

the
green
room



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The Green Room

The Green Room is an oasis of relaxation, serenity and indulgence. So, whether you are looking to escape the stresses of modern life; create a striking new image; or simply languish for an hour or so whilst being pampered from head to toe, we can offer a wonderful menu of treatments from Indian head to Swedish body massage and everything in-between!

Using the latest 'must have' beauty and aromatherapy products including **Murad**, **Bod and Jessica**, our aim is to ensure we treat your inner as well as outer self; helping to rebalance mind and body harmony. So when you leave your only thought should be when you are planning to book in again!

All treatments start with an initial consultation with our professional therapist to ensure both medical and physiological details are appropriately noted.

Massage and Body Treatments

Aromatherapy

An individually tailored and holistic treatment, which can relieve and treat a variety of ailments such as insomnia, stress, chronic fatigue, migraines, skin conditions, ENT congestion, digestive problems, feminine issues and depression.

To benefit from the full effect, a fully body massage using the appropriate aromatherapy oils as appropriate to your skin type together with physical and emotional needs of the time, is recommended.

Back	30 minutes	£25.00
Full Body	1 1/4 hours	£40.00

A Deep-Tissue Massage works to 'unstick' the fibres of the deep layer muscles and increase circulation. It is particularly beneficial to those with chronic muscle fatigue, scar tissue and also assisting in the recovery process from sports injuries.

Back, Neck & Shoulders	45 minutes	£35.00
Full Body	1 hour	£45.00
Full Body and Face	1 1/2 hours	£55.00



Firm & Tone Massage

Using invigorating scrubs containing sugar crystals and Jojoba Beads to improve the skin's elasticity together with firm and tone serum incorporating Cat's Claw and body firming cream with the tightening and toning power of Oat Beta Glucan, Soy Flour and Vitamin C, all taken from the **Murad** Firm and Tone Body Treatment range; this specialised hands-on therapy helps improve the overall appearance of skin by reducing the visible signs of cellulite and stretch marks whilst increasing firmness and elasticity. It also stimulates the circulatory and lymphatic systems as well as being designed to reverse the dimpling effect associated with cellulite.

Hip & Thigh Treatment	45 minutes	£45.00
Bust & Upper Arms	30 minutes	£30.00
Tum & Bum	45 minutes	£45.00



Indian Head Massage

Based on the Ayurvedic system of healing, which has been practised in India for thousands of years and using acupressure in conjunction with the body's natural healing and energy points to assist in the relief of stress and tension, fatigue, insomnia, headaches, migraines and sinusitis. It can also help improve blood circulation, lymphatic flow and the accumulation of toxins.

Head treatment	45 minutes	£30.00
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(including shoulders, upper back, neck, scalp & face)



Swedish Body Massage

Developed in the 1700's by a Dr Per Henrik Ling, this series of massage techniques relaxes muscles by applying pressure to them against deeper muscles and bones. It helps release toxins from the muscles, stimulates them and the skin and so reduces tension and stress, both physical and emotional.

Back & Shoulders	45 minutes	£30.00
Full Body	1 1/4 hours	£40.00



Facials

Using cutting edge facial treatments from the **Murad** range of products *where skincare meets healthcare*, our therapist can recommend a facial to brighten and revive your complexion whatever your skin type or concern.

Each treatment is a powerful, scientifically proven solution to a specific skin concern and is based on Dr Murad's Cellular Water Principle, the process of replenishing the lost water in our cells in order to make our skin and bodies as healthy and beautiful as they can possibly be. This translates into treating from the inside as well as the outside.

The treatments, which are interchangeable but are designed to work together as a system, with each step preparing your skin for the next, comprise: Cleanse & Tone; Treat & Repair; and Hydrate & Protect.

Choose from the following:

Murad Clarifying Enzyme Treatment Facial

This clarifying regime is an ideal introduction to facial treatments and is scientifically formulated to improve skin clarity and reduce blemishes whilst soothing redness and inflammation. Using the natural fruit enzymes of Papaya and Pineapple plus antioxidant ingredients to help exfoliate and clear the skin together with hydrating agents, it is excellent for targeting congested, hormonally disrupted or acne prone skin and delivers results for both teens and adults. It can be personalised to both refresh and regenerate and can separately be used as a treatment for breakouts on the back and décolleté.

Facial	45 minutes	£40.00
Facial & Hand Therapy	1 hour	£45.00
Back or Décolleté	30 minutes	£30.00

Murad Anti-ageing AHA Facial

As a pioneer in the use of AHA's in professional treatments, Dr Murad has developed a proven solution for reducing fine lines and wrinkles in all skin types. Concentrated Glycolic, Lactic and Salicylic Acids in the form of a Tri-Active mask exfoliates, while a unique patented blend of antioxidants, anti-inflammatories and hydrators including Sunflower and Evening Primrose oil, soothe and revitalize to reveal a softer, smoother complexion. When undertaken as part of a series of treatments, our therapist will gradually increase the percentage of Glycolic Acid with each treatment, which in turn will accelerate cell turnover and encourage healthy skin.

