

Wood Farm  
Complementary Therapy and  
Healing Centre  
with Beauty Salons



In a peaceful and tranquil setting  
**01379 854295**

[www.woodfarmcentre.co.uk](http://www.woodfarmcentre.co.uk)  
email: [info@woodfarmcentre.co.uk](mailto:info@woodfarmcentre.co.uk)

Please note we are unable to take debit or credit cards  
Price lists as at January 2011

E&OE



Gift Vouchers are available





**O**ur aim is to give you the benefit of qualified practitioners who are dedicated to providing professional and caring treatment.

**Wood Farm is set in beautifully landscaped grounds with a large lake. All who visit remark on the beauty, peace and tranquillity they find here.**

**Experience it for yourself, by enjoying refreshment sitting in our reception area or taking a gentle stroll around the lake.**

**The barn is 17th century and has been beautifully and sympathetically converted specifically for use as a Centre for Complementary Therapies and Self Development.**

**Two of our treatment rooms have stunning views of the lake and wildlife**

# Therapies available

- ❖ Advanced Hypnotherapy
  - ❖ Beauty Therapy
  - ❖ Bowen Technique
- ❖ CranioSacral Therapy (CST)
  - ❖ Crystal Healing
- ❖ Energy Interference Patterning (EIP)
- ❖ Emotional Freedom Technique (EFT)
  - ❖ Healing
- ❖ Hairdressing (temporarily unavailable)
  - ❖ Herbal Medicine
  - ❖ Hopi Ear Candles
  - ❖ Homeopathy
- ❖ Indian Head Massage
  - ❖ Iridology
- ❖ Massage Therapy  
(Acupressure, Aromatherapy, Body Brushing, Deep Tissue, Hot Stone Body Treatments, Therapeutic Sports Massage, Swedish)
- ❖ Nutritional Therapy
  - ❖ Osteopathy
  - ❖ Reflexology
  - ❖ Reiki
- ❖ Pilates and Yoga classes



**W**ood Farm Centre has ample, free parking right outside its doors, so no need to walk any distance after your treatment.

**I**ndividual care and attention by professional, qualified practitioners.

**T**here is a lovely reception area, where you can sit and relax both before and after your treatment.

**W**e have special offers every month announced on our newsletter page. And one unique to Facebook likers or Twitter followers; go to our website click on the link's and LIKE the page on Facebook -then you will get the benefit of an additional Special Offer

Or scan the barcode's below

**G**ift Vouchers are available for any value and can be purchased by telephone, at reception or by email [info@woodfarmcentre.co.uk](mailto:info@woodfarmcentre.co.uk).

These can be paid for by cash, cheque or online banking.

**T**ake a look at our video on the website  
**W**[www.woodfarmcentre.co.uk](http://www.woodfarmcentre.co.uk) and click on the video link.

Facebook



Wood



Farm

Twitter



# Wood Farm Price List

as of 1st January 2011

E&OE

including  
Therapies, Hair and Beauty

Special Packages, Pregnancy Packages  
and Beauty Room Packages

We can make a tailor made package to suit you  
please ask

**Please note we cannot take credit or debit cards**

Please telephone **01379 854295**

for all enquiries and to make your booking

or

email: **bookings@woodfarmcentre.co.uk**

We look forward to seeing you.

**Guests staying in Local B&B qualify for a 10%  
reduction on the price of their treatment. (This does not  
apply to any treatments that are already discounted)**

**See our website for local accommodation**

**[www.woodfarmcentre.co.uk](http://www.woodfarmcentre.co.uk)**

# Treatment Prices

Treatment	Price	Save	Pre pay Pre Book 3
Advanced Hypnotherapy	POA		
Bowen Technique 45 mins to 1 hour	£29.00	£4.50	£82.50
CranioSacral Therapy (CST)- Adult (1 hour)	£34.00	£4.50	£97.50
CranioSacral Therapy (CST) - Child (½ hour)	£22.00	£3.00	£63.00
Crystal Healing Therapy	£34.00	£4.50	£97.50
Emotional Freedom Technique (EFT)	£34.00	£4.50	£97.50
Energy Interference Patterning (EIP)	£34.00	£4.50	£97.50
Herbal -1st appointment 1 hour	£39.00		
Herbal follow up ½ - 1 hour	from £19.50		
Homeopathy 1st consult Allow 1 ½ to 2 hours)	£45.00		
Homeopathy Follow up Allow 1 - ½ hours	£35.00		
Hopi Ear Candles (single candle treatment)	£27.00	£3.75	£77.25
Hopi Ear Candles (double candle treatment)	£42.00	£6.00	£120.00
Nutritional Therapy First Consultation 1 - ½ hrs	£50.00		
Nutritional Therapy Follow Up ½ -¾ hour	£38.00		
Osteopathy	£35.00		
Reflexology - 1 hour	£32.00	£4.50	£91.50
Reiki - 1 hour	£29.00		



