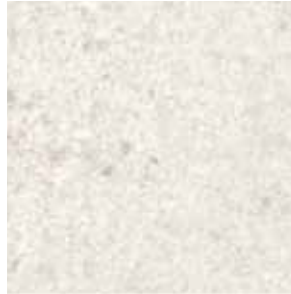


the beauty room



Retford
chiropractic
wellness centre



the body

Enzymatic Sea Mud Wrap

1 hour - £38.00

Using a unique mixture of plant enzymes and seaweed in a mineral base, this detoxifying sea mud wrap exfoliates and revitalises the body whilst infusing the skin with nourishing botanicals and essential oils.

Power Recovery Wrap

1 hour - £38.00

This intense nourishing and conditioning body wrap has a unique blend of Wasabi Root and Tropical Asian Ginger which stimulates circulation around the body whilst White Tea and Colloidal Oatmeal nourish the skin.

Body Hydrating Wrap

1 hour - £38.00

A hydrating body treatment which involves a high intensity moisturising and soothing wrap. The wrap is complimented with an aloe vera based masque enriched with Vitamins A, C and E to nourish the skin, while essential oils of Sandalwood, Orange and Clary Sage soothe and relax the body.

The Ultimate Thermal Body Treatment 2 hours - £66.00

The ultimate treatment to help you relax and unwind whilst promoting a feeling of well-being throughout the body. This treatment incorporates a 'Dermalogica Body Wrap' and uses a 'Thermal Stamp' to give a warm feeling over the body. The stamp is filled with skin-benefiting ingredients which release throughout the treatment, whilst the power of the heat detoxifies, re-mineralises and exfoliates. Natural earth clays draw out impurities while ginger and white tea stimulate circulation and smooth skin. Deep massage along pressure points and meridians of the body relieves aching muscle tissue and works to rebalance the body.

Purifying Back Treatment

30 minutes - £20.00

An ideal treatment for those needing the benefits of both stress relief and purification on their back. This thorough back cleansing treatment utilises the Dermalogica range to exfoliate and purify the skin; steam is applied, followed by deep pore cleansing and the application of a treatment masque to refine the pores and control the skin's sebum production.

Silk Body Exfoliation

30 minutes - £18.00

A full body treatment which begins with dry body brushing to help stimulate the lymphatic system and remove any surface dry or dead skin cells, followed by a body exfoliation using the Dermalogica body range. The treatment ends with a generous application of Dermalogica moisturiser to hydrate and re-mineralise the skin. The perfect treatment to prepare your body for sun exposure, or simply to help you feel silky smooth!



facials

Regular facials may help to improve skin elasticity, tone and texture whilst nourishing and hydrating the skin; they may also help to fight problematic and congested skin and can prevent breakouts.

Each facial begins with 'Dermalogica Face Mapping' – a skin analysis which identifies your individual skin type and helps the therapist to tailor your prescription facial with the appropriate Dermalogica products. This is followed by a deep cleanse and exfoliation with steam treatment enhancing the effectiveness of the products. To compliment this, a facial masque is applied which hydrates and conditions your skin. Longer appointments allow for a shoulder, neck, scalp and face massage. Facials conclude with an application of your prescribed Dermalogica serums and moisturiser.

We tailor our facials to each individual; therefore all you need to do is decide how long you would like to spend with us, and we will customise your treatment to suit your needs. Our facials are suitable for men, women and teens alike. Specialist Dermalogica products are used to help combat a range of skin conditions including premature ageing, acne and pigmentation.

30 minutes - £20.00

60 minutes - £34.00

75 minutes - £38.00



massage

Massage therapy has been used for centuries as an aid to well-being and has long-term health benefits. Whether you're looking for a deep sports therapy massage, which has a corrective effect on the muscular system, or a calming, relaxing massage incorporating hot stones and hot towels, your massage at our wellness centre will be tailored to suit your individual needs, using unique techniques to aid deep relaxation and promote a peaceful state over the entire body.

One of our special therapies, a 'Chiromassage', is a pressure point massage, which helps to ease muscle discomfort caused by bones being misaligned, and is used to compliment your chiropractic adjustment. Our therapists and Chiropractors work closely together to ensure your treatment is of the highest standard, benefitting you in every way.

Our highly trained therapist will consult you before your treatment begins, and tailor your massage to your individual requirements.

20-25 minutes - £13.00 (Only available alongside a chiropractic treatment)

30 minutes - £18.00

60 minutes - £32.00

alternative therapies

Clinical Reflexology

Reflexology uses the pressure points on the hands and feet to help the body restore and rebalance itself naturally. A firm pressure is sustained throughout the treatment to enable the organs and glands to respond to their corresponding reflex points. Reflexology helps your body to seek its own equilibrium to achieve well-being whilst leaving you with a feeling of relaxation and calm.

Initial consultation 60 minutes **£35.00**
Treatment Visits 45 minutes **£30.00**

Hot Stone Therapy Massage

1 hour - £38.00

An energising, yet utterly relaxing treatment which helps to rebalance the mind and body. Warm volcanic stones are placed on specific meridian points throughout the body creating a sense of warmth and working to rebalance the body. Whilst this is taking place, volcanic stones are used for massage; the warmth of the stones helps to penetrate deep into the muscle, causing a state of total relaxation, leaving you feeling revived and rejuvenated.

