

FINE



THERAPY

MOBILE THERAPIST

MY CLINIC OR YOUR HOME OR OFFICE



TO BALANCE YOUR
BODY, MIND & SOUL

Yvonne Njeri Rowe

MASSAGE TREATMENTS

STONE THERAPY/THERMOTHERAPY •

Pure relaxation. Warm volcanic basalt stones are used to massage the body for deep tissue heat penetration massage. Benefits: Relief of stress and tension, especially on the upper back. Customise with essential oils to suit your mood.

80 minutes : £40.00

AYURVEDIC - SHIRODARA

Balancing the *doshas* - *vata*, *pitta* and *kapha*. *Shirodara* relaxation technique is a traditional Indian technique intended to create self-awareness. It involves a soothing foot, neck and head massage during which particular attention is given to the *marma* or energy points located on the scalp. Warm sesame oil is poured over the patient's forehead in a continuous soothing stream for up to an hour - to bring peace and clarity to your mind, body and spirit. *Shirodara* restores harmony and wellness from within.

EXPRESS STONE THERAPY/THERMOTHERAPY •

60 minutes : £25

REFLEXOLOGY •

Pressure point technique applied to the hands and/or feet. Helps the body to maintain delicate balance between the body's 9 systems. Benefits: Stimulates circulation, relieves mental and physical tension. Promotes overall wellbeing. Customise with warm paraffin bath or heated mud to eliminate toxins and support your immune system.

60 minutes : £25.00

AROMATHERAPY full body massage •

Therapeutic massage to soothe and relax aching muscles. Natural treatment using concentrated herbal energies in essential oils. Benefits: Improves blood circulation and your body lymphatic system performance. Enhances your mood.

75 minutes : £35.00. 30 minutes : £20.00

SWEDISH MASSAGE •

Works on all body muscles to either relax or revitalize using medium pressure and smooth long strokes. Benefits: Recharges your immune system by removing toxins through lymphatic drainage.

60 minutes : £25.00

SHIATSU MASSAGE •

Shiatsu is derived from *shi* (finger) and *atsu* (pressure). Pressure is applied to specific meridians using elbows, fingers, thumbs and palm pressure which can stimulate energy flow and free blocked energy (*ki*). Benefits: Eases tension, aches and pains in deep tissue muscles. Relieves fatigue.

60 minutes : £28.00

SPORTS/ DEEP TISSUE MASSAGE •

Uses vigorous strokes, friction and stretching to relieve stubborn knots and tension, alleviating aches and pains in deep tissue. An invigorating and deep pressure treatment. Benefits: Improves circulation and tone muscles.

60 minutes : £30.00

INDIAN HEAD MASSAGE •

Based on an Indian concept. Alleviates stress and anxiety. Improves blood flow and nourishes hair follicles using pressure points and drainage technique. Help sinus problems and headaches.

30 minutes : £22.00

LYMPHATIC DRAINAGE MASSAGE •

The light touch movement improves the flow of lymph, vital to healthy immune function. Aims at stimulating the immune system and detoxifying the body's impurities. Benefits: Overall wellbeing, improves blood circulation, rejuvenates and strengthens the body.

60 minutes : £28.00.

REIKI

Japanese word derived from *rei* (universal) and *ki* (life energy). A holistic practice that channels life energy to the client. Rebalances and unblocks the energy channel. *Reiki* promotes deep relaxation, creating equilibrium and harmony on all levels. Beneficial for pain relief and those with stress related conditions, such as insomnia, fatigue, anxiety and headache.

60 minutes : £30.00

KEY:

- : add on treatment/two treatments at a time
- : needs maintenance, purchase products
- : aromatherapy oils can be added.

Gift vouchers available. You can customise your treatment(s) to suit you. Please enquire about our head to toe package deals.

FACE TREATMENTS

FOR MEN AND WOMEN

All facial treatments begin with cleansing; exfoliating and peeling if necessary followed by a mild facial massage after mask to moisturise and balances the skin.

CETUEM EXPRESS FACIAL

Instant radiance complexion. Premium products based on your skin type are used to cleanse, exfoliate, peel, mask, tone and moisturise your skin. Combined with a face massage to soothe and relax the muscles. Steamer is available, recommended to open pores.

30 minutes : £15.00

CETUEM SIGNATURE FACIAL

Deep cleanse and de-congest using ultrasonic. Using premium products to suit your skin type, the skin is deep-cleansed, exfoliated, peeled, circulation and moisturized using ultrasonic waves. The ultrasonic waves pass through the skin and have a beneficial effect on the tissue.

This treatment:

- Reduces fine lines/wrinkles by massaging the skin
- Increases and strengthens cell activity (collagen and elastin)
- Treats pimples and clears the complexion
- Removes dead skin cells
- Removes melanin/blackheads
- Accelerates blood circulation
- Effective lymph drainage

60 minutes : £28.00. Course of 4 treatments : £100.00

PEEL OFF MASK with FRUIT ACIDS (AHA)

For dull, tired skin with no glow. After the usual cleansing, toning and exfoliating, the gel mask is applied to your skin, combined with Glycolic Acid AHA to help with penetration. The Fruit Acids will remove the dead cells from the epidermis corneal layer. This treatment will give you a smooth bright complexion, an instant radiance.

