

Body Massage

Therapeutic massage using pre-blended essential oils.

Full Body ranging from 1-1 1/2 hours

Back, Chest & Neck

- specific tension areas 45 minutes

Neck & Shoulders 30 minutes

Cleansing Back Treatment 1 hour

A treatment to leave your skin feeling wonderfully fresh, the mind & body relaxed. It includes skin brushing and a scrub to exfoliate, a hot compress and massage to relax using essential oils, then a mask to cleanse.

Indian Head Massage 30/60 minutes

Upper back, shoulders, neck, scalp and face are treated during this relaxing and uplifting holistic therapy. Treatments can be tailored to individual needs.

Hand & Feet Treatments

Manicure

no varnish 45 minutes

coloured varnish 1 hour

French Manicure 1 hour

Deluxe Manicure

A manicure with the addition of warm paraffin wax for dry skin.

Varnish included. 75 minutes

Pedicure

'Pamper your Feet'. Foot soak, exfoliation, nail and cuticle care, relaxing foot and leg massage.

- without varnish 1 hour

- with varnish 75 minutes

Deluxe Pedicure

The 'Pamper your Feet' treatment plus warm paraffin wax and varnish. A soothing treatment

Shape and Paint

- hands or feet 30 minutes

Spa Find Hands & Feet

Spa Find Luxury Hydrated Hands

Spa Find Luxury Fabulous Feet

See supplementary Spa Find leaflet for further details.

Make-Up

Cosmetics used are by Jane Iredale -

'The Skin Care Make-Up'.

Cleanse & Make-Up 45 minutes

For daytime and evening occasions.

Make-Up Instruction 1 hour

Advice on suitable colours and application.

Bridal Make-Up 1 1/2 hours

This includes a 'trial run' to discuss and select colours and 'On the Day' make-up,

Packages

Top to Toe 4 hours

Sheer luxury and relaxation! Included in this package is a customised Spa Find Facial, eyebrow tidy, full body massage, manicure and pedicure.

Bridal Package 3 hours

Appointments in this package include a consultation on colours, trial make-up, manicure & pedicure with varnish and eyebrow shape.

Grooms Package 2 hours

This package includes a men's facial, hand and nail care and a relaxing back massage.

Spa Find Petite Treatments

See supplementary Spa Find leaflet for details.

Spa Find Facial Treatments

Spa Find Express Facial 30 minutes

Spa Find Renewed Radiance Facial 60 minutes

Spa Find Balanced Beauty Facial 60 minutes

Spa Find Perfect Purity Facial 60 minutes

Spa Find Natural Nourishment Facial 75 minutes

Spa Find Youthful You Facial 90 minutes

Spa Find Radiant Revival Facial 90 minutes

Hot Stone facial 75 minutes

Spa Find Exquisite Eyes 45 minutes

See supplementary Spa Find leaflet for further details.

Natural Lift Facial Massage

A relaxing treatment using Japanese and Indian Face Massage techniques, Acupressure Point Massage and Facial Reflexology to help release deeply locked stresses and tension from the facial muscles.

Natural Lift Facial Massage 45 minutes

- plus Beauty Facial 1 1/4 hours

Electro-therapy Facial Treatments

Treatments using gentle electrical currents that work to introduce balancing preparations deep within the skin.

Acne Facial Treatment 45 minutes

Gentle galvanic and high frequency are used in this highly effective deep cleansing and anti-bacterial treatment

Balancer Facial with High Frequency 1 1/4 hours

A purifying facial for problem skin using high frequency for its antibacterial, healing and calming effects.

Electroderm Facial 1 1/2 hours

The ultimate facial to deep cleanse, hydrate and

Eyelash & Eyebrow Treatments

If you have not had tinting before at Wood Farm, a patch test is required at least 24 hours before treatment.

| | |
|---------------------------------------|------------|
| Eyebrow Shape | 10 minutes |
| Eyelash Tint | 15 minutes |
| Eyebrow Tint | 10 minutes |
| Eyelash & Eyebrow Tint | 25 minutes |
| Eyebrow shape, eyelash & eyebrow tint | 30 minutes |

Depilatory Wax Treatments

| | |
|-----------------------|------------|
| Eyebrows | 10 minutes |
| Upper Lip or Chin | 10 minutes |
| Upper Lip & Chin | 15 minutes |
| Forearms | 15 minutes |
| Underarms/Bikini Line | 10 minutes |

Thread Vein Removal

A specialised treatment for broken red capillaries on the face. Treatment times are from 5 to 10 minutes. A free initial consultation is given.
Subject to availability.

Collagen Treatments

Active Bio Facial **1^{1/4} hours**

Excellent for hydration, this intensive treatment is especially beneficial for dry, mature or sensitive skins.

THE BOWEN TECHNIQUE

A non-manipulative, light touch therapy designed to stimulate "energy flow". It affects the body in ways that may promote healing, pain relief and recovery of energy. It is recommended that 3 treatments be booked initially with 5-7 day intervals. Within this time, you will usually know whether the body is going to respond to the technique.

1 hour

For further details please pick up a leaflet.

Beverley Crichton

MBIAE, ITEC, IHBC
Bowen Practitioner

Originally trained in London, I have been a practising beauty therapist for more than 30 years. After first qualifying I went on to work in several salons before running my own businesses in Essex, Suffolk, and then Norfolk. Throughout these years I have continued to further my development in beauty therapy by attending many other courses. In 1998 I also became qualified in a light touch therapy called The Bowen Technique.

Appointment Cancellations

A cancellation fee may be charged unless 24 hours

Telephone
01379 854295



Wood Lane, Starston,
Harleston, Norfolk IP20 9PP

e-mail: beverley@woodfarmcentre.co.uk
Website: www.woodfarmcentre.co.uk

Beauty Treatments & Therapies



Classic Beauty

Beverley Crichton

MBIAE, IHBC, ITEC

Bowen Practitioner

at

Wood Farm

Complementary Therapy and Healing Centre.

Telephone:
01379 854295