



Swedish Massage

A manual massage to relieve stress and fatigue.

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| Full Body (1 Hour) | £40.00 |
| Back, Neck & Shoulder (30 Mins) | £20.00 |

Aromatherapy Massage

Essential oils to stimulate your senses and relax the body.

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| Full Body (1 hour) | £41.00 |
| Back, Neck & Shoulder (30 Mins) | £21.00 |

Lymphatic Drainage Massage

Essential Slimming oils to promote weight loss, helps with Cellulite problems and contours the body.

(As appeared in TV's '10 years younger')

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| Full Body (1 hour) | £43.00 |
| Lower Body | £25.00 |

Indian Head Massage

Pressure pointing techniques to back, neck, shoulder, face and ears. Helps relieve headaches, sinus problems and promotes relaxation. (30 Mins)

£25.00

TH.Hot stone Therapy

Warm aromatic stones are gently placed on to the body whilst you drift into relaxation.

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| Full Body (1 hour) | £45.00 |
| Back, Neck & Shoulder (30 Mins) | £25.00 |

Ultimate Body Massage

Taking massage to the ultimate level. 90 minutes of sheer heaven. Includes, Body Brushing. Full body massage ending with an Indian head and facial massage. Highly recommended.

£53.00

Located in Innaction Health and Beauty
Contact Amanda 07792897850



Thalgo Facial Treatments

Thalgo uses the riches of the sea so you can benefit from powerful healing, revitalising and re-balancing properties vital for health and well being.

Let the beauty of the sea take care of you....

- Delicate Skin
- Oily / Combination Skin
- Dry Skin
- Radiance / Anti Ageing
- Lymphatic Drainage

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| Full (1 hour) | £40.00 |
| Mini (30 mins) | £25.00 |

Creative Spa Manicure/Pedicure

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| Spa Pedicure | £20.00 |
| French Pedicure | £22.00 |
| Deluxe Pedicure | £25.00 |
| Spa Manicure | £20.00 |
| French manicure | £22.00 |
| Deluxe Manicure | £25.00 |

Waxing

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|-------------|---------------|
| Full Leg | £18.00 |
| Half Leg | £13.00 |
| Bikini | £7.00 |
| Brazilian | £13.00 |
| Under Arm | £6.00 |
| Lip or Chin | £5.00 |
| Eye Brow | £6.00 |
| Fore Arm | £13.00 |

Eyes

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|-----------------------------------|---------------|
| Eye Brow Tint | £5.00 |
| Eye Lash Tint | £7.50 |
| Eye Lash/Brow Tint & Eye Brow Wax | £15.00 |

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