

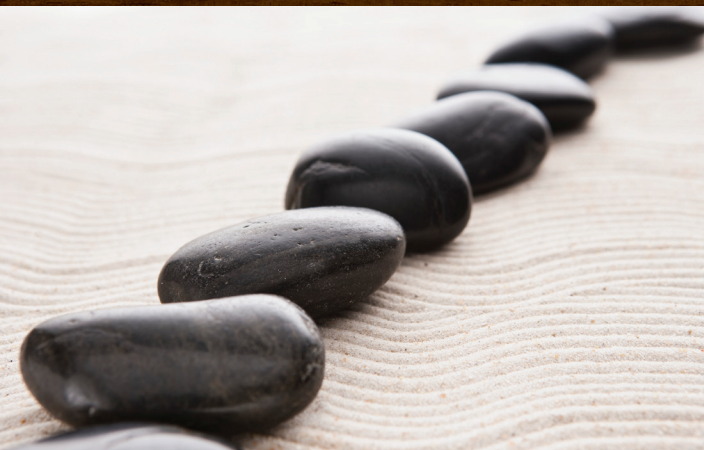
why not add a bit extra to
your treatment ?

Dry body brushing,
add to back massage £5.00
Back & bk of legs £7.00
Full body massage £10.00
legs £5.00

warm paraffin wax £5.00

aroma soy wax candle
hands or feet £5.00

lymphatic drainnage



Relax & Rejuvenate

Holistic Enlightenment
(complementary therapies)
@Xfit gymnasium
Friday street
Chorley
PR6 0AA
call nikki on 07902185957

Gift vouchers available



Holistic
Enlightenment
complementary therapies

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Treatments

Reflexology £35.00
Includes foot massage with carefully
blended aromatherapy cream

Hopi ear candles £25.00
includes facial drainage massage

Pedicure/foot care

basic foot care £12.00
foot soak, exfoliate, moisturise & massage

Express £15.00
soak, exfoliate, nail filling, dry skin filling,
moisture & massage

Luxury £20.00
soak, exfoliate, nail trim, nail file, cuticle
work, dry skin work, mask, moisturise,
foot & lower leg massage.

Nail polish or nail treatment can be
added for extra £7.00

Hand & arm massage or feet & legs
massage with blended essential oils to suit
requirements £10.00
(good for arthritis especially when
followed by a warm paraffin wax
treatment.)

Massage

Aromatherapy massage
Full body £35.00
back 30mins £20.00
back & bk of legs £27.00

Swedish massage
Full body £30.00
Back £17.00
Back and bk of legs £20.00
Legs £15.00

Hot stone massage
Full body £35.00
Back 30 mins £20.00
Back & bk of legs £27.00
legs £20.00
(includes essential oils)

Heated Bamboo massage
Back £25.00
Back & bk of legs £30.00

Deep tissue massage
Back massage 1 hour £30.00
Back & bk of legs £40.00
Legs £30.00

Pregnancy massage
Back massage £20.00
Back and legs £30.00
Legs £20.00

Indian head massage £25.00
includes shoulder massage & essential oils

Manual lymphatic drainage
90 mins £35.00
inculdes essential oils

Eve Taylor treatments

Express Facial 30 mins £20.00

Luxury prescription facial (1hr) £35.00
(includes hand & arm massage using the aroma
wax candles)

Mens facial £20.00

All facials include hot towel facial steam

Eye treatment £20.00
includes lymphatic drainage massage

Back cleansing treatment £25.00
Includes 15 min back massage

facial drainage massage £15.00
good for sinus problems/allergies or facial
tension

cellulite treatment £35.00
Block bookings are beneficial for this treatment

Aroma wax candle
Hand & arm massage £10.00
Feet & legs £10.00

block bookings are available on the luxury
facials, back cleansing treatment & cellulite
treatment.
By block booking these treatments you also make
a saving.
Payments to be made in full.

full consultation will be given.