLULITE

NOURISHES AND MOISTURISES THE SKIN

CONTAINS POWERFUL ANTIOXIDANTS

NO WRAPPING REQUIRED

When choosing this treatment please be aware that caffeine and alcohol must be avoided for 24 hours prior and after  
For optimum results, avoid them for 72 hours afterwards

30 min £35

\*A deposit of £10 per treatment will be payable on booking.  
Refundable only on cancellations if over 48 hrs notice given.  
Please read the terms and conditions form for information.  
Payments by cash, bank transfer or cheque can be accepted.  
Please make cheques payable to J.Brooke