



WOOLDOWN FARM HOLISTIC TREATMENT MENU:

***Holidays are the perfect time to relax and forget your worries.
Why not treat yourself to a treatment from our comprehensive holistic menu?***

Reflexology

Reflexology is a wonderful, natural and simple way of helping your body to heal itself. It can help with chronic conditions, depression, stress and anxiety.

Reflexology (1 hour) :£30

Taster (30 mins): £20

Facials

Organic Holistic Facial: This includes cleansing, mask , toning and are followed by an arm and hand massage a neck and scalp massage.

1 hour £ 34 (using Spiezia Cornish Organic products)

Organic Mini Facial : 45 mins £30 (Same as above but with no mask)

Jade Roller Facial: This a natural treatment that uses acupressure points on the face to stimulate collagen production and tighten facial muscles. This facial will help you maintain radiant youthful skin.

1 hour £37

Relaxing/therapeutic massage:

This massage can help to relieve stress and any muscular tensions.

Back massage (30 mins): £ 20

Whole body massage (1hour): £30

Whole body massage (1h30mins): £37

Aromatherapy massages

Aromatherapy is the use of essential oils distilled from plants to promote a well balanced and healthy lifestyle. Organic essential oils are diluted in a carrier oil to create a blend depending on your needs and condition. Each blend is unique and made for you.

1 hour massage: £32

1 hour 30 massage : £39

**Sandra Dumas
Complementary Therapist
ITEC qualified & Member of CThA
Tel 01288 361668 or 07930154033
For an appointment**

Indian Head massage

This non-invasive treatment involves massage of the upper back/shoulders/neck /scalp/face and ears. It is a holistic therapy, renowned for relieving symptoms of stress, anxiety, depression and mental tension.

Indian Head Massage: (45mins): £25

Indian Head massage (taster 20 minutes): £18

Treatments during pregnancy:

These treatments are tailored around your special needs during your pregnancy: morning sickness, heartburn, backaches, sleeping problems and anxiety.

Maternity Reflexology: 1 hour (£30)

Pregnancy massage: 1 hour (£30) (massage done lying on your side)

Hands and feet

Traditional pedicure: Includes foot bath, cuticles work, nails shaping, foot massage and with 3 finishing available: natural look, colour polish or French manicure polish **£28**

Express colour or conditioning pedicure: includes cuticles work, nails shaping and polishing of the nails or natural look. **£25**

Express manicure: A manicure including nail reshape, cuticle tidy, hands massage and to finish the nails are polished with a colour of your choice or you can also choose to keep a natural healthy look (ideal for men). **£20**

Luxury manicure: Same as above but you will also get a bath for your nails and a arm and hand massage. For the finish you will have the choice of colour polish, French polish or natural look. **£25**

Book 2 treatments (on the same day) and save £5

For more information or to book an appointment you can email me: sdumaszen@yahoo.co.uk or phone on 07930154033 / 01288 361668

Please note that any cancellations must be made at least 24 hours before the appointment otherwise the full price will have to be charged.

Treatments will be given in your cottage or in my treatment room (5 mins walk from your complex)

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