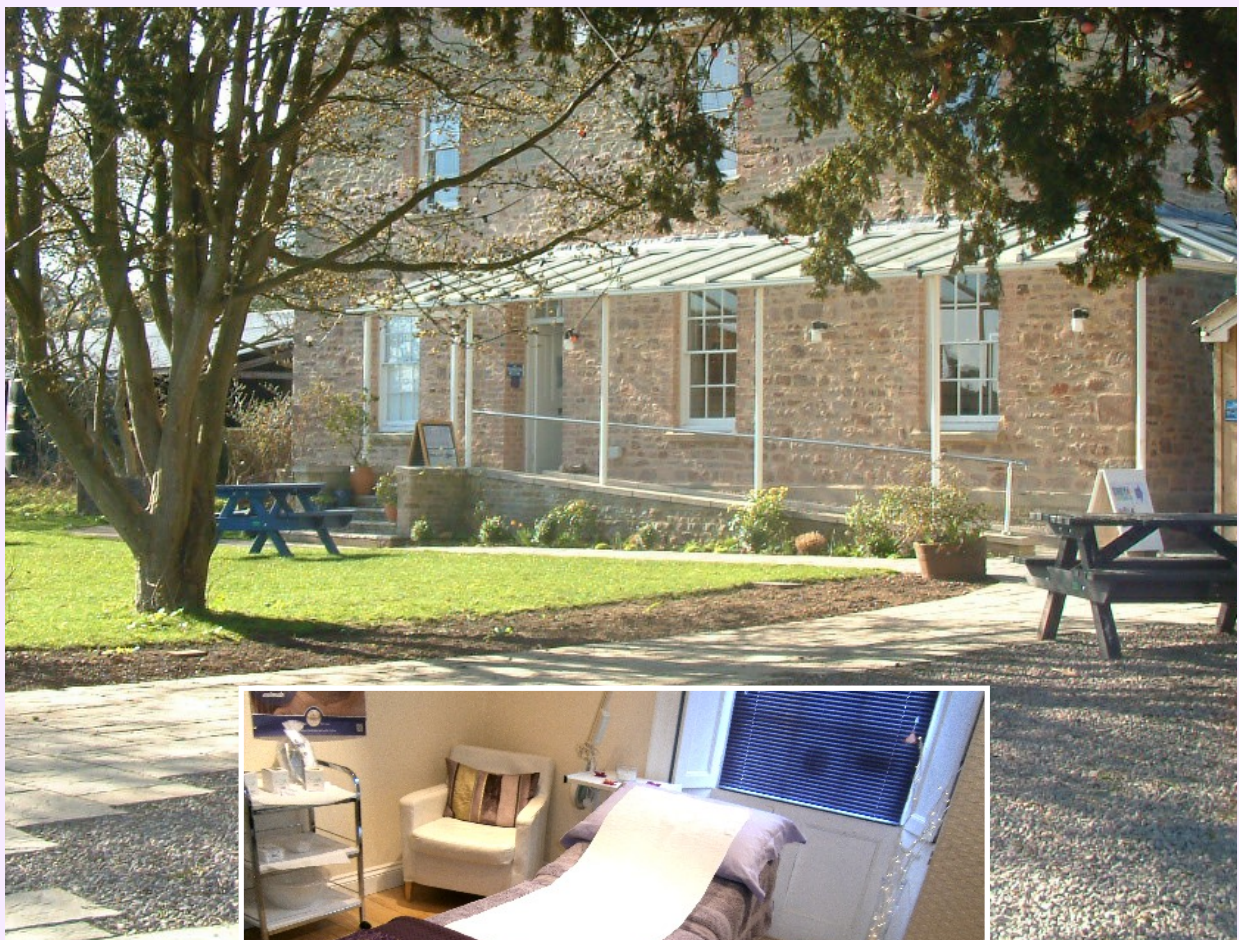


The GARDEN RETREAT Health & Beauty

Treatment Guide & Price List

April 2014



At The Garden Studio, Taurus Crafts.

Open from Monday to Saturday & occasional Sundays.

Welcome

Garden Retreat is owned and run by Alison with the help of dedicated, professional therapists, Stacey and Cesca.

Established in 2011, The Garden Retreat continues to offer a high standard of traditional beauty, holistic and signature treatments, in a beautiful room located at Taurus Crafts.

Alison has over 25 years experience, working in several salons, full time teaching in local colleges and owning a salon near Oxford.

“I have a passion for what I do and the best recommendation for continued success is contented clients and that is my ethos”.

Alison, Stacey and Cesca welcome you to The Garden Retreat.

