

MICHÈLE GROOME BEAUTY

LYMPHATIC & BEAUTY SPECIALIST

Michèle Groome ITEC, CIBTAC

Holistic Half-day Spa Treatment Package

Reflexology- 30 Minutes

Reflexology is the technique of applying pressure to reflex areas on the feet to bring deep relaxation and to stimulate the body's own healing processes. Ideal for relieving sinus- hay fever, helps with hormonal imbalances and IBS, headaches & migraines, stress & tension, improves circulation and many other conditions. This treatment is suitable for everyone including children.



Deep Tissue Back Massage- 30 Minutes

A back, neck and shoulders massage to alleviate stress and tension



Holistic Bespoke Luxury Treatment- 90 Minutes

Start with a pressure point back massage to relax the body. The face is deeply cleansed using Shiatsu pressure point massage followed by exfoliation. An appropriate mask that is customised to your skin's needs is applied. Whilst the mask is working a choice of hand and arm massage or leg and foot massage takes place. Scalp, neck, shoulders and facial lymphatic massage with omega serums and creams to benefit the skin and body's immune system are applied. This helps to prevent premature ageing, hydrate the skin and eliminate signs of fatigue. This is truly a wonderful experience.

OFFER PRICE £153

Time Needed- 2 hours and 30 minutes

Further information or to book an appointment please contact Michèle- 07941131148