



WHITE TARA

COMPLEMENTARY HEALTH & BEAUTY CLINIC

Beauty Treatments • Holistic Massage • Ayurvedic Treatments • Complementary Therapies • Yoga

Welcome to White Tara Complementary Health & Beauty Clinic, a world of natural beauty and holistic therapy.

HOLISTIC MASSAGE

Aromatherapy Massage

Aromatherapy is a unique body massage where pure plant essential oils are used to help relieve both physical and mental tension and target specific ailments.

Full Body (1 hour)	£38
Full Body including Scalp & Face (1 hour 15 minutes)	£45
Back, Neck & Shoulders	£22

Swedish Massage

A Swedish massage can be slow and gentle, or vigorous and deep. It manipulates superficial and deeper layers of muscle and connective tissue to enhance function and aid in the healing process.

Full body (1 hour)	£37
Back, Neck & Shoulders (30 minutes)	£22

Hot Stone Massage

A truly relaxing treatment using hot volcanic stones, dipped in oil to give a deep penetrating massage to the muscles.

Back Massage (30 minutes)	£25
Full Body (1 hour)	£48
Luxury Full Body including Face (1 hour 30 minutes)	£60

Indian Head Massage (30 minutes) £25

An energetic stress-busting therapy which works specifically on the upper back, shoulders, upper arms, neck, scalp, ears and face.

Spa Find Heaven Hot Poultice Massage (1 hour 15 minutes) £50

Spa Find Heaven massage is based on ancient Thai and Egyptian techniques using hot mud or salt poultices to ease muscle tension and deeply relax the body and mind.

No Hands Massage (1 hour) £40

The Therapist uses the soft surfaces of the forearms rather than the hands allowing a deeper massage technique.

TRADITIONAL THAI TREATMENTS

Traditional Thai Massage

Thai Massage involves stretching, rocking and acupressure. This form of bodywork is performed on the floor and the client wears comfortable clothes that allow for movement.

1 hour	£40
1 hour 30 minutes	£45
2 hours	£60

Thai Foot Massage (1 hour) £36

Massage of the lower legs and feet that involve hands on stretching & massage to 'open' Sen (energy) lines, along with the use of a stick to stimulate the reflex points on the feet which correspond to the internal organs of the body.

Thai Style Hot & Herbal Massage (1 hour 15 minutes) £48

Thai style combines traditional remedies with modern techniques. This treatment uses deep massage with heated herbal compresses full of natural ingredients. It is the ultimate in detoxification, re-balancing and relaxation.

AYURVEDIC TREATMENTS

Ayurveda is the ancient Indian holistic medical system, based on achieving physical and mental harmony with nature, which has been practised for more than 5,000 years.

Mini Ayurvedic Consultation (20 minutes) £15

A qualified Ayurvedic Practitioner will establish your body type (Dosha) and provide diet, lifestyle and exercise suggestions tailor-made for your body type.

Abhyanga- Ayurvedic Whole Body Massage (1 hour) £40

An intensely relaxing massage intended to improve lymph flow, stimulate the immune system, and to strengthen and revitalise the entire body.

Udvertana – Herbal Body-Scrub Massage (1 hour) £50

Exfoliating massage using finely ground Ayurvedic herbs including exotic sandalwood to help soften the skin and give it a healthy glow.

Shirodhara – Forehead Oil Flow Treatment (1 hour) £50

A wonderfully blissful treatment involving a steady stream of warm oil being gently poured over the central Chakra point on the forehead.

Mukhabhyanga –

Traditional Ayurvedic Face-Lift Massage (1 hour) £35

This relaxing massage helps tone the face muscles and stimulate the micro-circulation and flow of lymph throughout, complementing the natural regeneration of healthy, younger looking skin.

Pinda Sveda – Herbal Bolus De-Stress (1 hour 30 minutes) £55

A rejuvenating, strengthening and nourishing massage which uses cotton poultices filled with specially selected herbs which are dipped in warm herbal oils and massaged over the body. It can help alleviate muscle and joint pain, tensions and stress.

Shirobhyanga – Head Massage (45 minutes) £30

This intensely relaxing and revitalising massage nourishes both hair and hair roots.

