

## **HOLISTIC MASSAGE**

Massage has many benefits, it helps you to relax, relieves stress/tension, improves circulation, muscle tone and joint mobility.

(1st treatment consultation time 15 mins)

Back, Neck & Shoulder	(25 mins)	£19.00
Face, Neck & Scalp	(25 mins)	£19.00
Foot & Leg	(25 mins)	£19.00
Full Body	(55 mins)	£30.00

## **AROMATHERAPY MASSAGE**

In addition to the benefits of Massage, Aromatherapy has therapeutic effects from the Essential Oils. Using a blend to suit the needs of the individual. (Consultation time 15 mins)

Back, Neck & Shoulder	(25 mins)	£20.50
Face, Neck & Scalp	(25 mins)	£20.50
Foot & Leg	(25 mins)	£20.50
Full Body	(55 mins)	£34.00

## **INDIAN HEAD MASSAGE**

This is a relaxing treatment incorporating techniques used widely in Indian Culture. Treating the shoulders, neck, scalp and face, relieving tension, improving scalp and hair condition. (1<sup>st</sup> treatment consultation time 15 mins)

Treatment	(25 mins)	£20.00
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**(All treatment times are approximate)**

## **THERMO AURICULAR CANDLING (Hopi-Ear Candles)**

This is a relaxing treatment that can ease many conditions of the head and ears, an example of these are sinus congestion, compacted or excessive ear wax, tinnitus, snoring etc .

(1st treatment consultation time 15 mins)

First Treatment	(45 mins)	£30.00
Follow up appointments	(30 mins)	£25.00

## **REFLEXOLOGY**

A deeply relaxing treatment on the feet using pressure massage to balance the body's systems, improve circulation, reduce stress, remove toxins and impurities from the system and revitalise energy. (1<sup>st</sup> treatment consultation time 15 mins)

First Treatment	(55 mins)	£27.00
Follow up appointments	(40 mins)	£25.00

## **NAIL TREATMENTS**

Regular Manicure/Pedicure will ensure the hands, feet and nails are kept in good condition, improving circulation, nail shape and removing dry skin leaving them looking and feeling good.

Manicure	(40 mins)	£16.00
Nail shaping, Cuticle Work, Moisturise & Paint		

Manicure	(55 mins)	£18.00
with French Polish		

Pedicure	(45 mins)	17.00
Clipping Nails, Cuticle Work, Moisturise & Paint.		

## **WAXING**

Effective removal of hair for up to 4-6 weeks using warm wax.

Full Leg	(40 mins)	£19.00
Half Leg	(25 mins)	£14.00
Bikini Line	(15 mins)	£ 8.00
Under Arm	(15 mins)	£ 8.00
Full Arm	(30 mins)	£14.00
Half Arm	(15 mins)	£10.00
Lip/Chin	(15 mins)	£ 6.50 each
Eyebrow	(15 mins)	£ 7.00
Half Leg/U-Arm/Bikini	(45m)	£25.00
Full Leg/U-Arm/Bikini	(55m)	£29.00
<b>Mens Waxing</b>		
Chest	(25 mins)	£12.00
Back	(25 mins)	£15.00

## **EYE TREATMENTS**

Tinting gives the lashes and brows natural colour that lasts approx 4 weeks, choose from Black, Brown, Blue or Grey.

\*A patch test must be carried out at least 24 hours before your appointment.

Eyebrow Tint	(25 mins)	£ 7.00
Eyelash Tint	(25 mins)	£ 9.00
Brow/Lash Tint	(25 mins)	£14.00
Eyebrow Tidy	(15 mins)	£ 6.00
Eyebrow Shape	(25 mins)	£ 8.00

## **RELAXING FACIALS**

Using products to suit your skin type, Regular Facials will keep the skin; free from impurities, feeling refreshed, keep muscles toned and restore moisture.

Mini Facial (25 mins) £15.00  
Cleanse, Tone, Mask or Massage, Moisturise

Morningside Facial (55 mins) £25.00  
Cleanse, Tone, Eyebrow Tidy, Exfoliate, Massage, Mask, Moisturise.

**TOP TO TOE** £77.00  
(Approx 3 ½ hrs)

**Includes : Morningside Facial, Full Aromatherapy Massage, Manicure and Pedicure.**

(Normal Price £92.00)

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### **Treatments available on:**

**Wednesday** 10am – 2pm  
7pm - 9pm  
**Thursday** 7pm - 9pm  
**Friday** 10am – 2pm

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## **Gift Vouchers for all occasions**

Birthdays Christmas  
Anniversaries Mothers day  
Easter Valentines  
See reception for details

**Kessarín Payne**  
(Dip PT., IIHHT.,IIST).

**Tues & Sat 10am to 1pm**

**Sports Massage** – this treatment identifies potential trouble spots and relaxes tight muscles. Neuromuscular techniques are used to re-balance tight muscle groups.

Price: £40.00 for 1 hour  
£32.50 for ¾hr  
£25.00 for ½hr

**Swedish Massage** – Swedish massage improves circulation, relaxes both body and mind, stimulates the flow of energy and eliminates toxins.

Price: Full body £35.00 for 1 hour  
Back, Neck & Shoulders £25.00 for 30mins

**Thai Head Massage** – is a therapeutic massage relieving aches and pains and rebalancing the bodies energy flow.

Price : £27.00 for 30 mins.

Massage & Beauty

Treatments

at

Morningside

Health Workshop

**Berdita Bright**  
**ITEC, BABTAC, IIHHT**

135 Buckingham Rd  
Bletchley, Bucks  
MK3 5JD

Telephone:  
**01908 366957**

Price List – 1<sup>st</sup> April 2008