

The Therapy Room

by **Devonside**



Telephone: 01592 205829

Facial Experiences

All facials begin with an in-depth consultation or "Face Mapping" to identify your individual requirements.

Multivitamin Facial - This is the most powerful Dermalogica treatment for client's concerned with the signs of ageing on their skin. Ideal for dry, sun damaged and ageing skin that needs nourishment, regeneration and energising. (60 mins) - £40

Ultimate Relaxation Facial - Indulge in total relaxation. Begin with a soothing well-being massage on your back to relax those tired muscles, followed by a tailor made Dermalogica facial, including pressure point massage. Leaves you stress free and invigorated. (75 mins) - £52

Revitalised Eye Rescue - Firm, tone and revitalise your tired and puffy eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling skin cells, while a super soothing masque will help irritation. (30 mins) - £25

Mankind Facial - As well as being deep cleansing this facial is extremely relaxing. Also incorporates a pressure point massage leaving you stress free. (75 mins) - £50

Exfoliating Body Scrub - Smooth away dull skin cells while restoring vital nutrients to tired skin. The perfect compliment to our selection of wraps or bronzing treatment. (30mins) - £27

Bellitas Body Wrap - Whether you are looking for inch loss for a special occasion, or to detox to kickstart a new health regime, this is a perfect treatment. Helps to detox, tone and tighten body contours. 1 session - £38 Course of 6 - £180

Make Up

ID Mineral Make Up - Bare Essentials mineral make up so pure you can sleep in it! Coverage is flawless, even on problem skin. Skin looks naturally luminous, its featherweight property so light you don't feel it's there!
Special Occasion Make Up (40mins) - £25
Bridal Make Up (45mins) - £30
Make Up Lesson (60mins) - £35

Eye Treatments

Darken and define your lashes with a tint or enhance your eyes with a perm or extensions.
Eyebrow Tint - £10
Eyelash Tint - £16
Eyelash Perm - £20
Eyelash Extensions - £20

Finishing Touches

Luxury Manicure - Restore the suppleness of your skin and health of your nails with our luxury manicure. We begin with exfoliation leaving hands feeling refreshed, complete with a warm mitt hydrating treatment using paraffin wax, finishing with a relaxing hand massage with nourishing cream. (1 hour) - £30

Manicure - Nail shaping and cuticle work, followed by moisturising massage, then French polish or colour. - £22

Mini Manicure - File and Polish - £15

Luxury Pedicure - Take the weight off your feet as you sink your toes into our refreshing foot spa. A paraffin wax warm boot treatment hydrates your skin followed by a nourishing foot and leg massage with luxurious cream. Rough skin is smoothed away and your cuticles given a treat. Finally the toenails are painted. (1 hour 15mins) - £35

Pedicure - Our most popular treatment. Feet are exfoliated, nails filed and hard skin removed. A foot massage soothes and relaxes before the toenails are painted. (1 hour) - £24

Mini Pedicure - File and polish - £18

Minx for Hands and Toes - Foiled nails in a variety of designs to decorate both finger nails and toe nails. (1 hour) - £28

Bio Sculpture Gel Nails - An Organic gel designed to strengthen and support weak, brittle and soft flaking nails. Also perfect for individual breaks and ridged nails.

Clear Overlay - £20 Individual Repairs - £5
French Overlay - £25 Gel Removal - £14
Colour Overlay - £25

Creative Acrylic Nails - A liquid and powder nail enhancement which is not only beautifully natural but very resilient.

Tips or Sculpt - £45 Single Nail Application - £6
Rebalance (1-2 weeks) - £28 Removal of tips - £18
Add-ons e.g. Gems - £1 p.n.
Colour and Glitter from £6

Complementary Therapies

Hopi Ear Candles - Inducing a pleasant feeling of warmth and balance of pressure in the ears and sinuses. Suitable for adults and children suffering from earache caused by a build up of wax in the ear. Sinus draining massage follows treatment. (45 mins) - £30

Reflexology - Helps gently ease congestion within the body which then promotes natural healing forces. This relaxing treatment can be beneficial in helping stress, anxiety, depression, digestive disorders, PMT, and many other imbalances. (1 hour) - £40

Reiki - A practical healing technique using the laying on of hands to treat and soothe both the physical and mental imbalance and creates a feeling of wellbeing, relaxation and harmony. (1 hour) - £40

Indian Head Massage - Removes tension that is stored in the scalp, neck and shoulders. Rebalances energies and improves concentration maintaining physical, emotional and spiritual health and well-being. (30 mins) - £25

Thai Massage - Thermal Stamp massage using hot herbal hand tied body pack. Relaxing, detox massage which reduces stress and re balance the body. - £40

Hot Stone Massage - Hot Stone Therapy is a complete body, mind and soul treatment. Through the healing energy of the volcanic stones you will quickly reach a state of deep relaxation, physical and mental balance.
(40 mins - back, neck & shoulders) - £40
(75 mins - full body) - £65

Aromatherapy - A special blend of aromatic oils for the physical and emotional requirements of the individual. This will ensure optimum results when treating stress, tension and anxiety related problems. (1 hour full body) - £50
(90 mins full body including feet or face) - £65

Swedish Body Massage - Total relaxation massage to help ease tired, aching muscles with the aid of infra-red heat rays to penetrate into the muscle tissue.
(40 mins - back, neck & shoulders) - £35
(75 mins - full body) - £50

Enhancement Treatments

Hair Removal

Waxing

Please take care to avoid sunlight, sunbeds and heat treatments for 24 hours before and after treatment.

Full leg - £25

1/2 leg - £18

Bikini - £12

Brazilian - £16

Underarm - £10

Eyebrow - £8

lip or Chin - £8

Back wax - £18

Chest wax - £18

Body Bronzing

Sienna X Tan - Comes in three shades. Light, medium and dark so you can choose the level which you are most comfortable with. Recommend leaving product on overnight for best results. A beautiful, natural tan which will last 7 - 10 days. - £28

Pamper Parties can be organised by prior arrangement.

Clairvoyant by appointment - £35

Gift vouchers are available and are valid for 6 months.

Arriving late will deprive you of precious minutes, as your treatment will end on time, ensuring our next client is not delayed.