

<b>MANUKA HONEY HAND CREAM</b>	10.99
<i>Leaves skin feeling soft and supple</i>	
<b>LAVENDER &amp; HONEY HAND CREAM</b>	12.49
<b>MANUKA HONEY FOOT CREAM</b>	13.99
<b>MANUKA HONEY &amp; ROYAL JELLY BODY CREAM</b>	14.49
<b>SKIN CARE CREAM</b>	15.99
<i>With Evening primrose oil</i>	
<b>MELODERM 100% CREAM</b>	13.49
<i>UMF factor 16+</i>	
<b>MELODERM OINTMENT 40% UMF 16+</b>	8.99
<b>ACTIVE MANUKA HONEY CAPSULES 500mg</b>	28.99
<i>UMF 16+ 300 capsules</i>	
<b>MANUKA HONEY SOAP</b>	4.49
<b>ROYAL JELLY &amp; MANUKA HONEY SOAP</b>	4.49

**LITTLECOTE ORGANIC BODY PRODUCTS**

*This lovely British company provide wonderful products for your body e.g. Body Oil, Body wash, Body Lotions, Soaps made from olive oil base, Bath bombs. We have a lovely gift selection ranging from £12.50 upwards. These are well worth a look.*

**OPENING TIMES**

**TUESDAY & THURSDAY** 9.30am until 2pm  
6pm until 9.30pm

**FRIDAY** 9.30am until 2pm

**SATURDAY** we open once a month  
9am until 12 midday

**Please ask for details on our opening times for Friday Evenings and Saturdays as they vary. Linda x**

# Simply Relaxing

## Price List 2011

Complementary to Your Health and Well - Being

### Well-being Massage

The unique ten touches are combined with Hot lim3 mitts & Thai rocking (The welcome Touch) makes this much more than a massage. your body is lighted brushed before the warm aromatic oils are smoothed over the face and body. Ideal to soothe and relax, detoxify and renew your zest for life. Perfect to ease away aches and leave the world outside for a while.

**Indian Head Massage** 30min 22.00

This treatment is performed seated and concentrates on the shoulders, upper back, neck, scalp, arms and face to relieve tension

**Pregnancy Massage** 60 min 33.00

Enjoy your pregnancy with a regular massage using safe gentle massage. The couch has a specialised panel that supports your growing tum.

**Neuro Muscular Massage** 60min 33.00

This full body gentle massage soothes nerve endings and anxiety. NMT enhances the function of the joints, muscles and biomechanics (movement)

**Lymphatic Drainage Massage** 90min 42.00

This involves increasing the flow of lymph to fight infection, clear excess fluid and boost your immune system This is excellent to combat fluid .

**Oriental Acupressure Massage** 60min 32.00

An excellent treatment to ease tension within the body using a pressure Point massage working on the principles of Yin & Yang and the flow of Energy in the body. This massage brings the body back into balance and provides pure relaxation.

**Back Neck and Shoulder Massage** 30min 22.00

**Deep Tissue Massage** 60min 32.00

This massage targets the large muscles groups such as thighs, buttocks and back to broaden and stretch tight muscles. The Deep Tissue massage releases the sluggish blood flow and toxins that gather in tired and over worked muscles. Techniques stretch the limbs whilst applying deep pressure into the muscles resulting in a supple, realigned body.

**EMU OIL BODY LOTION** 250ml 6.95

A luscious and gentle body lotion with Roman chamomile, geranium and Lavender essential oils

**EMU GLUCOSAMINE CREAM** 100g 16.95

This is designed for longterm joint maintenance. Aswell As stimulating cartilage production, glucosamine also Reduces joint pain and inflammation

**EMU OIL RESCUE PACK** 30.00

This is a handy kit for use at home or away. It comprises of Pure emu oil, Lavender Emu Oil, Antiseptic Emu Oil, Lip Balm Bruise treatment and Emu oil plus.

**EMU OIL SKIN CARE COLLECTION** 30.00

Contains skin cream, body lotion, body scrub, hand cream and Heel balm all in a lovely case.

**EMU OIL TRAVEL SET** 12.95

Contains Emu oil ointment, Lip Balm and antiseptic emu oil

**ANTISEPTIC LIQUID SOAP** 250ml 6.95

Contains Tea Tree and Manuka

**ROSEHIP EMU OIL** 10ML 2.95

Use on scar tissue, minor burns & stretch marks

### MANUKA HONEY PRODUCTS

from New Zealand

New Zealand's Active Manuka Honey is used as a natural product both Internally and topically on the skin. It is anti-bacterial and anti-fungal.

