

Massage:

Massage <i>Back, neck and shoulders 30 min</i>	£20.00
Full body 1 hour <i>Involves long flowing strokes, kneading, friction, tapping, and shaking motions. It is effective for most ailments. Massaging the skin sets up a chain reaction that produces a positive effect on all layers and systems of the body. It mostly affects the nerves, muscles, glands, and circulation, and promotes health and well-being.</i>	£32.00
Indian head massage <i>45 minutes</i>	£25.00
Sport massage 1 hour <i>Depending on the needs of the athlete, a variety of techniques are applied including Swedish strokes, cross-fiber friction, pressure-point work, and joint mobilization to relax and rejuvenate the stress points.</i>	£35.00
Hopi ear candles <i>Ear candles are light suction action (chimney effect) and movement of the flame create a vibration of air in candle, generating a massage-like effect on the eardrum. This induces a pleasant feeling of warmth and a balance of pressure to soothing the ears, forehead and sinuses. It helpful for earache or itchy ears, compacted wax, headache and migraine, ear noise (such as tinnitus), swimmers ear, neuralgia, vertigo, sinusitis, glue ear, cold and flu, stress and nervousness</i>	£20.00
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**Massage:**

Hot stone massage 1hour 25mins <i>A truly relaxing treatment using hot stones of varying sizes on parts of the body – from the forehead to between the toes - giving a deep massage and creating a sensation of warmth and comfort. The heat from the stones feels great and is also wholly therapeutic - helping detox the body and relaxing the nervous system. The stones used are smooth, volcanic basalt that retain their heat on the body for as long as possible. Smooth cool crystals are then used after the heat of the hot stones to stimulate the body leaving you feeling completely refreshed and invigorated.</i>	£45.00
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Facial:

Mini Facial <i>30mins Cleanse, tone, min massage, exfoliation and moistuise</i>	£15.00
Full Facial <i>1 hour Cleanse, tone, skin analysis, exfoliation, shoulder, neck massage and face mask.</i>	£26.00
Mens facial <i>1 hour Cleanse, tone, skin analysis, shoulder, neck massage and moistuise</i>	£20.00

Waxing:

Full leg	£20.00
Half leg	£14.00
Bikini line	£7.00
Underarm	£7.00
Forearm	£10.00
Lip	£6.00
Chin	£6.00
Lip and chin	£10.00
Eyebrow	£6.00

Mens Waxing:

Back <i>Including shoulders</i>	£24.00
Half back	£12.00
Chest <i>Including abdomen</i>	£24.00
Half chest	£12.00

Tinting:

Eyelash Tinting	£10.00
Eyebrow Tinting	£6.00
Eyelash Tinting & Eyebrow Tinting	£14.00
Eyelashes Perming	£30.00
Eyelash extensions	From £35.00

Hand and feet:

Mini Manicure <i>File & paint</i>	£8.00
Full manicure	£18.00
Mini Pedicure <i>File & paint</i>	£8.00
Full Pedicure	£18.00
Mens manicure <i>File soak, cuticle work and buff</i>	£18.00
Mens pedicure <i>File soak, foot file, cuticle work and buff</i>	£18.00

A Pamper Party is a Great idea for...

- Hen parties
- A girls night in
- Birthdays
- Engagements
- Mums to be Parties
- Post Natal Parties
- Leaving Parties
- Celebrations & anniversaries
- Reunions
- or just any excuse for some pampering

Give yourself some quality time and put the bounce back in your stride.

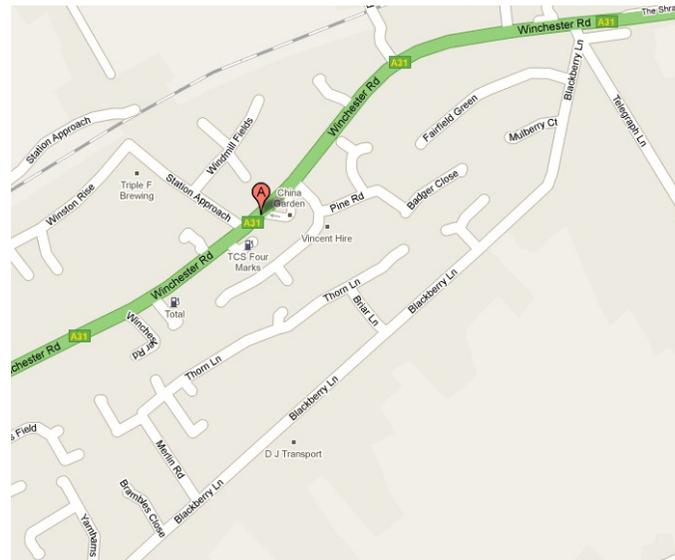
Choose from a wide range of pampering treatments **Tailored for you and your guests individual pampering needs.**

I also offer treatments at your own home and in the eve appointments are available on request



I'm a fully qualified with 5 years of experience, I'm a friendly & approachable and there to provide you with top quality treatments & advice. I specialise in sports therapy but offer a wide range of treatments

Where to find us



A Touch Of Beauty



Gemma McAllister

- NVQ Level 2 Beauty Therapy
- National Diploma Level 3 Body Massage
- National Diploma Level 3 Indian Head Massage
- National Diploma Level 3 Sports Massage

Salon: 01420 560 054
Mobile: 07917 886 147

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