

## **HOLISTIC MASSAGE**

Massage has many benefits, it helps you to relax, relieves stress/tension, improves circulation, muscle tone and joint mobility.

(1st treatment consultation time 15 mins)

Back, Neck & Shoulder	(25 mins)	£22.00
Face, Neck & Scalp	(25 mins)	£22.00
Foot & Leg	(25 mins)	£22.00
Full Body	(55 mins)	£33.00

## **AROMATHERAPY MASSAGE**

In addition to the benefits of Massage, Aromatherapy has therapeutic effects from the Essential Oils. Using a blend to suit the needs of the individual. (Consultation time 15 mins)

Back, Neck & Shoulder	(25 mins)	£23.50
Face, Neck & Scalp	(25 mins)	£23.50
Foot & Leg	(25 mins)	£23.50
Full Body	(55 mins)	£35.00

## **INDIAN HEAD MASSAGE**

This is a relaxing treatment incorporating techniques used widely in Indian Culture. Treating the shoulders, neck, scalp and face, relieving tension, improving scalp and hair condition. (1<sup>st</sup> treatment consultation time 15 mins)

Treatment	(25 mins)	£22.00
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(All treatment times are approximate)

## **THERMO AURICULAR CANDLING (Hopi-Ear Candles)**

This is a relaxing treatment that can ease many conditions of the head and ears, an example of these are sinus congestion, compacted or excessive ear wax, tinnitus, snoring etc .

(1st treatment consultation time 15 mins)

First Treatment	(45 mins)	£30.00
Follow up appointments	(30 mins)	£25.00

## **REFLEXOLOGY**

A deeply relaxing treatment on the feet using pressure massage to balance the body's systems, improve circulation, reduce stress, remove toxins and impurities from the system and revitalise energy. (1<sup>st</sup> treatment consultation time 15 mins)

First Treatment	(50 mins)	£28.00
Follow up appointments	(40 mins)	£26.00

## **NAIL TREATMENTS**

Regular Manicure/Pedicure will ensure the hands, feet and nails are kept in good condition, improving circulation, nail shape and removing dry skin leaving them looking and feeling good.

Manicure	(40 mins)	£18.00
Nail shaping, Cuticle Work, Moisturise & Paint		

Manicure	(55 mins)	£20.00
with French Polish		

Pedicure	(45 mins)	£19.00
Clipping Nails, Cuticle Work, Moisturise & Paint.		

## **WAXING**

Effective removal of hair for up to 4-6 weeks using warm wax.

Full Leg	(40 mins)	£22.00
Half Leg	(25 mins)	£17.00
Bikini Line	(15 mins)	£ 8.00
Under Arm	(15 mins)	£ 8.00
Full Arm	(30 mins)	£14.00
Half Arm	(15 mins)	£10.00
Lip/Chin	(15 mins)	£ 6.50 each
Eyebrow	(15 mins)	£ 8.00
Half Leg/U-Arm/Bikini	(45m)	£28.00
Full Leg/U-Arm/Bikini	(55m)	£33.00

## **Mens Waxing**

Chest	(25 mins)	£14.00
Back	(25 mins)	£17.00

## **EYE TREATMENTS**

Tinting gives the lashes and brows natural colour that lasts approx 4 weeks, choose from Black, Brown, Blue or Grey.

\*A patch test must be carried out at least 24 hours before your appointment.

Eyebrow Tint	(25 mins)	£ 9.00
Eyelash Tint	(25 mins)	£11.00
Brow/Lash Tint	(25 mins)	£16.00
Eyebrow Tidy	(15 mins)	£ 8.00
Eyebrow Shape	(25 mins)	£ 10.00

## **RELAXING FACIALS**

*Using products to suit your skin type, Regular Facials will keep the skin; free from impurities, feeling refreshed, keep muscles toned and restore moisture.*

*Mini Facial (25 mins) £16.00  
Cleanse, Tone, Mask or Massage, Moisturise*

*Morningside Facial (55 mins) £26.00  
Cleanse, Tone, Eyebrow Tidy, Exfoliate, Massage,  
Mask, Moisturise.*

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*Treatments available on:*

*Ber dita Bright*

*Tue & Thurs 11am – 1pm*

*Wed & Fri 10am – 1pm*

*Wed & Thurs 7pm - 9pm*

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*Gift Vouchers for all occasions*

*Birthdays Christmas*

*Anniversaries Mothers day*

*Easter Valentines*

*See reception for details*



*Massage & Beauty  
Treatments*

*At  
Morningside  
Health Workshop*

*Ber dita Bright  
ITEC.BABTAC.IIHHT*

*135 Buckingham Rd  
Bletchley, Bucks  
MK3 5JD*

*Telephone*

*01908 366957*

*Price List – 1 July 2012*