



**Rose Washington**

*Aromatherapist*

**for**

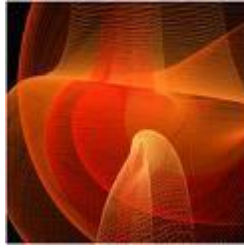
*Saving Faces*

**Health Spa**

**Contact Us**

T: 0151-520 2766

Switch House,  
Northern Perimeter Road Netherton,  
Liverpool  
L30 7PT



## **Aromatherapy Treatments.**



Aromatherapy is the use of essential oils in holistic treatments to improve physical and emotional well-being. Essential oils, extracted from plants, possess distinctive therapeutic properties, which can be utilised to improve health and prevent disease. After a private consultation, a selection of delightful essential oils are then blended to suit the client's needs.

### **Deep cleanse Back Treatment.**

**40. mins - £45.00**

Dare to bare your back with this skin refining treatment, a gentle body brush to slough off dead skin cells, followed by Orange Blossom, or Rose water to help soothe irritated, or dehydrated skin, this is then followed by a massage using a creative blend of essential oils to help leave your skin feeling exfoliated, polished and ready to reveal.

### **Head, and shoulder massage.**

**40 mins - £45.00**

A deeply relaxing treatment, which helps soothe away the stresses and strains of everyday life. The treatment includes a deep tissue massage, to help unblock hidden tensions, the massage is then continued through the scalp to lift and '*blow away*' stagnant energy which can result in eye strain and migraines. The treatment is completed with warm oils being applied to certain pressure points on the face, leaving your skin feeling refreshed and invigorated.

## The ultimate

### Aromatherapy Experience

**1 Hour 30 mins £70.00**

**1 Hour- £ 55.00**

The complete way to indulge yourself, enjoy being cocooned in warm towels and massaged with beautiful essential oils, such as Rose, Neroli, Sandalwood, this deep tissue massage will help eliminate toxins that our body accumulates. A personal prescription of oils will be blended to suit your requirements, after receiving this divine treatment you will be left feeling deeply relaxed, and in a complete state of bliss.

### Anti cellulite massage

**1 Hour 30 mins £70.00.**

**1Hour £ 55.00**

The treatment begins with a dry body brush, this awakens your skin, and helps prepare it for a deep tissue massage, you will then be massaged using a selection of detoxifying essential oils and then body wrapped in a clear film, this ensures the oils are absorbed into the skin targeting the stubborn areas of cellulite . A luxurious foot massage will then be carried out to further encourage the elimination of toxins. **Pure bliss!**

### Reflexology

**1 Hour £ 55.00.**



Reflexologists believe that the feet mirror the body. All organs, systems and glands of the body can be mapped onto areas of the feet called reflex points. A reflexologist knows how to stimulate the reflex points in order to bring about a response in the corresponding part of the body.

A divine treatment which includes using Rose water to help soothe the feet , and prepares them for the rest of the treatment, essential oils are used to help enhance the treatment, and then organic Rose petals or Lavender flowers are applied to the feet and wrapped up to allow the oils to penetrate the skin. The foot wrap is then removed and the flowers are finally used as an exfoliant for the feet, this is excellent for dry, cracked or hard skin.

## **Ayurvedic Face Lift.**

**Ayurvedic Facial 1 Hour £55.00.**



Ayurvedic Facial Massage is also known as Facial Rejuvenation. It is a technique based on Ayurvedic principles which stimulates and lifts the muscles and tissues of the face, freeing up tension and encouraging relaxation. It stimulates the circulation and lymphatic drainage, thereby helping to eliminate toxins. Ayurvedic translated means '*way of life*', and therefore these treatments are aimed for people who wish to make a difference in the way they live their lives. The facial begins by cleansing the face with Rose water, following this, a carefully chosen blend of warm oils are then mixed and gently massaged onto the face working on the marma points, we then use a face mask of perhaps Rose and Frankincense, and allow it to absorb into the skin, whilst we wait for this we then drizzle warm oils over the scalp and shoulders and massage any tensions that the body is holding. To complete the treatment, the face mask is removed, and the oils are then reapplied.

## **Rose and Neroli Renew Facial.**

**1Hour 15 mins £ 60.00.**

A truly luxurious facial, using the most exquisite of essential oils, this treatment is a real must for ladies who feel they want to enhance their beauty, and embrace their femininity. The oils start to work their magic immediately by boosting lost collagen, and rehydrating the skin. The treatment is completed by a deeply relaxing foot massage using Rose petals. Top to toe beautifying treatment, it doesn't get much better than this!

## **Microdermabrasion.**

**1 Hour treatment £55.00.**

**Taster Accelafuze treatment 30 mins £45.00.**

Accelafuze is an exciting new treatment which reduces the signs of ageing. The Accelafuze is the latest in facial rejuvenation, enhancing all skin types and conditions to provide a positive rejuvenating effect. The treatment starts with gentle and effective removal of the outer layer of the skin using microdermabrasion, and then an infusion is chosen for a personalised treatment.

The final element is the use of high intensity LED light therapy to promote collagen.

The skin will be left looking toned and fresh and a smoother healthier complexion will become apparent in the following days after the treatment.

### **Hot stone massage**

**1 Hour £55.00**



Hot Stone Massage is a truly relaxing treatment using hot stones of varying sizes on parts of the body – from the forehead to between the toes - giving a deep massage and creating a sensation of warmth and comfort.

The heat from the stones feels great and is also wholly therapeutic - helping detox the body and relaxing the nervous system. The stones used are smooth, volcanic basalt that retain their heat on the body for as long as possible. The treatment is then completed by massaging the body using the finest quality essential oils.

**Clients can also book in for 2, or 3 hour's at one time, here they get to completely indulge in a variety of treatments, light lunch and refreshments are included, some of this time can also be allocated for health/life coaching. A perfect way to kick start a new you.**

**2 Hours £120.00**

**3 Hours £180.00**

**Gift Vouchers are also available on request.**