# Treatment Prices continued

Treatment	Price	Save	Pre pay Pre Book 3
<b><u>Massage - Aromatherapy, Therapeutic and Sports</u> (allow an extra ¼ hour)</b>			
Full Body - 1 hour	£32.00	£4.50	£91.50
Full Body - 1 ¼ hours	£40.00	£6.00	£114.00
Full Body - 1 ½ hours	£47.00	£7.50	£133.50
½ Body - ¾ hour	£25.00	£3.75	£71.25
½ Body - ½ hour	£18.50	£3.00	£52.50
Body Brush - 1 hour	£32.00	£4.50	£91.50
Body Brush - ¾ hour	£25.00	£3.75	£71.25
Body Brush - ½ hour	£18.50	£3.00	£52.50
Indian Head - ½ hour	£18.50	£3.00	£52.50
Indian Head - 1 hour	£32.00	£4.50	£91.50
Aromatherapy Facial (Cleanse , tone & massage) ½ hr	£19.50		
Aromatherapy Facial (as above plus Mask) - 1 hour	£30.00		
Acupressure Head Massage - 20 mins	£16.25		
Hot Stone - 1 ½ hours (Body and Scalp)	£54.00		
Hot Stone - 1 hour (Body)	£41.00		
Hot Stone - ¾ hour (Back)	£30.00		
Natural Face Lift Massage - On its own ¾ hour	£28.00	£4.50	£79.50
With Reflexology or 1 hr Massage allow 1 ¾ hour	£55.00	£8.25	£156.75



# Beauty Room Prices

## Ear Piercing including aftercare product

Plain stud **£15.00** Birth Stone or Pearl **£17.00**

Electrolysis up to 5 mins **£7.50** up to 10 mins **£9.00** up to 15 mins **£10.00**  
 15-30 mins **£17.00** 30-45 mins **£20.00**

## Eye Treatments

**Eye Brow Tint** 10 mins **£7.00** **Eye Brow Shape** 10 mins **£7.00**  
**Eye Lash Tint** 30 mins **£9.00** **All together** 45 mins **£21.00**

(If you wear contact lenses, bring your solution and a spare pair of glasses. When having tinting for the first time at the centre, you must have an allergy test a minimum of 48 hours before)

Dura Individual Lashes (semi permanent last up to 2 weeks ) Prices are for a set each side  
 4(10 mins) = **£8.00** 6 (15 mins) = **£9.00** 8 (30 mins) = **£10.00** 10 (30 mins) = **11.00**

## Semi Permanent Lash extensions last up 2 months and can be indefinite with top ups

First application allow 2 hours.....**£50.00**

Top ups .....**£10.00 per quarter hour**

**Bridal Makeup (including rehearsal and day) - each session** 45 mins **£40.00**  
 (it may be possible to offer a home visit, this will be charged at an additional £11.25 within a 5 mile radius of the centre. Over 5 miles, an additional 60p per mile or part thereof).

