



# The Garden Retreat

## Health & Beauty

At Taurus Crafts



Treatment Guide & Price List  
2018

# Welcome

*Established in 2011, we offer a range of traditional beauty, holistic therapies and signature treatments. We provide high quality treatments in a friendly and relaxed environment*

*“We have a passion for what we do and the best recommendation for continued success is contented clients”.*

## Opening Hours

Monday: 10:00 am - 4:30pm

Tuesday: 10:00 am - 5:00pm

Wednesday: 10:00 am - 5:00pm

Thursday: 10:00am - 8:00pm (*appointments 5 - 8pm pre-bookings only*)

Friday: 10:00 am - 5:00pm

Saturday: 10:00 am - 5:00pm

**credit/debit cards, cash & cheques accepted**

## Wheelchair Access and Free Parking

Telephone: 01594 841156 or Mobile: 07970 479324

Email: [thegardenretreat@btinternet.com](mailto:thegardenretreat@btinternet.com)

[www.tauruscrafts.co.uk](http://www.tauruscrafts.co.uk)

***Please note that all treatment times are approximate and may include consultations***

*You can also find us on Facebook*

*[www.facebook.com/thegardenretreathealthandbeauty](http://www.facebook.com/thegardenretreathealthandbeauty)*

# Facials

## **'Spa Find' Express Elegance**

*Mini-facial suitable for all skin types  
40 minutes £29.00*

## **'Spa Find' Renewed Radiance**

*Gently renews & revives dry, mature  
and dehydrated skin  
1 hour £40.00*

## **'Spa Find' Balanced Beauty**

*Deep-cleansing mud facial for those  
with oily t-zone or combination skin  
1 hour £40.00*

## **'Spa Find' Youthful You**

*Anti-ageing facial using a peel-off  
mask combining Dead Sea mud  
and Seaweed  
1 hour 15 mins £46.00*

## **'Facial for the Back'**

*Cleanse and exfoliation of the back  
A mud mask with a scalp massage  
followed by a rejuvenating  
back massage  
40 minutes £30.00  
With a cleansing steam or paraffin  
wax application  
50 minutes £34.00*

*A 15 minute back, neck & shoulder  
massage can be added to any facial  
for just £10.00*

## **'Eve Taylor' Luxury Facial**

*For all skin types  
Cleanse, facial brushing, exfoliation,  
hot compress, face and shoulder  
massage and mask  
1 hour £40.00  
With aromazone steam and  
prescriptive peel off mask  
1 hour 15 mins £46.00*

## **Advanced Fusion Facial**

*Using galvanic & high frequency.  
An intensive 'MOT' for the face,  
anti-ageing, de-congesting and  
anti-bacterial  
1 hour 15 mins £48.00*

## **Aromatherapy Facial**

*Cleanse, exfoliation, mask, face,  
neck, shoulder & scalp and massage  
using prescriptive oil blends  
50 mins £38.00*

## **'Spa Find' Exquisite Eyes**

*Anti-ageing eye treatment to refine  
fine lines & rejuvenate.  
Combine with any 'Spa Find Facial'  
30 minutes £16.00*

*Eve Taylor facials include  
either a hand/arm massage  
or foot/leg massage.*

*Spa Find facials include a scalp  
massage*



**More facials on page 6**



# Body Massage & Signature Treatments

## Re-hydrate & Nourish

Using 'Spa Find' products.

