

Welcome to your time to relax & unwind

I've put together a selection of personally recommended massage therapists / beauty therapists / nail technicians & yoga instructors to enhance your stay with us. Please contact them directly to organise, and we recommend that you give them as much notice as possible.

Please remember all therapists take CASH ONLY, so please have this available to give to them.

Thanks & Enjoy

Vicky x

Beauty therapist - Emma Smith

Emma has been a beauty therapist for 18 years working in salons for most of that time. Emma has now built up a mobile beauty business and is very professional, organised and skilled.

Massage: Back - 40 mins £30

Full body - 1 hour £40

scalp - 20 mins £25

Facial: full - 50 mins £35 mini - 30 mins £25

Nails: full shellac mani with massage £25 full shellac pedi with exfoliation & soak £37 standard shellac pedi £25 full manicure £25 full pedicure £25 shape & polish £13

Eyes: lash tint £12 / brow tint £5 / lash extensions £15

Makeup all occasions £20

Emma 07943534059

emmsthebeautician@gmail.com

Annette Graham - Harmony & Balance

If you enjoy a lighter touch massage Annette is your lady

www.harmonyandbalance.uk

Reiki - 1 hour £35

Reflexology - 1 hour £35

Hopi ear candling - 40 minutes £35

Swedish Full Body massage - 1 hour £35

Warm bamboo massage - 1 hour £40

Annette 07769183286

Tracey Harris CSSM(Dip) MISRM - ProRehab Therapy

Tracey's massage is unbelievably good! Tracey provides Sports & Injury rehabilitation massage

www.prorehabtherapy.co.uk

Prices from £25

Tracey 07767 236166

YOGAYOU - Rebecca Bieräguel

"Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything." Thich Nhat Hahn

Becky is my yoga teacher, and she is a kind, calm lovely lady. She will create a session based entirely around your needs. Her yoga style is calm and shes a pro at Yoga Nidra

To find out more about One To One Yoga Sessions please have a look at...

www.yoga-you.co.uk

...or get in touch with:

Rebecca 07886443917

(becky@yoga-you.co.uk)
