

## Uber Beauty Holistic Heaven

- **Indian Head Massage (Space):**

Face, scalp and shoulder treatment. Forget all other Scalp massages, once have tried our authentic Tibetan head massage there is no going back! Guaranteed to transport even the most stressed and time sensitive, pre-occupied client into a deep inner – peace that is rewarding, restorative, reparative and fulfilling. An original head, scalp and facial treatment. Based on ancient Himalayan techniques practiced by ancient Tibetan monks, space, though light in touch, works on a unique set of Energy Lines and Meridians to induce meditative relaxation. Calming for mind, body and body the addition of Karin Herzog's Oxygen therapy ensures an overall lift.

(45 mins) £35.00

- **Hopi Ear Candling:**

This treatment will leave you feeling de-stressed, relaxed and energized all at the same time. A wonderful ancient holistic treatment working using an ear candle, thus creating warmth to relieving pressure, blocked sinuses, tension headaches, ear wax build up, and ear problems?

(45 mins) £30.00  
(course of 4 treatments) £110.00

- **Reflexology:**

Based upon the principles that the reflex areas of the feet correspond with our organs and nervous system and that the feet mirror our body reflecting our state of health. The bodies healing energies are stimulated to start repairing itself by balancing, relaxing and giving relief to pain and health conditions.

(45 mins) £40.00  
(course of 4 treatments) £140.00

- **Uber 'Pure' Aroma Body Massage:**

Using medical grade, pure organic essential oils, selected individually depending upon your concerns, ailments and skin type. A combination of Hands Free Massage and Thai movements to enable you to totally relax and de-stress. We commence with an exfoliating back scrub, removed with hot towels then apply the delicious 'prescription specific' oils to the body...Hot basalt stones and Frozen Marble can be added as an extra treat especially to work on tight, sensitive and aching muscles...Enjoy

(1 hour) £45.00  
with stones (1 hour) £49.00

- **LaStone Therapy:**

An amazing treatment. This is the original hot and cold stone take therapeutic massage to another dimension. Heated basalt lava stones and frozen marble are used as tools to provide hot and cold 'messages' to the body, a totally unique experience to alleviate all your aches and pains, renewing energy levels by using deep healing massage strokes allowing 'temperature' to do the work. Combined with our range of Certified Organic Oils, totally de-stressing! No driving.

(30 mins) £45.00  
(1 hour) £65.00

- **Clarins 'Aromatic' Full Body Massage:**

Aromatherapy massage tailored to suit your needs. Great for easing stress, recharging your batteries or sheer indulgent pampering. A personalised blend of aromatic oils firm, detoxify and relax the body as they are massaged into the skin using the renowned Clarins Touch. An hour of pure pleasure.

(1 hour) £43.00

\* please see our '**mums to be**' section for the treatments offered leading up to and after the event of your bundle of joy...(and the start of the sleepless nights!) Enjoy and relax, you deserve it!