Lymphatic Drainage Therapy

45 minutes - £26.00

The treatment begins with dry body brushing which stimulates the blood supply and lymphatic flow; this is followed by a light massage which helps to drain toxins and waste materials from the body. A therapy perfect for an over-tired and fatigued client, for someone recovering from an illness or suffering with long-term complications.

Indian Head Massage

45 minutes - £26.00

A very deep and relaxing therapy performed fully clothed. No oils are used in this therapy as it relies purely on pressure point massage on specific areas of the upper back, neck, shoulders and scalp. The massage is an uplifting experience and a perfect 'pick-me-up' for a fatigued or stressed client.

Hopi Ear Candles

45 minutes - £26.00

Hopi ear candles can help to rebalance and release pressure in the ears, head and sinuses. The treatment can be effective for conditions such as migraines, glue ear, nervousness and earache. The gentle sound and movement created by the flame of the burning candle generate a mild vibration on the ear-drum, and a massage-like effect on the inner ear, which together with the warmth of the candle and the release of essential oils can soften ear wax. The therapy includes a relaxing scalp massage whilst the candles burn, and concludes with a facial massage to help drain the sinuses.

Acupuncture

An ancient Chinese system of health to restore harmony and balance in the body, mind and spirit. Acupuncture is not only helpful for pain relief and illness; it is very effective in stress relief and for personal and spiritual developments. As well as treating symptoms, acupuncture is used to rebuild the energy structure of the body, mind and spirit and therefore all types of illnesses including rare conditions may be reversed.

Initial Consultation

1 hour - £40.00

Treatment Visits

30 minutes - £27.00



tinting & waxing

Eyelash Tint	£10.00
Eyebrow Tint	£10.00
Eyebrow Re-shape	£6.00
Lip or Chin	£6.00
Underarms	£10.00
Forearms	£10.00
Back or Chest	£15.00
Bikini Line	£15.00
Half Leg	£15.00
Full Leg	£22.00



hands & feet

Paraffin Wax Treatment

The hands and feet are exfoliated to remove any surface dry or dead skin; they are then covered in a warm aloe-vera paraffin wax. Heated mittens and booties are used to allow the nourishing and healing properties of the wax to diffuse into the skin. The wax is then peeled away to reveal velvet smooth skin.

just hands or feet **30 minutes - £18.00**
hands and feet **45 minutes - £28.00**

Manicure **45 minutes - £18.00**

The classic manicure includes specific cuticle work and nail preparation followed by a luxury hand and arm massage, and is completed with a file and polish.

Luxury Manicure **1 hour - £22.00**

Our luxury manicure allows you to enjoy all the above with the added luxury of a hydrating hand masque used along side heated mittens.

Pedicure **45 minutes - £20.00**

Our classic pedicure includes specific cuticle work and nail preparation followed by a luxury foot massage and exfoliation, and is completed with a file and polish.

Luxury Pedicure **1 hour - £24.00**

Indulge in all the above with the added luxury of hydrating foot masque used along side heated booties for extra relaxation.

treatment packages

Summer Sensation **2 hours 30 minutes - £72.00**

The perfect preparation for your holiday, or the ideal way to get ready for summer!

Includes:

*½ Leg Wax
Underarm Wax
Luxury Pedicure
Eyelash Tint
Silk Body Exfoliation**

**Please note this treatment cannot be taken on the same day as waxing*

Pregnancy Pampering **2 hours 30 minutes - £72.00**

The perfect way to help you relax and unwind during your pregnancy!

Includes:

*Facial with Relaxing Head Pressure Point Massage
Luxury Foot Treatment
Reflexology*

Bridal Bliss **2 hours 30 minutes - £80.00**

Just what you need to help you look and feel your best on that special day!

Includes:

*Luxury Hand and Foot Treatment (includes file and polish)
Eyelash Tint
Facial
Relaxing Back, Neck and Shoulder Massage*

Holistic Heaven **2 hours 30 minutes - £80.00**

Sheer indulgence as this package combines three of our most relaxing holistic therapies.

Includes:

*Reflexology
Facial
Hot Stone Therapy Back, Neck and Shoulder Massage*

Gift Vouchers

Gift vouchers are available for each treatment and make the perfect present for that special someone! If you're not sure which treatment would be most suitable, you can purchase a gift voucher to your chosen value; this can then be redeemed either against a treatment or to purchase Dermalogica products.



the beauty room



Opening Times

Monday to Friday: 8.30am - 7.00pm

Saturday: 8.30am - 2.00pm

Car Parking available on site

Cancellation Policy

If you need to cancel or rearrange an appointment please let us know as soon as possible. The full fee will be charged if less than 2 hours notice is given.

Contact Details

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Tel: 01777 710720

Email: yourwelcome@retfordchiro.co.uk

www.retfordchiro.co.uk

