



Welcome to My Personal Sanctuary

TRANSFORM YOUR HOLIDAY RETREAT INTO SOMETHING TRULY SPECIAL

TREATMENTS

MY PERSONAL SANCTUARY EXPRESS ORGANIC FACIAL

Quick fix replenishing treatment, IDEAL FOR ALL SKINS, using natural products, Consists of a deep cleanse, exfoliation, extractions, toning and the option of either massage or mask depending on the client's needs, scalp massage, eye & lip treatments and moist to finish

30min Facial £35

MY PERSONAL SANCTUARY ORGANIC FACIAL

Completely snug & relaxing treatment, nourishes and hydrates the skin, IDEAL FOR ALL SKINS, using the green People organic products which are uniquely formulated from botanical plant extracts and certified pure organic essential oils.

Consists of a deep cleanse, exfoliation, extractions, toning and drainage massage followed by the detox mask & scalp massage, Hand, eye & lip treatments and moist to finish.

1hr Facial £45

BODY THERAPIES.

MY PERSONAL SANCTUARY DEEP CLEANSING BACK TREATMENT & MASSAGE

Using a combination of skin brushing, deep body scrub to exfoliate, and deep tissue massage.

This treatment cleanses the skin and soothes aching muscles in this hard to reach area.

45mins Treat £40

MY PERSONAL SANCTUARY DEEP SEA SALT GLOW (30mins)

A great boost for the skin! An ideal treatment to have before a massage, or as a pre-requisite to a holiday

Uses the Body Scrub, combined with the soothing and calming Organic Body Conditioning Lotion for a radiant glow!

30mins Treat £35

MY PERSONAL SANCTUARY BACK, FACE & SCALP ORGANIC MASSAGE (75mins)

A wonderful treatment concentrating the application of organic products with tension releasing massage where the body needs it most.

The skin is prepared by deep cleansing and exfoliating, and then a relaxation massage is performed including pressure point technique on the face and scalp. Finally a luxurious Organic Facial completes this treatment.

75mins Treat £60

My Personal Sanctuary Gillie Lane Contact: 0798 4432 602

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My Personal Sanctuary, 78A King Street, Knutsford, Cheshire WA16 6ED



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MY PERSONAL SANCTUARY MOTHER TO BE, ORGANIC MASSAGE (75mins)

A replenishing treatment for those tired out mums using the Green people organic products.

A deep cleansing and exfoliation to the skin on the entire body, Followed by a gentle releasing massage to where the body needs it the most, especially the back & legs, finally the Organic Express Facial completing the treatment.

75mins Treat £60

MY PERSONAL SANCTUARY, TOTALLY ORGANIC HOLISTIC EXPERIENCE (90mins)

The skin is prepared with skin brushing and application of the Body Scrub. The body is then cocooned & wrapped in a blend of organic essential oils & creams, body is left to nourish and melt whilst we massage the scalp till you are asleep. Followed by a gentle & refreshing massage to body to release tensions (Slimming creams are an option)

90mins Treat £65

AROMATHERAPY MASSAGE

The 60min full Body Aromatherapy, The Skin is prepared with skin brushing and massaged into relaxation. **£45**

The 90min full Body Aromatherapy, The Skin is prepared with skin brushing and massaged into relaxation **£60**

DEEP TISSUE MASSAGE

The 60min full Body Massage, The Skin is prepared with skin brushing and massaged into relaxation. **£45**

The 90min full Body Massage, The Skin is prepared with skin brushing and massaged into relaxation **£60**

HANDS & FEET

HAND TREAT 35mins Relax & Soak, Nail treatment, Balm & Polish **£21**

FEET TREAT 35mins Relax & Soak, Nail treatment, Balm & Polish **£21**

LUXURY FEET TREAT 45mins Luxury Repair Treatment, Relax & Soak, Nail treatment, Intensive Conditioning Balm & Heated Booties, Massage & Polish **£31**

Thank you from My Personal Sanctuary P.S Don't forget to fill in your treatment forms...

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