

HOLISTIC THERAPIES

Reflexology

A Relaxing Treatment which helps to work the organs of the body by gentle massaging of the feet

Reflexology (45-60 mins)..... £32.50
Course of six Reflexology treatments..... £162.50

Reiki

The Laying on of Hands to Channelling Life Force Energy to relax and balance your body

Reiki (30 mins)..... £22.00
Reiki (1 hour) £41.00
Course of six Reiki 30 minute sessions £105.00
Course of six Reiki 1 hour sessions £210.00

Indian Head Massage

Massage to scalp neck and shoulders using traditional scented oils. Aids increases blood flow to the hair follicles, relieves muscular tension and helps to break down the fibrous knots which build up in these areas.

Indian Head Massage (20 mins) £26.25
Indian Head Massage (30 mins) £31.50
Indian Head Massage (40 mins) £36.75

Bowen Therapy

Bowen Technique is a gentle, effective therapy that promotes relaxation, encouraging your body to balance & heal itself. Beneficial for all kinds of pain, neck/shoulder/back problems, hayfever/asthma, migraine and many others

Taster session (from 30 mins)..... from £20.00
Full Session (40-60mins)..... £40.00

Hopi Ear Candling

Hopi candles are a non invasive treatment of the Ears to treat a variety of conditions such as: Sinusitis, Rhinitis, glue Ear, Excessive ear wax, Hayfever, Migraine, Tinnitus, Stress relief Colds and Flu.

Hopi Ear Candling without massage £24.10
Hopi Ear Candling with massage £29.40
Course of 3 Hopi Ear Candling Treatments & massage .£68.25

MASSAGE

Therapeutic Swedish Massage

Helps us to relax, can help ease aches and pains. It helps trigger the release of the body's natural Pain killers to aid a sense of wellbeing.

Back, Neck & Shoulders (30 mins) £26.25
Full Body (1-1¼ hours) £41.00
Course of six Back, Neck & Shoulder treatments £126.00
Course of six Full Body Treatments £195.50
Luxury Cleansing Back Massage (45mins) £41.00

Priadara Thai-style Massage

Incorporates herbal heat compresses giving a Fantastic modern yet traditional treatment that Soothes and alleviates muscle tension

Priadara Thai Massage (1 hour)..... £41.00
Course of six Priadara Thai Massage treatments £195.50



Hot Stones

Deep tissue massage with the aid of Hot Stones to warm and soften the muscle tissue.

Hot Stones Back Massage. (45 mins) £38.85
Hot Stones Back & Shoulder Massage (60 mins)..... £43.05
Hot Stones Full Body (90 mins) £53.55
Course of six Hot Stones Full Body sessions £262.50

Aromatherapy Massage

As with the Swedish massage with the addition of individually selected natural oils.

Face & Scalp (30 mins) £32.50
Back, Neck & Shoulders (30 mins) £28.50
Full Body (1-1¼ hours) £41.00
Full Body and Facial (2 hours) £54.00

YOUTH ZONE PACKAGES

Prom Packages

Spray Tan, Makeup	£45.00
Spray Tan, Makeup, File & Paint	£58.00

Youth Pamper Party Packages

Hand & Toe File and Paint, Mini Facial, Make Up and Advice on Skin Care	
Youth Package	£29.40
Party of Two	£50.40
Party of Three	£66.20
Party of Four	£77.00

* For further details on Youth Packages & Parties please ask.

SPECIAL OCCASIONS

Wedding Packages

Bridal Makeup Trial	£29.40
Bridal Makeup on the Day	£50.40
Bridal Hair Up Trial	£29.40
Bridal Hair on the day	£50.40
Bridal Hair & Make Up	£89.25
Bridesmaid Hair up Trial	£18.90
Bridesmaid Hair up	£29.40
Bridesmaid Makeup Trial	£18.90
Bridesmaid Makeup	£29.40

Bridal Package

Full body Massage, Spray Tan, Pedicure, Manicure, Bridal Hair & Makeup	£194.25
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Hen Party Packages

Hen Party for six people: Massage, Hand & Toe File & Paint, Mini-Facial, Spray Tan	£582.75
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* For further details on the Special Packages please ask.

