

## Complementary Health

### Aromatherapy

Aromatherapy uses essential oils to help restore balance and harmony between mind and body. The treatment is both luxurious and holistic and will consider aspects of the client's lifestyle and personality to select an appropriate blend of essential oils to help optimise the healing process. It aims to rebalance the system which will:

Reduce stress and tension, Relieve muscular aches and pains, Improve the health of the skin and encourage and promote healing.

90 mins £ 55.00

1 hr £ 42.00

30 mins £ 28.00

### Therapeutic Massage

This is a slightly deeper massage having many benefits to both mind and body. It can relieve the stresses of everyday life, restore aching muscles and improve the circulation. A combination of base oils, pre-blended oils, Swedish Massage and Remedial Massage techniques may be used during treatment.

1 hr £ 38.00

30 mins £ 26.00

### Reflexology

Reflexology is a therapy of application of specific pressures to reflect points on the feet and hands which correspond to all cells, tissues and organs of the body. This will cause physiological and psychological changes in the body through the stimulus in the movements applied during treatment. The body will begin to work harmoniously with all its systems and thus trigger its own healing potential. Many disorders can be related to stress and nerve tension. Reflexology encourages the body to relax and is a powerful detoxifier, balancing mind, body and spirit.

1 hr £ 38.00

30 mins £ 26.00

### Indian Head Massage

Releases tension and stress by massaging the neck, shoulders, face and scalp. The treatment can help relieve headaches, eyestrain and sinusitis. Indian Head Massage may also improve concentration and restore joint mobility. The treatment may be carried out seated, fully clothed and the use of oils optional. This treatment is an ideal as an introduction to massage.

30 mins £ 26.00

### HOT STONE THERAPY MASSAGE

The ultimate relaxation treatment. Heated volcanic stones are placed on the key energy points of the body and used to massage the body. This stimulates the circulation aiding detoxification, eases the pain and tension of aching muscles and deeply relaxes and promotes a sense of well being. This is a lifestyle treatment, it erases the whirl of day-to-day existence and refreshes the mind, body, and soul.

1hr 30 min £ 58.00

### HOPI EAR CANDLING TREATMENT

An ancient and natural therapy, handed down by many civilisations. Small candles produce warmth and balance in the ear, forehead and sinuses. Massage techniques are also used to enhance the effectiveness of the candles focusing on the sinuses and lymphatic drainage. A calming and relaxing treatment.

40 mins £ 35.00

## Natural beauty

### Manicure

This express manicure includes a nail and cuticle tidy, hand massage and arm massage followed by application of nail polish.

30 mins approx    £ 28.00

### French Manicure

Includes a nail and cuticle tidy, hand massage and arm massage followed by application of the popular natural finish of a French Manicure.

30 mins approx    £ 30.00

### Pedicure

A relaxing foot treatment includes foot soak, nail tidy, foot and lower leg massage followed by application of nail polish, leaving feet soft and well groomed.

40 mins approx    £ 30.00

### Pick me up Facial

This rejuvenating mini facial is an ideal pick me up. The skin is cleansed, exfoliated and treated with a facial masque according to skin type leaving it radiant and smooth, concluding with an application of moisturiser to nourish and hydrate the skin protecting it from the environment.

30 mins approx    £ 28.00

### PHD Waxing System

The ultimate professional and hygienic waxing system. Fast, effective hair removal leaving silky smooth skin. Individual disposable applicators ensure elimination of cross infection and contamination.

Full leg wax	£25.00
Half leg wax	£17.00
Bikini wax from	£10.00
Underarm wax	£10.00
Lip wax	£8.00
Chin wax	£8.00
Eyebrow shape	£9.00
Eyebrow reshape	£11.00

### Eyelash Tint

Eyelash tint	£10.00
Eye brow tint	£7.00
Lash & brow tint	£15.00

\* Please note a patch test a minimum of 24 hours prior to any tint appointment is necessary if this will be your first appointment for tinting with us.

## REPECHAGE BEAUTY FROM THE SEA

There is a life force that comes from the sea. A source of continual renewal. Repechage was the first skincare company to bring seaweed - based products to fruition. Seaweed facials, body treatments and cosmetics based on the traditions of European Thalassotherapy to rebalance and hydrate the skin.

Repechage has sourced seaweed in its most precious, purest state and made seaweed an important part of Repechage rituals. Repechage offers the best, when only the best will do. That's our commitment to you .....

### REPECHAGE HONEY BODY POLISH

Indulge your body with pure honey & almond and fresh buttermilk. A marvellous body cleanser is massaged into your skin, helping to purify and slough off dead skin cells. Finally a luxurious seaweed cream is massaged into your body leaving the skin touchable and silky smooth. An exfoliating and deeply moisturising treatment.

1hr 15mins      £ 53.00

### REPECHAGE SEAWEED BODY WRAP

This shoulder to toe body therapy will stimulate the circulation aiding detoxification. The mineral rich seaweed mask is warmed and smoothed over the body. A thermal blanket is used to relieve stress and invigorate sore, stiff muscles . Afterwards your skin is massaged with a wonderful luxurious seaweed body lotion.

1hr 15mins      £ 53.00

### REPECHAGE ANTI - AGEING HAND TREATMENT PLUS MANICURE

Treat your hand to a " facial " to keep them feeling and looking young. This exfoliating, deep hydrating treatment is combined with massage for total enjoyment and maximum benefit. Hands look and feel smoother, revitalised and youthful. The treatment includes a full manicure and polish.

