



HOLISTIC HEAVEN

Sole Proprietor: Lynne Derry ICHT IFHBT

TREATMENTS GUIDE AND PRICE LIST

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HOLISTIC TREATMENT PRICES:

THE DORN METHOD (For back pain) Allow 1 Hour £45.00

BREUSS MASSAGE (Spinal Massage) £25.00

Aromatherapy Massage: Works with the pure properties of plants, using their relaxing or uplifting essential oils in a natural, complementary therapy, which can help improve both physical and emotional well-being. **PLEASE ADD AN EXTRA £5.00 FOR MEN**

Head massage (20 mins) £16.00

Neck, shoulders and scalp (30 mins) £24.00

Back (30 mins) £24.00

Back, neck and shoulders (40 mins) £28.00

Full body (1 hr) £38.00

Full body, face and scalp (1 hr 15 mins) £45.00

Hot Stones Massage: The Hot Stone Therapy treatment is unique in comparison to others, in that it uses hot/warm basalt stones to massage (in place of manual massage) which has very positive effects of increasing circulation, metabolism, lymphatic function, as well as deeply relaxing muscles.

Back (30 mins) £30.00

Back, neck, shoulders (40 mins) £35.00

Full body (1 hr) £45.00

Ayurvedic Facial: A truly holistic treatment incorporating the use of crystals and working on pressure/marja points on the face and scalp - includes a deep cleansing facial mask.

(1 hour 15 minutes, including comprehensive consultation and questionnaire) £42.00

PRODUCTS AND SERVICES AVAILABLE TO PURCHASE:

- Gift Vouchers
- Pamper parties in client's own home
- Full range of Natural Organic supplements, including weight management; personal care products; skincare and cosmetics

PLEASE NOTE that a 50% non-refundable deposit is required upon booking.

I offer a free consultation service on any treatment, which can be carried out immediately prior to a booking, or you may telephone for advice and further information beforehand.

BOOK AND PAY IN ADVANCE FOR A COURSE OF 6 TREATMENTS AND RECEIVE THE LAST ONE FREE!

Reflexology: A popular and relaxing holistic treatment based on the principle that reflex points on the soles, tops and sides of the feet are connected to corresponding areas throughout the body. In this way, the feet can be seen as a "map" of the body. Your Reflexologist will work on the reflexes with her thumbs and fingers using specialised massage techniques, said to help correct imbalances throughout the body and help release blocked energy

Reflexology (allow 45 mins to 60 mins) £28.00

Thai Foot Massage: A combination of massage techniques applied to the lower legs and feet that originated in Thailand over 2,000 years ago which works the lower legs and feet with stretching and compression to "open" energy lines. A stick is used to stimulate the reflex points on the feet, which correspond to the internal organs of the body, thus resulting in general health and well-being.

Thai Foot Massage (allow 1 hr 15 mins) £38.00

BEAUTY TREATMENT PRICES:

FACIALS: The products I use are a result of breakthrough anti-aging technology using superior ingredients including aloe vera, fruit extracts, white tea and super-hydrating moisturisers. These products are designed to work together synergistically to achieve beautiful, healthy, radiant skin.

Facial including cleanse, tone, moisturise, mask and facial massage; also incorporating neck, shoulders and scalp massage with complementary arm and hand massage or foot massage (allow 1 hour) £37.00

Mini facial including cleanse, tone, moisturise, facial massage and mask (allow 30 mins) £22.00

Make-up application (allow 30 minutes) £22.00

Make-up application including mini facial £37.00

My cosmetics collection has a unique formulation of natural ingredients to help protect, soothe and moisturise and along with the skincare, is available to purchase from my shop.

HANDS AND FEET:

CALLUS PEEL - Softens hard calluses leaving clean and soft skin

On its own (one pad per foot) £20.00

Each extra pad £5.00

With a pedicure (one pad per foot) £15.00

Basic manicure: Nail shape, cuticle work, hand massage, enamel of your choice (allow 45 minute) £20.00

Deluxe manicure: Nail shape, cuticle work, hand scrub, hand mask and hot mitts, hand and arm massage, enamel of your choice (allow 1 hour 15 minutes) £25.00

