



The Garden Retreat Health & Beauty

At Taurus Crafts



Treatment Guide & Price List

2019

WELCOME

Established in 2011, we offer a range of traditional beauty, holistic therapies and signature treatments. We provide high quality treatments in a friendly and relaxed environment "We have a passion for what we do and the best recommendation for continued success is contented clients".

Contents

HANDS & FEET - Page 3

FACIALS - Page 4

DERMACO FACIALS - Page 5

BODY MASSAGE & SIGNATURE TREATMENTS - Pages 6 & 7

WAXING - Page 8

EYE TREATMENTS - Page 8

MAKE UP & TANNING - Page 9

PAMPER PACKAGES - Page 9

PRODUCTS - Page 10

GIFT VOUCHERS - Page 11

Opening Hours

Monday:	10:00 am - 4:30pm	Thursday:	10:00am - 8:00pm
Tuesday:	10:00 am - 5:00pm	Friday:	10:00 am - 5:00pm
Wednesday:	10:00 am - 5:00pm	Saturday:	10:00 am - 5:00pm

Telephone: 01594 841156 or Mobile: 07970 479324

Email: thegardenretreat@btinternet.com

www.gardenretreatbeauty.co.uk www.tauruscrafts.co.uk

www.facebook.com/thegardenretreathealthandbeauty

Credit/debit cards and cash accepted.

Wheelchair Access and Free Parking.

***Please note that all treatment times are approximate
and may include consultations.***

HANDS & FEET

Classic Pedicure

Soak, nail trim & shape, cuticle work, scrub, massage and Vinylux or Mavala polish.

1 hour £31.00

Deluxe Pedicure

Soak, nail trim & shape, cuticle work, scrub, massage, paraffin wax mask, heated boots and Vinylux or Mavala polish.

1 hour 10 minutes £36.00

CND Marine Spa Pedicure

'A pedicure inspired by the sea'. Luxury mineral soak, nail trim & file, cuticle work, spa exfoliation, cooling mask, hydrating oil massage and Vinylux or Mavala polish.

1 hour 10 minutes £37.00

CND Almond Spa Manicure

This luxury nail treatment combines nourishing products with relaxation to hydrate the nails & calm the spirit.

Without polish **60 minutes £32.00**

Add polish for an extra **£5.00**

Classic Manicure

Shape, soak, cuticle work, massage & polish with Vinylux or Mavala polish.

1 hour £29.00

Deluxe Manicure

Shape, soak, cuticle work, nail scrub, massage, paraffin wax mask, heated mitts and Vinylux or Mavala polish.

1 hour 10 minutes £35.00

Without polish deduct

£3.50 for manicure & pedicure treatments.

Mini manicure or pedicure

45 minutes £23.00

File and polish **£17.00**

French polish add **£5.00**

While your nails are drying, why not include a 30 minute Indian head massage treatment for £19.00

Shellac 14 day wear Power Polish

Shellac fingers or toes **£25.50**

Shellac removal & re-application **£28.50**

Shellac removal without re-application **£10.00**

French gel polish extra **£5.00**

'Rockstar nails' additional **£5.00** for full set or **50p** per nail.

Shellac can be added to other nail treatments for an additional £8.00

Reflexology and 'Relax the sole' treatments also available.

See page 7 for more details

FACIALS

'Spa Find' Express Elegance

Mini-facial suitable for all skin types.

40 minutes £30.00

'Spa Find' Renewed Radiance

Gently renews & revives dry, mature and dehydrated skin.

1 hour £42.00

'Spa Find' Balanced Beauty

Deep-cleansing mud facial for those with oily t-zone or combination skin.

1 hour £42.00

'Spa Find' Youthful You

Anti-ageing facial using a peel-off mask combining Dead Sea mud and Seaweed.

1 hour 15 mins £47.00

'Eve Taylor' Luxury Facial

For all skin types cleanse, facial brushing, exfoliation, hot compress, face & shoulder massage & mask.

1 hour £42.00

With aromazone steam & prescriptive peel off mask.

1 hour 15 mins £47.00

Aromatherapy Facial

Cleanse, exfoliation, mask, face, neck, shoulder & scalp and massage using prescriptive oil blends.

50 mins £39.00

Advanced Fusion Facial

Using galvanic & high frequency.

An intensive 'MOT' for the face, anti-ageing, de-congesting and anti-bacterial.

1 hour 15 mins £49.00

Made for Life Organic Treatments

Lovingly created to nourish the body, mind and soul for the ultimate relaxation.

