

CLEANSING & RELAXING BODY TREATMENTS

Purifying & De-stressing Back Treatment (50 mins) **£45**

Add a nourishing skin masque **£10**

Experience deep cleansing and exfoliation of the skin on your back, followed by the application of hot towels. Then relax with a back, neck & shoulder massage. Add a nourishing or purifying masque and relax for a further 10 minutes.

Therapeutic pedicure (50 mins) **£30**

In this treatment you will enjoy having your feet soaked in Dead Sea or Epsom Salt, followed by exfoliation and the removal of dry and dead skin cells with a rasp. Your cuticles will be softened, pushed back and trimmed and nails will be cut and filed. Relax whilst having your feet massaged. Nail polish is optional.

Therapeutic & Nourishing Deluxe Pedicure (65mins) **£37**

If you're looking for a relaxing & nurturing experience, you may wish to choose the Deluxe Pedicure. This allows more time for a therapeutic massage of the feet and lower legs, as well as experiencing heated boots, where your feet are smothered in aromatherapy oil then placed in warm boots to aid the softening of the skin. You can also choose to have your nails painted.

Callus Peel **£25**

Callus Peels remove hard, rough skin, leaving your feet feeling soft. Lotion is applied to the feet before wrapping them to increase absorption. A rasp is then used to remove dead skin, followed by the application of moisturiser, with a warming massage.

Add Callus Peel treatment to any Pedicure for an additional **£15**

COURSES OF TREATMENTS

An initial course of treatments will help your body to repair. We suggest 4 sessions, ideally on a weekly basis to begin this process. After this, it is useful to have 2 more treatments within the next month, before moving to a 'maintenance programme' of once per month.

Money-saving course of treatments:

4 x 1 hour massage or facial treatments over a 3 month period (non-course value – £188) **£176**

4 x Reflexology treatments over a 3-month period (non-course value – £172) **£160**

6 x 1 hour massage treatments or facial treatments over a 3 month period **£253**

6 x Reflexology treatments to be used as a programme over a 3-month period **£232**

Pre-paid treatments are non-transferable and to be used for one named individual within the stated duration.

COMBINATION TREATMENTS & MINI RETREATS

Mix and Match (1 hour 30 mins) **£63**

Add Hot Stones **£68**

90 minutes of therapeutic treatment, designed just for you. Our most popular Massage and Reflexology combination is a 40 minute Back, Neck and Shoulder Massage, followed by Reflexology.

Ultimate Back & Face Treatment (1 hour 30 mins) **£70**

Start with a 30 minute Back Massage and then follow with a customised Facial Treatment to include cleansing, exfoliation, masque application and massage.

Stress Buster (2 hours) **£85**

Take time out to re-charge with the Stress Buster. Choose from a Back, Neck and Shoulder Massage or Indian Head Massage, followed by a tea, coffee or hot chocolate, whilst having your feet soaked in a warm salt bath. Afterwards, lay back and relax with a deluxe Dermalogica Facial treatment or Reflexology treatment.

Deluxe Stress Buster/Half Day Retreat (3 hours) **£120**

Choose 3 treatments to have with us, from a Facial, Reflexology, Massage and Pedicure. There will be a 15 minute comfort break after the 2nd treatment, where you will be offered a hot or cold drink. You can opt for a lovely foot soak during this time too.

Hen parties and Pamper parties are available.

CHELTENHAM
**Reflexology
and Massage**

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CHELTENHAM

Reflexology and Massage



Treatment Brochure

REFLEXOLOGY

Reflexology (55 mins) £43

Mini Reflex (30 mins) £30

Reflexology is an extremely beneficial treatment for a range of people, from babies to the elderly. We also specialise in Pregnancy Reflexology and Reflexology Lymphatic Drainage, with therapists having additional training in these fields.