Pada Abhyanga – Foot Massage (45 minutes) £30

This highly relaxing Ayurvedic foot massage uses special Ayurvedic oils to vitalise tired feet and legs

Hasta Abhyanga – Hand Massage (45 minutes) £30

This calming and relaxing Ayurvedic Hand Massage uses special Ayurvedic oils to relax and harmonise the entire body.

OTHER COMPLEMENTARY THERAPIES

Hopi Ear Cleansing Ritual (45 minutes) £25

A mild & natural treatment to help remove any fluid that becomes trapped around the eardrum and the sinus areas. It also helps with the removal of excess earwax.

Reflexology (1 hour) £36

Reflex points on the soles, tops and side of feet are connected to corresponding areas throughout the body. Specialised massage techniques, help to correct imbalances, release blocked energy and restore vitality.

Conception & Maternity Reflexology £40

Treatments tailored to suit you which may help improve chances of conception, relieve discomfort experienced throughout pregnancy and prepare you for the birth of your baby.

Gentle Touch Reflexology for Babies and Children £35

This soothing treatment is suitable for babies from 2 weeks old. It may be used to calm children and improve many childhood conditions.

Reiki (1 hour) £30

This is a non-invasive hands on healing therapy, using natural energy flow for health and well-being.

Hypnotherapy £55

Colon Therapy £75

Emotional Freedom Technique (E.F.T) £45

Life Coaching £55

Acupuncture £35

Dorn Method £39

Rossiter System Work-out £25

Remedial Sports Massage £40

MICRODERMABRASION

Microdermabrasion is a system of intense exfoliation and resurfacing using ultra fine crystals that rejuvenate the skin.

Microdermabrasion Facial (30 minutes) £40

Microdermabrasion Anti-Ageing Facial (1 hour) £45

SPA FIND MINERALIZING FACIALS

Spa Find Express Elegance Facial (30 minutes) £26

A mini-facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask to suit your skin type and mini facial massage, leaving your skin refreshed and glowing.

Spa Find Essential Elements Facial (1 hour) £36

This prescriptive mineral facial is ideal for new clients and incorporates a consultation and skin analysis, allowing the therapist to treat the main concerns and recommend a personalised home care programme.

Spa Find Renewed Radiance Facial (1 hour) £36

This deeply hydrating facial is perfect for delicate and dehydrated skins, helping to gently renew and revive skin. It begins with a welcome massage followed by a facial that naturally tones and firms the skin, VMS Complex in the products used in this facial help to smooth fine lines and prevent further skin ageing by treating both the surface and deeper skin tissues.

Spa Find Balanced Beauty Facial (1 hour) £36

A deep cleansing facial perfect for those with an oily t-zone or combination skin. A mineral mud mask is applied to deep cleanse the pores. The highly concentrated minerals used in this treatment normalise skin pH to reveal a healthy, clear complexion.

Spa Find Perfect Purity Treatment Facial (1 hour) £36

This facial is used to combat oily, problematic skins, helping to reduce shine and balance oil production. Using a specialised ritual of Dead Sea Mud, Dead Sea Sand and purifying massage techniques, this treatment helps to re-mineralize, soothe, oxygenate and rebalance acne skin.

Spa Find Youthful You Facial (1 hour 15 minutes) £42

This luxury anti-ageing facial uses a unique peel-off mask combining Dead Sea Mud and seaweed. It begins with a welcome massage followed by a facial, which brings immediate firming and hydrating results to the skin. Your face is then cocooned in the active ingredients of our specialised Algimud seaweed mask, formulated to refine, tone and produce instant results.

Spa Find Natural Nourishment Facial (1 hour 15 minutes) £42

A hydrating facial, which is excellent for tired, dull and sallow skins. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skin's texture and deeply relax you. Dead Sea black mud and Algimud Seaweed are used where needed to give immediate visible results.

Spa Find Radiant Revival Facial (1 hour 15 minutes) £42

Excellent for pigmentation and for anyone wanting immediate skin radiance with the added benefits of firming and toning. This instantly beautifying facial lightens and brightens dull, sallow, uneven complexions to leave the skin radiant and glowing.