* All Packages will be subject to a 50% non refundable deposit

NUTRITION

Weight loss.

Individual lifestyle and Eating programmes designed to lose 14lbs to 150lbs.

Reproductive system conditions male and female.

PMS– PCOS (polycystic ovarian syndrome) – hormonal imbalance – menopause – amenorrhea (absence of periods due to dietary deficiencies and anorexia) – irregular periods – prostate conditions. Fertility nutritional and lifestyle counselling for couples is available 3 or preferably 6 months before attempting to conceive or during IVF.

DIGESTIVE AND LIFESTYLE

Detox, IBS, Diverticulities, Acid Reflux, Hiatus Hernia, general indigestion, insulin resistance, **metabolic syndrome** (usually resulting from insulin resistance), support of Crohn’s disease and Candida Albicans. Elevated Blood Pressure, Cholesterol and Blood Sugar. Pre-Operative Preparation and Post Operative Recovery.

First appointments £60 with follow up appointments at £30.

EAR PIERCING

Ear Piercing

Ear piercing including solution	£18.90
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TANNING

Tanning Pod

Short Sessions per minute	£0.85
60 minutes (68p per min) Pre Paid Voucher	£40.80
120 minutes (63p per min)Pre Paid Voucher	£75.60
180 minutes (60p per min)Pre Paid Voucher	£108.00
Eye Cones	£ 0.35
Goggles	£1.25

Spray Tanning

Half Body	£16.80
Full Body	£27.30

Tarot

By appointment only	from £35.00
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SKIN CARE

Mavala Facials

Standard Detoxifying Facial 20mins	£23.00
Luxury Detoxifying Facial 1hr(includes back massage)	£48.00

Facials

Swedish facial – ½ hour	£27.30
Swedish facial – 1 hour	£43.00
Aromatherapy facial (45 mins).....	£39.00
Paraffin Wax facial (45 mins).....	£39.00

Micro Dermabrasion

Deep Exfoliating Facial that removes the dead skin cells.	
Micro Dermabrasion (25 mins)	£38.00
Micro Dermabrasion with facial (1 hour).....	£48.30
Course of six micro dermabrasion (25 mins each)	£184.00
Course of six micro dermabrasion (1 hour each).....	£236.00
Cellulite Stretch Marks.(1hr).....	£32.50
Course of six	£157.50
Age Spot Hands (30mins).....	£22.00
Course of Six	£105.00

WAXING & TINTING

Beauty Treatments – Waxing

Half Leg to above the knee.....	£15.75
Full Leg	£18.90
Bikini	£9.45
Brazilian	£26.25
Underarm.....	£8.40
Lip or Chin	£7.20
Lip and Chin	£10.00
Eyebrow.....	£7.35
Forearm Wax	from £7.60
Chest Wax	from £16.25
Back Wax	from £31.50

Eye Treatments

Eyebrow Tint	£7.30
Eyelash Tint.....	£10.20
Eyebrow & Lash Tint	£16.25
Eyelash Perm.....	£31.50
Eyelash Extensions	£55.00
Eyelash Extension In fills.....	£27.50

NAIL & HAND CARE

Mavala - Manicure & Pedicure

Standard Manicure	£27.30
Luxury Hand & Nail Includes free nail polish	£44.10
Standard Pedicure	£30.45
Luxury Pedicure Includes free nail polish	£46.20
Manicure & Pedicure Duo	£50.40
French Manicure or Pedicure extra	£5.25
File & Paint	£15.75
Detox Foot Spa (15 mins)	£21.00
Detox Foot Spa (30 mins)	£36.75
Course of six 30mins sessions.....	£205.00

