

# Eyes

Why not try darkening your lashes and accentuating the eyes with a lash tint eliminating the use of mascara. A patch test is necessary at least 24 hours prior to tinting, if it is your first time at Wood Farm. If contact lenses are worn please bring case, solutions and glasses.

Eyebrow shape, eyelash & eyebrow tint	30 minutes
Eyebrow shape	10 minutes
Eyelash & eyebrow tint	25 minutes
Eyebrow tint	10 minutes
Eyelash tint	15 minutes

## Dura Lash (Individual Lashes).

These lashes both lengthen and thicken and can last up to 2 weeks

## Semi Permanent Eyelash Extensions.

A new innovation in lashes. Using this simple, safe and effective procedure, lashes are thickened and lengthened with immediate result. They can last up to two months and with regular top up treatments their effect is indefinite (allow 2 hours for first treatment)

As an added bonus conditioning and moisturising anti-wrinkle patches are placed under the eyes throughout treatment, leaving your eyes looking incredible.

## Carla Cook

N.V.Q CIDESCO BABTAC

In 1997, Carla attended Great Yarmouth College to obtain her N.V.Q in Beauty Therapy, this being a necessary step to achieve her CIDESCO qualification. Since then, Carla has practiced full-time in a busy salon. During this time she has attended many courses to enable her to advance her skills as a Beauty Therapist.

Carla is passionate about the treatments she offers and intends to continue to update her skills and qualifications, so that she may add more treatments to the existing wide range on offer at Wood Farm.



Offers & Vouchers  
available, ask for details

## Directions

Travelling North along the Hardwick Road, Wood Lane is 1 1/2 miles from the church of St. Margaret's.



From Bungay, turn right at the first Harleston roundabout. Turn right at the Duke William pub, follow the road keeping to your left. Take the sharp left bend and then first right into Green Lane. Follow Green Lane to a sharp left hand bend into Wood Lane. **Wood Farm** is on your left.



Telephone: **01379 854295**

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# Beauty Room

**Carla Cook**

N.V.Q CIDESCO BABTAC

Offering a wide range of treatments at **Wood Farm**  
Complementary Therapy & Healing Centre



Telephone: **01379 854295**

# Massage

Massage has many psychological and physiological effects, which include relaxing muscles and relieving muscular tension, alleviating stress and anxiety, improves circulation and drains excess fluid. More work on problematic areas may be done if discussed with therapist. Pressure can range from light to very deep depending on your needs.

**Therapeutic Massage.** Using pre blended essential oils.

From 30 minutes - 1 hour 30 minutes

**Acupressure Head Massage.** This includes deep thumb and finger pressure and effleurage around areas of the face, head and neck, which helps those who suffer from head tension, also having a deeply relaxing effect.

20 minutes

**Hot Stone Massage.** Warm stones are used to massage the body to provide a deeper relaxation and to help relieve tension in muscles.

From 45 minutes - 1 hour 30 minutes

# Hair Removal

**Electrolysis.** We only use safe and efficient depilation equipment for the permanent removal of unwanted hair. We use sterile disposable needles. A free consultation is given.

Treatment duration varies from 5 - 45 minutes

**Waxing.** Roller wax is used which is a quick, easy & more hygienic method, leaving ultra smooth results. After waxing it is advisable not to expose yourself to sun, heat treatments, perfumed products or swimming for 24 hours.

- Full leg 45 minutes
- $\frac{3}{4}$  leg – ankle to mid thigh 35 minutes
- $\frac{1}{2}$  leg – ankle to knee 30 minutes
- Regular bikini line 10 minutes
- High bikini line 20 minutes
- Eyebrow shape 10 minutes
- Upper lip of chin 10 minutes
- Lip & chin 10 minutes
- Chest wax 20 minutes
- Underarm 10 minutes
- Forearm 15 minutes

# Hands & Feet

We offer a full range of manicures and pedicures to help improve the condition of nails & skin. We can also help enhance nail growth.

**Paraffin Wax Hands or Feet Treatment.**

Hands or Feet are dipped into a warm paraffin wax helping to condition brittle and dry nails and soften dry skin. Helps to ease joint pain.

20 minutes

**Shape and Paint on Hands or Feet.**

20 minutes

**Maintenance Manicure.** Includes shaping the nail, basic cuticle work, massage with hand cream and paint.

45 minutes

**Deluxe Manicure.** Includes shaping the nails, intense cuticle work, hand & arm massage with hand cream, deluxe paraffin wax for dry hands and nails and paint.

1 hour

**Maintenance Manicure (no varnish)**

Shaping the nails, basic cuticle work, massage with hand cream.

30 minutes

**Maintenance Pedicure.** Includes cutting and shaping nails, cuticle work, removal of hard skin, massage on foot and paint.

1 hour

**Deluxe Pedicure.** Includes cutting & shaping the nails, intense cuticle work, removal of hard skin, massage on foot and ankle using deluxe foot cream, deluxe paraffin wax for dry cracked skin and paint.

1 hour 15 minutes

**Maintenance Pedicure (no varnish)**

Includes cutting & shaping nails, basic cuticle work, basic removal of hard skin and massage on feet.

45 minutes

**Bio Sculpture Gel Nails.** Permanent Non Chip Nail colour that doesn't chip or peel, it is strong and flexible - lasts for about 3 weeks and helps strengthen and condition your own nails

Clear or Colour 1 hour 30 minutes French 1 hour 45 minutes

# Make-Up

Jane Iredale is a uniquely developed range of colours and textures. We can prepare you for any occasion.

**Cleanse & Make-Up.** We can prepare you for any occasion from a special evening event to a natural daytime effect.

45 minutes

**Make-Up Lessons.** Learn how to apply make-up, making the most of your features. Pick up useful tips & hints.

1 hour

**Bridal Make-Up.** This package includes a rehearsal two months prior to your wedding day to discuss colours and textures, plus make-up on the special day its-self.

Each appointment 45 minutes

**Ear Piercing.** A quick, sterile way of piercing. A choice of birthstones, pearls, plain, gold or silver earrings. Aftercare product and advice are inclusive in our price.

20 minutes

**Hopi Ear Candling.** This is a very relaxing pleasurable treatment using candles made from natural ingredients. The candles clear and regulate pressure in the head and ears. This treatment can be very beneficial for clients with sinusitis, glue ear, rhinitis, headaches, cold and flu, excessive wax and tinnitus.

45 mins - 1 hour 30 minutes

# Facials

See Separate Brochure for a full range of Facials and Special Body Treatments