

Holistic Therapies

Aromatherapy

Aromatherapy is a gentle and beneficial natural therapy with a profound effect on the mind and body. Aromatherapy utilises essential oils which are extracted from herbs, flowers and trees; each has a unique and beneficial effect. For example, some help to relieve stress, improve sleep patterns and energy levels, whilst others may be used for their analgesic effect on aching muscles and joints. Essential oils can be used in a variety of ways: compresses, baths, vapourisation, inhalation and massage.

Aromatherapy Massage

Aromatherapy massage is one of the most enjoyable and beneficial ways of using essential oils. Following a detailed consultation, oils are selected and a variety of massage techniques utilised to suit each individual's requirements.

Aromatherapy Full Body Massage (including face and scalp)
(Approx. 1hr 20 mins)£38.00

Aromatherapy Body Massage (excluding face and scalp)
(Approx. 1hr)£34.00

Aromatherapy Neck, Shoulder, Face & Scalp Massage

A surprisingly large amount of tension can be held in this region of the body. This treatment is deeply relaxing, creating an intense feeling of well-being, peace and tranquility.

30 mins treatment£21.00

45 mins treatment£24.00

Aromatherapy Back Massage

(Approx. 20 mins)£19.50

Aromatherapy Back, Neck, Face & Scalp Massage

An extremely popular massage combination, excellent for relieving both muscular and nervous tension. Beneficial for migraine, headaches, stress and insomnia and general upper body aches and pains.

(Approx. 50 mins)£27.00

Aromatherapy Foot and Leg Massage

Ideal for relieving tired aching feet and legs.

(Approx. 20 mins)£19.50

*If the treatment combination you want isn't here
- please just ask!*

Reflexology

Reflexology involves the stimulation of reflex points on the feet which are related to areas of the body. Classed as one of the ancient Chinese therapies, along with acupuncture, it is a method which has been used for many centuries across the world to relax the body, release an unrestricted flow of energy and restore balance, encouraging the body's own healing systems to take over. The body's recharged energy supply resulting from the relaxation and massage of all the reflexes on the feet, provides renewed physical and emotional strength to measure up to the daily demands of modern living. It is a particularly pleasant means of maintaining the body in good health.

(Approx. 45 mins)£25.00

Traditional Indian Head Massage

Head massage has been an integral part of Indian family life for thousands of years. It has its origins in Ayurveda, the ancient medicinal system of India. Regular head massage is recommended in India to relieve symptoms of stress and anxiety as well as relieving eyestrain, headaches and insomnia. The ancient Ayurvedic texts claim it aids clearer thinking, improves concentration and promotes healthy hair growth. Over the years the massage has evolved to include the shoulders and arms. The treatment is performed over the clothes. Specific oils can be incorporated to condition the scalp and hair or to help relieve stress and tension. (Use of oils optional)

20 minutes Treatment£17.00

40 minutes Treatment£25.00

- Please note this treatment is carried out with the recipient seated in a chair. •

Eastern Concept Head & Foot Massage

According to ancient Ayurvedic Scriptures, if the soles of the feet are regularly pressed and rubbed with oil a person will remain relaxed and healthy. Foot massage is especially recommended for those suffering from fatigue. Head massage is considered to be as beneficial as a whole body massage in relieving symptoms of stress and tension.

Try this ancient treatment of "hands on energy renewal" to help relieve both physical and mental tension and restore a sense of inner calm. You'll be surprised how relaxing it is.
(Approx. 1hr)£28.50

Holistic Therapies and Beauty Therapy Services

with

Alyson Wright

(Qualified Therapist since 1985)

I.H.B.C., I.T.E.C., I.F.R., M.G.P.B.T., M.G.H.T.

at

The Beach House
Marine Drive, West Looe

Treatments by appointment only

**To arrange an appointment
please telephone:**

01503 272208

Consultations _____

All treatments commence with an initial complimentary consultation in which you will be asked to give details of your current state of health, lifestyle and medical history. All consultations are strictly private and confidential.