The products are developed for even the most sensitive skin from 100% organic botanicals.

Relax & Rejuvenate Uplifting Facial

Using a combination of massage techniques from India & Japan to help lift and tone. The skin is cleansed using a balm, exfoliated with a combination of chamomile flowers, rose petals and calendula. A rose and vanilla face oil helps to rejuvenate and hydrate the skin.

1 hour 15 minutes £52.00

Radiance Facial

Designed to eliminate congestion returning normal moisture to the skin.

Restores natural luminosity to the skin, leaving you looking & feeling radiant.

1 hour £44.00

Mini Radiance Facial

A shorter version of the radiance facial using organic products to cleanse and nourish the skin.

40 minutes £32.00

A 15 minute back, neck & shoulder massage can be added to any facial for just £10.00

DERMACO FACIALS



Thermotherapy.



Diamond Tip Microdermabrasion



Ultrasound.



Biolift.



LED light Therapy.



Cryotherapy.

DermaCo Pro VX System is a 6 in 1 system that allows the therapist to design a personalised treatment procedure for each individual client's requirements.

The machine offers affordable solutions including Thermotherapy, Diamond Tip Microdermabrasion, Ultrasound, Biolift (non surgical face lift), LED Light Therapy and Cryotherapy. The machine has been designed and built in the UK and offers the best in British manufacturing and engineering.

The DermaCo facials offers our clients the most technologically advanced aesthetic solutions to their skincare needs including pigmentation, acne, breakouts, anti-ageing, scarring, redness, dry/flaky skin, blocked pores (blackheads and milia), under eye circles and puffiness, plus much more!

Single session 30 minutes £32.00
Course of 6 £170.00

Single session 60 minutes £49.00
Course of 6 £255.00

Single session 75 minutes £56.00
Course of 6 £295.00

DermaCo treatments can also be used on other parts of the body. Please ask one of our therapists for more information



BODY MASSAGE & SIGNATURE TREATMENTS

Re-hydrate & Nourish

Invigorating body brushing, warm oil drizzled over your body. Wrapped up in a warming foil blanket, enjoy a nourishing mini facial, with a face & scalp massage. Finished off with a relaxing body massage leaving you refreshed & your body hydrated.

1 hour 20 mins £54.00

Swedish Body Massage

Using pre-blended oils.

Full body massage. **1 hour £42.00**

Back, neck & shoulder massage.

25 mins £24.00

40 mins £31.00

Optional face/scalp. **£5.00**

Oncology Specialist Massage

(Prices as Swedish Massage)

Doctors/Consultants note required prior to treatment. For more information please contact the salon.

Lava Shell Massage

Warming back treatment combined with Kokolokahi oils and techniques

Back, neck & shoulder.

30 mins £30.00

45 mins £36.00

Kokolokahi Massage

A combination of deep tissue, lomi lomi, swedish & trigger points.

Back, neck & shoulder. **45 mins £35.00**

Full body. **1 hour £45.00**

Full body, face & scalp.

1 hour 15 mins £50.00

Hot Stone Massage

Warm, polished basalt stones with aromatic oils, to deeply relax the muscles and ease tension.

Back, neck and shoulders.

45 minutes £35.00

Full body.

1 hour 10 mins £49.00

Full body, face and scalp.

1 hour 20 mins £55.00

Prescriptive Aromatherapy Treatments

Pure oils blended individually for each client and applied using specialised massage techniques.

Full body massage including face and scalp.

1 hour 30 minutes £54.00

Full body massage excluding face.

1 hour 10 minutes £48.00

Back, neck & shoulder massage.

40 minutes £31.00

Back, neck, face, scalp & shoulders.

1 hour £42.00

includes a facial cleanse & tone

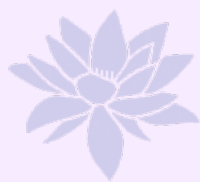
The above timings include consultations.

Please Note

Alison, Becky and Lisa blend pure oils individually for each client.

Stacey & Holly use pre-blended oils

BODY MASSAGE & SIGNATURE TREATMENTS



Made for Life Organic Treatments

Lovingly created to nourish the body, mind and soul for the ultimate relaxation.

The products are developed for even the most sensitive skin from 100% organic botanicals.

Relax into Radiance

Smoothing strokes detoxify and oil prepares the body for an invigorating head to toe exfoliation using a lemongrass and marigold body scrub. A facial concludes the treatment to cleanse and hydrate, while a head massage clears and calms the mind.

