



THE HOLISTIC BEAUTY ROOM

"Sometimes slowing down is the most productive thing you can do"



Call: 07825 741 071

5 Bridge Street, Bishop Stortford CM2 32JU



THAI FOOT MASSAGE

55min - £40

REFLEXOLOGY

Promoting deep relaxation & wellbeing.

Based on the theory that different points of the feet, correspond to areas of the body.

Reducing levels of stress & anxiety which in turn can ease many other ailments.

BUBBLE FOOT SOAK, LOWER LEG SCRUB, REFLEXOLOGY

65min - £45

REFLEXOLOGY

55min - £ 40

HOT STONE REFLEXOLOGY

55min - £43

LOMI LOMI MASSAGE

Lomi Lomi massage translates to “*loving hands*” originating from Hawaii.

This amazing spiritual massage uses a unique rhythmic flow of movements, with palms, forearms & elbows sending a “*wave like feeling through the body*” working deep into the muscles, helping to release unwanted thoughts & emotions. Calming the mind, clearing blocked energy & allowing your mind, body & spirit to feel in harmony.

From the feet, up to the shoulders & back to the feet again.

75min - £56

HOT STONE MASSAGE

Warm, smooth basalt stones are used to massage the body helping to relax & ease tense muscles, general aches & pains. You will feel those everyday stresses simply melt away.

60min - £54

30min - £33

DEEP TISSUE MASSAGE

A combination of friction, kneading & long flowing strokes are used to ease muscle tension - Working on specific areas or the body as a whole.

60min - £52

45min - £39

30min - £31

AROMATHERAPY MASSAGE

Aromatherapy oils can have a very positive effect on our body & mind.

From uplifting to immune boosting or hormone balancing.

A custom blend can be made, completely specific to your needs.

60min - £53

45min - £40

30min - £32



INDIAN HEAD MASSAGE

The upper back, shoulders, neck & face are massaged using a variety of pressure techniques, circular massage strokes & stretching the neck. Relieving sinus pressure, reducing stress & encouraging hair growth.

40min - £35

EAR CANDLES

A hopi ear candle is a hollow waxed cotton tube, containing therapeutic oils, which is inserted into the ear & lit, to draw out impurities. A truly relaxing experience - includes a sinus pressure point massage with neck & shoulders.

40min - £35

REIKI

You do not have to believe in Reiki for it to have a deep positive effect on you, just the ability to keep an open mind & the desire to accept & receive the energy.

Reiki means Universal Life Force Energy, it is an ancient system of natural healing. Having been known to help nurture you on a physical, spiritual & emotional & level - accelerating the bodies own natural ability to heal itself.

40min - £35

... Renew your energy & restore levels of calm.

WELLNESS PACKAGES

Self Love self care... Habits for Happiness

BREATH EASY

Sinus & congestion relief

- SCALP, FACE & SHOULDER
- DRAINAGE MASSAGE
- EAR CANDLES

40min - £32

ROLL AWAY THE DAY

Perfect for tired, aching muscles

40min HOT STONE BACK MASSAGE

LEMON SUGAR BACK SCRUB

45min - £42

A MOMENTS PEACE

A luxurious treatment combination

to truly switch off from everyday stresses

- LUXURY STEAM FACIAL
- REFLEXOLOGY
- BACK MASSAGE

1hr 30min - £72

"Just for today i will not worry"

AWAY WITH THE FAIRIES

When life feels overwhelming & you need time to escape

- HOT STONE / DEEP TISSUE BACK MASSAGE • REFLEXOLOGY
- HOT MITTS TO FINISH

75min - £52

REBALANCE ME

Experience grounding & a true sense of calm

- PRESSURE POINT FACE MASSAGE
- AROMATHERAPY INFUSED REFLEXOLOGY
- REIKI

beautiful tones of crystal bowls to finish

70min - £47

UPPER BODY UNWIND

Indulge in aromatherapy infused warm oils

- TENSION RELIEVING BACK MASSAGE • SCALP & FACE
- HAND & ARM MASSAGE

beautiful tones of crystal bowls to finish

75min - £49

AWAKEN YOUR SENSES

Let your mind & body escape on a journey of senses

this is your time to let go & to be in the moment

- BODY BRUSHING
- LOMI LOMI / SWEDISH MASSAGE
- CRYSTAL BOWLS

1hr 30min - £70

"Surrender to the natural flow & rhythm of your body"



WALKING ON AIR

Say goodbye to weary feet & leave walking on air

- PEDICURE
- THAI FOOT / REFLEXOLOGY

1hr 40min - £63

HOT STONE HEAVEN

Melt away tension with this heavenly combination

- HOT STONE FACIAL WITH HOT STONE BACK MASSAGE

1hr 15min - £58

SLOW DOWN

Grounding - Energy restoring

- INDIAN HEAD MASSAGE • REIKI
- DREAMY FOOT MASSAGE

55min. - £45

"Habits for happiness"



FACIALS

GLOW PEEL

Hydrating, brightening - perfect for all skin types of skin

A mild, superficial peel which removes the upper layer of the epidermis. Stimulating cell renewal, giving an even skin tone.

