

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, 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.

Neck and Back	40 minutes	<b>£40.00</b>
Full Body	1 hour	<b>£55.00</b>

### Reflexology

A deeply relaxing ancient holistic Chinese therapy originated over 5000 year ago, of foot or hand massage, creating a feeling of well-being and encouraging restoration of health. The treatment stimulates the bodies systems in order to help it find its natural balance. Reflexology can help numerous conditions; stress, tension, digestive disorders, pain control and can also help slow down the process of degenerative disorders.

Hand and Foot	45 minutes	<b>£47.00</b>
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## 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	<b>£45.00</b>
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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, Neck & Shoulders	30 minutes	<b>£30.00</b>
Full Body	1 hour	<b>£58.00</b>

## Hot Stone Massage

Basalt stones are heated and placed in key points of your body. The warmth relaxes both physical and mental, stresses reduced and circulation improved. Toxins are eliminated and can help joint pain. Ideal for deep relaxation.

**\*\*Not for pregnant women\*\***

Back, Neck & Shoulders	30 minutes	<b>£42.00</b>
Foot & Leg	30 minutes	<b>£35.00</b>
Full Body	1 hour	<b>£60.00</b>

## Reiki

A gentle and effective, non-invasive hands-on therapy which works towards re-establishing your inner balance by focusing on the cause and effect of any ailment. Throughout this couch treatment the clients remain fully clothed. Reiki penetrate even through a plaster cast. The benefits are restoring a person to a state of harmony and balance, raising self esteem and drastically reducing stress and tension.

Full Body	1 hour	<b>£58.00</b>
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## Susan Molyneaux Facial Treatments

Susan Molyneaux products contain organic ingredients, plant extras and essential oils; they are free from lanolin, contain no artificial colours or perfumes and are not tested on animals.

### Express Facial

A rejuvenating mini facial, this is an ideal skin boost and great before a special occasion.

30 minutes	£35.00
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### Deep Cleansing, Super Nourishing Facial

A facial tailored to suit your skin.

Includes a relaxing face and neck massage, a steam treatment and a mask.

1 hour	£55.00
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### The Prescription Facial

A specialized facial that is unique to you. Plant extracts are specially blended to make a massage cream and mask to be used in your treatment; this facial is perfect for those with sensitive skins.

1 hour and 15 minutes	£57.00
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### Collagen Facial

The definitive hydrating treatment – this facial plumps out fine lines and wrinkles leaving skin visibly smoother and softer. Includes a relaxing face and neck massage.

1 hour	£57.00
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## 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)	<b>£15.00</b>
Half Leg Wax (above knee)	<b>£18.00</b>
3/4 Leg Wax	<b>£20.00</b>
Full Leg Wax	<b>£25.00</b>
Full Leg and Bikini	<b>£33.00</b>
Bikini	<b>£15.00</b>
Brazilian waxing from	<b>£27.00</b>
Underarms	<b>£13.00</b>
Forearm	<b>£15.00</b>
Back	<b>£27.00</b>
Chest	<b>£25.00</b>
Upper Lip or Chin	<b>£8.00</b>
Upper Lip and Chin	<b>£12.00</b>

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 (wax)	<b>£10.00</b>
Eyebrow Tidy	<b>£7.00</b>
Eyebrow Reshape - Threading	<b>£12.00</b>
Eyebrow Tidy - Threading	<b>£8.00</b>
Eyebrow Tint	<b>£7.00</b>
Eyelash Tint	<b>£12.00</b>
Eyebrow & Eyelash Tint	<b>£14.00</b>

## Manicures & Pedicures

### Manicure by O.P.I

The perfect treatment for your nails!

#### Mini manicure

Nail Shape and Polish	<b>£15.00</b>
Nail Shape, Cuticle Tidy and Polish	<b>£21.00</b>
French Polish	<b>£24.00</b>

#### Beyond the basics manicures

Full manicure with hand and arm massage, special treatment mask, plus polish of your choice. Ideal for dry, dehydrated hands.	<b>£30.00</b>
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### Pedicure by O.P.I

Pedicures to refresh and re-energize!

Please note that clients attending pedicure appointments must wear open toed shoes.

Essential Pedicure – to maintain feet in peak condition.

Foot soak, dry skin removal, nail and cuticle work and polish	<b>£27.00</b>
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#### Revitalizing Pedicure

Full pedicure plus a foot and lower leg massage, a treatment mask and polish of your choice	<b>£39.00</b>
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## 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