About the products we use

A range of the following products are also available for purchase

spa find

***Spa find** natural mineral therapy products offer non-comedogenic, skin-friendly formulas, blending natural de-ionised water with pure Dead Sea minerals (Harmonised Water™) and organic plant extracts. Products contain allergen-free fragrance and no parabens, genetically modified organisms or animal ingredients.*

Eve Taylor

***Eve Taylor** is the founder of the Institute of Clinical Aromatherapy and regarded as the pioneer of modern aromatherapy by professional skin care therapists worldwide.*

best kept secrets

***Best kept secrets** seriously scented candles made with the finest essential oils and soy wax and natural soaps made with essential oils. All products handmade in the UK.*

Orli

***Orli** massage candles are handmade in Scotland. A luxurious spa inspired skin cure product designed to moisturise and nourish your skin.*

MAVALA
SWITZERLAND

***Mavala** is a world leader in nail care and specialises in the maintenance of beautiful looking nails, with a vast range of over 150 nail colours and shades ranging from chic understated nudes to the bold and vibrant.*



***Songbird** balms produce a natural healing & skin care range that is gentle and effective. All ingredients used are either whole substances occurring in nature or they are directly extracted from a whole, natural source.*

the natural Spa factory

***The natural Spa factory** offer a range of inspirational, innovative and exquisite spa products.*

Facials

'Spa Find' Express Elegance

*Refreshing mini-facial to include:
cleanse, tone, exfoliate, nourishing
mud mask & mini-facial massage.*

30 minutes £22.00



'Spa Find' Renewed Radiance

*Hydrating mud facial gently renews &
revives delicate, dry, mature and
dehydrated skin.*

1 hour £34.00

'Spa Find' Balanced Beauty

*Deep-cleansing mud facial for those
with oily t-zone or combination skin.
Achieving a balanced skin pH to reveal
a healthy, clear complexion.*

1 hour £34.00

'Spa Find' Perfect Purity

*Spot zapping facial to combat oily,
problematic skin, helping to reduce
shine, balance oil production and
re-mineralise, soothe, oxygenate
and rebalance acne skin.*

1 hour £34.00

'Spa Find' Youthful You

*Anti-ageing facial using a unique
peel-off mask combining Dead Sea
mud and Seaweed. Treatment also
includes a rejuvenating massage.*

1 hour 15 mins £39.00

'Spa Find' Natural Nourishment

*Double mud facial to dramatically refine
the skin's texture & deeply relax you.
Dead Sea black mud & hydrating mud
masks are used to give immediate
visible results.*

1 hour 15 minutes £39.00

Ultimate Luxury Facial

Using 'Eve Taylor' products.

*Cleanse, facial brushing, exfoliation,
hot compress, face, neck & shoulder
massage and mask. Also includes
either a hand/arm massage or foot/leg
massage with warm aroma wax during
the mask application.*

1 hour £34.00

Aromatherapy Facial

Using 'Eve Taylor' products.

*Cleanse, exfoliation, mask, face,
shoulder, neck & scalp massage
using prescriptive blended oils.*

45 minutes £30.00

Hot/Cold Stone Mineral

Deluxe Facial

*Combining 'Spa Find' natural minerals
and smooth basalt/marble stones to
create a deeply relaxing and
rejuvenating facial treatment*

1 hour £32.00

Body Massage & Signature Treatments

Re-hydrate & Nourish

Using 'Spa Find' products.

Warm luxurious oil is drizzled over your body. Whilst your body is wrapped up in a warming foil blanket, enjoy a nourishing mini facial, which includes a face & scalp massage.

Finishing off with a relaxing body massage leaving you refreshed and your body hydrated and nourished.

1 hour 30 minutes £44.00

Back to Life

Using 'Spa Find' products.

Cleanse and exfoliation of the back. Whilst a mask is bringing your skin back to life, enjoy a scalp massage followed by a rejuvenating back massage with luxurious oils giving your back the treatment it deserves.

45 minutes £30.00

Heavenly Hydration

Using 'Spa Find' products.

Brush your troubles away! Using a deep sea salt scrub to have your dead skin brushed away, followed by warm mineralising body lotion to hydrate - leaving the skin trouble free,

and your mind too!

45 minutes £28.00

Hot Back Ritual

Using 'Spa Find' products.

Hot mud exfoliation, hot stone back massage, hot mineral mud mask. The ultimate restful back, neck and shoulder treatment.

1 hour 15 minutes £40.00

Scrub & Glow

Using a range of gold products with champagne/caviar/pearl extracts.

A hot mitt gold and honey cleanse and an invigorating back and shoulder exfoliation using a cane sugar scrub, followed by a reviving massage. Gently turning over, you will then enjoy a facial which includes an illuminating polish and soothing massage, leaving you totally relaxed, radiant and glowing!

1 hour 30 minutes £44.00

Hot Stone Massage

Warm, polished basalt stones are used to massage the body with aromatic 'Eve Taylor' oils, to deeply relax the muscles, ease tension and induce a state of calm.

Back, neck and shoulders.

40 minutes £27.00

Full body.

1 hour 15 minutes £40.00

Full body, face and scalp.

1 hour 30 minutes £45.00

Body Massage & Signature Treatments

Prescriptive Aromatherapy Treatments

Pure oils blended individually for each client and applied using specialised massage techniques.

Full body massage including face and scalp.

1 hour 30 minutes £43.00

Full body massage excluding face.

1 hour 15 minutes £37.00

Back & neck massage.

40 minutes £24.00

Back, neck, face, scalp & shoulders.

1 hour £32.00

The above timings include consultations

Please Note

Alison & Cesca blend pure oils individually for each client.