Facial	1 hour	£60.00
Facial, Hand Therapy & Neck & Shoulder Massage	1 ¼ hours	£70.00



Murad Resurgence Renewal Facial

Regain a youthful, luminescent glow with this luxurious, medically advanced dual-mask facial. This is the perfect remedy for anyone experiencing dry skin, loss of elasticity, dullness and/or hormonal breakouts. Combining Avocado oils and Shea butter to hydrate and restore suppleness, texture and tone with AHA, fruit enzymes, Soy and Clove to promote cellular renewal, increase elasticity and diminish the presence of fine lines; this blissful treatment will ensure your skin looks and feels dramatically softer, smoother, firmer and more radiant.

Facial	1 hour	£65.00
Facial, Hand Therapy & Neck & Shoulder Massage	1 ¼ hours	£75.00



Bod Deluxe Facial

As an alternative, why not try our deluxe pampering facial using the exclusive range of **BOD** products, only just introduced into the UK. The BOD philosophy combines eastern wisdom with the knowledge of modern therapeutic practice, inspired, created and hand-made by trained practitioners using only the purest natural ingredients including white tea, yucca, tangerine, sesame oil, geranium, rose maroc, neroli and lavender and rose hydrosol amongst others. The range is free from any artificial scents, petrochemicals, sulphates, parabens or artificial preservatives. They are designed to care for your skin, promote balance and restore harmony and health, reflected by the BOD symbol 'kawa' meaning flow or river in Japanese.

Sight and smell of these products alone will send your senses into overdrive and have you rushing to book your next treatment!

BOD Facial	1 ¼ hours	£75.00
Facial, Hand Therapy & Neck & Shoulder Massage	1 ½ hours	£85.00



All products used in our facial treatments are available as retail and advice as to which is the appropriate treatment will be provided by our professional therapist.



Beauty Treatments

Wax Treatments

Using only the best hot and warm wax to guarantee a clean and smooth finish.

Half Leg Wax (knee to ankle)	£15.00
Half Leg Wax (above knee)	£17.50
Full Leg Wax	£25.00
Underarms	£7.50
Upper Lip or Chin	from £6.50
Bikini Line (standard line)	£7.50
Bikini Line (high leg)	£10.00

Please note that waxing cannot be combined with any other treatment incorporating the waxed area.



Eyebrow and Eyelash Treatments

Please note to new clients to tinting, a patch test is necessary 24 hours prior to any treatment.

Eyebrow Shape	£7.50
Eyebrow Tint	£6.50
Eyelash Tint	£12.50
Eyebrow & Eyelash Tint	£17.50



Manicures & Pedicures

Using the well renowned Jessica products, a range of treatments are available. Please note that clients attending pedicure appointments must wear open toed shoes.

Jessica Prescriptive Manicure	45 minutes	£22.50
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This treatment analyses and treats each nail according to its specific nail type. The hands are exfoliated, cuticles nourished and repaired with oils and cream before the nail shape is perfected and treatment base coats and colour are applied for a perfect finish.

Jessica Deluxe Manicure	1 ¼ hours	£27.50
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The Jessica Prescriptive Manicure using thermal mittens for deeper penetration of the oils and creams.

Jessica Prescriptive Manicure – No Polish	£17.50
Jessica Prescriptive Manicure – French Polish	£25.00
File & Polish	£12.50
French File & Polish	£15.00

ZenSpa Pedicure	1 hour	£27.50
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The ZenSpa pedicure treatment leaves the feet feeling smooth and soft; finished perfectly with nail treatment and perfectly polished toes.

ZenSpa Deluxe Pedicure	1 ¼ hours	£35.00
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This luxury treatment uses thermal heated booties and includes the use of two exfoliation scrubs and massage to the lower leg.

ZenSpa Pedicure – No Polish	£20.00
ZenSpa Pedicure – French Polish	£35.00
French Polish – Toes	£15.00



The Green Room Etiquette

As a courtesy to all our clients and guests, we endeavour to operate a prompt appointment schedule and strongly suggest that you arrive at or just before your agreed appointment time. This will help ensure you have enough time to complete any necessary paperwork and to help prepare you for your treatment. If you do arrive late, we cannot guarantee your treatment will take place and you may be liable to a cancellation fee.

All treatment times are approximate and subject to availability.

Please note that all treatments are non refundable and 48 hours notice of cancellation is required for all bookings to avoid being charged at the full amount. It may be possible to transfer a treatment to a future booking so long as 48 hours notice given and the future booking is taken within a 3 month period.

We reserve the right to amend treatment prices without prior notice.

Mobile phones can be really irritating when they go off unexpectedly so we ask all clients and guests to switch off (in every sense) when entering the oasis of relaxation and serenity that is The Green Room.

Thank you

