

# Holistic Massage & Beauty Treatments at The Parlour



**THERAPISTS:** Beatrice Kidgell, Helen Appleton, Vijay Desai

## INDIAN HEAD MASSAGE

30 mins £24.00

A revitalising, balancing and relaxing treatment of the upper back, neck, head and face; it can be done with or without oil

## EAR CANDLING

1 hour £36.00

Ear candling is a relaxing treatment that can help with sinus congestion, compacted or excessive wax, headaches and tinnitus

## LYMPHATIC DRAINAGE MASSAGE

40 mins £36.00

Lymphatic drainage massage stimulates the lymphatic system to help improve the body's absorption of toxins and excess fluid. This treatment can also help the muscles to work more efficiently and improve the condition of the skin

## THERAPEUTIC MASSAGE

1 hour £39.00 (full body)  
30 mins £24.00 (back-neck-shoulder)

Massage is the therapeutic manipulation of the muscles, tendons and ligaments. It can help to balance the nervous system, improve muscles tone, relieve pain and improve circulation. Both deep tissue and superficial massage pressures are used

## REFLEXOLOGY

1 hour £30.00

Massage is used on the reflex areas of the feet to bring about a balance in the different systems of the body

## NATURAL FACELIFT MASSAGE™

1 hour £45.00  
Course of 6 sessions £240.00

Facial rejuvenation with healing. A combination of facial massage, acupuncture, lymphatic drainage and head massage. Benefits are less wrinkles and fine lines, toned complexion, reduction in under eye bags and puffiness, and total relaxation.

## FACIAL

1 hour £36.00  
1 hour £45.00 (with organic products)

Cleanse, tone, heat treatment, exfoliation, mask, face massage and moisturise

## MANICURE

1 hour £24.00

File & shape, cuticles, exfoliation, heated hand mask, hand massage, moisturise, polish

## PEDICURE

1 hour £24.00

File & shape, cuticles, exfoliation, heated foot mask, foot massage, moisturise, polish

## REFLEXOLOGY & PEDICURE

1 ½ hours £45.00

\* All timings are approximate  
\* We reserve the right to refuse treatment