SWEDISH MASSAGE & AROMATHERAPY

It is important to us that you receive the massage you need, so we list prices for different durations of massage for you to choose. We offer both Swedish Massage and Clinical Aromatherapy Massage.

	Swedish	Aromatherapy
30 mins	£27	£32
40 mins	£37	£42
60 mins	£47	£52
75 mins	£57	£62
90 mins	£63	£68

Natural plant oils are used as the medium for Swedish Massage. Clinical Aromatherapy allows the therapist to select the appropriate essential oils for individuals, depending on their needs. Bespoke Aromatherapy blends can also be made for your own use at home.

SPECIALIST MASSAGE

Hot Stone Massage

40 mins £42

60 mins £52

90 mins £68

Hot Stone Massage is extremely effective. The instant heat radiates to deep muscle layers and provides soothing, yet deep massage. A great way to reduce tension, aches and pains.

Indian Head Massage

40 mins £37

Massage on the shoulders, neck, scalp, arms and face. Great for reducing neck tension, headaches, stress and sinus congestion. Usually provided in a seated position but if you prefer to lay down, just ask.

Pregnancy & Baby

We proudly provide Pregnancy Massage & Maternity Reflexology throughout all trimesters. Our therapists have additional training in this field. All prices are the same as the regular treatment prices.

Ante-natal Partner Massage (60 mins) £50

A fantastic way for a birth partner to get involved with the pregnancy and labour by learning massage skills that will enhance the comfort of the pregnant lady, before, during and after birth.

Baby Massage & Reflexology Tuition 1:1 (30 mins) £25

Learning to massage your baby can help with colic and sleep and provides a lovely bonding time for parent and baby.

FACIAL TREATMENTS

Prescriptive Facial Treatment

ProSkin60 Prescriptive Facial Treatment (60 mins) £47

The ultimate treatment, different every time. Customised with advanced product, techniques and technology in our soothing holistic environment. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin. Includes steaming and extractions if needed.

ProSkin30 Prescriptive Facial Treatment (30 mins) £32

Our customised treatment targets key skin concerns for maximum impact in minimum time. This treatment is a firm favourite with those who have just 30 minutes, want visible results with uplifting facial massage and great products.

Skin Peel

Expert Active intensive resurfacing treatment with dramatic results. This super charged treatment features our professional grade peel combined with the latest technology to deliver smooth polished skin. Intensive products, no redness, no downtime... just amazing skin! Can be used as a one off but better as a course of treatments.

Single treatment £114

Includes 1 preparation facial followed by 1 Skin Peel over two separate appointments.

Course of 3 Skin Peel Treatments £240

Includes 1 preparation facial followed by 3 Skin Peels over four separate appointments.

LED Facial Treatments

Our LED machine features 552 red, blue, and combination lights to address a variety of skin types and conditions. LED Light Therapy can be incorporated into a ProSkin60 or ProSkin30 treatment or can be used alone to give the skin a quick skin boost.

LED Light Therapy works with different coloured lights that reach different levels of the skin, creating ATP synthesis, blood circulation and normalizing the cells to treat the existing conditions that concern you. Great for anti-ageing, brightening and de-congesting skin.

Professional LED treatments can also help boost your mood.

ProSkin60 Customised Facial with LED £60

Course of 6 ProSkin60 Customised Facials with LED used over a 3-month period £324

ProSkin30 Customised Facial with LED £45

Course of 6 ProSkin30 Customised Facials with LED used over a 3-month period £243

LED Light Therapy – stand-alone boost £18

Course of 6 LED Light Therapy – stand-alone treatments used over a 3-month period £97

No preparation or other treatment required. Just lay under the LED machine for 15 minutes.

DERMALOGICA SKIN PRODUCTS

We stock and use Dermalogica skin products which are also available to purchase from our shop.

10% off Dermalogica when purchased after a treatment

Shop opening times

9.00am until 5.00pm – Monday to Friday.

dermalogica[®]
professional-grade skin care by The International Dermal Institute