- DOUBLE CLEANSE • ENZYME PEEL • STEAM • APPLICATION OF PEEL
- SHOULDER MASSAGE • FACIAL MASK • MOISTURISER & SPF 50

50min - £52

CARBOXYTHERAPY

A non - invasive gel & activator mask used to infuse the skin with carbon dioxide providing immediate results with no down time

- DOUBLE CLEANSE • ENZYME PEEL • CARBOXYTHERAPY MASK
- SHOULDER MASSAGE

50min - £52

MICRODERMABRASION

Intensely exfoliating, resurfacing - anti ageing

- DOUBLE CLEANSE • STEAM • EXTRACTIONS • MICRODERMABRASION
- MASK • SHOULDER MASSAGE • MOISTURISER & SPF 50

50min - £54

MICRODERMABRASION

30min - £46

" Your skin is a reflection of everything that is going on in your body "

MICRODERMABRASION WITH GALVANIC

Plump - Lift & Smooth

The perfect combination of treatments 52% more hydrating than any other facial, the galvanic stimulates collagen production - rejuvenating the skin on a much deeper level, plumping fine lines & wrinkles. Microdermabrasion will remove the build up of dead skin, giving a much brighter, more even skin tone.

• CLEANSE • STEAM • GALVANIC • EXTRACTIONS • MICRODERMABRASION
• MASK • SHOULDER MASSAGE • MOISTURISER & SPF 50

70min - £65

GALVANIC WITH NATURAL FACE LIFT MASSAGE

40 min - £45

HOLISTIC FACIAL

A facial that is completely tailored specifically to you & your skins needs

A deep therapeutic, non invasive facial. Massage techniques are used to stimulate collagen production, remove toxins, keeping the skin looking healthy and young.

• CLEANSE • STEAM • EXTRACTIONS
• EXFOLIATION • GUA SHA FACIAL MASSAGE
• SHOULDER MASSAGE • MASK

50min - £46



PREGNANCY

Relaxation & comfort, when you need it the most

A gentle self care massage to focus on the areas of discomfort, helping with the stresses & strains of carrying a little human.

BACK, NECK & HIPS

40min - £39

BEFORE WE MEET, INDUCING REFLEXOLOGY

After 38 weeks, reflexology can be used to stimulate the uterus & ovary reflexes as well as the production of oxytocin, to bring on labour naturally.

- BUBBLE FOOT SOAK • SCRUB
- REFLEXOLOGY

60min - £42



WAXING

Waxing is an effective form of hair removal with results lasting up to 6 weeks

**Warm & Hot Wax Used*

| Brows - £10 | Lip - £9 | Chin - £9

| Underarms - £10 | Basic Bikini - £12

| Extended Bikini - £16 | Brazilian - £25 | Hollywood - £31

| 1/2 leg - £18 | Full leg - £30



EYE TREATMENTS

LASH LIFT

Perfect lashes, every morning!

Lifting & curling your natural lashes
to give instant definition to the eyes.

55min - £35



TINTING

Darken & define your lashes & brows, giving natural definition

Lasting up to 4 weeks.

*patch test required

LASHES

20min - £14

BROWS

10min - £10



FEET

ELIM. MEDI: HEEL

A medical grade pedicure which uses state of the art ingredients to remove hard skin & calluses from the feet.

1hr 15min - £46 With Varnish

1hr 40min - £66 With Reflexology (*no varnish*)

40min - £39 - Without Varnish

CLASSIC PEDICURE

With the main focus being cuticles,
nail tidying & general foot maintenance

45min - £30

EXPRESS NAIL TIDY

When you are limited on time

• CUTICLE TIDY • SHAPING NAILS • VARNISH APPLICATION

30min - £16

GIFT VOUCHERS AVAILABLE
EAR LOBE PIERCING £25

Cancellations

Please be aware that appointments cancelled within a 24 hour notice period or if you do not turn up for an appointment will incur a full charge of the treatment.