**Beauty Therapy at Cliff Barns and Carrington House**



**MASSAGE**

Enjoy a luxurious massage from one of our independent therapists.

It is an excellent way to release tension and stress and bring back radiance to tired looking skin. Each therapist will work with you to pin point areas that need attention, from your head to your toes, they offer a relaxing or firm therapeutic massage, leaving you feeling relaxed and rejuvenated.

Love head massage? in need of a rejuvenating face massage (to recover from the night before) or just need a complete over haul then they will use a combination of individual techniques to tailor the session for the perfect massage!

**All you need to do is decide is how long you want your massage to last!!!!**

**30 Minutes** Price £30

**45 Minutes** Price £45

Perfect!! Choose either of these times to target one particular area; perhaps an express foot, back, head or face massage….you choose!!

**60 Minutes** Price £60

**75 Minutes** Price £75

Indulgent!! Choose either of these times to target a few main areas or go for a full body massage; Whether you want to try a head and face massage or love your feet being done, let the girls tailor it to you!!

**90 Minutes** Price £90

**105 Minutes** Price £100

**120 Minutes** Price £110

Let time stand still!!! Choose any of these times to completely zone out, leave no stone unturned….what more needs to be said!!

**All of the girls are trained in Swedish Massage while some are trained to offer a mix of massage treatments. This will be dependent on who is available on the day and will be discussed prior to your treatment. However, if people prefer particular treatments or strength of the massage please advise when booking.**

**Beauty Therapy**

**FACIALS**

Facials are a great way to take care of your skin on your face, neck and chest. Regular facials can keep your skin clean, clear and looking beautiful; promoting clear and well hydrated skin. Each treatment includes cleansing, toning, exfoliate, massage, mask, scalp massage and moisturising.

**Prescription Facial**

A prescription facial is where the products used on your skin are selected specifically for your skin type. The products selected will suit your skin and target any problems your skin may suffer.

**Deep Cleansing Facial**

A deep cleansing facial is where the use specific products that cleanse deep into your skin helping to balance out excess oil. This will also release grease and dirt, not only from the skin’s surface but from the deeper layers.

**Age – Defying Facial**

An Age-Defying Facial uses specific products and techniques to uplift and firm the skin, reducing fine lines and help encourage radiant looking skin.

45 Minutes £45

60 Minutes £60

75 minutes £75

**MANICURES AND PEDICURES**

**Express Manicure – 30 Minutes**

Nail shape/file, cuticle work and nail polish.

£30

**Standard Manicure - 45 minutes**

Nail shape/file, cuticle work & soak, massage and nail polish.

£45

Add Gel £55

**Luxury Manicure – 60 Minutes**

Nail shape/file, cuticle work & soak, massage, mask & mitts, nail polish.

£60

Add Gel £70

**Gel Nails Hands– 45 Minutes**

Gels & mini massage only

£45

**Express Pedicure – 30 Minutes**

Nail shape/file, cuticle work and nail polish.

£30

**Standard Pedicure - 45 minutes**

Nail shape/file, cuticle work & soak, massage and nail polish.

£45

Add Gel £55

**Luxury Pedicure – 60 Minutes**

Nail shape/file, cuticle work & soak, massage, mask & socks, nail polish.

£60

Add Gel £70

**Gel Nails Feet– 45 Minutes**

Gels & Mini Massage only

£45