

# Mellow Moments



Beauty, Relaxation  
and Well Being

# Massages

## Swedish Massage

1 hour £35

30 mins £25

This is the most common type of massage therapy. Massage therapists use long smooth strokes, kneading and circular movements on superficial layers of muscle using massage lotion or oil.

## Aromatherapy Massage

1 hour £35

30 mins £25

This is a massage therapy with the addition of one or more scented plant oils called essential oils to address specific needs. The massage therapist can select oils that are relaxing, energizing, stress-reducing, balancing, etc. One of the most common essential oils used in aromatherapy massage is lavender. Aromatherapy massage is particularly suited to stress-related conditions or conditions with an emotional component.

## Deep Tissue Massage

1 hour £35

30 mins £25

Deep tissue massage targets the deeper layers of muscle and connective tissue. The massage therapist uses slower strokes or friction techniques across the grain of the muscle. Deep tissue massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury.

## Reflexology

45 mins £30

Although reflexology is sometimes called foot massage, it is more than simple foot massage. Reflexology involves applying pressure to certain points on the foot that correspond to organs and systems in the body. Reflexology is very relaxing, especially for people who stand on their feet all day or just have tired, achy feet.

Reflexology can also be done on the hands too.

## Sports Massage

1 hour £35

30 mins £25

Sports massage is specifically designed for people who are involved in physical activity but you don't have to be a professional athlete to have one- it's also used by people who are active and work out often. The focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance. A combination of techniques are used. The strokes are generally faster than Swedish massage. Facilitated stretching is a common technique. It helps to loosen muscles and increase flexibility.

## Indian Head Massage

25 mins £20

This massage will soothe away stress and tension, leaving you relaxed, revitalised and re-energised. This is a very popular treatment, perfect for promoting a calm mind, a stress-free body and for maintaining optimum health. This therapy can be performed without oils with the client sitting and fully clothed, so it is ideally suited to the workplace or situations where it may not be appropriate to give a full-body hour long massage.

**Other localised massage treatments available, such as foot massage, scalp massage, neck and shoulder massage 30 mins £25**

### **Mobile Treatment Available Min £30**

Cheques and cash payments accepted



## **Facials for men and women**

Our skin care therapist offers a range of facials using Dermalogica products to meet individual needs, targeting specific concerns and helping to restore optimum skin health.

Dermalogica use only the finest ingredients, all products are non comedogenic so will not cause blackheads or breakouts. These products do not contain irritating colours or fragrances and are not tested on animals. A detailed skin consultation precedes each treatment to ensure maximum benefits to the skin.

### **The classic European facial**

**60 mins £35**

This revitalising treatment begins with deep cleansing, exfoliation to reveal glowing skin. After face mapping the facial skin is given a good steam, followed by extractions where needed. A face, neck, shoulder massage is certain to ease your mind and spirit and while enjoying a revitalising mask, you will receive either a scalp or hand massage to aid relaxation. A gentle mist of toner is applied and then a nutrient – rich moisturiser which will hydrate, protect and help restore the natural balance of your skin.

### **Aromatherapy Facial**

**45 mins £30**

A deep cleansing and an exfoliation peel will restore your skin's healthy radiance. The aromatherapy pressure point massage that follows will stimulate blood circulation and revitalise the tissues while the hands or feet experience a soothing reflexology treatment. The treatment finishes with a masque and moisturising cream to reveal your skin's natural, healthy glow.

### **Express skin care treatment**

**30 mins £20**

The complete treatment is the perfect blend of cleansing, a customised masque, toning and moisturising for people on the go. This treatment includes pressure point massage on the hands or feet.

### **Mens exclusive facial**

**60 mins £35**

**30 mins £25**

A deep cleansing begins the treatment, followed by an enzyme peel and extractions. The subsequent massage and hand or foot reflexology are certain to ease tension and stress. The application of a soothing masque will balance and hydrate your skin and you leave with a customised treatment regimen designed to help alleviate shaving bumps and irritation.

