



WHITE TARA

*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 (60 mins) £40 Full Body including Scalp & Face (90 mins) £60, Back, Neck & Shoulders £25

### 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 (60 mins) £40 Back, Neck & Shoulders (30 mins) £25

### Manual Lymphatic Drainage Massage (30 mins) £25

### 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 mins) £27.50 Full Body (60 mins) £50 Luxury Full Body including Face (1 hour 30 minutes) £65

### Indian Head Massage (30 mins) £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 Poultrice Massage (75 mins) £55 Spa Find Heaven massage is based on ancient Thai & Egyptian techniques using hot mud or salt poultices to ease muscle tension and deeply relax the body and mind.*

*No Hands Massage (1 hour) £45 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 (60 mins) £40 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 (60 mins) £50 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.*

**Abhyanga- Ayurvedic Whole Body Massage** (60 mins) £47.50 *An intensely relaxing massage intended to improve lymph flow, stimulate the immune system, and to strengthen and revitalise the entire body.*

**Shirodhara – Forehead Oil Flow Treatment** (60 mins) £65 *A wonderfully blissful treatment involving a steady stream of warm oil being gently poured over the central Chakra point on the forehead.*

**Shirobhyanga – Head Massage** (60 mins) £47.50 *This intensely relaxing and revitalising massage nourishes both hair and hair roots.*

## OTHER COMPLEMENTARY THERAPIES

**Hopi Ear Cleansing Ritual** (30 mins) £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** (60 mins) £40 *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** (60 mins) £35 *This is a non-invasive hands on healing therapy, using natural energy flow for health and well-being.*

**Hypnotherapy** £75 & **Stop Smoking Package** £275

**Colon Therapy** £75

**Remedial Sports Massage** 60/90 mins - £47.50/£65

**Tui Na - Chinese Massage** 60/90 mins - £47.50/£65

**Bowen Therapy** 60 mins - £40

## MICRODERMABRASION

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

**Microdermabrasion Facial (30 mins) £45**

**Microdermabrasion Anti-Ageing Facial (60 mins) £50**

## SPA FIND MINERALIZING FACIALS

**Spa Find Express Elegance Facial (30 mins) £28** *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 (60 mins) £40** *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 (60 mins) £40** *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 (60 mins) £40** *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 (60 mins) £40** *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 (75 mins) £50** *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 (75 mins) £50** *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 (75 mins) £50** *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 (60 mins) £48** *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 mins) £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.*

**Spa Find Infinite Indulgence Black Mud Body Wrap (75 mins) £50** *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.*

**Spa Find Marine Miracle Firming Wrap** | area 60 mins £45 2 areas 75 mins £55

**Spa Find Body Bliss The Ultimate Wrap (90 mins) £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.*

## TANNING

**Fake Bake Spray Tan £25** *Fake Bake Tanning Lotion starts working upon contact with your skin, giving you the ability to get the ultimate tan without turning orange. Fake Bake spray tan is applied in a fully ventilated purpose-built spray booth. Dries very quickly and lasts approx. 1 week.*

## WAXING WITH LYCON STRIP & HOT WAX , THREADING & TINTING

**Eyebrow Shape £10**

**Top Lip or Chin £7**

**Top Lip & Chin £12**

**Full Face £25**

**Half Leg £15**

**3/4Leg £17.50**

**Full Leg £20**

**Standard Bikini £10**

**Brazilian or Hollywood £30**

**Underarms £10**

**Forearms from £10**

**Back or Chest from £20**

**Nostrils or Ears £10 (Nostrils & Ears £15)**

## THREADING

**Eyebrow Shape £7**

**Top Lip or Chin £6**

**Side Burns £7**

**Full Face £22**

**TINTING** - Patch test required minimum 24 hours before.

**Eyelash £10**

**Eyebrow £8**

**Eyelash & Brow £16**

## HANDS & FEET

**Express Manicure £15**

**Manicure £25**

**White Tara Manicure £30** A luxurious treatment includes nails shaped, cuticles tidied. Arm and hands exfoliated, followed by a relaxing hand massage and mud mask. Your hands will be placed in heated mitts to allow the products to penetrate deeply in to the skin. Followed by colour of your choice.

**Luxurious Manicure with Paraffin Wax £30** 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 aches & pains.

**Pedicure £25**

**White Tara Pedicure £30** 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 £30** 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.

**Minx Nails £30**

**Artistic Gloss Gel Nails £30**

**Gel Nail Removal £10**

## PAMPER PACKAGES

**Perfect You £80** *A pampering relaxing session that will leave you Feeling renewed & rested. Aromatherapy Back Massage, Spa Find 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.*

**Beach Goddess £65** *Look your glowing best on holiday with a full body Dead Sea salt brushing exfoliation, Manicure, Pedicure & Eye Lash Tint\**

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