*Invigorating body brushing, warm oil drizzled over your body. Wrapped up in a warming foil blanket, enjoy a nourishing mini facial, with a face & scalp massage. Finished off with a relaxing body massage leaving you refreshed and your body hydrated*  
1 hour 20 mins £52.00

## Swedish Body Massage

*using 'Songbird' organic massage balms or Tisserand blended oils*



*Full body massage*  
1 hour £40.00



*Back, neck & shoulder massage*  
25 mins £24.00  
40 mins £30.00

## Lava Shell Massage

*'Relax' warming back treatment combined with Kokolokahi*

*Back, neck & shoulder*  
30 mins £30.00  
45 mins £36.00

## Hot Stone Massage

*Warm, polished basalt stones with aromatic 'Eve Taylor' oils, to deeply relax the muscles and ease tension*



*Back, neck and shoulders*  
45 minutes £34.00



*Full body*  
1 hour 10 mins £48.00



*Full body, face and scalp*  
1 hour 30 mins £54.00

## Reflexology

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

1 hour £37.00

## Kokolokahi Massage

*A combination of deep tissue, lomi lomi, swedish and trigger points*

*Back, neck & shoulder*  
45 mins £35.00

*Full body 1 hour £45.00*

*Full body, face & scalp*  
1 hour 15 mins £50.00

**'Seasonal Treatments' also available**

*See our special flyers and posters for more information*

# 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 £52.00*



*Full body massage excluding face.*

*1 hour 10 minutes £46.00*



*Back, neck & shoulder massage.*

*40 minutes £30.00*



*Back, neck, face, scalp & shoulders.*

*1 hour £40.00*

*includes a facial cleanse & tone*



*The above timings include consultations*

## Pregnancy Massage

*A nurturing & effective massage, tailored to the specific needs of the 'mum to be' using gentle and unscented oils.*

*30 minutes £27.00*

*1 hour £42.00*

*1 hour 15 minutes £49.00*

## Relax the Sole

*A warm foot soak followed by a scrub to rid your feet of impurities. Hot oil foot mask with a relaxing scalp massage. A soothing foot and leg massage completes the treatment.*

*45 minutes £30.00*

***Include a nail shape & polish with the above treatment for £10.00***

## Hopi Ear Candles

*Soothe and relieve ear and sinus conditions, includes a face, head and ear massage.*

*45 minutes £30.00*

## Indian Head Massage

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

*45 minutes £30.00*

## Please Note

*Alison & Becky blend pure oils individually for each client.*

*Stacey & Holly use pre-blended oils.*

# Spiezia Organics Ritual Treatments

*'Spiezia Organics spa rituals have been lovingly created to nourish the body, mind and soul for the ultimate relaxation. The products are developed for even the most sensitive skin from 100% organic botanicals.*

## **Relax into Radiance**

*Smoothing strokes detoxify and oil prepares the body for an invigorating head to toe exfoliation using a lemongrass and marigold body scrub. A facial concludes the treatment to cleanse and hydrate, while a head massage clears and calms the mind.*

*1 hour 20 minutes £52.00*



## **Organic Body Scrub**

*The body is smoothed and polished using a lemongrass and marigold body scrub.*

*30 minutes £28.00*



## **Back to Life**

*Warm oil is drizzled over the back followed by a gentle exfoliation. Luxurious body balm is melted onto the back to release tension.*

*This treatment also includes a scalp massage.*

*45 minutes £32.00*

## **Relax & Rejuvenate**

### **Uplifting Facial**

*Using a special combination of massage techniques from India and Japan to help lift & tone. The skin is cleansed using a wonderful balm, exfoliated with a combination of chamomile flowers, rose petals & calendula. A rose & vanilla face oil helps to rejuvenate & hydrate the skin.*

*1 hour 15 minutes £50.00*



## **Radiance Facial**

*Designed to eliminate congestion returning normal moisture to the skin.*

*This treatment restores natural luminosity to the skin, leaving you looking and feeling radiant.*

*1 hour £42.00*



## **Mini Radiance Facial**

*A shorter version of the Radiance Facial using organic products to cleanse & nourish the skin.*

*40 minutes £30.00*

# Hands & Feet

## **Classic Pedicure**

*Soak, nail trim & shape, cuticle work, scrub, massage and Vinylux or Mavala polish*  
1 hour £30.00

## **Deluxe Pedicure**

*Soak, nail trim & shape, cuticle work, scrub, massage, paraffin wax mask, heated boots and Vinylux or Mavala polish*  
1 hour 10 minutes £35.00