If you are receiving treatment from a doctor or have a serious medical condition you should consult your G.P. to check your suitability for Massage and Reflexology treatments.

If you are taking homoeopathic medicines, please consult your homoeopath prior to receiving Aromatherapy treatment. Please allow 20-30 mins. for consultation.

Please note:- A one-off treatment will give good benefits but the effects of all the treatments are cumulative and a course of regular treatments will give noticeably better results.

Payment- I am unable to accept payment by credit card. Cash or cheques are accepted. Apologies for any inconvenience this may cause.

Course Offer _____

All treatments are available in a Course of 5. If paid for in advance, one extra treatment will be provided free of charge.

Cancellation _____

All cancellations require 24hours notice otherwise the full treatment cost will be incurred.

Gift Vouchers Available

Unsure which Treatment will suit you best?

If you have any questions about any of the treatments or are unsure of your suitability for a particular treatment please do not hesitate to call. Please leave your name and telephone number if I am unavailable - I will return your call as soon as possible.

Beauty Therapy Services

Skin Care – Prescription Facial _____

— as individual as each client and
their specific skin care needs —

I believe in treating the skin as gently and naturally as possible, and the products which I use in my facial treatments reflect this philosophy, certain cosmetic ingredients are avoided to reduce the risk of any irritation or reaction.

Every step of this gentle but effective facial – incorporating deep cleansing, exfoliation and extraction (where appropriate), soothing massage and treatment mask is tailored towards achieving a clearer, smoother, softer and naturally radiant complexion.

50 minutes treatment£27.00

30 minutes treatment£21.00

Eyes and Brows _____

Eyelash tint£11.00

Eyebrow tint£5.00

Eyelash & Eyebrow tint£13.00

Eyelash & Eyebrow tint & Eyebrow tidy£18.50

Eyebrow tidy/reshapefrom £5.50 - £7.50

Important: *If I have not tinted your eyelashes or eyebrows before, you will require a patch test at least 24hrs before tinting. For your own safety, tinting treatments will not be carried out without a patch test.*

Hands and Feet _____

A manicure or pedicure will greatly improve the condition and appearance of the cuticles, nails and skin and includes a relaxing hand or foot massage.

Manicure (45-60 mins)£19.50

Pedicure (45-60 mins)£22.00

Manicure & Pedicure (taken together)

(1½ - 2hrs)£36.50

Nail re-shape and paint£10.50

Please note: *The effects of a pedicure are purely cosmetic. For clients with large areas of hard skin, fungal infections, ingrown toe nails, etc., please seek the advice of a chiropodist.*

Depilatory Waxing _____

For perfectly smooth results, try professional body waxing for hair removal. After waxing the skin stays silky and smooth for approx 4-6 weeks. (*Please do not use body lotions 24 hours prior to waxing*)

Full Leg including bikini line£24.00

Full Leg excluding bikini line£21.00

½ Leg£12.00

½ Leg with bikini line£16.50

Bikini line£6.50 - £7.50

Underarm£6.50 - £7.50

Full arm£13.00

½ arm (up to elbow)£10.50

Lip£5.00

Lip and chin£8.00

Eyebrows£5.50 - £7.50

Treatment Packages _____

Choice One – Bonus Back Massage.

Simply add a relaxing back massage to a prescription facial treatment and receive the back massage for the discounted price of£11.00

Choice Two – Relax and Revive.

Begins with a nourishing hand massage, the nails are then filed and painted. A relaxing back massage helps to ease away any stress and tension. The treatment is completed with a 30 mins. prescription facial to cleanse, replenish and revitalise your skin.

(Approx 1¾ hrs)£41.50

Choice Three – Aromatherapy Experience.

Begins with a gentle aromatherapy facial to cleanse and hydrate the skin followed by a traditional aromatherapy body massage utilising the therapeutic properties of essential oils. This wonderful synergy of treatments will leave your skin looking radiant and your mind and body relaxed and rejuvenated.

(Approx 1¾ hrs)£40.00