

## Massage

Designed to relieve stress and soothe aches & pains

Back, neck & shoulders	£25 (30 mins)
Arm & Hand Massage	£15 (20 mins)
Leg & Foot Massage	£25 (30 mins)
Swedish full body massage	£35 (1 hour)
Aromatherapy full body massage	£35 (1 hour)
Corporate Chair massage	£20 (20 mins)
Indian Head massage	£20 (30 mins)
Hot Stone massage	£40 (75 mins) £45 (90 mins)
Full Body Exfoliation - Helps to maintain healthy looking skin, removing dead skin cells.	£35

## Therapies & Talking Therapies

Designed to help with burn-out, stress, anxiety, self-esteem. All holistic therapies are conducted by trained therapists who are also trained in mental health first aid.

Reiki	£25 (1 hour) £30 (90 mins)
Reflexology	£25 (1 hour) £35 (90 mins)
Mindfulness	£30 (1 hour)
Emotional Freedom Technique	£30 (1 hour)

## Waxing & Shaping

Unwanted hair removal or brow shaping

Half	£16
Leg Wax (full)	£22
Lip & Chin Wax	£10
Eyebrow Shaping	£9
Upper Lip	£5
Chin	£6

## Manicure & Pedicure

Shape, polish and brighten up those nails

Manicure, massage, file & polish optional	£20/23
Pedicure, massage, file & polish optional	£28/30
Shellac manicure, massage & file	£26

## Facials

Luxurious cleansing and nutrition for super-soft skin

Mini Holistic Facial	£20 (30 mins)
Full Holistic Facial Massage	£30 (45 mins)
Aromatherapy Facial	£20 (30 mins)
Facial with Luxury Products	£35 (1 hour)
Facial with Hot or Cold Stone	£35 (1 hour)



## How to book:

Telephone: 07563 954597

Email: [simply.you-navigo@nhs.net](mailto:simply.you-navigo@nhs.net)

## Cancellation Policy:

We ask that clients please make every effort to cancel therapies with at least 48 hours notice to allow us to offer spaces to others.

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