Lavashells Thermafacial (1 hour) £46

Your face, neck and décolleté will be deeply cleansed and polished to prepare the skin for a specialised massage using a self-heating Lava Shell. The natural mineral heat from within the Lava Shell will help penetrate the Spa Find products deeper into the skin and instantly relax you, allowing you to drift into a tranquil state of mind. The facial massage is followed by application of a mineral mud mask, and a scalp massage, heat and products together naturally tone and firm the skin.

SPA FIND MINERALIZING BODY TREATMENTS

Spa Find Heavenly Hydration Salt Body Scrub (30 minutes) £25

This luxury full body exfoliation revitalises the body and mind, leaving the skin soft and smooth, using 100% natural Dead Sea salt, packed full with healing minerals. Other ingredients include Vitamin E and Coconut Oil to nourish and invigorate the body as it is lightly polished from head to toe.

Spa Find Infinite Indulgence

Black Mud Body Wrap (1 hour 15 minutes) £46

This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation is followed by the application of warm Dead Sea mud. We then envelop your body in heated original Dead Sea mud to soften, soothe and condition the skin with rich minerals from the lowest place on earth.

Spa Find Marine Miracle

Firming Wrap (1 hour 15 minutes) 1 area £40 or 2 areas £48

Marine Miracle tones and firms the skin, improves cellulite and nourishes the skin. The treatment begins with a luxury exfoliation followed by Algimud Dead Sea mud and seaweed mask. A personalised treatment designed to revitalise specific problem areas. This modelling mask uses a unique formulation of seaweed, Dead Sea mud and plant extracts, which have combined powerful effects to eliminate cellulite and tone the body contours.

Spa Find Sculpted Silhouette Inch Wrap (2 hours) £60

The ultimate combination of plant extracts and Dead Sea minerals makes this a powerful detoxifying body treatment. Your skin is deeply polished with a luxurious sand exfoliant and six different stimulating products before your body is cocooned in a comforting wrap. The active marine ingredients work to stimulate cellulite and toxins, easing the inches away and leaving you with an improved body contour.

Spa Find Body Bliss The Ultimate Wrap (1 hour 30 minutes) £60

Combines relaxing and nourishing warm Dead Sea black mud envelopment with firming Algimud seaweed for problem areas. Body Bliss leaves the skin soft and hydrated and reduces the appearance of cellulite. A fantastic treatment for those wishing to see visible results, be pampered and relax.

TANNING

Fake Bake Gold (45 minutes) £30

Fake Bake Tanning Lotion starts working upon contact with your skin, giving you the ability to get the ultimate tan without turning orange. Includes full body polish.

WAXING & THREADING

Ladie's Waxing

Half Leg £14

¾ Leg £16

Full Leg £18

Half Leg & Standard Bikini £20

Full Leg & Standard Bikini £25

Bikini from £9

Brazilian £20

Hollywood £25

Underarms £8

Forearms from £10

Upper Lip or Chin £5

Upper Lip & Chin £8

Eyebrow Shape £8

Men's Waxing

Eyebrow Tidy £8

Chest from £17

Back from £17

Threading

Eyebrow Shape £7

Top Lip or Chin £5

Side Burns £7

Full Face £20

EYE CARE

Eyelash Tint*	£8
Eyebrow Tint*	£8
Eyelash & Brow Tint*	£15
Eyebrow Tint* & Shape	£15
Eyelash & Eyebrow Tint with Eyebrow Shape	£21
NEW Crybaby Semi-Permanent Mascara*	£35
Semi-Permanent Eyelash Extensions Full Set	£65
In-fills (within 3 weeks)	£25
Lash Removal	£20

* patch test required minimum 24 hours*

HANDS & FEET

Manicure	£20
French manicure	£22
White Tara Manicure	£25

Sit back, relax and let us clean, shape, strengthen and 'dress' your nails. Includes an exfoliation of the arm and hands, followed by a relaxing massage and application of mud mask to help tone and firm the skin. Your hands will be placed in heated mitts to allow the products to penetrate deeply in to the skin. Choose from our wide selection of beautiful colours.

