

Massage Therapy

Contact Marianne: 07931 527429

SWEDISH MASSAGE

Experience the benefits of a firm massage helping to overcome your physical aches and pains by reducing muscle tightness, leaving you with a better sense of well-being.

For a shorter alternative book a 30 minute back, neck and shoulder massage.

30 minutes £28

60 minutes £48

INDIAN HEAD MASSAGE

Focusing on the back, neck, scalp and face using a variety of massage pressures and techniques. It is a great treatment to relieve tension, stiffness, headaches and eye strain promoting an enhanced level of well-being.

30 minutes £28

BODY DETOXIFYING TREATMENT

Using Ayurvedic techniques the treatment begins with a stimulating body buff which exfoliates whilst awakening the lymphatic system removing toxins from the body, followed by a warm stimulating oil full body massage. You'll feel energised and smooth from top to toe.

60 minutes £50

SPORTS MASSAGE

Working at a deeper level than Swedish massage techniques we treat sports related soft tissue injuries and provide a deep tissue massage.

30 minutes £30

60 minutes £50

HOT STONES FULL BODY TREATMENT

After the placement of hot stones, the face is cleansed and massaged followed by a full body massage using warm oils and hot stones, leaving the muscles relaxed and the skin glowing.

45 minutes £45

80 minutes £65

THAI FOOT MASSAGE

After a foot cleanse we massage the lower legs and feet using hands and Thai wooden rollers which stimulate reflex points, bringing the body into better balance and leaving you feeling totally relaxed.

60 minutes £45

ALL MASSAGES ARE TAILORED TO SUIT EACH INDIVIDUAL

Beauty by Nicky

Contact Nicky: 07776 006847 www.waxingnorthampton.com

COLLAGEN FACIAL £46.50

Ideal for mature, dry, dehydrated or sun damaged skin. Collagen is the most common protein in the body accounting for 85% of all skin, hair & nails. It depletes naturally causing skin to lose its elasticity. Introducing collagen back into the skin can help slow down the ageing process & reduce fine lines.

SEDGEBROOK SPECIAL £45

A luxury facial beginning with a mini back massage to relax you before your facial even begins. Followed on with a relaxing facial massage with aromatherapy treatment oils. Then after application of your mask relax whilst receiving a hand & arm massage.

BRIGHTENING FACIAL £45

Illuminate & brighten dull, lacklustre, pigmented skin. Resurfacing with exfoliation helps with uneven skin tone before an infusion of vit-c & a speciality mask. Illuminating moisturiser protects leaving skin radiant, bright & glowing.

CLARIFYING FACIAL £42.50

For problematic skin that's prone to breakouts. Balancing cleansers help to lift away impurities before gentle micro fine exfoliation to remove dead skin cells. A speciality mask with antiseptic & antibacterial properties is then applied to rebalance the skin & remove any excess sebum leaving the skin feeling fresh & clear.

RELAXATION FACIAL £38

A stress relieving facial suitable for all skin types which begins with a double cleanse & exfoliation before a relaxing facial, neck & shoulder massage with aromatic treatment oils. Finished with a mask, tone, moisturise & refreshing eye gel.

MINI FACIAL £26

A quick pick me up facial when you're short of time. This mini treatment will refresh the skin with aromatic cleansers then buff away dulling skin cells. A rapidly working mask will infuse the skin with nourishment before hydrating moisturisers protect the skin.

EYE TREATMENTS

Eyelash Tint	£15	Eyebrow Tint	£10
Eyelash & Eyebrow Tint	£20	Eyebrow Shape	£8
Eyebrow Shape & Tint	£15	Eyelash & Eyebrow Tint & Shape	£25

ALL TINTING REQUIRES A PATCH TEST

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SHAPE & POLISH £15

GELISH GEL POLISH £25

MANICURE £25

Includes exfoliation & moisturiser, nail & cuticle work & finished with a colour of choice.

LUXURY MANICURE £32

A relaxing manicure including nail & cuticle work, warm relaxing hand mitts with a moisturising hand treatment & a hand & arm massage to help maintain & improve the condition of your hands & nails & finished with a colour of choice.

PEDICURE £25

Starting with a relaxing bubbling foot spa, nail & cuticle work & reduction of hard skin & finished with a colour of choice.

LUXURY PEDICURE £34

A relaxing pedicure including nail & cuticle work, exfoliation & reduction of hard skin with the addition of a moisturising foot treatment & heated boots for tired aching feet, followed by a leg & foot massage & finished with a colour of choice.

CALLUS PEEL TREATMENT £25

A stand-alone treatment to help remove the excess build-up of hard skin on the feet. A softening patch is applied to the affected area after which a scraper is used to remove the dead skin callus, followed by a foot polish to remove any remaining keratin & completed with a deep moisturising cream. Extra patches can be used at a cost of £5.

CALLUS PEEL PEDICURE £40

A callus peel treatment as above but incorporated into a relaxing pedicure & finished with a colour of choice.