## Mens Sports Facial

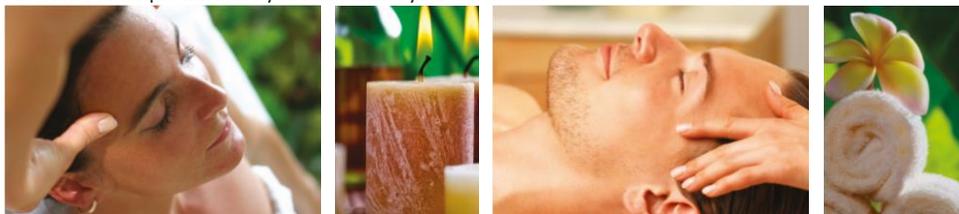
45 mins £30

The treatment begins with a deep cleanse and exfoliating scrub. A pressure point massage with essential oils balances the skin and a revitalising mask is then applied. A nourishing moisturiser is added to end the treatment.

## Purifying back treatment for men and women

45 mins £30

This relaxing back treatment begins with deep cleansing of the back to remove excess oil and debris, followed by an exfoliation using hydro-active mineral salts to polish away dullness. The back is steamed and extractions are performed if necessary. Lastly, a stress relieving treatment with essential oils and a customised masque will leave you relaxed and your skin radiant.



## Other customised skin treatments

### Revitalising Eye treatment

25 mins £20

A gentle cleaning and exfoliation, followed by a pressure point massage to increase circulation and diminish dark circles. A hydrating and calming masque will help to eliminate puffiness while a firming booster helps to minimise fine lines.

### Spa hand/ foot treatment

1hr mins £25

This treatment is the ultimate in soothing and toning to treat premature ageing of the hands or feet. A thorough exfoliation is followed by relaxing reflexology and massage. A nourishing paraffin dip or mask will then restore and moisturise.

### Hydro – Active mineral salt scrub

45 mins £25

Mineral rich sea salt, dried seaweed and fruit enzymes combine to smooth and silken the entire body. Includes dry body brushing and friction massage.

### Footcare

45 mins £25

Our qualified Footcare practitioner offers treatments such as toenail cutting and filing, the removal of in-grown toenails, calluses and corns and treatment for foot ailments such as plantar warts (verruca), athlete's foot, sweaty feet, foot odour and dry / cracked heels. Padding and strapping are provided where necessary. The person receiving treatment may also be referred to a podiatrist for prescription orthotics, or in-sole foot support. All treatments include a consultation.

### Pregnancy massage

1 hour £40

Specialised massage techniques are used to aid relaxation and to relieve tension especially in the arms, back, shoulders and legs. A perfect treatment for any stage of pregnancy.

### **Pregnancy pamper package**

**3.5 hours £80**

Our signature pregnancy pamper package starts with a relaxing pedicure to sooth tired aching feet. This is followed by a body massage to aid relaxation and relieve tension. A nourishing manicure is provided to rejuvenate and soften hands and a revitalising facial massage and mask will aim to enhance a glowing complexion. A wonderful and indulgent treatment for a very special time!

### **Post baby pamper package**

**3.5 hours £80**

Enjoy a few hours of pure relaxation and indulgence with our selection of treatments for new parents. This treatment includes a nourishing hand and foot spa, an eyebrow shape, a soothing body massage with special blended oils, a deep cleansing facial to revitalise the skin and a head and scalp massage to help aid sleep and relaxation.

### **The VIP 3.5 hours £90 Our very own Vacation Indulgence Pamper**

Our fingernail and foot fix, body scrub and tub, a revitalising facial and a full body rub, shape your eye brows, remove unwanted hair then go on holiday without a care! Other packages available too. (treatments can be changed to suit you)

### **Sienna x Spray Tan**

**£20**

This beautiful award winning spray tan will give you a wonderful natural or deep colour. Sienna X is the leading professional sunless tanning choice and the official tanning supplier to Strictly Come Dancing and the Brit Awards .Your free goody bag consists of some balancing body wash, polishing body scrub, radiance body balm and either a gradual glowing or dark glowing self tan.