<b>Makeup including basic cleanse</b>	45 mins	<b>£22.50</b>
<b>Makeup lessons including cleanse and makeup</b>	1 ½ hour	<b>£30.00</b>
<b>Finger Nails - Shape and Paint only</b>	30 mins	<b>£11.00</b>
<b>Manicure - No Varnish</b>	45 mins	<b>£13.00</b>
<b>Manicure with Varnish</b>	60 mins	<b>£16.50</b>
<b>Manicure - French</b>	75 mins	<b>£18.50</b>
<b>Manicure - Deluxe (with Varnish and Warm Wax)</b>	75 mins	<b>£23.50</b>
<b>Paraffin Wax Hand Treatment</b>	30 mins	<b>£13.50</b>
<b>Paraffin Wax Foot Treatment</b>	30 mins	<b>£14.50</b>
<b>Toe Nails - Shape and Paint only</b> (for pedicures please bring open toed sandals)	30 mins	<b>£12.50</b>
<b>Pedicure - no Varnish</b>	60 mins	<b>£18.00</b>
<b>Pedicure - with Varnish</b>	75 mins	<b>£21.00</b>
<b>Pedicure Deluxe Varnish and Wax</b>	1 ½ hour	<b>£26.00</b>
<b>Pedicure - French</b>	75 mins	<b>£23.00</b>
<u><b>Bio Gel Sculpture Nails</b></u>		
<b>With Clear &amp; Colour</b>	1 ½ hour	<b>£25.00</b>
<b>With French</b>	1 ¾ hour	<b>£30.00</b>
<b>Removal of old gel</b>	20 mins	<b>£7.00</b>
<b>Tanning - Cream Tan with exfoliation (St.Tropez)</b>	1 ½ hour	<b>£31.50</b>

# Beauty Room Prices - continued

## Waxing

1/2 leg	1/2 hour	£13.50	3/4 leg	40 mins	£15.50
Full Leg	1 hour	£18.00	Bikini Line	15 mins	£7.25
High Bikini Line	1/2 hour	£12.50	Under Arm	10 mins	£6.75
Forearm	15 mins	£11.00	3/4 arm	30 mins	£13.50
			Upper Lip/or Chin	10 mins	£6.00
Eyebrow shape	10 mins	£7.00	Upper Lip and Chin	15 mins	£9.50
Chest	20 mins	£14.00	Back (from)	1 hour	£14.50
Waxing Full leg wax and bikini line				1 1/4 hour	£22.00
Waxing Full Leg and High bikini Line				1 1/2 hour	£27.00
Thread Vein Removal	up to 5 mins		£20.50	up to 10 mins	£31.75

## Electro-Therapy Facials

Balancer Facial with High Frequency			1 1/4 hours	£37.00
Electroderm Facial			1 1/2 hours	£43.00
Aromatherapy Face & Body			1 1/2 hours	£46.50
Detox Leg Treatment			1 hour	£30.00

	Price	Save	Prepay Prebook 3
Natural Face Lift Massage			
On its own 3/4 hour	£28.00	£4.50	£76.50
With Beauty Facial Allow 1 1/4 hour	£42.00	£6.00	£120.00

## Moisturising Body Cocoon

A luxurious treatment which starts with a body brush to rid your body of all dead skin cells and to help stimulate circulation. This is followed by a Vitamin C+E moisturiser which is applied to revive your body and replenish lost moisture. To enhance the treatment and your relaxation you are cocooned in a heat blanket whilst enjoying a wonderfully relaxing head massage

Allow 1 1/4 hour	£32.50
Prepay prebook 3	£92.25

## Starfruit Salt Scrub Body Treatment

A full body treatment using a luxurious souffle scrub containing Dead Sea mineral salt, starfruit and almond oil to help exfoliate and soften the skin. Followed by a relaxing foot and leg massage

Allow 1 1/4 hour	£32.50
------------------	--------

## Spa Find Facials & Body Treatments - for both men and women.

Please ask for separate brochures for full description of these treatments.  
We can customise facials to suit all skin types and most skin conditions

# Spa Find Treatment Prices

Spa Find offers an entire range of mineral skincare products for the face, body and hair promoting instant natural results. These highly effective mineral formulations are combined with Mother Nature's purest active ingredients, adding instant health and radiance to all skin types. The products contain allergen-free fragrances and NO parabens, genetically modified organisms (GMO's) or animal ingredients.

**Great for all skin types, including sensitive and problematic. Suitable for both men and women**

Spa Find Facial products contain a blend of rejuvenating natural ingredients to give skin an instant boost. Before every Spa Find mineral facial a therapist will welcome you by performing the unique Spa Find Greeting Massage. This luxurious back, neck and scalp massage will help to totally relax and unwind the body before the chosen remineralising facial.

## Spa Find Express Elegance Facial

A mini-facial incorporating a cleansing and toning sequence, exfoliation to brighten the skin and nourishing mud mask to suit your skin type to leave your skin feeling refreshed and glowing.

