



THE HOLISTIC BEAUTY ROOM



Call: 07825 741 071

5 Bridge Street, Bishop Stortford CM2 32JU



MASSAGE

SIMPLY MASSAGE

Completely tailored to your specific needs on the day, working on tension, stiff muscles & problem areas

30min - £31

45min - £41

60min - £55

LOMI LOMI

A spiritual, prayerful Hawaiian massage, meaning 'Loving Hands' - coming from the heart, helping to releasing emotions & negative energy.

75min - £56

Includes crystal bowls & Reiki

LAVA SHELLS

Specially sculpted heated shells are used to give a luxurious, seamless flowing experience

BACK, NECK & SHOULDERS

40min - £44

HOT STONE

Ideal for tight muscles & busy minds

30min - £34

45min - £42

60min - £56

"Taking you to where time slows down"

HOLISTIC THERAPIES

CLEAR MIND

Indian head - perfect for busy minds & tension headaches

40min - £39

REIKI

Natural energy healing ,nurturing you on a spiritual & emotional level.

Bringing comfort, peace & balance

50min - £40

THAI FOOT MASSAGE

If your on your feet all day, this is for you!

55min - £40

EAR CANDLES

Great if recovering from a cold or suffering with sinus congestion & even tinnitus

Includes facial pressure point massage, scalp & decollete

40min - £35

REFLEXOLOGY

*Can help ease anxiety, regulate hormones, IBS, induce labour, increase energy levels
plus so much more*

55min - £40

"Just for today i will not worry"

ZEN FLOW RITUALS

GODDESS RITUAL

when you 're tired of being strong. Your body feels heavy & mind is busy

HEATED EYE MASK
INTUITIVE MASSAGE, GROUNDING TOUCH REIKI
REFLEXOLOGY
TENSION RELEASE FACIAL MASSAGE
CRYSTAL BOWL SOUNDS

1hr 20min - £62

...your space to rest, release & reconnect to your body. I hold this space for you.

SACRED STEPS & STILLNESS

*Settling your nervous system, bringing body & mind into alignment,
for a grounding experience*

SCALP MASSAGE &
THAI FOOT MASSAGE

50min - £49

SHELL FLOW & GLOW

Luxurious flowing, warming - leaving you with a natural glow

LAVA SHELL BACK MASSAGE
STEAM FACIAL

1hr 30min - £65

You are worth the quiet moment. The deeper breath, the slowing down of time.

Be still and rest



BOTANICAL BEAUTY

Helping you feel your best self, not your stressed self

ROSE QUARTS FACIAL
BACK MASSAGE
LEMON SORBET SCRUB

1hr 30min - £65

UPPER BODY UNWIND

Feel de-cluttered, light & airy but above all, cared for

UPPER BODY MASSAGE
(FACE, ARMS, BACK & NECK)
HOT MITTS TO FINISH

1hr - £55

AWAY WITH THE FAIRIES

When life feels overwhelming, allow yourself time to escape

DEEP TISSUE BACK MASSAGE WITH
REFLEXOLOGY

70min - £56

BODY SMOOTH

Refreshing notes of eucalyptus & lemon for a sensory escape & luxuriously soft skin

BODY POLISH COCONUT BACK CLEANSE
BODY DRENCH CREAM

50min - £47

FACIALS

RESURFACING & BRIGHTENING

Perfect for large pores, pigmentation & wrinkles

MICRODERMABRASION WITH SHOULDER MASSAGE & MASK

50min - £55

NATURAL BOTOX

Firming ,plumping & rejuvenating - CO2 infusion

CARBOXYTHERAPY SCULPT & LIFT MASSAGE

50min - £52

CINDERELLA

Everything you need for a complete transformation & to feel a goddess

GALVANIC, MICRODERMABRASION SHOULDER MASSAGE & MASK

70min - £65

HOLISTIC

A moment of calm, care & reconnection using organic, natural products

STEAM, CLEANSE, EXFOLIATION MASSAGE & MASK

55min - £48

BEAUTY ESSENTIALS

LASH LIFT

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

*Lash tint. includes *patch test required*

£40

TINTING

Darken & define your lashes & brows, giving natural definition

** lasting up to 4 weeks*

LASHES - £14

BROWS - £10

WAXING

**Warm & Hot Wax Used*

Lip - £9 | Chin - £9 | Underarms - £10 | Basic Bikini - £12

High Leg Bikini - £16 | Brazilian - £25 | Hollywood - £31

1/2 leg - £18 | Full leg - £30

PEDICURES

ELIM MEDI HEEL

*Medical grade Pedicure using state of the art ingredients to remove calluses & hard skin
for longer lasting results*

WITH VARNISH - 1hr 15 min £47

WITHOUT VARNISH - 40 min £40

CLASSIC PEDICURE - £31

EXPRESS PEDICURE - £16



@THE.HOLISTICBEAUTYROOM

07825741071

GIFT VOUCHERS AVAILABLE

5 BRIDGE STREET BISHOP STORTFORD CM23 2JU

AWARD WINNING ORGANIC SKINCARE PRODUCTS AVAILABLE TO PURCHASE

www.tropicskincare.com/pages/charliehope

CANCELLATION POLICY

A polite notice making you aware that 48hours notice is required when cancelling or rescheduling an appointment.

Please be aware that appointments cancelled within 24hrs notice or unattended, will incur the full charge of the session booked.