



## Massage

Deep Tissue or Swedish

### Scalp Massage 30 mins £30

A massage throughout the scalp working to relax tight muscles in the temple and neck regions

### Full Body Massage 60 mins £40

Using Swedish techniques, a full body massage will re-lax the entire body with a firm pressure to ease the daily stresses.

### Back, Neck, Shoulder 30 mins £28

A deep pressure is designed to relax the muscles & ease any tension. Improving circulation & feeling of wellbeing.

### Indian Head Massage 30 mins £35

A treatment based on old Ayurvedic techniques, involving work on the upper back, shoulders, neck, scalp & face.  
Helps to reduce fatigue & eyestrain

### Full Back Exfoliation 45 mins £35

Refresh your back and shoulders where those areas are hard to reach, to leave skin soft and rejuvenated. Finished with an aromatherapy massage.

## Deep Tissue Massage Machine

Using a deep tissue massage machine, we are able to penetrate down into the deep and soft muscle tissue.

Which is good for aches and pains, sciatica, arthritis, toning, and chronic fatigue.

**Legs & Buttocks 30mins £20**

**Abdomen 15mins £10**

**Back & Shoulders 15mins £10**

**Or an added extra to a massage treatment for 15mins £10**

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## Hot Stone Massage

Hot Stone Massage Therapy melts away tension and eases muscle stiffness and increases circulation. The Hot Stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

**Back, Neck and Shoulder 45 mins £35**

**Full Body 75 mins £45**

## Waxing

A form of semi-permanent hair removal, which removes hair from the root. Using honey wax. Tea tree wax is also available on request.

**Full leg & bikini £28**

**Full leg £20**

**½ leg £18**

**½ leg & bikini £22**

**Bikini £12**

**Underarm £12**

**Underarm & Bikini £20**

**Eyebrow £8**

**Lip or Chin £6      Both together £10**

**Forearm £15**

**Eyebrow, lip & chin £15**

### Waxing for Men

**Chest £15**

**Back £15**

**Eyebrow tidy £8**

## Tinting

Eyelash tinting produces a similar effect to mascara. Visibly lengthens, darkens & thickens the appearance of lashes.

**Eyelash Tint £15**

**Eyebrow Tint & Shape £12**

**Total Eye Care £25**

**Lash Lift & Tint (to lift and add volume to your natural lashes) £30**

**24hr patch test is required for ALL tint treatments**

## Skin Care

**Revitalising facial 30 mins £30**

Short on time? A perfect pick me up with massage included.

**The deluxe Facial 60 mins £40**

A facial customised to your skin type leaving your skin feeling refreshed with glowing complexion.

**Ultra-Deluxe Facial 90 mins £50**

A luxury facial with a back, neck & shoulder massage.

## Nails

**File & Polish/ Gel £15**

**Quick fix manicure 30mins £25**

Shape, cuticle, mini massage & polish

**Manicure Deluxe 60 mins £35**

Shape, cuticles, exfoliation, mask, massage & polish

**Quick fix Pedicure 30 mins £30**

Shape, cuticles, mini massage & polish

**Pedicure Deluxe 60 mins £40**

Shape, cuticles, exfoliation, mask & massage



## Your Therapist

My name is Louise; I'm a fully qualified Beauty Therapist with 17 yrs. experience with-in the industry. I offer wide range of Beauty Treatments for men and women, ranging from Massage, Facials, Manicures, Pedicures and more

73 High Street

Nailsea

BS48 1AW

We accept card or cash payments

## Opening Hours

Monday 10am—1pm

Tuesday 9am—3pm

Wednesday 12pm—8pm

Thursday 12pm—8pm

Friday 9am—3pm

Saturdays available on request

## Cancellations

24+hour notice would be much appreciated if you wish to cancel your treatment allowing us to arrange a more convenient time.

# Rest & Relaxation

## Broadst. Hair

Massage & Beauty Therapy

Men & Women Welcome

Louise

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