**30 mins, RRP £26.00**

**Our Price £21.00**

## Spa Find Renewed Radiance Hydrating Mud Facial

This deeply hydrating facial is perfect for delicate and dehydrated skins, helping to gently renew and revive skin. It begins with a welcome massage followed by a facial that naturally tones and firms the skin

**60 mins, RRP £36.00**

**Our Price £32.50**

## Spa Find Balanced Beauty Deep-Cleansing Mud Facial

A deep-cleansing facial perfect for those with an oily t-zone or combination skin. It begins with a welcome massage followed by a facial which helps rebalance oil production, leaving skin feeling healthy and hydrated.

**60 mins, RRP £36.00**

**Our Price £32.50**

## Spa Find Perfect Purity Detoxifying Facial

This facial is used to combat oily problematic skins, helping to reduce shine and balance oil production. It begins with a welcome massage followed by a facial to help to minimise imperfections, hydrate skin and decongest pores.

**60 mins, RRP £36.00**

**Our Price £32.50**

## Spa Find Natural Nourishment Double Mud Facial

A hydrating facial which is excellent for tired, dull and sallow skins. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skins texture and deeply relax you.

**75 mins, RRP £45.00**

**Our Price £37.50**



# Spa Find Treatment Prices continued

## Spa Find Youthful You Anti-Ageing Facial

This luxury anti-ageing facial uses a unique peel-off mask combining Dead Sea Mud and seaweed. It begins with a welcome massage followed by a facial, which brings immediate firming and hydrating results to the skin.

**90 mins, RRP £50.00 Our Price £43.50**

## Spa Find Radiant Revival Brightening Facial

A brightening facial targeted at dull, sallow skins. This treatment is excellent for pigmentation and for anyone wanting immediate skin radiance with the added benefits of firming and toning.

**90 mins, RRP £50.00 Our Price £43.50**

## Hot Stone Facial

A rejuvenating and relaxing facial, with the benefits of Dead Sea minerals, which is excellent for lymphatic drainage due to the warmed basalt stones used to gently massage the face, neck and shoulders

**Allow 1 ¼ hours Our Price £43.50**

## Spa Find Petites

### Spa Find Ache Away 2-in-1 Deep Tissue Massage & Revive

A deep-tissue back massage that helps to dissolve muscular tension, promoting a complete sense of calm and soft, supple skin. Perfect for those suffering with aching muscles and who like a firm massage.

**45 mins, RRP £30.00 Our price £26.50**

### Spa Find Silky Skin 2-in-1 Exfoliation & Massage

A full body exfoliation with the best-selling Spa Find Heavenly Hydration Salt Brushing followed by a back massage that helps to relieve muscular tension and leaves skin feeling silky smooth and deeply nourished.

**1 hour RRP £35.00 Our price £34.25**

### Spa Find Total Toning 2-in-1 Firming & Massage

A natural mineral firming treatment designed to target the problem areas in need of toning or cellulite reduction, leaving skin feeling toned, smooth, soft and firm

**1 hour RRP £35.00 Our price £34.25**

### Spa Find Complete Calmness 2-in-1 Facial & Massage

A luxurious back massage that helps to relieve muscular aches and pains, followed by a relaxing mineral mud facial that improves the texture of the skin and leaves it feeling soft and supple

**1 hour RRP £35.00 Our price £34.25**

### Spa Find Age Away 2-in-1 Facial & Exfoliation

A unique anti-ageing mineral body exfoliation, scalp massage and anti-ageing seaweed facial treatment that leaves skin fresh, cleansed and nourished, and fine lines and wrinkles smoothed and plumped up.

**1 hour 45 mins, RRP £45.00 Our price £42.00**

### Spa Find Pure Pleasure 2 in 1 Deep Cleanse & Massage

A luxurious back treatment that not only deeply cleanses, but also incorporates a deep tissue massage that helps to reduce tension and relieve muscular aches and pains. Leaving you with a complete sense of relaxation and soft, supple skin.

**1 hour RRP £35.00 our price £34.25**

# Spa Find Treatment Prices continued

## Spa Find Hands and Feet

### Spa Find Luxury Hydrated Hands

This luxury hand treatment targets the signs of ageing with an exfoliation of the arm and hands, followed by a relaxing massage and application of mud mask to help tone and firm the skin.