### **Intimate waxing**

**Hollywood £30**

**Brazilian £20**

A gentle yet effective wax is used for terminal hair for under arms and bikini area and an aftercare solution to stop any sticky residue.

### **Nail extensions**

**£27**

Gel or Acrylic nails.

### **Gel painted nails**

**£20**

A nail polish that last for 2 weeks or more and has no drying time!



## Bridal packages

Price upon request

A range of services can be provided for the Bride, Groom and any other members of the family including pre wedding pamper and hen parties, and hair and make up for the Very Special Day!

This includes finger nail and foot treatments, massages, facials, eyebrow definition, hair removal , spray tans and much more! We can offer discounts on a range of packages, please ask Sheila for further details. Make up includes airbrushing the skin for a flawless finish and the use of some very well known cosmetics for a stunning look! A range of hair styles can be created – barrel curls, twists, trendy curls, pleats, buns or simply blow drys and sleeky smooth straight hair! Trials for brides are recommended.

## The Skinbreeze Orbital

Price upon request

Advanced Microdermabrasion with LED Light Therapy and Oxygen Infusion

### Orbital Microdermabrasion

This is a precision skin exfoliation procedure that diminishes fine lines and imperfections to achieve a smoother and more radiant looking complexion.

### O2 Infusion

Optimises treatment results buy using a compressed air delivery system to enhance the absorption and the effectiveness of the dedicated range of skin breeze skincare products.

### LED Light Therapy

Utilises the therapeutic properties of red light and blue light to calm the skin, neutralise bacteria and reduce redness in order to help tackle acne, blemishes and scar tissue.

## Other beauty treatments

### Waxing for men and women using hot and warm wax

Half leg wax	£12	Men's chest wax/back	£20
Full leg wax (includes bikini line)	£22	Men's shoulder wax	£15
Forearms	£10	Eyebrows	£5
Full arms	£16	Lip/chin	£5 each
Underarms	£7.50		
Normal Bikini Line	£10		

### Threading

Eyebrows	£5	Lip/chin	£5	Full face	£15 (eyebrows, lip, chin, sides of the face)
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### Tinting

Eyebrows	£6.50
Eyelashes	£7.50
Eyelash extensions (individual lashes)	£50 per set
Temporary extensions from	£15
Electrolysis 15mins	£10

### Other

Basic manicure with nail paint	£15
Basic pedicure with nail paint	£20

## Mellow Moments Thai Body Treatments

Thai massage is believed to have been developed by Jivaka Kumar Bhaccha, physician to Buddha, more than 2,500 years ago in India.

It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine.

Thai massage is more energizing and rigorous than more classic forms of massage. Many people find that Thai massage has the following benefits:

- relaxes
- reduces stress
- improves circulation
- increases energy
- increases flexibility
- improves range of motion
- centers the mind and body

Muscle compression, joint mobilization, and acupressure are also used during treatment.

**CHAKRAS** Chakra stones are also used in some treatments. This In Sanskrit chakra means "wheel," and those who can see them describe chakras as

spinning wheels of light. They are found in the aura, an electromagnetic force field which surrounds every living being. The energy of the aura is that of our thoughts and feelings, and the chakras concentrate and coordinate the flow of these energies in and from the physical body. It is believed that illness first manifests in the realm of thought and feelings. Stress is an excellent example. The mind says, "I'm doing too much; I'm under pressure." This message translates into the emotional feeling of being burdened. On both levels resistance creates energetic blockages, as the mind and emotions try to close up against what is perceived as a negative experience.

If the mind and emotions continue to create resistance the blockage will eventually assume physical proportions, lodging in whichever physical area is most vulnerable.

The purpose of chakra balancing is to dissolve blockages before they become physical (although it can also be helpful with physical conditions). Crystals, being symmetrical in their molecular structure, radiate energy in a consistent and steady

manner. When they're used in chakra balancing they can help to re-establish a healing, creative flow.

