FACIALS - KATHERINE DANIELS ADVANCED SKINCARE

CONSULTATION AND FACIAL..... 60 MINS.... £60
Introduction to Katherine Daniels, using their products for a relaxing facial including exfoliation, massage and mask.

THE AGE DEFENCE ..... 60 MINS.... £70
Anti-ageing, sensitive skins. Strengthens and helps defend against premature ageing.

DEEP CLEANSING FACIAL ..... 60 MINS.... £70
A highly developed deep cleansing and detoxifying facial, refining skin texture and helping the reduction of pore size.

SKIN PERFECTING ANTI-OXIDANT FACIAL ..... 60 MINS.... £70
Bye-bye free radicals and pollution, hello deep nourishing. With Vitamin C and cell protecting anti-oxidants helping luminosity, boosting Collagen and Elastin production. And an added bonus of a pigment regulator evening out skin tone.

THE AGE DEFENCE NOURISHING HYDRATING TREATMENT..... 90 MINS.... £95
Our most indulgent facial. Combining 4 hydrating, balancing and anti-ageing sequences - the ultimate treatment.

ULTIMATE NON-SURGICAL FACE LIFT..... 60 MINS.... £70
One of the most advanced micro-current systems ever developed. Incorporating sonic light therapy to stimulate the body's natural rejuvenation responses, increasing collagen production, helping to increase density and smoothing lines and wrinkles.

ADVANCED FACIALS

CELLUMA FACIALS
Inspired by light, proven by science. Clinically proven for the treatment of wrinkles, acne and pain.
ANTI-AGING CELLUMA ..... 30 MINS... £50
Look light years younger with the help of Celluma.

SKINMATE COLLAGEN LIFT FACIAL - 60 MINS ..... FROM £60
Tighter, firmer skin with visibly reduced fine lines. Improved lymphatic drainage, which leads to clearer skin. Increased blood flow, which allows for oxygen and nutrients into the skin. Results in a lifted appearance with improved facial contouring. *Includes Celluma.*

SKINMATE NON-SURGICAL FACE LIFT ..... 60 MINS... £60
Non invasive treatment. Visibly reduces wrinkles. Provides glow and vitality to the skin. Deep cleanses the skin and eliminates toxins. *Includes Celluma.*

MASSAGE AND WELL-BEING

All timings are approximate

We offer a range of bespoke, expert massage techniques for stress reduction and total body relaxation.
BACK AND SHOULDERS ..... 30 MINS.... £40
..... 45 MINS ... £50
..... 60 MINS ... £60
..... (Available for aromatherapy only) 90 MINS.... £90

DEEP CLEANSING, MOISTURISING MASSAGE..... 60 MINS.... £70

INDIAN HEAD MASSAGE..... 45 MINS.... £35
An ancient Indian head massage treatment for the upperbody head and scalp, Helps to relieve sinus blockages, headaches and stress

HOLISTIC FACIAL MASSAGE..... 60 MINS.... £60
A blissful treatment of the ultimate facial massage removing tension to neck, shoulders, scalp and face and restore the free flow of energy to the whole body. Including 15mins reflexology.

REFLEXOLOGY ..... 45 MINS.... £45
Gentle manipulation of the foot's reflex points which naturally correspond to the body's organs and glands, helping release unwanted toxins and stimulating the body's natural healing abilities. Includes a wonderful leg and foot massage.

HOPI EAR CANDLING..... 30 MINS.... £30
An holistic approach to ear suffering. Can help relieve sinus problems, headaches, catarrh and colds etc. A soothing treatment which includes a pressure point head massage.

PEDICURES

REGULAR PEDICURE..... £35
REGULAR PEDICURE WITH SHELLAC £47
REGULAR PEDICURE WITH GEL £47
Including shaping cuticle work foot scrub a relaxing foot and leg massage and polish.

Romsey HOLISTIC
SINCE 2003

129 MIDDLEBRIDGE STREET, ROMSEY SO51 8HH

ROMSEYHOLISTIC.CO.UK // 01794 515212

EYE AND BROW TREATMENTS

EYE AND BROW TREATMENTS
New clients require a patch test 24 hours prior to these treatments
EYEBROW SHAPING £12
EYELASH TINT £15
EYEBROW TINT AND SHAPE £20

MANICURES

REGULAR MANICURE..... £30
REGULAR MANICURE WITH SHELLAC £35
No chipping or smudging. A thin, flexible UV power polish dries in zero time giving you a flawless, mirror-finish for up to 14 days. Include cuticle work and nail shape.

OTHER THERAPIES

WAXING ..... POA
REMEDIAL MASSAGE ..... POA
REIKI HEALING ..... POA
BODY BALANCING..... POA
SOUNDS THERAPY ..... POA

OPENING HOURS

MONDAY TO FRIDAY ..... BY APPOINTMENT ONLY

SATURDAYS AND SUNDAYS ..... CLOSED

Starting at 10.30am, evening appointments are available