**60 mins no varnish** £23.25

**75 mins with varnish** £26.25

### Spa Find Luxury Fabulous Feet

This luxury foot treatment combines exfoliation and massage to target cracked heels and dry skin on the feet, leaving skin soft and supple and muscles relaxed, promoting the feeling of walking on air!

**75 mins no varnish** £26.25

**90 mins with varnish** £28.50



# Special Packages

Page	Package	Full Price	Package Price
Page 3	Stress Management	£118.00	£110.00
Page 4	Top Half Pamper	£73.00	£66.75
	Inside Out	£115.00	£103.50
Page 5	Relaxing Pamper	£51.50	£46.50
	Beauty Pamper (tint test may be required please check)	£50.00	£45.50
Page 6	Stimulating Treatment with Herbal (No oil or seeds)	£106.50	£97.00
	Stimulating Treatment with Nutrition (No oil or seeds)	£104.50	£95.50
Page 7	Top to Toe	£83.50	£75.50
	Hands and Feet	£66.00	£60.00
Page 8	Beautiful Bride See Beauty Room Packages below		
	Pre Wedding Pamper	£87.50	£79.75
Page 9	Pamper for Men (group package see below)	£50.50	£46.00
Page 10	Nutrition Plus 2 (no Metamorphic)	£112.00	£102.25
Page 14	Stop Smoking Package 1 (no acupuncture)	£106.00	£97.00
	Stop Smoking Package 2	£126.00	£117.50
Page 15	Stop Smoking Package 3	£114.50	£104.50

Please note - Page 6 Bath oil & linseeds no longer available.  
 Page 2, 10, 14 & 15 Metamorphic Technique no longer available.  
 The following packages are no longer available Page 11, Page 12

## Beauty Room Special Packages

For full details of special packages, please see Beauty Therapists' Brochures.

Package	Full Price	Package Price
<b>Top to Toe</b> - 4 ½ hours Spa Find facial; eyebrow tidy; full body massage; manicure and luxury pedicure.	£107.00	£97.25
<b>Stress Therapy</b> - 3 hours Body brush; full body massage and anti-stress facial.	£88.25	£78.75
<b>Holiday Package</b> - 3½ hours Half leg wax; bikini line; underarm wax; eyelash tint; manicure and pedicure with varnish. A tint test is required 48 hours prior to treatment.	£74.00	£67.50
<b>Beautiful Bride</b> - 3 hours Consultation of colour and texture including facial cleanse; trial make-up. On the day manicure, pedicure and eyebrow shape, and on the day make-up. Please see Bridal make-up re travel allowance for home visits.	£89.50	£81.55
<b>The above plus a 1 hour Spa Find Facial</b>	£122.00	£111.00
<b>Groom's Treatment</b> - 2 hours Men's facial; men's hands and nail care; half body massage.	£65.75	£61.00

# Pregnancy Package Prices

Page in Brochure	Package	Full Price	Package Price
Page 3	<b>Nutrition Pre-Conception</b>	<b>£168.00</b>	<b>£153.25</b>
Page 3	<b>Nutrition Pregnancy Care and Lactation</b>	<b>£130.00</b>	<b>£118.50</b>
Page 4	<b>Sickness in Pregnancy</b> Acupuncture not available ask for other options		
Page 5	<b>Relaxing Pre Conception For Men and Women *</b>	<b>£82.00</b>	<b>£76.50</b>
Page 5	<b>Relaxation for Dad to be and New Dad</b>	<b>£50.50</b>	<b>£46.50</b>
Page 6	<b>Pre Natal</b>		
	<b>Part 1</b>	<b>£106.00</b>	<b>£97.00</b>
	<b>Part 2</b>	<b>£50.50</b>	<b>£46.00</b>
	<b>Part 3</b>	<b>£87.00</b>	<b>£77.50</b>
Page 11	<b>Pre Natal 2 Ideal for Mum or Dad to be</b>		
	<b>Part 1</b> (Metamorphic Technique not available)	<b>£92.50</b>	<b>£84.00</b>
	<b>Part 2</b> (Metamorphic Technique not available)	<b>£64.00</b>	<b>£58.00</b>
Page 12	<b>Pre Natal 3 Ideal for Mum or Dad to be</b>	<b>£64.00</b>	<b>£58.00</b>
	<b>Pre Natal 4</b>	<b>£150.00</b>	<b>£142.50</b>
Page 13	<b>Pre and Post Natal Pamper</b>	<b>£85.50</b>	<b>£77.25</b>
	<b>Labour Preparation</b>	<b>£106.00</b>	<b>£98.50</b>
Page 14	<b>For the New Father</b>	<b>£118.50</b>	<b>£107.50</b>
	<b>or using Bach flower instead of Herbal Medicine</b>	<b>£108.50</b>	<b>£100.00</b>