Stacey uses pre-blended oils.

Reflexology

Preparation of the feet includes hot mitts & exfoliation followed by diagnostics & foot massage.

1 hour £30.00

Indian Head Massage

A powerful treatment with or without oil, massaging the back, arms, neck, head and face.

45 minutes £25.00

Hopi Ear Candles

A treatment to soothe and relieve ear and sinus conditions, includes a face, head and ear massage.

1 hour £30.00

Swedish Body Massage

An invigorating massage to relax & unwind using 'Songbird' organic massage balms or blended oils.

Full body massage.

1 hour £33.50

Back, neck & shoulder massage.

25 minutes £20.00

40 minutes £25.00

Hands & Feet

Relax the Sole

The perfect treatment to revive your tired and aching feet.

The treatment starts by soaking your feet in warm, nourishing water followed by a scrub to rid your feet of impurities.

Your feet are then covered in hot oils, and whilst they are absorbing the oils, enjoy a relaxing scalp massage.

The treatment is finished off by a soothing foot massage.

45 minutes £27.00

Include a nail shape & polish with the above treatment for £7.00

Classic Pedicure

File, soak, cuticle work, scrub, massage & polish.

1 hour £24.00

Deluxe Pedicure

File, soak, cuticle work, scrub, massage, choice of luxury masks, heated boots & polish.

1 hour 20 minutes £29.00

Classic Manicure

File, buff, soak, cuticle work, massage & polish.

1 hour £22.00

Deluxe Manicure

File, buff, soak, cuticle work, nail scrub, massage, choice of luxury masks, heated mitts & polish.

1 hour 15 minutes £27.00

Without polish deduct

£3.50 manicure & pedicure treatments

File and polish £12.00

French polish add £5.00

While your nails are drying, why not include a 30 minute Indian head massage treatment for £14.00

'Seasonal Treatments' also available

See our special flyers and posters for more information

Waxing

*Using luxury waxes to remove hair, leaving the skin smooth
and avoiding stubbly re-growth.*

Full leg wax (Inc. classic bikini) £25.00

Full leg wax (Inc. high bikini) £27.00

Full leg wax (without bikini) £23.00

Half leg wax £12.50

Classic bikini wax £7.00

High bikini £9.00

Underarm wax £6.00

Half leg and classic bikini £18.50

Half leg, classic bikini & underarm £23.50

Lip or chin £6.00

Lip and chin £10.00

Eyebrow wax £7.50

Forearms £11.00

Eye Treatments

'Spa Find' Exquisite Eyes

*A natural anti-ageing treatment,
which combines the powerful effects of
the Dead Sea minerals & plant extracts
to refine fine lines, tone and
increase cell regeneration.*

*The skin is left feeling
nourished & soft.*

30 minutes £22.00

*The above treatment
can be included with any
'Spa Find' facial for £10.00*

Tinting & Shaping

Eyelash tint £12.00

Eyebrow tint £5.00

Eyelash & eyebrow tint £15.00

Eyebrow tidy £7.50

Eyebrow tint & tidy £11.00

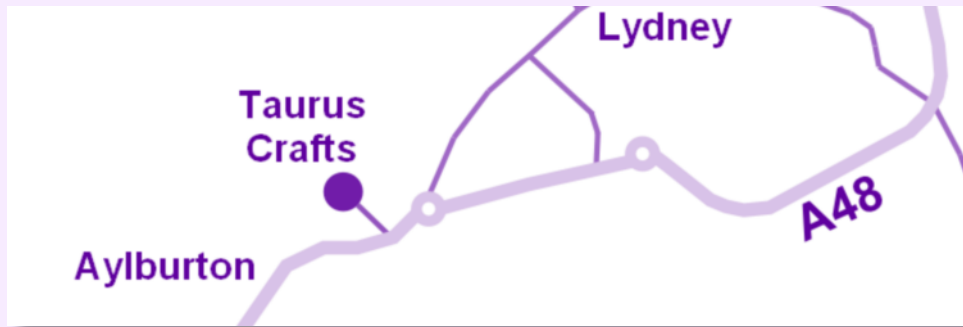
Eyebrow reshape & tint £12.50

Eyebrow reshape £10.00

*Eyebrow tidy £7.50
(tweeze/wax)*

*A patch test is essential
24-48 hours prior to first tint
appointment*

How to find us



The
GARDEN RETREAT
Health & Beauty
Gift Voucher

We are pleased to offer Gift Vouchers which can be redeemed against treatments and/or products.

*These Gift Voucher's are also available from 'Indigo' at Taurus Crafts.
Gift Vouchers are valid for 6 months.*

*Please note that all treatment times are approximate & may include a consultation.
To avoid a cancellation fee please give 24 hours notice - thank you*

The Garden Studio, Taurus Crafts,
Lydney Park Estate, Lydney, Glos. GL15 6BU
Tel: Taurus Crafts (office) 01594 844841 ext: Garden Retreat (Mon-Fri)
or Mobile: 07970 479324

*Please note that we do not answer the phone during treatments
so please leave a message.*



Email: thegardenretreat@btinternet.com
or visit **'Indigo' at Taurus Crafts.**