Nail Enhancements

Soak Off.....	£12.10
Full Set Fibreglass Nails	£35.00
Full Set Gel Nails.....	£35.00
Full Set Acrylic Nails.....	£35.00
Full set Sculptured Nails	£42.00
Repair per nail.....	£5.25
Infill	£22.00
Nail Art	from £1.25

Chiropody

Chiropody	£25.00
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Osteopathic Care

Osteopathy initial consultation up to 1hr	£40.00
Follow up Treatment 30 - 40 mins	£34.00

BEAUTY ENHANCEMENTS

Botox (Dysport) Therapy

Relaxing Lines 1 area.....	£150.00
Relaxing Lines 2 areas	£200.00
Relaxing Lines 3 areas	£250.00
Smoothing Lines and folds (Dermal Fillers):	
Per syringe	£250 to £300
Half syringe.....	£185.00
Lip Enhancements and definition (per syringe)	£300.00

Skin Tag & Milia Removal from	£30.00
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HAIRDRESSING

OAP..... Full

Cuts

Child's Cut under 12yrs.....	-	£8.40
Wet Cut.....	£13.65	£17.85
Restyle	-	£24.15
Restyle & Blow Dry	-	£37.80
Restyle & Blow Dry Long Hair	-	£41.00
Gents Cut.....	£6.30	£9.45
Cut & Blow Dry	£24.15	£32.55
Cut & Blow Long Hair	-	£37.80
Cut & Set.....	£23.10	£32.55

Colour

Highlights (cap) short Hair only	-	£23.10
Lowlights (cap short hair only)	-	£28.35
Roots Retouch	£28.85	£38.35
Full Head Colour	£31.50	£41.00
Box Section (Parting)	-	£28.35
T- Section (Temples & Parting)	-	£38.85
Halo	-	£36.75
Full Head Foils	-	£57.75
Full Head Colour & Box Section.....	-	£60.90
Full Head Colour & T Section.....	-	£71.40
Semi/Toner	-	£16.10

* Long Hair Colouring Supplement of

* Additional Colour per colour

Chemical Treatments

Perms	£50.40	£60.90
Chemical Straightening	-	£71.40

Styling

Blow Dry	£10.50	£14.70
Shampoo & Set.....	£10.50	£14.70
Weaving.....	-	£18.40
GHD Curly	-	£21.00
GHD Straightening	-	£15.75

Treatments

NAK Intense Conditioning Treatment	£8.40
NAK Replends Treatment inc product	£10.45

Hair Up Please see Special Occasion packages

COMPLEMENTARY THERAPIES

Counselling/Life Coaching

Work with Experienced professional to resolve issues.

Counselling/ Life Coaching..... from £35.00

Hypnotherapy

Treat all manner of Ailments & Addictions

Hypnosis & Hypnoanalysis from £70.00

Stop Smoking from £195.00

Gastric Band.....£395.00

MAN SPACE !!

Packages for Men

Basic Facial, Reflexology, Hair cut.....£68.25

Luxury Facial (paraffin wax).....£57.75

Mavala Facial, Hot Stones Full Body Massage.....£85.00

Full Body Massage, Manicure.....£63.00

Indian Head Massage (40mins), Cut Blow Dry.....£57.75

Manicure.....£20.00

Pedicure.....£25.00

Spray Tan Full Body.....£18.00

Spray Tan Legs.....£10.00

* All prices are inclusive of VAT

OPENING TIMES

Monday 10am – 2pm

Tuesday 9am – 7pm

Wednesday 9am – 3pm

Thursday 9am – 7pm

Friday 8am - 6pm

Saturday 8am - 4pm

Sunday 10 -2pm

Please note: Any appointment made for more than £30 will require a non refundable deposit of £10 at the time of booking

Cancellation Policy 24 hrs notice is required or client will be liable for total cost of missed appointment.

Tranquil Spirit Ltd

Taking Care of You!

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*Innerspirit Holistic
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