

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.

PROVIDING A SAFE ENVIRONMENT

Before the treatment:

We ask that all clients avoid treatments if they are feeling very unwell. Please let us know if you would prefer us to wear a mask during your treatment.

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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. Perfect for those who prefer a deeper massage.

30 mins £40
45 mins £50
1 hour £65

Remedial/Sports Massage (Lisa only)

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

45 mins £50
1 hour £65

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 £40
45 mins £50
1 hour £65

Indian Head Massage

This scalp massage includes the neck, shoulders arms, hands and finishing with the scalp. It can be carried out fully clothed and in a seated position or lying down on the couch using oil on the upper body for deep relaxation. It is a surprisingly powerful treatment which can induce deep sleep often followed by increased energy levels.

30 mins £40

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 £45

FACE

Classic Deluxe Facial

A truly relaxing experience that naturally tones and firms the skin, specific to your skin type. Includes: cleanse, exfoliate, relaxing face, neck, shoulder and scalp massage, mask, tone, moisturise.

1 hour £55

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HANDS, FEET

Manicure

Relaxing treat which includes, exfoliation, hand soak, hand and lower arm massage.

45 mins £35

Pedicure

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

45 mins £35

Deluxe Manicure

A luxurious manicure which includes, hand exfoliation, soak, deeply nourishing hand mask and hot mitts, as well as a full hand and lower arm massage. This deluxe treatment deeply conditions and moisturises your hands and nails. 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 file, exfoliation, soak, foot mask and toasty warm foot mitts, followed by a stress relieving lower leg and foot massage.

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) gel polish, hand cream and cuticle oil. (NB: 16 years +)

A separate charge for gel removal of £5

Approx 45 mins
£35

Gel removal £5

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CHILD'S 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

40 mins (both) £30

NB All adult **manicures and pedicure** treatments include filing, shaping, base coat, 2 full coats and top coat of a polish of your choice (inc @ 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.

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.

30 mins £40

45 mins £50

1 hour £65

Includes a consultation

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.

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'.

30 mins £40

45 mins £50

1 hour £65

Includes a consultation

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

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.

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.

