



## In House Pamper Treatments & Therapies

Welcome to **PS Natural Enhance** providing massage and holistic treatments to help you gain true relaxation and rebalance the body and mind. For your convenience and pleasure treatments are tailor-made to suit your needs and carried out using organic natural products in the comfort of your room or cottage.

### Massage and Holistic Therapies

#### Massages

Massages are adapted to suit your personal needs. The pressure you prefer is discussed before the treatment. Whether it is a deep/firm massage or a relaxing Aromatherapy massage incorporating pre-blended Aromatherapy oils. All massages begin with dry brushing to warm and detoxify the skin; this also feels wonderful!

#### **Back, Neck and Shoulder Massage**

Swedish - Firm pressure. *£30*

Aromatherapy (including pre-blended oil) - Relaxing-lighter pressure. *£35*

*Duration 30 minutes*

#### **Full Body Massage** *£50*

Full body massage is carried out using pressure guided by you to help relieve key areas of tension and release knotted tissue, leaving the whole body feeling relaxed.

*Duration 60 minutes*

#### **Aromatherapy Full Body Massage** *£55*

Specific pre-blended oils are used for your personal needs. They help to balance, revitalise, calm and relax the body reducing stress and many everyday problems.

*Duration 60 minutes*

### **Indian Head Massage** £40

This treatment is very relaxing and promotes a sense of wellbeing. Specific massage techniques are applied on the back, neck, shoulder, scalp and face incorporating pressure points to relieve any tension.

*Duration 50 minutes*

### **Hot Stones Massage** £60

Heated stones are used as an extension of the therapist's hands to give relief to deep muscle tension. This treatment feels wonderful and is deeply relaxing, relieving aches and pains and increasing flexibility throughout the body.

*Duration 60 minutes*

(Please note; the therapist needs 30 minutes before treatment to heat stones).

## Relaxing Body Treatments

### **De-stress Scalp, Face and Neck** £30

This is a lovely treatment that uses gentle movements on the shoulders, neck, face, head and scalp using rejuvenating facial oil. It is very relaxing and effective for releasing tension.

*Duration 30 minutes*

### **Hopi Ear Candle** £30

A pleasant and non-invasive treatment that cleanses the ear canal drawing out impurities. Very beneficial to people who suffer from ear and sinus congestion. This treatment includes a pressure point facial and scalp massage helping you to feel calm and relaxed.

*Duration 40 minutes*

### **Natural Enhance Luxury Back Treatment** £45

Treatment includes a body polish applied to the back, which helps smooth and tone the skin. Warm towels are applied to refresh the skin leaving it feeling deeply cleansed. A relaxing back, neck, shoulder and scalp massage help you unwind and feel stress free.

*Duration 50 minutes*

### **Natural Enhance Body Treat** £60

This treatment will make you feel completely revitalised. Begins with dry brushing to warm and detoxify the skin. Followed by a luxurious body scrub to exfoliate and boost circulation. Tingling skin is refreshed with hot towels followed by nourishing and conditioning body oil that will leave your skin feeling soft and rejuvenated.

*Duration 60 minutes*

### **Natural Enhance Ultimate Body Treatment** £70

Treatment as above but does include a luxury facial leaving the whole body feeling smooth and radiant.

*Duration 90 minutes*

## Organic Facial Treatments

### **Mini Facial** £35

An express skin treatment to refresh and replenish the skin leaving it moisturised and glowing. The face is cleansed and exfoliated removing any dead skin cells. A nourishing mask is applied (whilst the mask is working a scalp or hand and arm massage is carried out). To finish the treatment an application of eye cream and conditioning moisturiser will give your skin that extra boost.

*Duration 30 minutes*

### **Luxury Organic Facial** £ 50

A Luxurious facial treatment that is suitable for all skin types. The products are gentle but effective to remove impurities during deep cleansing. The skin is left glowing as dead cells are removed with a gentle exfoliator. The skin is refreshed using a toner to refine and cool the skin before rejuvenating oil is applied to the neck and face and an uplifting massage is performed. A facial mask suitable for your specific skin type will work its wonders whilst a hand and arm or a scalp massage will give you complete relaxation.

*Duration 60 minutes*

## Gentlemen's Facial

### **Rejuvenating Facial Treatment** £40

The Face is cleansed using a purifying wash followed by a revitalising facial scrub to remove impurities instantly helping the skin to look clear and fresh. A specific uplifting massage will tone and improve texture. The skin is conditioned using a rejuvenating moisturiser to hydrate and replenish tired skin. This treatment includes a de-stressing scalp massage encouraging complete calmness and relaxation.

*Duration 45 minutes*

## Hand and foot treatments

### **Manicure** £30

Natural Enhance manicure starts with a relaxing hand soak, which is followed by gentle cuticle work to tidy and prepare before filing. Hands and lower arms are exfoliated to remove dead skin cells. A hand and arm massage will then help relieve any aches and pains and nurture the skin. Nails are finished to your specific choice whether by naturally buffing the nail to give shine or finishing with an application of polish clear/colour.

*Duration 45 minutes*

### **Luxury Manicure** £40

This treatment is truly luxurious using conditioning products to rejuvenate your hands. Starts with a relaxing hand soak, followed by cuticle work, file and tidy. Hands and lower arms are exfoliated leaving skin feeling smooth and soft which is then indulged with a deeply relaxing

massage using revitalising oils. A mask is then applied and hands are treated to heated mittens that feel wonderful and deeply nourish the skin. Conditioning cream is applied before nails are finished to your specific choice. Buffing giving natural shine or an application of polish clear/colour.

*Duration 60 minutes*

### **Pedicure £30**

Treat those tired feet to a warm foot soak containing natural salts to help you feel instantly relaxed followed by your feet and lower legs being exfoliated with a nourishing scrub. The soles of the feet are filed to remove any hard skin concentrating on your specific area of need to ensure true comfort. Cuticle work and a nail file are carried out before a relaxing massage to feet and lower leg, which helps with circulation whilst smoothing the skin. Nails are finished to your specific choice whether by naturally buffing the nail or applying a polish clear/colour.

*Duration 45 minutes*

### **Luxury Pedicure £40**

To give yourself a pamper and unwind with a treatment that will leave your feet feeling nourished and healthy. Feel the tension release with a warm foot soak containing natural salts; lower legs and feet are exfoliated with a luxurious scrub to reveal new skin. The soles of the feet receive special attention to ensure the removal of hard skin leaving them feeling smoother. Cuticle and nail file are carried out before fragrant moisturising oils are massaged into the skin leaving a feeling of revitalisation. A mask is applied to the feet along with heated booties that help to deeply penetrate before a foot balm nourishes the skin. Nails are finished to your specific choice whether by naturally buffing the nail or applying a polish clear/colour.

*Duration 60 minutes*

\* If you suffer from very dry skin or Arthritic pain Paraffin wax treatment can be added to any manicure or pedicure treatment. £5 extra charge.

If you would like any information about the treatments offered or to make a booking please contact: -

**Pam**

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