## **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 10 minutes £36.00

## **CND Almond Spa Manicure**

*This luxury nail treatment combines nourishing products with relaxation to hydrate the nails & calm the spirit*  
Without polish 60 minutes £30.00  
Add polish for an extra £5.00

## **Classic Manicure**

*Shape, soak, cuticle work, massage & polish with Vinylux or Mavala polish*  
1 hour £28.00

## **Deluxe Manicure**

*Shape, soak, cuticle work, nail scrub, massage, paraffin wax mask, heated mitts and Vinylux or Mavala polish*  
1 hour 10 minutes £34.00

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

## **Mini manicure or pedicure 45 minutes £22.00**

*File and polish £16.00  
French polish add £5.00*

***While your nails are drying,  
why not include a 30 minute  
Indian head massage treatment  
for £18.00***

## **Shellac 14 day wear Power Polish**

*Shellac fingers or toes £25.00  
Shellac removal and reapplication  
£28.00  
Shellac removal without reapplication  
£10.00  
French gel polish extra £5.00  
'Rockstar nails' additional £5.00 for  
full set or 50p per nail.*

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

# Waxing

*Natural waxes remove hair, leaving skin smooth, avoiding stubbly re-growth.*

<i>Full leg wax (Inc. classic bikini) £31.00</i>	<i>Underarm wax £9.00</i>
<i>Full leg wax (Inc. high bikini) £34.00</i>	<i>Lip or chin £8.00</i>
<i>Full leg wax (without bikini) £28.00</i>	<i>Lip and chin £14.00</i>
<i>Half leg wax £16.50</i>	<i>Eyebrow wax £8.50</i>
<i>¾ leg wax £22.00</i>	<i>(reshape £10.00)</i>
<i>Classic bikini wax £9.50</i>	<i>Forearms £16.00</i>
<i>Traditional high bikini £12.50</i>	<i>Back wax £20.00</i>

## **Waxing Combinations**

*Half leg wax, classic bikini, underarms £32.00*

*Full leg wax, classic bikini, underarm £36.00*

*Add an eyebrow wax for £8.00*

## **Female Intimate Waxing**

*Hollywood (total removal) £30.00*

*Brazillian (left with a strip) £25.00*

*Playboy (left with pencil thin strip) £25.00*

*Californian (high bikini wax) £16.00*

# Eye Treatments

## **Tinting & Shaping**

*Eyelash tint £15.00*

*Eyebrow tint £8.00*

*Eyelash & eyebrow tint £20.00*

*Eyebrow tidy £8.50*

*Lash lifting with tint £32.00*

*Eyebrow tint & tidy £15.00*

*Eyebrow reshape & tint £16.50*

*Eyebrow reshape £10.00*

*Eyelash tint/eyebrow tint & tidy £27.00*

*Flirties lash extensions - Full set £55.00, infills from £25.00*

***A patch test is essential 24-48 hours prior to first tint/lift/extensions appointment.***

# Make up & Tanning



*Using Jane Iredale mineral make up*

**Make up lesson** 1 hour £32.00

**Make up application** 45 mins £26.00

**Make up and shellac hands** 1 hour 30 mins £48.00

**Prom/Bridal make up** also available, please ask for more information.

**Sienna X spray tanning**

**Full body** £25.00 **Half body** £20.00

## The Garden Retreat Pamper Packages

*Please choose 2 treatments from either menu A or menu B.*

### **Menu A**

- **Marine spa pedicure**
- **Eve Taylor 1 hr luxury facial**
- **Full body Swedish massage**
- **Aromatherapy back, neck, face, scalp & shoulders**
- **Almond spa manicure with polish**

£75.00 (2 hours 15 mins approx)

### **Menu B**

- **Express elegance facial**
- **Indian head massage**
- **40 minute back, neck and shoulder massage**
- **Classic manicure**
- **Classic pedicure**

£55.00 (1 hour 30 mins approx)

*Includes a complimentary drink within the salon.*

*Tables can be reserved in Taurus Crafts cafe if required for lunch (please discuss at time of booking)*

# About the products

*At The Garden Retreat our aim is to use the very best in natural, organic and ethically sourced products. These products are also available for purchase.*



MADE FOR LIFE  
*by Spiezia Organics*

**Spiezia Organics** 100% organic face & body care products, handmade in Cornwall.



**Eve Taylor** - regarded as the pioneer of modern aromatherapy by professional skin care therapists worldwide.



**Jane Iredale** mineral make-up products so natural that they can be used directly after any treatment including facials and facial waxing.