**ADD GELISH TO ANY MANICURE OR PEDICURE FOR £15*

WAXING

Half Leg	£15	Full Leg	£25
Half Leg & Bikini	£22	Full Leg & Bikini	£30
Bikini/Underarm	£8.50	Fore Arm	£8
Full Arm	£12	Eyebrow/Lip/Chin	£8
Lip & Chin	£12		

Make-Up & Hair by Kimberley

Kimberley: 07966 182044

www.youretrulyrumptious.co.uk

Your Wedding Day is one of the most important days of your life. I am here to make your day a little bit easier, along with Mother of the Bride and Bridesmaids. I can travel to your home or chosen venue. I'll be there to make everyone feel beautiful and look stunning.

BRIDE £60 (*£30 non-refundable deposit required at your trial*)

It is important that you choose the right base foundation and then build to create the perfect look for your hair and colour scheme. Our extensive range of quality products to choose from will guarantee your Bridal Make-Up will give you confidence throughout the whole day.

Inclusive of 1 trial

Additional trials £25

BRIDESMAIDS £35

Your bridesmaids are there to support you on your big day. They will compliment you and your whole wedding theme with beautiful Wedding Make-Up.

Discount is offered if there are more than 3 bridesmaids, aged 18+

MOTHER OF THE BRIDE £30

Second most important lady. Our extensive range of products will give your mum a glowing confidence throughout the day.

SPECIAL OCCASION MAKE-UP £35

Going out somewhere fancy? Why not treat yourself with gorgeous Make-Up that will turn heads and make you stand out above the rest.

PROM make-up for 16yr and under £25

A night that you need to make an impression! Your first evening out in a ball gown, time to enhance your look with elegant make-up to make you feel beautiful and shine confidence.

WEDDING AND SPECIAL OCCASION HAIR STYLING

Whether you decide to have an up-do, a braid or wear it curly, your Wedding Hair will ultimately complete your look and make you feel more beautiful than ever.

Bridal Hair	£35 - £40
Mother of the Bride	£20 - £30
Bridesmaids	£25 - £35
Hair Trials	£25
Special Occasion	£35

Please note this doesn't include styling from wet hair.

Spa Days

Contact Nicky: 07776 006847

Come & enjoy a wonderful relaxing Spa Day with us here at Sedgebrook Hall

PAMPER DAY - An indulgent Essential Oil Body Massage, followed by a Manicure & Pedicure. £100pp

STRESS BUSTER - A Swedish Body Massage & Relaxation Facial. £90pp

TREAT DAY - Choose from a Back or Indian Head Massage & a Manicure or Pedicure. £60pp

SPA TASTER - Don't know what treatment you would like? Then how about a Mini Back Massage, Mini Facial, Eyebrow Tidy, Hand & Arm Massage & Shape & Polish all rolled into one! £55pp

AYURVEDIC TREAT - A perfect day to harmonise your body & mind. Have a Thai Foot & Leg Treatment followed by an Indian Head Massage. If you would prefer a full body treatment choose our Garshana Hot Oil Detoxifying Massage instead. £55pp

AFTERNOON TREAT with TEA - Alone, with friends or bring your mum. Enjoy an afternoon spa session with a 30min or 60min treatment of choice followed by an inclusive lovely afternoon tea in our lounge area.
30min £50pp
60min £70pp

Gowns, slippers & pool towels will be provided for all Spa Days. Full use of gym & leisure facilities included (pool, sauna, Jacuzzi, tennis courts)

Lunch is payable separately from our lovely extensive bar menu except where stated

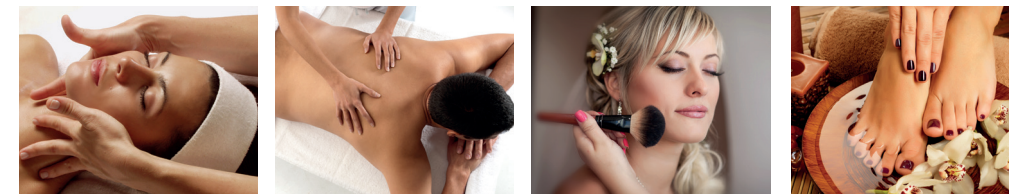
We cater for small groups assuring you of our personal attention at all times. Spa Days can also be tailor made to suit your personal requirements

Full payment is required on booking of all Spa Days

**GIFT VOUCHERS AVAILABLE FOR ALL TREATMENTS
CASH AND MOST DEBIT/CREDIT CARDS ACCEPTED**

General Cancellation Policy: Please note failure to turn up for your appointment without 24hrs notice may result in a payment being charged for the treatment at our discretion.

PRICE LIST EFFECTIVE FROM 1ST MAY 2017



The Beauty and Treatment Rooms at Sedgebrook Hall

ALL TREATMENTS ARE AVAILABLE TO PATRONS AND NON-PATRONS OF SEDGEBROOK HALL

Pitsford Road, Chapel Brampton, Northampton, NN6 8BD