Manuka honey is made by bees who collect nectar produced by the Flowers of the Masnuka tree. Its benefits are similar to those of the Australian Tea Tree, the oil contains natural anti-microbial properties.

Manuka is anti-inflammatory and is beneficial to people suffering from Joint pain, arthritis, fungal infections. For people who do enjoy honey, we stock capsules of Active Manuka Honey, please ask for details

## **IN OUR GIFT SHOP**

### **AUSTRALIAN EMU OIL PRODUCTS**

*Emu oil is a naturally healing oil and is used mainly for muscle and joint problems. It is nourishing and helps to repair damaged skin. Emu oil is non-allergenic and can be used daily on sensitive skin types.*

**ANTISEPTIC EMU OIL**      **50ml**      **8.95**

Contains Manuka and Tea Tree.

This is an effective antiseptic oil which is used for minor skin infection Such as toenail fungus. It works best as preventative and mediator.

**PURE AUSTRALIAN EMU OIL**      **110g**      **12.95**

The pure oil is best used for long-term use in the treatment of hair, Scalp, skin, muscle and joint problems.

**EMU OIL PLUS**      **110g**      **16.95**

This is best for using on muscle injuries. It contains Camphor which has a warming effect and Menthol which has anaesthetic properties. Cinnamon, Cajeput and Clove essential oils are also included.

**EMU OIL BRUISE TREATMENT**      **50g**      **9.95**

The combination of Emu oil and Arnica is especially effective in Helping to quickly reduce the discomfort and discolouration of Bruising. The cream is healing and relaxing.

**EMU OIL HEEL BALM**      **50g**      **5.95**

Emu oil is especially formulated to deal with rough, dry and cracked Heels. It contains Urea which removes dead skin . The addition of Tea tree oil helps with any mild infections.

**EMU OIL HAND CREAM**      **100ml**      **6.95**

When you hands feel dry and rough, this hand and cuticle cream helps to soften and moisturise Contains Emu Oil, Almond & Jojoba oil

**EMU OIL SOAP**      **100g**      **2.95**

**Contains emu oil and jojoba oil**

### **MONGOLIAN KOYASHAI MASSAGE**

This wonderful massage is based on Ayurvedic principles and is a therapy for the feet and eye area. This treatment would be Carried out by ladies for ladies in Mongolia the night before a wedding festival and is a wonderfully relaxing treatment which leaves your skin so soft and velvety. It is a holistic therapy supporting the bodies natural ability to heal itself.

#### **BENEFITS:**

- Improves the Lymphatic flow and promotes good circulation
- Counters the effects of stress and promotes inner calm
- Nourishes and hydrates the delicate skin around the eye area
- Helps to reduce puffiness and eliminates dark shadows
- The massage has a draining effect on the sinuses
- Soothes tired and sore foot muscles
- Improves the condition of the skin
- Reduces a feeling of fatigue and promotes deep relaxation

A beautiful deep massage is performed on the feet with a gentle Soothing massage to the delicate eye area. Our feet work hard for us and they need some TLC from time to time. The word Koyashai means Sun and Moon and has been practised in Mongolia for decades.

The Hot Milk Massage is performed on the back and is a lavish Milk treatment to rehydrate and exfoliate the back. With deep Massage movements and the warmth of the milk, your back will Feel truly relaxed and pampered. Chick pea flour is used to Exfoliate the skin leaving a soft supple skin.

**This treatment lasts 60minutes £42.00**

### **PURIFYING SPIRULINA ALGAE BODYWRAP**

Combing the richness of marine algae, Spirulina, and the active benefits from Bromelain (found in Pineapples), this is deeply detoxifying at all levels.

A warm seaweed body mask is applied to your body before you are cocooned in a warming wrap. Let your thoughts drift away whilst you have a soothing face & scalp massage. After a shower You will enjoy a full body massage using Camelia oils and pure essential oils to replenish your skin after the wrap. A further Relaxation period means that this treatment is not only Stimulating and decongesting but is thoroughly therapeutic too. **This treatment lasts for 75minutes £68.00**

NEW! COMING IN MARCH 2011

### **JAPANESE TSUBOKI NATURAL FACE LIFT MASSAGE**

This is a wonderful relaxing massage yet energising treatment, based on the principles of acupressure, it is a modern take on meridian therapy which goes back thousands of years in Japan and China. Using Anna and acupressure techniques, this massage affects the deep and superficial muscles of the face, reduces the development of wrinkles, improves the appearance of the skin and encourages the elimination of toxins. The treatment also includes a neck and scalp massage.. Ridoki rollers are moved over the face to stimulate your facial muscles.

