

The products we proudly use—

Natural Elements Organic Skincare

Organic, Healthy, Effective, Affordable. "See how great your skin Looks and feels when you're not using petro-chemicals."

Purely Mineral

Amazing, all natural make-up range formulated to provide a feather light, flawless finish.

Eve Taylor Professional Skin & Body Care

All naturally cultivated and sourced essential & base oils blended together by your Clinical Aromatherapist

Orly Nail Products

Based in Los Angeles, Orly were the original founders of the 'French Manicure.' Orly products are specially formulated to be used in specific combinations for targeted nail care solutions.

Pinks Boutique

Beautiful Organic hand and foot spa treatments inspired by Himalayan minerals and the sensual aromas of the Indonesian Islands.

Australian Body Care

Australian Body Care products provide optimum hygiene, strengthening the natural defence of the skin. Tea Tree is a natural antiseptic and bactericide.

St. Tropez Tan—Cream application.

Harpers and Queen—'It's long lasting, natural looking and there is no other self tan to touch it.'

Gift Vouchers Available for all treatments.

£10.00 fee applies to all mobile make-up bookings. Make-up group bookings will be confirmed when a non-returnable deposit of 50% of the total charge for services required is received.

Please note that all appointments not cancelled within 24 hours are subject to a 50% charge. Non-arrivals will be charged the total amount of missed appointment

Cash & Cheque payments only please.

Beauty And Wellbeing



Julie Thomson

SSPM, I TEC, M.Reid Dip., T.A . Th.

Price list from 1st April 2010

Red House
Sandilands
Limekilns
Fife

Tel: 01383 872016

www.beautyandwellbeing.org.uk

Beauty

HAND & FOOT CARE – Orly Polish & Hand/Foot Treatments by Pinks Boutique	
File & Polish (French Polish additional £2.00)	£10.00
Organic Manicure or Pedicure (Nail shape, cuticle work, salt scrub, relaxing massage and polish)	£22.00
Deluxe Organic Manicure or Pedicure (additional hydrating balm treatment using heated mittens/booties)	£24.00

ORGANIC FACIALS— Natural Elements Organic Skin Care

(A skin analysis will be conducted in order to provide the relevant products for your skin type)

Customised Facial - Deep cleanse, exfoliation, mask, essential oil massage, face contour serum, moisturiser, Throat Serum & multi-vitamin eye cream	£28.00
Mini Facial - Deep cleanse, exfoliation, essential oil mini massage, mask, moisturiser	£22.00
Mini Facial with Aromatherapy Back, Neck & Shoulder Massage	£37.00

EYE CONTOUR MASQUE—Eve Taylor

Rich in Marine Collagen and Amino Acids this 10 minute treatment reduces puffiness and soothes and firms the skin. The contour of the eye is immediately luminous, hydrated & soothed. Add this to your facial or any other treatment for an additional

£5.50

MAKE-UP—Purely Mineral. All treatments include cleanse, tone, face contour serum and moisturiser prior to make-up.

Bridal & Special Occasion Make-up (including trial)	£40.00
Special Occasion Make-up	£25.00
An Introduction/Lesson on the application of Mineral Make-up with 10% off your first Mineral Make-up order	£25.00

EYE TREATMENTS—Patch Test essential 24 hours prior to treatment.

Eye Lash Tint	£11.00
Eye Brow Tint	£ 5.00
Eye Brow Shape (wax and/or tweeze)	£ 7.00

WAX DEPILATION— Australian Body Care Tea Tree Products & totally disposable materials. Please ensure that no heat treatments such as sun beds, sauna etc. are taken 24 hours prior to and after all wax treatments.

Full Leg	£21.00
Half Leg	£14.00
Bikini Line (traditional)	£ 6.50
Under Arm	£ 6.50
Lip or Chin	£ 4.50

TANNING— St Tropez (cream application). All tanning treatments are preceded by skin exfoliation. Tan will last approx. 7 days.

Full Body	£29.00
Upper body including face	£20.00
Legs	£17.00

Wellbeing

CLINICAL AROMATHERAPY — Specially selected Essential Oils blended to promote physical and emotional healing	
Full Body Treatment (incorporating facial massage)	£32.00
Back, Neck & Shoulders	£22.00
Back, Neck & Shoulders with Mini Organic Facial	£37.00
Precede your treatment with the Organic Body Scrub—additional	£12.00

UPPER BODY BLISS! - Anti-stress treatment incorporating Facial Massage, Pressure Point Scalp Massage, followed by a Back, Neck & Shoulder Massage, all with Clinically blended Essential Oils—Bliss!

£28.00

BACK & BEYOND— A smoothing back exfoliation is then followed by hot towels to tantalise the skin. Finally an invigorating back massage will ease away tension leaving you revitalised and relaxed. Using Organic Body care products by Pinks Boutique

£28.00

THERAPEUTIC MASSAGE—Widely known ailments can be helped by massage—including many chronic conditions such as back pain, headaches & aching limbs.

Full Body Treatment (incorporating facial massage)	£32.00
Back, Neck & Shoulders	£22.00

INDIAN HEAD MASSAGE— Works on both physical & mental levels, focusing on the upper body— back, shoulders, neck & head, all areas prone to tension & stress related illness. This is a seated treatment.

£24.00

REFLEXOLOGY—A gentle therapy to relax & balance you. Through the application of gentle pressure patterns to the feet, Reflexology encourages the body to heal at its own pace.

£27.00

THERMO-AURICULAR THERAPY (Hopi Ear Candles)

A relaxing treatment, useful for alleviating Migraines, Sore Throats, Tinnitus and reducing wax build up in the ears.

£25.00

THE ULTIMATE LUXURY HOT STONE MASSAGE

Using warm stones made from Basalt, a volcanic rock found worldwide. This treatment incorporates body brushing, Stone Massage using clinically blended essential oils, and the placing of crystals to balance the chakras.

Full Body Treatment, incorporating Face & Scalp Massage	£45.00
Hot Stone Back Massage with Aroma Face & Scalp Massage	£30.00

NATURAL ELEMENTS ORGANIC BODY SCRUB

Spring clean your skin with organic Patchouli, Kelp & Rosemary exfoliation treatment followed by Seaweed Moisturiser

£17.00

N.B. Please allow an additional 30 minutes for your first appointment as your therapist will take a detailed medical history, in order to plan your treatment. You should not eat or drink at least 1 hour prior to massage treatment. Alcohol and non-essential drugs to be avoided on the day of treatment.