



Serenity & Balance

Complementary Therapy Services Provider & Teaching Services
MOBILE SERVICE & CLINIC

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TREATMENT LIST

PAMPER PARTIES & WELLBEING DAYS FOR HOME or OFFICE

Suggested Occasions:	Hen Party, Girly Nights In, Birthday's : 21st, 40th, 50th, 60th, Anniversaries, Office Treat, any celebratory or 'pick me up' occasion - GIFT VOUCHERS AVAILABLE
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30 minute Treatments

BODY TREATMENTS

Back Massage - (30 minutes) **£32.50**

Swedish massage strokes to help loosen tense and knotted muscles, bringing about deep relaxation and relief from neck, shoulder & back pain. improves circulation, highly beneficial during pregnancy and labour and many more conditions.

Reflexology - (30 minutes) **£32.50**

A reflexology treatment that both soothes and stimulates, clearing areas of congested energy from within the body whilst encouraging the bodies own self healing process. Fantastic for alleviating many stress related conditions, improving circulation and detoxifying the mind & body

Indian Head Massage - (30 minutes) **£32.50**

Relaxing and stimulating techniques to the head, neck shoulders and face. Will clear the head and calm a busy mind, installing a sense of balance, well-being and tranquility

BEAUTY TREATMENTS

Pedicures & Manicures (with or without polish) - (30 minutes each) £27.50

PLEASE NOTE:

MINIMUM 2 hour booking
GIFT VOUCHERS AVAILABLE