

The GARDEN RETREAT Health & Beauty

AT TAURUS CRAFTS

Treatment Guide & Price List

April 2016



*Open from Monday to Saturday
and occasional Sundays*

Welcome

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

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

With over 25 years experience, Alison has worked in several salons, taught full time in local colleges and owned 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".

We 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.

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.

CND

Scentsations hand/body lotions and washes, in gorgeous fragrances. Shellac nail colours and Vinylux polish.

jane iredale
BEAUTY WITH BRILLIANCE™

Jane Iredale mineral make-up products are hypo-allergenic and dermatologically tested. Free from parabens, fillers, synthetic dyes and artificial fragrances. So natural that they can be used directly after any treatment including facials and facial waxing.

TISSERAND
AROMATHERAPY

Tisserand offers the finest essential oils and authentic aromatherapy personal care products that enhance well-being and enjoyment. 100% pure organic, wild crafted or ethically harvested. Sourced only from known botanical species for maximum fragrance.

Facials

'Spa Find' Express Elegance

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

40 minutes £25.00

'Spa Find' Renewed Radiance

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

1 hour £36.00

'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 £36.00

'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 £36.00

'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 £40.00

'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 £40.00

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 £36.00

Aromatherapy Facial

Using 'Eve Taylor' products.

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

1 hour £34.00

Advanced Fusion Facial

*This is a bespoke facial treatment
tailored to each individual's needs.
This facial uses serums, pressure point
techniques, galvanic & high frequency to
deep cleanse, remove impurities &
re-balance the skin.*

*An intensive 'MOT' for the face, anti-
ageing, de-congesting & anti-bacterial.*

1 hour 15 mins £46.00

*A 15 minute Back, Neck & Shoulder
massage can be added to any facial
for £10.00*

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 £48.00

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

Swedish Body Massage

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



Full body massage.

1 hour £36.00



Back, neck & shoulder massage.

25 minutes £20.00
40 minutes £27.00

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 15 minutes £46.00

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.

45 minutes £30.00



Full body.

1 hour 15 minutes £43.00



Full body, face and scalp.

1 hour 30 minutes £48.00

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 £46.00



Full body massage excluding face.

1 hour 15 minutes £40.00



Back, neck & shoulder massage.

40 minutes £26.00



Back, neck, face, scalp & shoulders.

1 hour £34.00

includes a facial cleanse & tone

The above timings include consultations

Please Note

Alison, Steph & Tess 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 £34.00

Indian Head Massage

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

45 minutes £25.00

Balance & Harmony

This 75 minute treatment combines the mindful healing of Reiki with a back, neck & shoulder massage, to leave you relaxed and re-balanced.

£40.00

Reiki

1 hour £30.00

Seated 40 minutes £25.00

Hopi Ear Candles

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

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

'Seasonal Treatments' also available

See our special flyers and posters for more information

Hands & Feet

Classic Pedicure

Soak, nail trim & shape, cuticle work,
scrub, massage and
Vinylux or Mavala polish
1 hour £26.00

Deluxe Pedicure

Soak, nail trim & shape, cuticle work,
scrub, massage, paraffin wax mask,
heated boots and Vinylux or
Mavala polish
1 hour 20 minutes £32.00

CND Marine Spa Pedicure

*'A pedicure inspired by the sea'. Luxury
mineral soak, nail trim & file, cuticle
work, spa exfoliation, cooling mask,
hydrating oil massage and Vinylux or
Mavala polish
1 hour 20 minutes £32.00*

Relax the Sole

*The perfect treatment to revive
your tired and aching feet.*

*The treatment starts by a warm
nourishing soak 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 £10.00**

Classic Manicure

Shape, soak, cuticle work,
massage & polish
with Vinylux or Mavala polish
1 hour £24.00

Deluxe Manicure

Shape, soak, cuticle work,
nail scrub, massage, paraffin wax
mask, heated mitts and Vinylux or
Mavala polish
1 hour 20 minutes £30.00

*Without polish deduct
£3.50 for manicure & pedicure
treatments*

*File and polish £14.00
French polish add £5.00*

***While your nails are drying,
why not include a 30 minute
Indian head massage treatment
for £15.00***

Shellac 14 day wear Power Polish

Shellac fingers or toes
£22.00

Shellac removal and re-application
£24.00

Shellac removal without re-application
£10.00

**Shellac can be added to other
nail treatments for an additional £8.00**

Waxing

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

Full leg wax (Inc. classic bikini) £28.00

Full leg wax (Inc. high bikini) £30.00

Full leg wax (without bikini) £25.00

Half leg wax £14.00

Classic bikini wax £8.00

High bikini £11.00

Underarm wax £7.00

Lip or chin £7.00

Lip and chin £12.00

Eyebrow wax £8.00

Forearms £14.00

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.*

40 minutes £25.00

*The above treatment
can be included with any
‘Spa Find’ facial for £12.00
(30 minutes)*

Tinting & Shaping

Eyelash tint £14.00

Eyebrow tint £6.00

Eyelash & eyebrow tint £18.00

Eyebrow tidy £8.00

Eyebrow tint & tidy £12.50

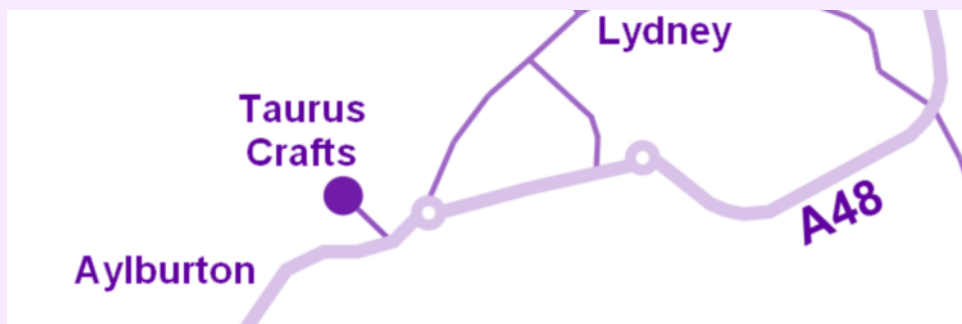
Eyebrow reshape & tint £14.00

Eyebrow reshape £10.00

Eyelash tint/eyebrow tint & tidy £24.00

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

How to find us



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

Our Gift Voucher's are also available from 'Indigo' at Taurus Crafts.

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

Prices are reviewed annually in April.

Wheelchair Access and Free Parking

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You can also find us on Facebook

www.facebook.com/thegardenretreathealthandbeauty

