



# SOUL THERAPIES

HEALTH AND BEAUTY

## SERVICE MENU



welcome to **Soul Therapies**, a peaceful haven within the heart of the city... switch off, kick back and enjoy the wide range of treatments, therapies and **pamper packages** on offer

### SKINCARE WITH DERMALOGICA

we analyse then customise...

Trained with the International Dermal Institute, working with the revolutionary Dermalogica Skincare range, our expert skincare therapist will analyse and customise your facial to suit your skin's needs on the day.

Simply choose the amount of time you want to spend on your facial, and enjoy a fully personalised prescriptive skincare experience.

<b>Mini Soul Facial</b>	30min	<b>£25.00</b>
<b>Classic Soul Facial</b>	60min	<b>£40.00</b>
<b>Luxury Soul Facial</b>	75min	<b>£48.00</b>

Please arrive 10 minutes before your skincare treatment to fill out your consultation card (if it is your first visit) and remove all makeup before arrival, to allow maximum treatment time.

### FOR MAXIMUM RESULTS - BOOK A COURSE OF 6 SKINCARE TREATMENTS or HOLISTIC THERAPIES BELOW FOR THE PRICE OF 5.

### SOUL HOLISTIC THERAPIES

ease out tension and stress...

#### Soul Massage

Your therapist will combine a wide range of massage techniques which may include: Therapeutic; Deep Tissue; No Hands; Swedish or Accupressure, when customising your treatment.

30min	<b>£29.00</b>	45min	<b>£36.00</b>	60min	<b>£42.00</b>
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<b>Aromatherapy Massage</b>	75min	<b>£50.00</b>
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Indulge yourself with this luxurious massage with personalised essential oil blend.

<b>Thermo Auricular Therapy</b> (Hopi Ear Candling)	60min	<b>£40.00</b>
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Used by the native American Hopi tribe for many centuries, this is a deeply relaxing natural therapy for problems of the ear, nose and throat. Relieves the symptoms of:- Hay Fever, Migraines, Sinusitis, Tinnitus, Catarrh, Snoring, Glue Ear and Stress.

<b>Reflexology</b>	60min	<b>£42.00</b>
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An ancient form of pressure point massage for the feet. This gentle, relaxing therapy promotes a feeling of wellbeing, reduces stress and rebalances the body's energy.

<b>Indian Head Massage</b>	45min	<b>£37.00</b>
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Deeply relaxing, this specialised technique concentrates on the back, shoulders, neck, scalp and face.

<b>Reiki</b>	60min	<b>£42.00</b>
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This is one of the most advanced natural stress and health improving therapies available. A 'hands on' therapy designed to balance energy and promote healing.

<b>Reiki and Massage</b>	1hr 30min	<b>£60.00</b>
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<b>Reiki and Reflexology</b>	1hr 30min	<b>£60.00</b>
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### SOUL SPA THERAPIES

Through the various benefits of heat and the undeniable power of touch every Thermal Spa Therapy offers an amazing sensory experience. Completely customised to either energise or reduce stress and designed to target your skin's most pressing concerns.

<b>Thermal Rice Bran Foliation</b> – NEW	45min	<b>£40.00</b>
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Thermal Oatmeal and Rice Bran Powder activates to create a warming, gentle and very effective treatment, to whisk away dead skin cells. (Recommended for all skin types and ideal for the most sensitive skins.)

<b>Hydro-Active Mineral Salt Scrub</b>	45min	<b>£40.00</b>
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Mineral Rich Sea Salt and Dried Seaweed exfoliate while skin smoothing Fruit Enzymes help dissolve dead skin cells naturally, for a smooth and silky finish. (Recommended for all skin conditions except sensitive or sensitized skin.)

<b>Deep Thermal Therapy with Thermal Stamp</b> - NEW	90min	<b>£65.00</b>
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Inspired by the practices of 14th Century Thai Therapy, this treatment utilises a unique heated porous fabric stamp filled with natural Earth Clays and Tropical Asian herbs, to carry out deep massage manipulations along the meridian and pressure points of the body. Leaves skin silky smooth and melts away aching muscles. Includes full body Foliation.

<b>Body Therapy Hydro Wrap</b>	60min	<b>£48.00</b>
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An ultra soothing and nourishing experience, which infuses the skin with the natural hydrating properties of this Aloe Vera gel-based wrap. Recommended for all skin types.

<b>Power Recovery Wrap</b> – NEW	60min	<b>£48.00</b>
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A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation and promote healthier skin. An intense wrap which is ideal for dry, sensitive or prematurely-aging skin conditions

<b>Nourishing Sea Mud Wrap</b>	60min	<b>£48.00</b>
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Nourishing earth days draw out impurities, while Ginger and White Tea stimulate circulation and smooth away dead skin cells. This cleansing and detoxifying treatment encourages absorption of nourishing botanicals. Recommended for all skin types.



**dermalogica® O·P·I**



## SELF TAN

### Fake Bake or Susan Molyneux

A healthy glowing all year tan is revealed after 8-10 hours.

Includes body exfoliation. Please remember to wear loose, dark clothing.

Full body	60min	<b>£40.00</b>
Upper body	45min	<b>£34.00</b>
Legs only	30min	<b>£26.00</b>

## WAXING FOR WOMEN

Eyebrow	15min	<b>£10.00</b>
Lip or Chin	15min	<b>£7.00</b>
Lip and Chin	15min	<b>£10.50</b>
Under arm	15min	<b>£10.00</b>
Half arm	20min	<b>£13.00</b>
Full arm	30min	<b>£17.00</b>
Bikini	30min	<b>£14.50</b>
Half leg	30min	<b>£17.00</b>
Full leg	45min	<b>£23.50</b>
Full leg and Bikini	60min	<b>£36.00</b>
Full leg, Bikini and Under arm	75min	<b>£45.00</b>

## EYE DEFINITION

Brow tint	15min	<b>£9.00</b>
Lash tint	20min	<b>£13.00</b>
Eye focus (Brow shape and lash tint)	45min	<b>£22.00</b>

Patch test must be carried out 24hrs before treatment.

## HANDS

File and polish (hands or feet)	30min	<b>£17.50</b>
Full OPI manicure	60min	<b>£30.00</b>
Luxury OPI manicure	75min	<b>£35.00</b>
French Polish	additional 10min	<b>£3.50</b>

## FEET

Full pedicure	60min	<b>£32.00</b>
Luxury pedicure	75min	<b>£37.00</b>

Please bring flip flops or open toe shoes for all pedicure work.

