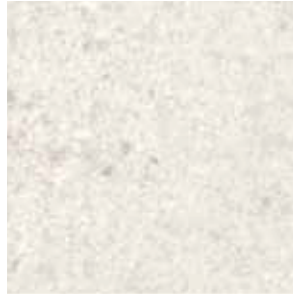
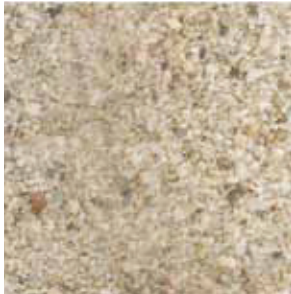


the beauty room



Retford
chiropractic
wellness centre



the body

Body Exfoliation

30 minutes - £20.00

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. Your Dermalogica skin expert may choose from the following body exfoliators to create the ultimate skin result:

Mineral Salt Scrub Therapy

Mineral Sea Salts and Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body.

Body Foliation Therapy

Give your body the customised exfoliation it needs coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper-pigmentation.

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!

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.

Body Wrap

60 minutes - £38 .00

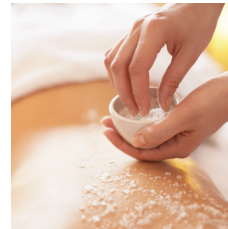
The treatment will start with a full body exfoliation using the Dermalogica skin range to prepare your skin for the nourishing wrap. Following this a targeted and customised body pack will be applied before cocooning your body to maintain warmth and utilising the heat to encourage the absorption skin-benefitting ingredients. One of the following body packs will be selected according to your skin needs:

Power Recovery Therapy

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customized essential oil blends in a massage medium offer aromatherapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

Nourishing Sea Mud Therapy

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin.



facials

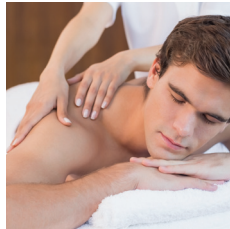
Regular facials whilst nourishing and hydrating the skin may help to improve skin elasticity, tone and texture; they may also help to fight problematic and congested skin and can prevent breakouts.

Each facial begins with 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 complement 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.

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. In addition to our facials, our skin care specialists offer free Dermalogica mapping to offer you bespoke skincare advice.

Express Facial
Prescription Facial
Luxury Facial

30 minutes - £22.00
60 minutes - £35.00
75 minutes - £40.00



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.

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

25 minutes - £17.00 (Only available alongside a chiropractic treatment)
30 minutes - £20.00
60 minutes - £36.00
90 minutes - £52.00

Hot Stone Back Massage & Dermalogica Facial
75 minutes - £45.00

Myofascial Release

Myofascial Release Massage is a soft tissue therapy for the treatment of immobility or pain. The massage focuses on rehabilitating muscular tension by elongating and softening the connective tissue using a combination of release and stretch techniques.

45 minutes - £28.00
60 minutes - £36.00

alternative therapies

Reflexology

60 minutes - £35

Reflexology works with the pressure points on the feet to help the body restore and rebalance its-self naturally. A firm pressure is sustained throughout the treatment to enable the organs and glands to respond to the nerves they correspond with. Reflexology helps your body to seek its own equilibrium to achieve well-being whilst leaving you with a feeling of relaxation and calm.

Hot Stone Massage

1 hour - £38.00

An energising treatment that helps rebalance the mind and body. Volcanic stones are used to massage the body, whilst the warmth from the stones helps to penetrate deep into the muscles and cause a deep state of relaxation leaving you feeling revived and rejuvenated.

Lymphatic Drainage Therapy

45 minutes - £28.00

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

Indian Head Massage

45 minutes - £28.00

Indian Head massage is an invigorating massage to the shoulders, neck, scalp and face. The treatment purely relies on pressure point massage techniques to relieve stress and tension from the body. The massage provides a therapeutic and uplifting experience, which will leave you totally relaxed and up-lifted.

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 the essential oils can soften ear wax. The therapy includes a relaxing scalp massage, 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.

Initial Consultation

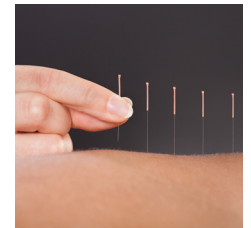
1 hour - £40.00

Treatment Visits

30 minutes - £30.00

Child Treatment Visit

30 minutes - £26.00



tinting & waxing

Eyelash Tint	£9.00
Eyebrow Tint	£7.00
Eyelash & Eyebrow Tint	£14.00
Eyelash & Eyebrow Tint & Eyebrow Re-shape	£20.00
Eyebrow Re-shape	£7.00
Lip or Chin	£6.00
Underarms	£8.00
Forearms	£10.00
Back or Chest	£16.00
Bikini Line	£9.00
Half Leg	£13.00
Full Leg	£20.00
Full Leg and Bikini	£26.00



hands & feet

Heated Hand and Foot 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.

hands or feet	30 minutes - £16.00
hands and feet	60 minutes - £30.00

Manicure **£16.00**

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

Luxury Manicure **£21.00**

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

add paraffin wax **£10.00**

Gel Polish Manicure **£20.00**

A durable, chip free polish with superior shine and easy removal.

Pedicure **£20.00**

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

Luxury Pedicure **£25.00**

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

add paraffin wax **£10.00**

Gel Polish Pedicure **£24.00**

A durable, chip free polish with superior shine and easy removal.

File & Polish **£8.00**

treatment packages

Prepped and ready to go

2 hours - £55.00

The perfect preparation for a holiday or a special event.

Includes:

Underarm Wax

Luxury Manicure or Pedicure

Eyelash Tint

Silk Body Exfoliation

Pregnancy Pampering

2 hours - £55.00

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

Includes:

Facial with Relaxing Head Pressure Point Massage

Foot therapy treatment including cooling masque and foot massage.

Bespoke Bridal Package

2 hours 30 minutes - £75.00

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

Includes:

Luxury Manicure or Pedicure

Eyelash Tint

Facial

Relaxing Back, Neck and Shoulder Massage

Holistic Heaven

2 hours 30 minutes - £75.00

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

Includes:

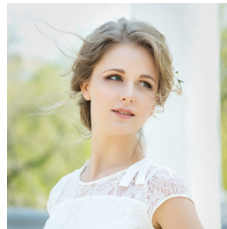
Reflexology

Facial

Hot Stone – 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 6 hours' notice is given.

Contact Details

67 Grove Street, Retford, Notts. DN22 6LA

Tel: 01777 710720

Email: info@retfordchiro.co.uk

www.retfordchiro.co.uk