60 mins            £ 38.00

### REPECHAGE SEA SPA PEDICURE

A relaxing, rejuvenating foot treatment, featuring our seaweed based Sea Spa Glow exfoliation and luxurious foot cream to revitalise tired feet, adding energy to every step. Leaves feet soft, groomed and healthy. The treatment includes intensive hard skin removal, nail trim and an application of nail polish.

60 mins            £ 40.00

### FAKE BAKE

Fake Bake is an organically based self - tanning product that works with the skin's natural pigment and contains no harmful ingredients. Fake Bakes three step formula polishes, tans and moisturises for a long lasting most luxurious natural self tan possible. ( also available as a home care treatment )

Full body treatment lasting 1hr 15mins      £ 40.00

### JANE IREDALE MINERAL MAKE - UP

Occasion make-up                            £30.00

Bridal make-up including  
rehearsal session                            £65.00

## Repechage Facial Treatments

Repechage is pleased to offer you facial treatments based upon miraculous, proven seaweed extracts and other plants to deliver visible, dramatic results.

Seaweed purifies and detoxifies, resulting in healthier, glowing skin. Seaweed contains all the vitamins and minerals necessary to stimulate the skin's own natural defences so that it can fight off the ravages of aging, environmental pollution and sun damage.

Seaweed is a pure concentration of seawater. Seaweed like seawater is similar to human plasma. Consequently the skin readily accepts this "sister" substance as its own, gaining nourishing, hydration and remineralisation. The skin gains a new vitality and a smoother, younger appearance.

### REPECHAGE FOUR - LAYER FACIAL

Our premier anti - ageing facial treatment. Experience layer upon layer of pure, fresh, European Seaweed to rejuvenate, tone and help firm the skin dramatically giving long lasting results.

Leaves the skin looking younger with visibly renewed moisture and an afterglow that lasts.

1hr 15mins £ 58.00

### REPECHAGE VITA CURA FACIAL

'New ' Luxury 5 Phase anti-ageing, firming facial. Pentapeptides & seaweed stimulate collagen & elastin,

giving a 'youthful radiance'. Lifts, tones, hydrates and plumps out fine lines.

Immediate results - long term benefits.

1hr 15 mins £ 58.00

### REPECHAGE EUROPEAN SEAWEED FACIAL

Suitable for all skin types, this facial incorporates a cooling and soothing fresh seaweed mask that leaves the skin visibly brighter, cleaner and more luminous with a healthy, radiant glow.

60 mins £ 51.00

### REPECHAGE HYDRA DEW EXPRESS LIFT MOISTURE FACIAL

This facial will provide immediate, 100% in depth hydration and superior anti-oxidant protection.

Boosts moisture content while combating hyper-pigmentation and wrinkles.

60 mins £ 51.00

### REPECHAGE HYDRA - FOUR FACIAL

The ultimate treatment for sensitive skin. Specifically designed to calm, soothe and protect. A soothing facial based on olive oil and seaweed to hydrate, nourish and boost the immunity of the skin.

60 mins £ 47.00

### REPECHAGE HYDRA - REFINE FACIAL

A deep cleansing treatment for normal to oily skin. Hydra Refine balances the skin's pH, minimises oily shine and fights blemish-causing bacteria without drying or irritating the skin.

60 mins £ 47.00

### REPECHAGE RENEWAL FACIAL

A retexturising treatment for dry, mature or sun damaged skin, eliminating fine lines and evens out the skin tone. Leaves the skin supple and younger looking.

60 mins £ 43.00

All Repechage facials include a shoulder, neck, face and scalp massage for total relaxation.

### BVM HARMONISING TREATMENT

A ground breaking treatment that works holistically to transform the way you look and feel. The therapy includes a wide combination of treatments including Ayurvedic massage, lymphatic drainage and body polishing working on the legs, feet, arms, hands, back, scalp and face. Face, hand and foot masks are also applied during this treatment.

This treatment helps to create a true sense of well being that comes from within.

Treatment time is approx 2 hours ( including consultation) £ 95.00

### BVM SERUM BOOSTER FACIAL

This concentrated hands on BVM aculympatic facial uses the famous BV polishing routine alongside the BV serums, especially chosen for your skin type. Green Tea serum helps remove facial puffines, redness and prevent tissue degenaration. Collagen serum prevents saggy, dull looking skin, nourish skin, invigorate smokers skin.

Vit-min Serum prevent and strengthen sensitve skin, control blemished and blotchy skin, invigorate smokers skin.

Spot Serum calms inflamed and spotty skin, protects skin from bacterial cross infection, heal individual spots and acne, prevent superficial scarring.

Treatment time is approx 45 mins £ 45.00

### AND FOR THE MEN

Tee Off Tonic To Bring You Back To Par.....

Starting with a remedial back massage to ease tired aching muscles and stimulate circulation. Followed by a deep cleansing facial using hot towels or steamer to open pores and eliminate impurities. Relaxing face,neck and shoulder massage is followed by a treatment mask suitable for skin type. Finally a soothing moisturiser is applied leaving skin refreshed and revitalised.

Treatment time is approx 60 mins £ 49.00

**HIGHBULLEN COMPLEMENTARY HEALTH & BEAUTY. Tel; 01769 540877**

ALL TREATMENTS TO BE PAID FOR AT THE TIME OF TREATMENT EXCEPT FOR DAY BREAKS WHICH REQUIRE A NON - REFUNDABLE 50% DEPOSIT UPON BOOKING AND THE BALANCE TO BE PAID ON THE DAY.

WE ACCEPT ALL MAJOR CREDIT/DEBIT CARDS, CHEQUES OR CASH.