



*All treatments are completely bespoke to you and tailored around your needs. Starting with a thorough consultation, this helps me to create the perfect treatment experience in either the comfort of your own home or holiday let. Whichever space you happen to be in, my aim is to bring the spa experience to you. This includes: complimentary drinks, signature smells, candles, hot towels, ambient music tailored to you; I have it covered!*

### *Treatment selection*

Back, neck and shoulder massage - £40

*This 45-minute treatment is designed to give exactly what your back requires. Whether that be relieving muscular tension or relaxation, this massage is a perfect way to improve circulation, promote lymphatic drainage and create overall well being.*

Targeted Massage - £35

*A 30-minute customised massage designed to target key areas of concern. Using warmed oils and essential oils, this is a perfect treatment for anyone who needs a comforting pick me up.*

Select from:

- *Back, neck & shoulder*
- *Legs & feet*
- *Hands & arms*
- *Shoulders & scalp*

Full body massage:

- 60 minutes £50
- 90 minutes £65

*Melt away stress and create deep relaxation with a full body massage. It's a great way to reduce tension build-up in your muscles, whilst calming your senses with warm oils, hot towels, cocooned in a blanket.*

### Bespoke facial - £35

*45-minutes dedicated to rejuvenating and renewing your skin from within. Included in this beautiful treatment is a complementary scalp or hand & arm massage.*

*Tailored to your skin, I can enhance your results by adding either:*

- *Gua sha stone*
- *Jade rollers*
- *Rose quartz rollers or hot stones*

### Foot rescue - £30

*This 30-minute treatment is designed to renew and transform the feel of your feet. This treatment starts with a warm foot bath of Epsom salts and essential oils, followed by exfoliation, removal of hard skin, ending with a deep-relaxation massage.*

*A great therapy for keen walkers after a days hike, why not treat your feet?!*

### Indian head massage - £35

*Indulge with this ancient massage technique to help release toxins from tense knotted muscles helping to improve oxygen flow to the brain. This 40 minute treatment is great for anyone who is highly stressed, suffers from headaches and migraines or has trouble sleeping.*

## Packages

### Rest and rejuvenate -£60

*Relax with a back, neck & shoulder massage and bespoke facial tailored to your needs. 60-minutes of pure bliss.*

### Ultimate spa ritual - £70

*Float away with 90-minutes of relaxation. Includes a full body massage and bespoke facial completely customised.*

### Total bliss - £110

*Enhance your treatment experience with this top to toe package. 2-hours of total Indulgence including full body massage, bespoke facial and foot rescue.*

Mum to be - £60

*Take time for yourself before baby comes with a foot rescue to help reduce swelling and rejuvenate your skin with a bespoke facial. 60-minutes of complete calmness.*

### Packages for groups or couples

Ladies day:

- £140 for 4 people
- £210 for 6 people

*1 treatment per person*

*Each treatment includes a thorough consultation along with a 30-minute treatment from the choices below:*

- *Back, neck and shoulder massage*
- *Pick me up facial*

Couples retreat – £200

*2-hours each of total Indulgence. Re-awaken your feet with a warm foot bath of Epsom salts and essential oils, a full body massage and a bespoke facial. This deluxe combination of treatments is a great choice for total relaxation and stress relief.*

Hen retreat - £35 per person (minimum of 4 guests)

Enjoy a 30-minute treatment from the choices below:

- *Back neck and shoulder massage*
- *Indian head massage*
- *Pick me up facial*

### Booking and cancellation policy

Each booking requires a minimum of 2 hours worth of treatments, whether this be an individual or group booking.

Treatments are to be paid for in advance via bank transfer. £25 deposit to be paid when booking.

Occasionally an issue may arise where you need to cancel. If cancellation should occur before 48-hours of the treatment day, you will be fully refunded. Anything less than 48-hours notice can not be refunded.

### Products and ingredients

With my passion for nurturing skin health, I insist in only using the highest quality of natural ingredients, many of which are certified organic. Skin care with no nasties:

- **No parabens**
- **No phenoxyethenal**
- **No mineral oils**
- **No sodium laureth sulfate (sls).**

**All products are vegan friendly and cruelty free!**

### Other services

I do offer other beauty treatments such as; waxing, gel manicures and pedicures, which can be available on request. Please contact me directly for prices.

### Contact details:

Email: [bespoketherapiesathomeoraway@gmail.com](mailto:bespoketherapiesathomeoraway@gmail.com)

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