Mellow moments offer the following Thai treatments

### **Thai Oil Massage - 1.20mins £40**

This is a very popular choice of massage using Ayurvedic Dosha oils. Thai massage is a deep rhythmic massage along the major meridians and marma points. The massage works on blocked meridians with firm pressure with a view to unblock the meridian channels and restore the Ki flow. The massage can be performed either on the massage couch or on a traditional Thai mat.

### **Thai foot massage - 1hr £30**

This is a fantastic treatment which offers much more than just a foot massage. The body's meridian system is treated from the feet to the back and scalp using a Thai foot stick and ginger foot massage cream. This is great for tired and achy feet, and a sluggish lymphatic system.

### **Hot poultice massage - 1.20 mins £40**

A massage with a difference! This massage uses hot herb poultices with Prai, ginger, turmeric and lemongrass. These poultices together with heat is great for stress relief, circulatory problems and for general aches and pains.

### **Shirodhara - 1hour £30**

A truly relaxing treatment to treat stress, anxiety, head aches, migraines and tension. A marma point massage is given to the feet, and this is followed by a warm coconut oil descending onto the third eye for 10 mins, with a scalp and face marma point massage. This treatment finishes with crystals placed on the body's chakras to heal and balance energy.



## **OTHER SPECIAL TREATMENTS**

### **Acupressure Massage**

**from 20 mins to 1hr £15 - £35**

Acupressure can be extremely effective for treating common ailments and not only does it have almost no side effects, can be done through the clothes. Acupressure is based on a median theory; Meridians are channels of energy that flow round the body. They are used in Chinese and Japanese medicine and massage and are the same channels an acupuncturist uses. The energy is known as Ki in Japanese and Chi in Chinese. If the energy is flowing well, then the person is healthy whereas blockages and stagnation cause ill health. Our trained therapist can tailor make a treatment to suit your needs, whether it's in the comfort of your own home, at work or in a salon.

### **Hot stone massage with Chakra Crystals**

**1.15 hours £40**

Hot stone massage is a special massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. This massage is also supported by the correct Dosha oil and crystals. A Perfect treat for stress and muscle tension relief.

### Hopi ear candling – 45 mins £25

Mexico, India, Ancient Greece and Japan all have traditions of blowing smoke into people's ears for healing purposes but the earliest recorded use is by the Hopi Indians in the in the South Western USA hence the term Hopi ear candles Ho The process of Hopi candles involves a specially designed hollow candle being inserted just inside the ear canal. This process is known as the chimney effect The rising air gives the eardrum a gentle massage and also helps to regulate ear pressure This is a very safe therapy and its popularity id growing as more people become aware of its positive benefits. Hopi ear candling can help with a variety of conditions of the ear. These include Tinnitus, sinusitus, glue ear, hayfever and rhinitis, excessive ear wax, general hear loss, colds, tension headaches.

### TREATMENTS FOR SPECIAL OCCASIONS

#### Hair & Make up for special occasions from £30 each

Our Hair and make up artist will make you look and feel great. Your hair style and make up is tailor made to suit your occasion. Air brushing can be used to achieve a flawless complexion. You will be given a full consultation and trial so that you are comfortable with your look. We are able to provide a pre wedding pamper package, hen party make overs, ball make overs and much more. Please ask Sheila for further details of packages and prices

**24 hour notice required for all cancellations**

### PAMPER PARTIES

Give your parties a little twist. While you're eating, drinking and getting merry, let your guests unwind with a relaxing treatment. Our therapists will prepare a tailor made schedule with a selection of suitable treatments for your party.

### GIFT VOUCHERS

Mellow moments provides gift vouchers for any occasion; birthdays, weddings, anniversaries, Mothers and Fathers day and any other special day/events you may have. Please ask Sheila for further details

### HAIR, MAKE UP AND BEAUTY LESSONS

Available to book for groups – please call Sheila for further details

Mobile service available for treatments for £30 or more. Cash or Cheques accepted



For treatments please call  
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