

MASSAGE THERAPIES

SWEDISH BODY MASSAGE

A gentle relaxing treatment to help you unwind and ease tension.

Back, neck & shoulders	30mins	£15.50
Back, neck & shoulders	45mins	£20.50
Full body	1hr	£30.50

INDIAN HEAD MASSAGE

This ancient form of massage to the upper arm, back & scalp will leave you calm & stress free. A superb treatment that can be performed with or without oil.

45mins **£20.50**

WARM STONE MASSAGE

Sink deep into relaxation as warm oil envelopes your tense limbs & soothes your mind. Let the warm Basalt stones ease away the stress.

Back, neck & shoulders	30mins	£18.50
Back, neck & shoulders	45mins	£25.50
Full Body	1hr 30mins	£35.50

THAI HERBAL COMPRESS MASSAGE

Using warm organic herbal compresses this treatment will invigorate, stimulate, ease aching muscles and relieve stress. The warm herbal compresses are pressed over the body sending you deep into relaxation as their aromas fill your senses. Ultimate luxury!

Back neck & shoulders	45mins	£35.50
Full Body	1hr 30mins	£45.50

HOPI EAR CANDLES

A natural, traditional pain free treatment, which can help soothe & relax. The candles can help a variety of problems such as headaches, tinnitus, stress, glue ear, catarrh, and sinus congestion. Exceptionally good for children.

1hr **£20.50**

EAR PIERCING

24ct Gold Plated Studs	£10.50
Colour Stone Studs	£12

MALE GROOMING

OVER WORKED HANDS

A refreshing soak, nail tidy & buff to finish.

£11.50

TATTERED TOOTSIES

Warm gentle soak with lemon & peppermint herbs & a gentle scrub, followed by a relaxing massage & nail tidy.

£18.50

CLEANSE & NOURISH FACIAL

A gentle aloe Vera face cleanse & herbal steam, followed by a refreshing massage & a cool down moisturiser of organic calendula.

£29.50

PURE BACK CLEANSE

Herbal exfoliation & steam* to clear the blocked pores of the hard to reach areas of the back & shoulders. Then a smooth massage & deep cleanse clay mask infused with Tea Tree & Aloe Vera.

£32.50

HAIR REMOVAL

Back wax from	£12.50
Chest wax from	£12.50
Back & Chest Wax from	£20.50
Eye Brow Tidy (wax/tweeze)	£6.25

Fresh Therapies strive to give its customers the highest quality of service at all times. Suggestions & feedback to help improve the service are always welcome & taken into consideration.

Gift Vouchers Available

*If steaming is not suitable for the skin then extra massage time will be added.

Please add **£3** to any manicure or pedicure for a French polish.

Ear Piercing: a consenting Parent/Guardian must accompany Children under 16. After care lotion & advice are provided.

- **Easy free parking • Late nights by appointment**
- **Loyalty Discount card • Discounts for OAP'S & NHS Staff**



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Wednesday – Friday
9.30am – 8.00pm

www.freshtherapies.co.uk

FACIAL THERAPIES

WELCOME TO ORGANICS

Mother nature has provided us with superb ingredients to keep our skin looking & feeling fresh, bright & healthy. Organic ingredients are by far the best at helping minimise chemicals & toxins from entering the skin. Herbs, flowers, honey & essential oils will be used to give your skin the best treatments possible.

REFRESHING INTRODUCTION

Your first step into waking up & restoring your skin's natural balance. A gentle cleanse, tone & mask. Using the best organic products.

£19

SPRING FRESH

A refreshing cleanse, exfoliate & steam* with organic lotions, followed by a rejuvenating massage. Finished by toning & moisturising with fruit & flower skin food.

£29.50

SOFT & CALM

Ideal for sensitive skin. A gentle chamomile cleanse & rose water steam* to relax. A soothing mask containing honey & oatmeal to soften. Completed with a marshmallow tone & alcohol free moisturiser.

£29.50

DEEP CLEANSE

This clay based mask will gently lift impurities to improve texture and circulation, whilst the moisturiser will quench your skin leaving your face replenished and healthier.

£29.50

WARM STONES

A unique treatment using warm Basalt stones to gently massage the lymphatic system. Once the mask has been washed off a balancing moisturiser is applied to protect & feed the skin.

£35.50

NON-SURGICAL FACELIFT

Using relaxing micro-current pulses to lift & tone your facial muscles. Refining skin texture, reducing fine lines & wrinkles leaving you feeling rejuvenated.

£30.50

SOOTHING EYE TREAT

A treat for tired eyes & tension headaches. This will help soothe & nourish the delicate eye area with a chamomile infused compress & acupressure massage. Using a high antioxidant oil mask.

Add **£5** to incorporate into a facial.

As an individual treatment.

£10.50

Add **£5** to any facial to have a Thai herbal compress massage.

HAND THERAPIES

Using special polish that contains no formaldehyde, toluene, or dbp. The varnish remover is made from soy & orange oil. So it actually moisturises your nails at the same time. It's safe for pregnant ladies too.

REFRESH

A gentle file & polish

£9.50

SPLENDOUR

A relaxing herbal soak & massage with nail & cuticle tidy topped with polish.

£19.50

GLORIOUS

Revitalise & revive to a smoother, brighter skin. Including a herbal soak with exfoliation, cuticle & nail tidy. Essential oil massage and a warm hand mask.

£23.50

EYE TREATMENTS

Eye Lash Tint	£10
Eye Brow Tint	£6.50
Lash & Brow Tint	£14
Lash Perm (including tint)	£29
Eye Brow Wax/Tweeze	£7

SOOTHING EYE TREAT

Nourishing eye mask & herbal compress with massage, to revive & release tension.

Add to a facial for **£5.50**

As an individual treatment.

30mins **£10.50**

A patch test is required 24 hrs before any tinting or perm treatment.

FOOT THERAPIES

Take time to relax & unwind. Soak your feet in a warm herbal bath as you drift away with the essential aromas. Giving your feet a new lease of life.

FRESH 'N' TIDY

Spritz, file & polish

£10.50

TIRED TOOTSIES

A warm organic herbal foot soak, citrus exfoliation, nail tidy & your choice of colour.

£22.50

RESCUED

A lemon & Lavender foot soak, exfoliation & hard skin removal. Followed by a nourishing organic foot mask & massage. Topped with colour. For silky smooth feet.

£28.50

WAXING

Using 100% natural ingredients of sugar, lemon juice, chamomile & essential oils, this will leave your skin smooth & un-irritated.

Full Leg (including bikini)	£21.50
¾ leg	£15.50
½ leg	£13
Bikini	£8.50
Brazilian	£20.50
Hollywood	£25.50
Full arm	£12.50
Fore arm	£8.50
Under arm	£8
Lip	£5.50
Chin	£6.50
Lip & chin	£9
Face (not including eye brows)	£10.50
Eye brow	£7

fresh
THERAPIES