1 hour 20 minutes £54.00

Organic Body Scrub

The body is smoothed and polished using a lemongrass and marigold body scrub.

30 minutes £29.00

Back to Life

Warm oil is drizzled over the back followed by a gentle exfoliation. Luxurious body balm is melted onto the back to release tension. This treatment also includes a scalp massage.

45 minutes £34.00

Pregnancy Massage

A nurturing & effective massage, tailored to the specific needs of the 'mum to be' using gentle and unscented oils.

30 minutes £28.00

1 hour £44.00

1 hour 15 minutes £50.00

Relax the Sole

A warm foot soak followed by a scrub to rid your feet of impurities. Hot oil foot mask with a relaxing scalp massage. A soothing foot and leg massage completes the treatment.

45 minutes £31.00

Include a nail shape & polish with the above treatment for £12.00

Hopi Ear Candles

Soothe and relieve ear and sinus conditions, includes a face, head and ear massage.

45 minutes £31.00

Indian Head Massage

A powerful seated treatment, with or without oil, massaging the back, arms, neck, head and face.

45 minutes £31.00

Reflexology

Preparation of the feet includes hot mitts & exfoliation followed by diagnostics & foot massage.

1 hour £37.00

**'Seasonal Treatments' also available
See our special flyers and posters for more information**

WAXING

Natural waxes remove hair, leaving skin smooth, avoiding stubbly re-growth.

Full leg wax (Inc. classic bikini) £32.00

Full leg wax (Inc. high bikini) £35.00

Full leg wax (without bikini) £29.00

Half leg wax £17.00

¾ leg wax £22.50

Classic bikini wax £10.00

Traditional high bikini £12.50

Underarm wax £9.00

Lip or chin £8.50

Lip and chin £15.00

Eyebrow wax £8.50

Eyebrow re-shape £10.00

Forearms £16.00

Back wax £20.00

Waxing Combinations

*Half leg wax, classic bikini, underarms
£34.00*

*Full leg wax, classic bikini, underarm
£38.00*

Female Intimate Waxing

Hollywood (total removal) £30.00

Brazillian (left with a strip) £25.00

Playboy (left with pencil thin strip) £25.00

Californian (high bikini wax) £17.00

EYE TREATMENTS

Tinting and Shaping

Eyelash tint £16.00

Eyebrow tint £9.00

Eyelash & eyebrow tint £22.00

Eyebrow tidy £8.50

Lash lifting with tint £34.00

Eyebrow tint & tidy £16.00

Eyebrow reshape & tint £17.50

Eyebrow reshape £10.00

Eyelash tint/eyebrow tint & tidy £28.00

Flirties classic lash extensions -

Full set from £55.00

Infills from £25.00

Volume lashes - Full set from £60.00

Infills from £30.00

A patch test is essential 24-48 hours prior to first tint/lift/extensions appointment.

MAKE UP & TANNING



Using Jane Iredale mineral make up

Make up lesson 1 hour £32.00

Make up application 45 mins £26.00

Make up and shellac hands 1 hour 30 mins £48.00

Prom/Bridal make up also available, please ask for more information.

Sienna X spray tanning

Full body £25.00 Half body £20.00

THE GARDEN RETREAT PAMPER PACKAGES

Please choose 2 treatments from either menu A or menu B.

Menu A

- *Marine spa pedicure*
- *Eve Taylor 1 hr luxury facial*
- *Full body Swedish massage*
- *Aromatherapy back, neck, face, scalp & shoulders*
- *Almond spa manicure with polish*
- *Relax the sole with file & polish*

£78.00 (2 hours 15 mins approx)

Menu B

- *Express elegance facial*
- *Indian head massage*
- *40 minute back, neck and shoulder massage*
- *Classic manicure*
- *Classic pedicure*
- *Organic body scrub*

£58.00 (1 hour 30 mins approx)

Includes a complimentary drink within the salon.

*Tables can be reserved in Taurus Crafts cafe if required for lunch
(please discuss at time of booking)*

THE PRODUCTS

At The Garden Retreat our aim is to use the very best in natural, organic and ethically sourced products. These products are also available for purchase.

**MADE FOR LIFE
ORGANICS**

Made For Life Organics
100% organic face & body care products, handmade in Cornwall.

jane iredale
BEAUTY WITH BRILLIANCE™

Jane Iredale
mineral make-up products so natural that they can be used directly after any treatment including facials & facial waxing.

spa find

Spa find
natural mineral therapy products with pure Dead Sea minerals and plant extracts.