Luxurious Manicure with Paraffin Wax

£26

This beauty treatment for your hands includes an exfoliation of the arm and hands, a relaxing massage followed by the application of warm paraffin wax to soften, hydrate and ease muscular tension. Pick from our wide selection of colours.

Shape and Polish

£10

Spa Find Hydrated Hands

£18

This luxury hand treatment targets the signs of ageing with an exfoliation of the arms and hands, followed by a relaxing massage and application of mud mask to help tone and firm the skin. A luxurious hand treatment where your hands are lavished with rich minerals. You will be left feeling totally pampered and relaxed, with silky smooth hands.

Pedicure

£20

French Pedicure

£22

White Tara Pedicure

£26

This beauty treatment for the feet combines exfoliation and massage to target cracked heels and dry skin on the feet. Toenails are shaped and treated and then cocooned in a luxurious foot mask. Feet are placed in heated booties leaving the skin hydrated and nourished. Toes are painted to a colour of your choice.

Luxurious Pedicure with Paraffin Wax

£28

Pure spa pleasure for your feet. Treatment includes removal of dead skin, toenails are shaped, and cuticles tidied. Followed by a sensuous massage with aromatherapy oils before warm paraffin wax is applied, leaving the skin soft and supple. Toes are painted to a colour of your choice.

Spa Find Fabulous Feet

£20

This luxury foot treatment combines exfoliation and massage to target cracked heels and dry skin on the feet, leaving the skin soft and supple and muscles relaxed. Warm Dead Sea mud is applied cocooning tired feet and legs, whilst hydrating, soothing and nourishing the area.

Paraffin Wax - Hands or Feet

£17

Hand or Foot Tidy (no polish)

£15

Minx nails

£28

Artistic Gloss Nails

£28

PAMPER PACKAGES

Perfect You

£80

A pampering relaxing session that will leave you Feeling renewed & rested. Aromatherapy Back Massage, Balanced Beauty Facial, Mini Manicure & Pedicure.

White Tara

£85

Our special package will bring out your own Goddess. A blissful Hot Stone Back Massage, Renewed Radiance Facial & indulgent Thai Foot Massage.

Holiday Essentials

£65

*Look your glowing best on holiday with a full body Dead Sea salt brushing exfoliation, Manicure, Pedicure & Eye Lash Tint**

To create your own pamper package for a special occasion or event please call reception.

ADVANCED BEAUTY SERVICES

Dermal Fillers, Wrinkle Relaxing Treatment (Botox), Hyperhydrosis, Chemical Peels, Laser Teeth Whitening & Semi-Permanent Make-up.

THE STUDIO

We offer a wide range of weekly yoga and pilates classes, including:

General/All Level * One to One * Hot Yoga

Gift Vouchers

To give someone a special treat
for Birthday, Christmas,
Anniversary or special occasions.

Booking and Cancellations

For clients arriving late, treatment
will be carried out in the remaining time.

For cancellations please note that
24 hours notice is required.

For your first appointment
please arrive 15 minutes early so
that your consultation can be completed
prior to treatment.
Prices are subject to change without notice.

Check our website regularly for current class timetables

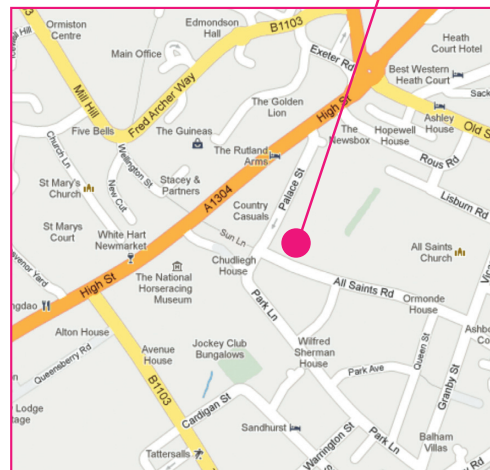


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COMPLEMENTARY HEALTH & BEAUTY CLINIC

Opening Hours
Monday – Closed
Tuesday 9am – 5pm
Wednesday 9am – 7.30pm
Thursday 9am – 7.30pm
Friday 9am – 5pm
Saturday 10am – 4pm
Sunday closed

WE ARE HERE



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