



## Beauty and Relaxation Therapies at St Elizabeth's House

**We are pleased to offer a superb selection of relaxation therapies available in the comfort of your own hotel bedroom. Ideal for those who lead a stressful lifestyle.....**

### **Aromatherapy**

Involves a totally relaxing massage with exclusive essential oils, programmed to enhance the clients' needs. It works on the balancing and beneficial effects of the body and lymphatic system. Uplifts mind and spirit. Relieves stress and anxiety. Helps with insomnia. Aids digestion. Improves circulation. Relieves arthritic pain and muscle tension  
Balances hormones.

1hr Full Body	£45.00
1hr 30min Body & Facial Treatment	£60.00
25min Aroma Facial Treatment	£35.00

### **Reflexology**

Pressure to certain minute points on the feet that relate to organs and systems of the body improves overall health and balance. Reflexology can treat headaches, stress, depression, digestive disorders, asthma, IBS, PMT, Menopause, Acne, Eczema, Arthritis and Sciatica

45min Treatment	£42.00
-----------------	--------

### **Indian Head Massage**

A stress relieving massage of the upper back, shoulders, arms, neck, head and face, It originates from the Ayurvedic healing system dating back 4000 years. This beautiful tradition uses techniques to stimulate and relax where tensions are held. Benefits: promotes healthy hair growth; relieves tension headaches; migraine and sinus conditions; improves circulation and relieves chronic neck and shoulder stiffness and tense knotted muscles.

40min Treatment ( <i>With aromatic oils</i> )	£42.00
---	--------

### **Reiki Healing**

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 can 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.

30min Treatment	£38.00
-----------------	--------

### **Deep Tissue Massage**

Helps to ease aches and pains that leave you angry and irritable. The risk of prolonged discomfort from injury is reduced as thick-knotted muscles and tender points can be discovered and treated. Massage helps the rehabilitation of old injuries with better circulation, improved muscle tone, mobilisation of stiff joints and pain releasing techniques. Injury occurring from impact, such as whiplash and tennis elbow, is eased by massage and releasing tension in the neck can help reduce headaches, trapped nerves, chronic pain and insomnia. Arthritis sufferers and stroke victims can also benefit from regular treatment.

1hr Treatment £45.00

### **Hot Stone Therapy**

Basalt stones are heated and placed in key points. 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\*\***

1hr 30min Treatment £65.00

### **Rejuvenessance®**

A unique holistic therapy known as "The Fingertip face lift". It includes a gentle, relaxing, precise fingertip massage to release tensions of the 91 muscles of the face, neck, skull and shoulders. It works on the connective tissue to make it more elastic and toned. Acupuncture points and the meridians to detoxify and balance. This technique improves complex lines and wrinkles diminish, vitality restored. Creating a healthier, happier younger appearance.

1hr 30min Treatment £70.00

**To book your treatments please call reservations: 01752 344840 (24 hours notice is preferred)**

### **Wedding Price List**

Hair	Bride + Rehearsal	£60.00
	Guests	£40.00
Make up	Bride + Rehearsal	£60.00
	Guests	£40.00
Manicure	Bridge & Guests	£30.00
	French Manicure	£40.00
Aromatic Facial & Hand Massage		£40.00
Aromatherapy Back & Shoulder Massage		£38.00