

## 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.

### **Full Body Massage** (including face and scalp)

(Approx. 1½ hrs) .....£40.00

### **Body Massage** (excluding face and scalp)

(Approx. 1hr) .....£38.00

### **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.

(Approx. 40 mins) .....£24.00

### **Back Massage**

(Approx. 30 mins) .....£21.00

### **Back, Neck, Shoulders, 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) .....£28.00

### **Foot and Leg Massage**

Ideal for relieving tired aching feet and legs.

(Approx. 30 mins) .....£21.00

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

## 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 all Massage 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.

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*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.

# Holistic Therapies and Beauty Therapy Services

with

*Alyson Wright*

(Qualified Therapist since 1985)

I.H.B.C., I.T.E.C., I.F.R., A.B.T.

at

The Beach House  
Marine Drive, West Looe

**Treatments by appointment only**

**To arrange an appointment  
please telephone:**

**01503 272208**

# Organic Facial Treatments Inspired by Nature

*"Feel safe knowing your skin is only absorbing  
pure and natural goodness"*

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 – only using high quality products which have been carefully formulated using the purest, most active organic extracts, free from artificial preservatives and synthetic chemicals.

*"Just pure organic skincare for a  
beautiful skin and a healthy skin"*

## Express facial (½ hour) \_\_\_\_\_

A gentle but effective complexion-rejuvenating skincare treatment – a quick fix for instant radiance . . . . .£21.50

## Classic facial (1 hour) \_\_\_\_\_

As individual as each client and their specific skincare needs. tailored towards achieving a clearer, smoother and naturally radiant complexion, incorporating deep cleansing, exfoliation and extraction (where appropriate) face and shoulder massage and customised treatment mask . .£28.00

## Signature facial (1½ hours) \_\_\_\_\_

100% organic, my signature facial includes deep cleansing, gentle exfoliation, lymph drainage and accupressure massage techniques to lift and rejuvenate the skin. the scalp, neck, shoulders, décolleté, hands and feet will also be massaged culminating in the ultimate facial experience which leaves the mind and body feeling relaxed, regenerated and revived too! . . . . .£33.00

## Luxury facial (1½ hours) \_\_\_\_\_

This treatment commences with a soothing back massage using aromatic essential oils carefully selected for their therapeutic effects. A tension-releasing scalp massage follows, concluding with a classic facial treatment to cleanse, lift, tone and protect . . . . .£39.00

## Eyes and Brows \_\_\_\_\_

Eyelash tint . . . . .£11.50  
Eyebrow tint . . . . .£5.50  
Eyelash & Eyebrow tint . . . . .£14.00  
Eyelash & Eyebrow tint & Eyebrow tidy . . . . .£18.50  
Eyebrow tidy/reshape . . . . .from £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 improve the condition and appearance of the cuticles, nails and skin and includes a relaxing hand or foot massage, followed by enamel of your choice.

Manicure (approx. 50 mins) . . . . .£20.00  
Pedicure (approx. 1 hour) . . . . .£23.50  
File and paint only (approx. 20 mins) . . . . .£10.00

**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 . . . . .£24.50  
Full Leg excluding bikini line . . . . .£21.50  
½ Leg . . . . .£13.00  
½ Leg with bikini line . . . . .£17.00  
Bikini line . . . . .£7.00 - £9.00  
Underarm . . . . .£7.00 - £9.00  
Full arm . . . . .£14.50  
½ arm (up to elbow) . . . . .£10.50  
Lip . . . . .£5.50  
Lip and chin . . . . .£8.00  
Eyebrows . . . . .£5.50 - £7.50

## Treatment Packages \_\_\_\_\_

### Choice One (approx 2 hours)

Classic facial, mini manicure and eyebrow tidy . . .£41.50

### Choice Two (approx 2 hours)

Express facial, mini manicure and mini pedicure . .£45.00

### Choice Three (Approx. 1½ hours)

Aromatherapy face, neck and shoulder massage followed by Reflex massage foot therapy – a deeply relaxing combination . . . . .£40.00

## Traditional Indian Head Massage \_\_\_\_\_

Experience the healing art of touch with this wonderful relaxing treatment. Regular head massage is recommended in Indian culture as a means of relieving anxiety, tension, headaches and insomnia and is considered to keep the mind, body and spirit in good health. As a complementary therapy the treatment has been extended to include massage of the upper back, shoulders, neck, head and face. In the west, the majority of clients prefer a dry scalp massage but, if you wish, oils may be used to condition the scalp and hair and provide a relaxing aroma. As is tradition, the massage is performed over clothing eliminating the need to undress – a soothing and comforting treatment that leaves you with a deep sense of calmness and tranquility.

(approx ½ hour) . . . . .£21.00

## Reflex Massage - Foot Therapy \_\_\_\_\_

The simple but effective ancient art of therapeutic foot massage. This treatment incorporates elements of gentle manipulation, stretches, accupressure and adapted reflexology techniques encouraging deep relaxation stimulating the body's self-healing mechanisms – a particularly pleasant means of helping to maintain the body in good health.

*(Please be aware that the reflexology techniques used in this treatment cannot be used to diagnose or cure health problems).*

(approx 50 mins.) . . . . .£26.00