Finger nails, enamel only	£8.00
Nail shape and enamel only	£10.00
Minx nails with manicure , add	£15.00
Minx nails without manicure	£20.00
Shellac basic manicure	£30.00
Shellac deluxe manicure	£40.00
Shellac enamel only	£18.00
Shellac nail shape and enamel only	£23.00
Shellac removal (including nail shape) (FREE if Shellac re-applied)	£12.00

French Polish an extra £6.00

Basic pedicure: Nail shape, cuticle work, foot massage, enamel of your choice (allow 45 minutes) £25.00

Deluxe pedicure: Nail shape, cuticle work, foot scrub to include hard skin removal, foot mask and hot mitts, foot and lower leg massage, enamel of your choice (allow 1 hour 15 minutes) £30.00

Toenails, enamel only	£12.00
Minx – foil nail coating – lasts about 6 weeks	
Minx nails with pedicure , add	£17.00
Minx nails without pedicure	£22.00

Shellac should last 2 weeks; chip free and shiny!

Rock Star glitter nails £10 more than normal Shellac

Shellac basic pedicure	£35.00
Shellac deluxe pedicure	£45.00
Shellac enamel only	£18.00
Shellac removal (including nail shape) (FREE if Shellac re-applied)	£12.00

For an added extra luxury, a Hot Paraffin Wax treatment may be added to both manicures and pedicures for an additional £6.00.

EYES: A 24 hour patch test is required prior to booking any of the following treatments:

Tinting (lasts between 4 to 6 weeks)

Eyelash tinting	£10.00
Eyebrow tinting	£6.00

Eyelash and Eyebrow tinting	£14.00
Eyelash Perming (including free tint)	£26.00
Eyelash extensions	£50.00

WAXING:

Eyebrows	£7.00
Eyebrows and top lip	£11.00
Eyebrows, top lip and chin	£16.00
Top Lip	£5.50
Chin	£5.50
Top lip and chin	£10.00
Underarms	£9.00
Half leg	£16.00
Full leg	£21.00
Bikini from:	£9.00
Half leg and bikini	£22.00
Half leg, bikini and underarms	£30.00
Full leg and bikini	£28.50
Full leg, bikini and underarms	£35.00

JUST FOR MEN:

Basic manicure	£15.00
Deluxe manicure	£20.00
Nail shape / tidy	£8.00
Basic pedicure	£17.00
Deluxe pedicure	£22.00

WAXING:

Back wax, including shoulders from:	£21.00
Chest wax, including shoulders from:	£21.00
Back and Chest wax, including shoulders from:	£35.00
Eyebrows from:	£8.00

**All holistic treatments as previously detailed.
(Please add an extra £5.00 to massage prices)**

ABOUT ME:

My background is in Family Law where I spent many years as a PA to a Divorce Lawyer. I briefly worked for other companies on a temporary and contract basis before moving into the Corporate Business world as a Customer Services Manager. It was during my last 12 years of employment, I re-trained at night school over a period of 3 years as an Holistic and Beauty Therapist. After many years in offices, I knew that one day, I would like to do something to help similarly stressed people, as I now understand the importance of holistic therapies on one's well-being, health and lifestyle.

I wish to give my clients the benefit of holistic therapies and the opportunity for "me time" to relax and unwind during very busy

and sometimes, stressful lives. My aim is to help as many clients as possible enjoy an hour or so spent in my Salon, be it for a relaxing massage or reflexology treatment; perhaps some maintenance in the form of an eyebrow wax and tidy or simply to be cheered up with pretty fingers and toenails!

You can be assured a very warm welcome to my sanctuary situated in the heart of Titchfield Village and I look forward to meeting you very soon! Many thanks for taking the time to pick up and read this leaflet.

OPENING TIMES:

(During the winter months between 1 November and 31 March, I may close an hour earlier)

Monday:	BY APPOINTMENT ONLY
Tuesday:	10am to 5pm
Wednesday (Late Night):	10am to 8pm
Thursday:	10am to 6pm
Friday:	10am to 6pm
Saturday:	10am to 4pm

Free parking at Doctors' Surgery car park just off Southampton Hill, 2 minutes walk away, or in the Community Car park off Mill Lane. Perhaps you will even be lucky enough to find a space in The Square!

VERY IMPORTANT CANCELLATION NOTICE

Whilst I appreciate that occasionally cancellations are unavoidable, I would appreciate at least 24 hours notice, if possible, otherwise you will forfeit your deposit.