

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 will meet you. A consultation will be included within your treatment time.

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.

1 hour £55
30 mins £35

Remedial/Sports Massage

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

1 hour £55
30 mins £35

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.

1 hour £55
30 mins £35

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

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

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.

45 mins £40

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

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FACE

Classic Facial

A truly relaxing experience that naturally tones and firms the skin, specific to your skin type. (NB all full facials include a cleanse, exfoliate, relaxing face, neck and shoulder massage, mask, tone and moisturise).

1 hour £45

(All facials include a consultation and a complimentary skin analysis)

Detox Facial

A very effective and relaxing treatment that uses lymph drainage massage techniques to boost the immune system, improve circulation, reduce the appearance of wrinkles, dull complexion and unnecessary puffiness.

1 Hour 10 mins
£50

Microdermabrasion Facial

Using diamond technology to remove dead skin cells, renewing overall skin texture and tone. This remarkable treatment is a deep exfoliation facial that can improve sun damage, appearance of fine lines, age spots, acne scarring and other related skin concerns giving instant results and leaving skin looking healthier and glowing.

1 hour 10 mins
(approx) £55

Aromatherapy Facial

A relaxing personalised facial. Essential oils are selected and clinically blended by your therapist to suit your physical, emotional and holistic wellbeing. Includes a superficial cleanse, skin analysis, deep cleanse, face, neck and shoulder massage, face masque, toner and moisturiser.

1 hour 10 mins £50

NB not recommended during pregnancy

Eyebrow Waxing

£10

Eyebrow Tint

£10

Eyelash Tint

£15

**A patch test will need to be applied 24 hours before tinting.*

Each lasting 15 mins (approx.)

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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

Childs Treatments

Little fingers and toes

A special treat for children ages 5-12, includes file and polish (optional) and gentle foot or hand massage as appropriate.

20 mins: £20
(each)

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.

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AND BUMPS! ...

Pregnancy Massage

Pregnancy is a time when your body is going through profound changes and massage can be particularly beneficial both physically and emotionally.

Lying on your side, supported by pillows, this skilled massage can help relax you and your baby as well as easing some of the discomforts pregnancy can bring such as backache, leg cramps and swollen ankles.

1 hour £55
30 mins £35
Includes a consultation

Post Natal Massage

Post-natal massage can help restore pre-pregnancy physiology as well as easing any muscular or postural problems caused by labour, caring for a newborn and breastfeeding. In addition, it can help improve circulation and toning of the abdominal area...most importantly, it gives new mums some invaluable 'me time'.

1 hour £55
30 mins £35
Includes a consultation

Please note that a minimum booking of 1 hour or 2 x 30 minute treatments is required.

How to book...

- If you're with us already please see us at reception.
- On your way to us? please call 01769 550807 (or email) prior to your arrival.
Email us at 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.

