

Vouchers and Discount Pamper Packages Available, Wedding/Hen Parties



**NEW!!!**  
**Hair Design**

**Cutting Edge Perfection**

Sensations Therapies is delighted to introduce hair design to the salon. **Cutting Edge Perfection** provides an excellent range of services for both men and women, catering for parties and weddings – excellent prices!!

Ladies Cut	<b>From £15</b>
Full Head Colour	<b>From £20</b>
Highlights	<b>From £25</b>
Hair Up	<b>From £20</b>
Gents Styling	<b>From £10</b>

**Salon Terms & Conditions**

- Treatment times are approximate
- If you are late for your appointment, this may impact treatment time.
- 24 hours minimum notice required for cancellation otherwise a cancellation charge may be applied.
- £50 non-refundable deposit required for all pamper parties.
- 50% non-refundable deposit taken for Hollywood Eyelash treatments.

\*\* 2x30min Therapies excludes EFT, NLP and Hypnotherapy

**AVAILABLE NOW!!**  
**NEW LOCAL SPA!!!**



**LUXURY SPA DAYS**

Relax in comfort; exclusive use of the Jacuzzi, steam room, pool and sauna and receive your treatments while you relax, from just **£65** per person\*

\*6 people in SPA for 4 hours on a weekday with 1hr treatments. Conditions apply.

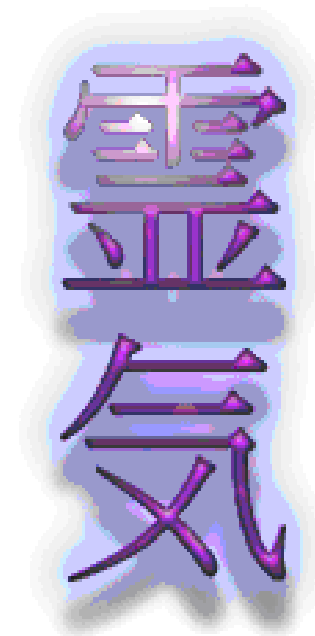
**SPA Terms & Conditions**

- £25/pp non-refundable deposit taken at booking, remainder to be paid in full 7 days prior to SPA day
- 30mins minimum treatment per person
- Price quoted will include lunch, drinks, towel and robe hire, and treatments

**Relax... You're In Good Hands**

**Sensations Therapies**

**Beauty & Complementary Therapies**



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## Complementary Therapies

All treatments and therapies are carried out by a fully qualified therapist; our Reiki healer is a Master/Teacher.

### Reiki

Effective and powerful healing using life-force energy channelled into the body, which will balance you mentally, emotionally, physically and spiritually – 30/55 mins.

### Thai Foot Massage

Hips, legs and feet are massaged using reflexology points to assist with removal of toxins – 30/45 mins.

### Indian Head Massage

A wonderful face, head, neck and shoulder massage using ancient techniques to ease tension, remove knots and tension, and help you relax and revitalise – 30/45 mins.

### Hopi Ear Candles

Impregnated cotton candles draw out impurities and compacted ear wax, relieving pressure in the head and sinuses – with or without a relaxing facial massage to aid lymphatic drainage – 30/45 mins.

### Eastern Body Massage

Working on the lymphatic system, this massage removes toxins, increases oxygen and blood supply whilst reducing stress and promoting well-being. 30/75 mins.

### Hot Stone Therapy

An extremely relaxing massage using volcanic basalt stones to deeply soothe and reduce tension in your muscles – a must have treatment – 30/75 mins.

### Full Body Exfoliation

An invigorating scrub which smoothes the skin and removes dead skin cells – 30 mins.

### Reflexology

The art of applying pressure to points on the feet, which has a balancing and relaxing effect on the body – 45 mins.

### Hypnotherapy

Frank Kilgour is a qualified clinical hypnotherapist and a member of the National Council for Hypnotherapy. Frank concentrates on helping clients deal with stress and anxiety whether it's personal, work-related or maybe nerves on the build-up to a big day – 45 mins (Wed eve)

### EFT (Emotional Freedom Technique)

EFT is an excellent way to 'tap yourself back to health, lose weight, cure phobias and get yourself into a stress-free state of mind with staggering results! 60 or 90 mins.

