

# THE TREATMENT ROOM

*'Time for you'*



## FULL TREATMENT LIST & PRICES

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## WHAT TO EXPECT

Please arrive 5 minutes before your treatment time where your therapist (Emily or Lisa) will meet you in the treatment room. A consultation will be included within your treatment time.

## KEEPING YOU COVID SAFE

Before the treatment:

We ask that all clients bring their mask with them to wear throughout their treatment. If they forget we can supply one. If you are exempt from wearing one please let us know. Children under 11 are not required to wear a mask.

## UPON ARRIVAL

Hand sanitiser is positioned outside the treatment room. Please use before entering.

Please complete a medical history form while the therapist washes her hands and further prepares the room. Please be assured we disinfect all equipment between clients.

In order to help reduce risk, we will leave the door and windows open. If this makes the room too cold we will provide a blanket which will be put for washing after use.

## THE THERAPIST

Your therapist will wear a visor and a mask throughout your treatment. For all non massage treatments we will wear gloves and for manicures we have an additional sneeze screen in place.

## AFTER THE TREATMENT

Following all treatments the room will have a 30 minute break for cleaning and airing. Anything that has been handled will be cleaned and disinfected including door handles, the toilet and sink. Paper towels are to be used to dry hands.

The couch will be given close attention especially around the face hole. Fresh towels will be placed out ready and couch roll replaced.

All manicure equipment will be disinfected, along with the table and the gel lamp cleaned.

Our therapist will ensure that their hands are wash thoroughly after cleaning the room and before setting out fresh towels etc.

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## BODY TREATMENTS

### Swedish Massage

Based generally on Swedish massage techniques, this treatment can improve circulation and muscle tone, relax tight muscles and relieve stress and tension.

30 mins £35  
45 mins £45

### Remedial/Sports Massage (Lisa)

A deep tissue massage using advanced soft tissue techniques to ease specific problems such as backache, painful joints and other chronic muscular issues.

30 mins £35  
45 mins £45

### Aromatherapy Massage

Aromatherapy is the use of aromatic oils extracted from plants as a form of natural healing. Each of these oils has its own unique therapeutic properties both physical and psychological. An aromatherapy treatment consists of a gentle massage using blend of oils mixed to suit your specific needs at the time of your appointment. This is a particularly gentle massage and perfect for unwinding and relaxing.

30 mins £35  
45 mins £45

### Indian Head Massage

This is a traditional Indian scalp massage which has been extended to include the neck, upper back and shoulders. It is carried out fully clothed and in a seated position and is a surprisingly powerful treatment which can induce deep sleep often followed by increased energy levels.

30 mins £35

### Reflexology (Lisa)

Reflexology treats the whole body by stimulating reflex points on the feet. Pressure to these reflexes can stimulate the nerves that supply the body and also improve the circulation.

Ending with a foot massage, it is a very relaxing treatment which will also help to relieve stress and tension.

45 mins £40

### Ear Candling (Lisa)

Ear candling can help with conditions such as sinusitis, ear wax, earache, glue ear, loss of hearing, snoring, and irritation of the ears and tinnitus, headaches and migraines. The treatment incorporates a very relaxing facial massage focusing on the sinus and ear areas, followed by a neck and shoulder massage.

**NB. Please note that this treatment is not suitable for anyone with a perforated ear drum or those with grommets**

45 mins £40

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## HANDS, FEET ....

### Manicure

Relaxing treat which includes a hand soak and lower arm massage.

45 mins £35

### Pedicure

Pampering for tired feet which includes a foot soak and lower leg massage.

45 mins £35

### Deluxe Manicure

A luxurious manicure which includes a full hand mask and hot mitts treatment as well as a full hand and lower arm massage in addition to our regular manicure. This deluxe treatment deeply conditions and moisturises your hands and nails with the use of warm paraffin wax. A perfect chance to relax and take some 'you time'.

1 hour 10 mins £40

### Deluxe Pedicure

A rejuvenating pedicure, perfect for keeping your toes and feet in great condition. Relax with a foot soak, exfoliation, foot mask and foot mitt treatment, followed by a stress relieving lower leg and foot massage and polish.

1 hour 15 mins £45

### Express Manicure/Pedicure

A quick and perfect option for those who want a 'shape and polish.

Approx 30 mins  
£25

### Gel Nails

A great choice for those wanting a hardwearing long lasting nail colour. Includes a file, cuticle work (if needed) paint, hand cream and cuticle oil. (NB: 16 years +)

Approx 45 mins  
£35

## CHILDS TREATMENTS

### Little fingers and toes

A special treat for children ages 5-15, includes file and polish (optional) and gentle foot or hand massage as appropriate.

20 mins: £20  
(each)

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*NB All adult manicures and pedicure treatments include filing, shaping, base coat, 2 full coats and top coat of a polish of your choice (® ORLY range) Please tell your therapist if you prefer to not have any polish so that the treatment can be adapted for you.*

*Please ensure you bring open toed shoes if possible. All of our nail treatments will include an ®Orly quick drying spray being offered.*

*NB: For Gel nails, please avoid swimming pools, hot tubs and baths for 2 hours prior and post treatment, as it may cause them to lift.*

Please note that for some treatments (by Lisa) a travel supplement (£5) may apply to a single booking of less than 45 mins.

How to book...

- If you're with us already please see us at reception or animal feeding sessions.
- On your way to us? please call 01769 550807 (or email) prior to your arrival.  
Email us at [info@northhaynefarmcottages.co.uk](mailto:info@northhaynefarmcottages.co.uk).

Please give as much notice as possible as all treatments are subject to availability.  
N.B Cancellations with less than 24 hrs notice will be charged at 50% of our list prices.