**Spa find** natural mineral therapy products with pure Dead Sea minerals and plant extracts.



**Mavala** is a world leader in nail care and specialises in the maintenance of beautiful looking nails.



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



**Tisserand** 100% pure organic essential oils and aromatherapy products.



**Absolute Aromas** natural room sprays, 'Zenbow' diffusers, aroma rolls, bath salts and scrubs.



**Songbird** natural healing & skin care balms.



**Votivo Candles**



**Bridgewater Candles**



**St Eval Candles**  
hand poured in Cornwall



**Best Kept Secrets**  
natural soaps & candles



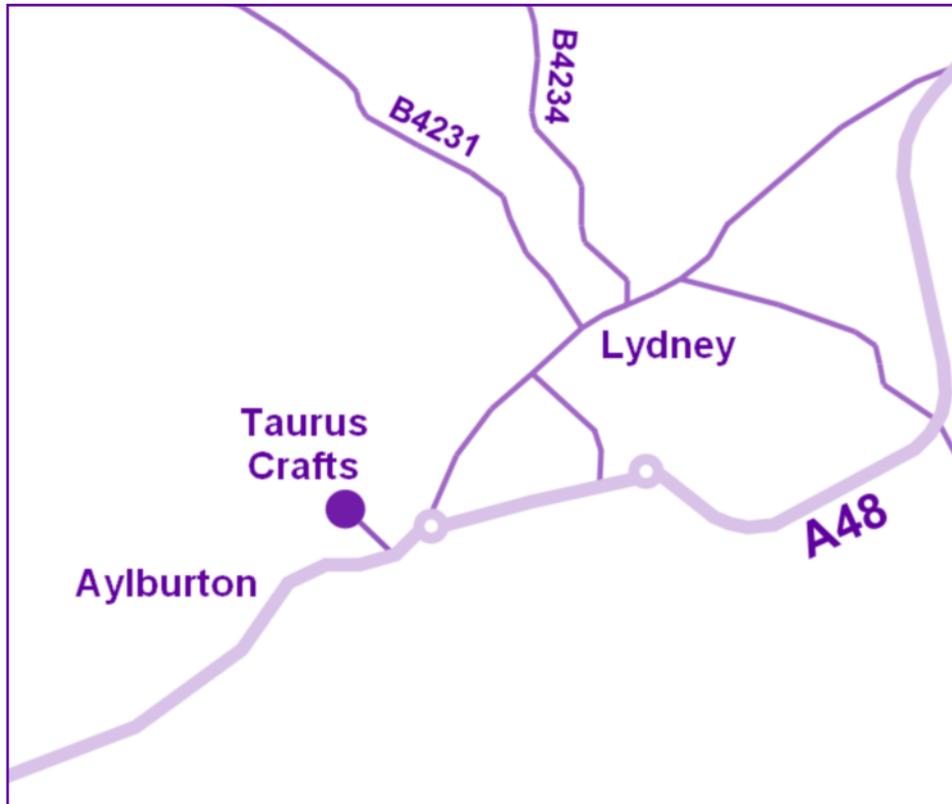
**Myddfai**  
hand and body products



**Greenleaf**  
scented sachets



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



### ***Cancellation fee policy***

*If you are unable to keep your appointment, please give 24 hours notice to avoid a charge - thank you.*

*Prices are reviewed annually.*

The Garden Retreat, Taurus Crafts,  
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