## NLP (Neuro-Linguistic Programming)

A fast and effective method of changing wanted thoughts and behaviours, and changes limited beliefs. Techniques are simple and fun with amazing results! 60 mins.

### Express Facial

Double Cleanse, Tone, Anti-Ageing Serum, Moisturiser, Eye Crème – 20 mins

### Anti-Stress Facial

Using Indian techniques and acupuncture points, this relaxing facial includes a double cleanse, tone, rehydration, moisturise and eye crème. A neck and shoulder massage is included as part of this treatment – 30 mins

### Mud & Scrub Facial

Using a Honey & Almond Scrub and a China Clay Mineral Masque, this treatment successfully refines and removes impurities from the skin. Finishing off with double cleanse, tone, rehydration, moisturising and a soothing eye cream – a hand and arm massage is also given – 30 mins.

## Therapy & Facial Prices

Reiki	30 mins	£20.00
Reiki	55 mins	£35.00
Reiki Block (3 sessions)	165 mins	£85.00
Thai Foot Massage	45 mins	£30.00
Indian Head Massage	45 mins	£30.00
Thai Foot or Indian Head	30 mins	£20.00
Hopi Ear Candles	30 mins	£20.00
Hopi Ear Candles & Facial	45 mins	£28.00
Full Body Massage	75 mins	£40.00
Back, Neck, & Shoulders	30 mins	£20.00
Hot Stone Therapy	75 mins.	£45.00
Hot Stone Therapy	30 mins	£25.00
Full Body Exfoliation	30 mins	£20.00
Reflexology	45 mins	£25.00
Hypnotherapy	45 mins	£40.00
EFT (Emotional Freedom Tech.)	90 mins	£40.00
NLP (Neuro-Linguistic Prog.)	60 mins	£60.00
Express Facial	20 mins	£18.00
Anti-Stress Facial	30 mins	£20.00
Mud & Scrub Facial	30 mins	£22.00
2 x 30 min Therapies/ Facials **	60 mins	£40.00

## Nail Bar

Full Manicure	40 mins	£25.00
Full Manicure (French)	50 mins	£28.00
File & Polish	20 mins	£10.00
File & Polish (French)	25 mins	£13.00
Full Pedicure	55 mins	£28.00
Full Pedicure (French)	60 mins	£30.00

## Eye Treatments

**Hollywood Lashes** are semi-permanent lashes lasting a few weeks.

Hollywood Lashes	60-90	£45.00
Hollywood Infills	30 mins	£10.00
Individual Eyelashes	15 mins	£10.00
Eyelash Tint	20 mins	£8.00
Eyebrow Tint	20 mins	£6.00
Lash & Brow Tint	25 mins	£13.00
Brow Wax/Tint, Lash Tint	30 mins	£15.00

## Waxing

Half Leg	20 mins	£12.00
Half Leg/Bikini	30 mins	£18.00
Full Leg	30 mins	£20.00
Full Leg/Bikini	45 mins	£25.00
Bikini Line	20 mins	£8.00
Underarm	15 mins	£7.00
Eyebrows	15 mins	£6.00
Lip or Chin	15 mins	£5.00
Lip and Chin	25 mins	£8.50
Back or Chest	30 mins	£15.00
Back and Chest	60 mins	£26.00

## St Tropez Tanning

*Full Body Tan	50 mins.	£30.00
*Top Half Only	30 mins	£20.00
*Legs Only	30 mins	£15.00
Top up (before 7 days)	30 mins	£15.00

\*includes exfoliation

## Reiki 1 Training

<b>Reiki 1<sup>st</sup> Degree Training</b> (two days including lunch)	£150.00
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## Skincare by Nutrimetics

Cleanser, Toner, Moisturiser (approx 1 yrs supply)	From £37.00
Cleaner, Toner, Moisturiser, Anti-Ageing Serum	From £62.00
Cleanser, Toner, Moisturiser, Anti-Ageing Serum and Eye Crème	From £72.00

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