



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

.....



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

07800998514

louise614@sky.com