NEW! COMING IN APRIL 2011

### **GOATS CRÈME HYDRATING BODYWRAP**

Goats crème is THE best hydrating product as the oil melts at body temperature and is therefore absorbed by your skin quickly. This body wrap is perfect for very dry skins, eczema, psoriasis as the crème is very gentle and is hypo-allergenic. The body wrap ends with a soothing massage for the body, face and scalp.

NEW! COMING IN MAY 2011

### **ROYAL INDONESIAN MANDE LULAR MASSAGE**

This is a complete body exfoliation followed by dry hand and oil based Balinese massage which Concentrates on pressure points and deep tissue Massage and energy lines of the body. The aim is to clear the mind and release stagnant energy. You will feel uplifted and rebalanced, you skin will be very Smooth and silky

### **Hot Stone Massage**

90MIN 62.00

Harnessing the properties of the “Batu” stones from Bali, we bathe them in warm water, anoint them with the spicy sensual aromas and place them on key points of the body to harmonise the spirit. Using a firm rhythmic massage to mimic the strong flow of water, the stones release their power and warmth to tired tense muscles. The penetration of heat and texture from the stones makes them perfect for a therapeutic deep working massage to promote inner peace a balance of energy and soft relaxed muscles. A unique journey for the soul that achieves all over deep relaxation.

### **Simply Relaxing Signature Treatments**

**Simply Springtime - Truly Scrumptious** 90mins 66.00

This treatment cleanses your body ready for spring. You will experience light skin brushing followed by a luxurious foot massage. A hydrating foot mask cocoons your feet whilst a lymphatic drainage massage awakens your body to become light and fresh. You will feel totally relaxed when you are wrapped warmly to enjoy a deep scalp and facial massage.

**Simply Summertime- Pure Bliss** 90mins 71.00

During the summer months, you spend more time outside, therefore you need to protect your skin. This journey commences with a light skin brush and body exfoliation. Following a shower, you will enjoy a foot massage and hydrating mask, whilst you relax to a soothing aromatherapy massage using sumptuous summer essential oils to invigorate and soothing neuro muscular massage techniques to soothe. Before you are cocooned your body will be lavished with a hydrating body mask. Following a final shower, a summer body balm will ensure a perfectly hydrated body will emerge.

**Simply Autumntime – Tranquility** 75mins 55.00

During the months of autumn when nature is most colourful, we need to prepare our systems for winter and repair after the ravishes of summer. This treatment uses the benefits of the acupressure massage techniques to rebalance and rebuild your state of mind, you will be wrapped and kept warm whilst you enjoy a deep scalp and facial massage.

**Simply Wintertime - Sweet Dreams** 90mins 75.00

Definitely a time when you need extra pampering! Your winter journey begins with light skin brushing and a warm foot massage to prepare the body. A hydrating foot mask is lavished over the feet and hot stones are massaged over the entire body using warming, immune boosting oils.

## **Step into a world of complete sensory heaven, where time is left at the door and a new journey begins.....**

### **Reiki**

**45min 18.00**

This is one of the more widely known energy healing or “Chi” for the energy system or “Aura”. Reiki can help a large number of physical ailments but comes into its own for emotional problems

### **Reflexology**

**single 21.00 course of 3 50.00**

Reflexology is a method for activating the healing powers of the body. It is a pressure point massage on the feet using various reflex points which relate to areas within the body. The benefits are vast.

- Rebalances and recharges the whole body, mind & soul
- An aid to sinus congestion, headaches, digestion
- Boosts your immune, circulation and lymphatic system
- Eases muscular problems, sciatic and hip problems
- An aid to clear excess fluid

### **Pedicure**

**45min 36.00**

Your feet need TLC from time to time and this pedicure begins with a foot soak, exfoliation, file & nail work, foot mask & cream then you relax whilst your feet are cocooned in the heated boots.

### **Manicure**

**single 21 course of 6 85**

Includes heated mitts. Healthy nails can be achieved by regular care As this is purely therapeutic, there is no nail varnish application possible

### **Thai Manicure**

**45min 25.00**

Wonderfully exotic using aromatic oils, masque and sublime massage

### **Absolute Back Awareness**

**30min 27.00**

Following light body brushing, an application of exfoliator will gently polish away dead skin cells. You will enjoy a deep back massage to ease tension,. An active mask will be soothed into your back whilst you relax. An application of body balm will leave your back soft, smooth and revitalised.