CND

Scentsations
hand/body lotions and washes, in gorgeous fragrances. Shellac nail colours and Vinylux polish.

Eve Taylor

Eve Taylor
regarded as the pioneer of modern aromatherapy by professional skin care therapists worldwide.

**ABSOLUTE
Aromas** the power of nature!

Absolute Aromas
natural room sprays, 'Zenbow' diffusers, aroma rolls, bath salts and scrubs.

TISSERAND
AROMATHERAPY

Tisserand
100% pure organic essential oils and aromatherapy products.

Songbird

Songbird
natural healing and skin care balms.

best kept secrets
SERIOUSLY SCENTED

Best Kept Secrets
natural soaps & candles

GREENLEAF

Greenleaf
scented sachets

**BRIDGEWATER
CANDLE COMPANY**
EST. 1956

Bridgewater Candles

**ST EVAL CANDLE
COMPANY**

St Eval Candles
hand poured in Cornwall

MAVALA
SWITZERLAND

Mavala
a world leader in nail care and specialises in the maintenance of beautiful looking nails.

ONCOLOGY SPECIALIST TREATMENT

**Amethyst
Trust**

Amethyst Trust cancer massage



We are pleased to offer Gift Vouchers which can be redeemed against treatments and/or products.

Vouchers are available in the following values:-

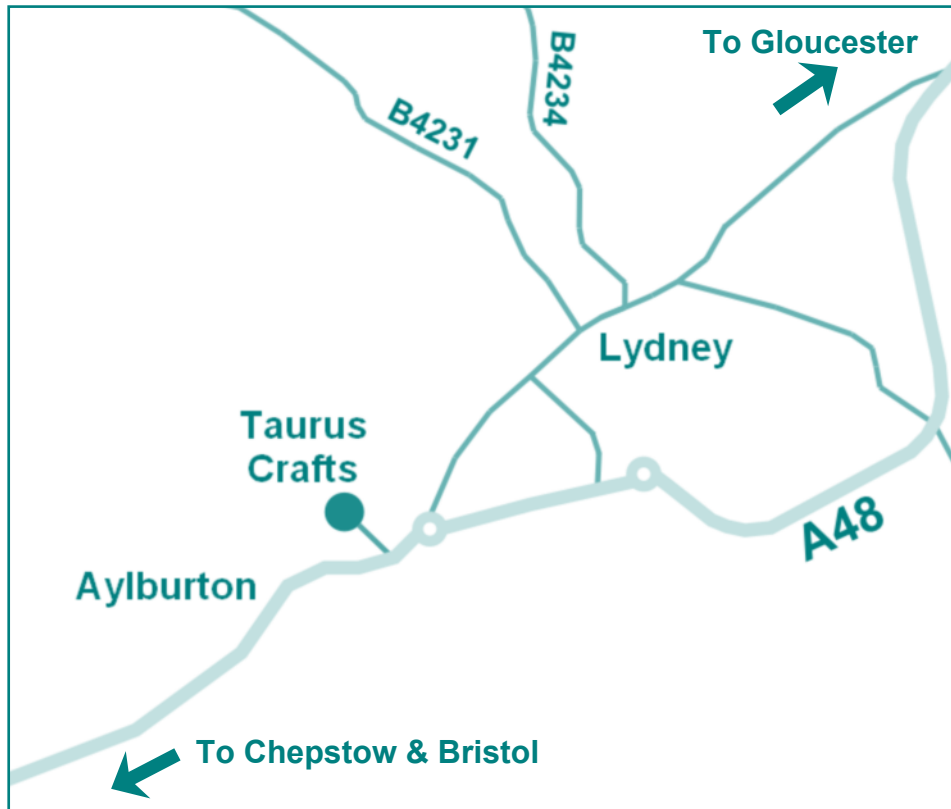
£5, £10, £20, £25, £30.

We also provide a blank voucher for a specific treatment.

Cancellation fee policy

If you are unable to keep your appointment please give 24 hours notice to avoid a charge - thank you.

Prices are reviewed annually.



The Garden Retreat, Taurus Crafts,
Lydney Park Estate, Lydney, Glos. GL15 6BU
Telephone: 01594 841156 or Mobile: 07970 479324
Email: thegardenretreat@btinternet.com
www.gardenretreatbeauty.co.uk
www.tauruscrafts.co.uk

You can also find us on Facebook
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