For Stop Smoking packages, please see Special Package prices on page 10  
 \*Please note - Page 5 Bath oil no longer available,

The following package is no longer available  
 Page 4 Homeopathy Pre to Post Natal and Acupuncture not available

## Wood Farm Shop

SLS and Paraben free products including:-

- Avalon Shampoo - Conditioner, Body Lotion, Shower Gel and Hand Soap
- The Green People- Shampoo & conditioners, Sun Protection and After Care
  - Jane Iredale - Make up products
  - Spa Find Products Natural Mineral Products
- Hair Supplies, ie Brushes, Combs and various other products
  - Bio Freeze Products and Hot/Cold Pads



Please telephone **01379 854295**  
for all enquiries and to make your booking  
or  
email: [bookings@woodfarmcentre.co.uk](mailto:bookings@woodfarmcentre.co.uk)

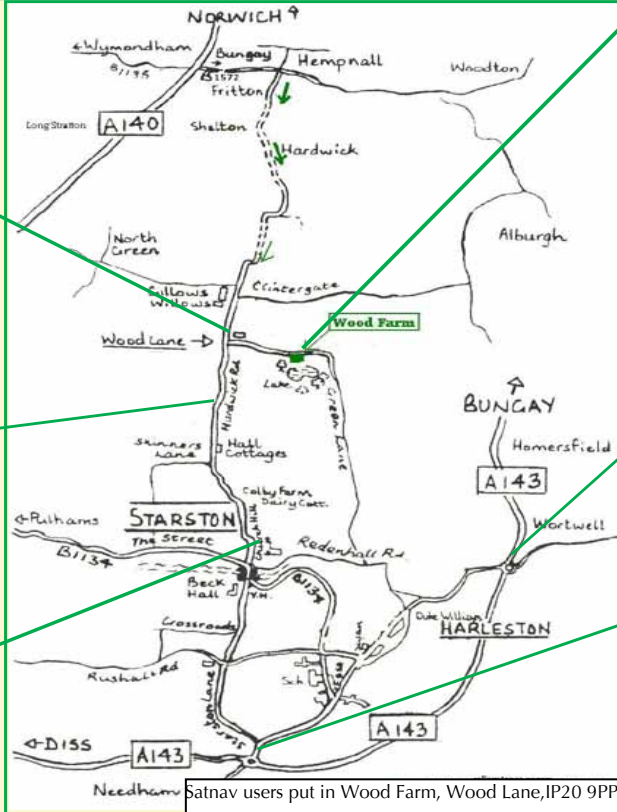
We look forward to seeing you.

# How to find us

Travelling north along the Hardwick Road Wood Lane is 1 1/2 miles from St Margaret's church

Hardwick Road

St. Margaret's Church



## WOOD FARM

From Bungay Turn right at the 1st Harleston roundabout. Turn right at the Duke William, follow the road keep to your left, sharp left bend. First right into Green Lane follow to sharp left bend again and Wood Farm is on your left.

Roundabout signed B1134, Harleston. Starston slip road immediately left



Facebook

## Wood Farm Complementary Therapy and Healing Centre



Twitter

Wood



Farm

Wood Lane, Starston,  
Harleston, Norfolk, IP20 9PP

Telephone: **01379 854295**

e-mail: [info@woodfarmcentre.co.uk](mailto:info@woodfarmcentre.co.uk)  
Website: [www.woodfarmcentre.co.uk](http://www.woodfarmcentre.co.uk)

Prices as at May 2011

Unique Offers every month to our Facebook Page and Twitter Followers.

To go direct to our links scan the bar codes above from your smart phone (you can download a free QRReader)