### **TIBETAN ACUPRESSURE HEAD MASSAGE 60MIN £35.00**

The Tibetan Head Massage is a blend of modern, western Methods combined with genuine Tibetan acupuncture Techniques and traditional principles and theories of ancient Tibetan medicine. The therapy is performed with the client Either dressed or wrapped in a sarong lying down and Includes massage of the scalp, face, neck & upper arms

#### **BENEFITS**

- Brings harmony to the mind, body & soul and supports the bodies natural ability to heal itself
- Ideal for shy clients as you don't need to undress
- Deeply relaxing, relieves tension & sinus headaches
- Increases circulation to the scalp,
- Aids lymphatic drainage & elimination of toxins
- Relaxation increases endorphin production, promoting a feeling of inner peace and calm
- Relaxes face, eyeneck and shoulder muscles

*This wonderful massage includes massage to the feet and Upper back to promote deep relaxation. The scalp massage can be performed without oil or with a Monoi Hair & Scalp Therapeutic oil to enhance the effects. Please let me know*

### **SPECIAL PAMPERING TREATMENTS**

#### **PRESCRIPTIVE FULL BODY MASSAGE 50.00**

Your journey commences with a hot mitt foot cleanse and light body brushing to stimulate the body and prepare it for massage. Whilst you are cocooned in warm towels, we will rebalance your chakras using crystals, whilst you relax, we perform Reflexology. The step on your journey is a relaxing massage prescribed to fit your requirements. At the end of the treatment, we will leave you warm, relaxed and comfortable to drift into a beautiful sleep.

#### **PURE HARMONY**

**90MIN 66.00**

This package includes a full body massage to fit your requirements and an hour Bio Ultimate Facial . We guarantee you will feel completely pampered for Top to Toe

## EYE TREATMENTS

### **BIO-ULTIMATE EYE ZONE THERAPY** 45minutes 36.00

This treatment commences with a deep cleanse, exfoliation and relaxing massage to the face, whilst you relax with an eye mask impregnated with collagen to boost the circulation, appearance and texture of the delicate eye area, we will perform a Reflexology treatment to help to clear toxins And imbalances from the sinus and eye area but also from the Lymphatic and circulatory system. This is a lovely treatment which will soothe tired and sore eyes.

### Thermal Auricular Therapy 30 minutes £29.00 course of 4 £100.00

The Hopi candles are made from organically grown flax, Honey, beeswax, sage, st johns wort and chamomile. They Work on the chimney principle whereby warm vapours are Sent into the ear canal which loosens any ear wax & debris, This is removed from the ear by a gentle suction from the Flame and any wax stays within the candle. Hopi candles are Very beneficial for sinus congestion, snoring, headaches, Anxiety pain, blocked ears giving porr hearing. The candle Treatment can ease tinnitus. The treatment begins with the Candles on each ear which is followed by a light massage on the face & scalp.

Hopi candles originate from North America where Indians From the Hopi tribe were the first to use the candles.

## NEW!

### Sinus Massage 60minutes £36.00

#### **INCLUDES A HOPI CANDLE TREATMENT**

The sinus massage uses lymphatic drainage techniques to clear congestion within the sinuses. It involves an extensive face, scalp, neck & shoulder massage as well as a foot massage. With this being a longer session, you will feel very relaxed which helps to soothe tension within the muscles.

## NEW!

### BIO ULTIMATE FACIALS

Peptides are a result of amino acids linking together , these Bonded amino acids form building blocks which have been proven to stimulate the skins dermal repair mechanism and increase the synthesis of collagen and elastin which, over a period of regular us, will improve your complexion and The appearance of wrinkles.

All facials begin with a hot foot cleanse and massage, and you will enjoy a shoulder, face and scalp massage with the hour long facials.

### BIO-ULTIMATE PRO-COLLAGEN FACIAL 45.00

A concentrated collagen masque that delivers essential Collagen and elastin to the skin. This facial helps to Regain lost moisture and tone.

You can add the Non Surgical Face Lift with this facial for just 53.00. A course of eight facials is

### BIO-ULTIMATE VITA C FACIAL 45.00

The mask is impregnated with vitamin C, elastin and Aloe Vera to deliver a soothing, hydrating and calming treatment.

### REVIVING MINI 30 MINUTE FACIAL 21.00

This is the perfect pick-me-up. A deep cleanse, exfoliation and mask leaves y

### Bio-therapeutic Non Surgical Facelift

single 40.00  
Course of 8 facials 200.00

The computer sends electro-messages to your facial muscles, this is a healing current allowing damaged skin tissue to be treated gently, any lumps and bumps under the skin to be exfoliated and puffiness under the eye area to be reduced. our skin fresh as a daisy.