60 minutes : £28.00. Course of 4 treatments : £100.00

REMINERALISING ALGAE MASK

For all skins types, especially devitalised, dull, tired, stressed or mature skin. Algae masks have minerals and trace elements which are transferred by osmosis to the deep layers of the skin, enabling the cells to retain water and to plump out wrinkle lines. Vitamins and amino acids present help in fighting free radicals responsible for skin ageing and producing collagen and elastin fibres through fibroblast cells respectively.

Recommended: a course of 10 treatments once a week.

90minutes : £38.00. Course of 4 treatments : £140.00

OXYGENATING MASK

For dull and devitalised skin which lacks vitality. The result is revitalised and radiant skin. The rigours of modern living have a detrimental effect on our skin. Pollution, mental and physical stress, smoke, diet and alcohol all dehydrate and damage skin cells resulting in premature ageing. With algae, rosemary, lavender and yeast, the oxygenating mask stimulates cellular respiration and boosts the skin's defence system. Oxygen improves the metabolic performance of the body. Increases concentration and stimulates cellular respiration.

90 minutes : £38.00. Course of 4 treatments : £140.00

MARINE SEDIMENT MASK

Essential for unbalanced and oily skin. Marine sediments are natural products, appreciated for their purification and cleansing action. Marine clay is applied to the skin to deep cleanse and unblock the pores. This mask absorbs impurities and sebum, reviving the complexion. It also rebalances the skin by using vitamins and minerals.

90 minutes : £38.00. Course of 4 treatments : £140.00

SPIRULINE MASK

For dry, blotchy, irritable, red and fragile skin. This pure marine algae is a natural antioxidant and has a high concentration of amino acids and proteins. It is a rich source of natural vitamins B12 and A and has combined properties to help strengthen blood capillary vessels to soothe, nourish and regenerate damaged tissue. This treatment will leave your skin toned, balanced and full of vitality.

90 minutes : £38.00. Course of 4 treatments : £140.00

THERMAL MASK

For all skin types, it's a face lift without surgery. You can take your mask home. This treatment is customised using different essential oils or ampoule. It stimulates blood circulation and tones your skin.

90 minutes : £38.00. Course of 4 treatments : £140.00

MODELLING MASK

For all skin types. The mask moisturises the skin and attenuates fine lines and minimises wrinkles. It brightens and tones the skin leaving it feeling silky smooth.

90 minutes : £38.00. Course of 4 treatments : £140.00

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FACE TREATMENTS *(Continued)*

COLLAGEN MASKS •

For all skin types, can be customised to achieve different results. Diminish fine lines and wrinkles. The treatment features a mask for the face and neck made of pure collagen, formulated on the original structure of collagen in the skin. It triggers skin's natural collagen production and maximise hydration.

The benefits are visible immediately as the skin feel and look tight and strong.

Collagen improves elasticity and restores moisture to give a healthier and rosier complexion, protects cell membranes and increase cellular activity and function.

90 minutes : £38.00. Course of 4 treatments : £140.00

MATRICOL COLLAGEN with Caviar Extract •

Highly recommended for mature skin. Caviar is a strong anti-ageing agent and actively prevents the skin ageing process. Caviar Extract triggers an immediate reaction in the Langerhans cells (beneath the epidermis) which provokes by better blood circulation and an immune reaction which causes the wrinkles to reduce.

90 minutes : £38.00. Course of 4 treatments £140.00

MARTICOL COLLAGEN with Gingko Biloba •

Recommended for all skin types with sallow or grey complexion. Poor diet, alcohol and smoking contribute to premature aging and this particular treatment will transform how your face reacts to high level of chemicals in our environment. The natural essences drawn from the leaves of Gingko Biloba tree, capture free radicals and prevent cell membranes from deteriorating, and boost cell renewal. Perfect anti-ageing treatment.

90 minutes : £38.00. Course of 4 treatments : £140.00

MATRICOL COLLAGEN with wheat protein •

Wheat protein provides an essential source of energy to the cells, regenerating and repairing the skin cells. Also contains vital elements to boost the skins immunity, and has exceptional anti-irritation properties. Your skin will feel hydrated and energised.

90 minutes...£38.00. Course of 4 treatments : £140.00

BODY TREATMENTS

These treatments are suitable for both men and women who want to detoxify and firm skin elasticity.

All body treatments start with body brushing and exfoliating to remove dead skin cells and prepare the body to soak up all the ingredients of the treatments. After treatment the body is moisturised.

BODY WRAPS/ MASKS/ SCRUBS

These treatments are completed with an express soothing massage

ENZYMATIC SEA MUD WRAP/ HYDRATING WRAP ••

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice. Ultra smooth, soothing and hydrating treatment, oceanic algae is applied to the whole body, and thermal wrapped to infuse the skin with moisture. This is a deep cleansing body treatment, aid blood circulation and tones your body. Help to flush out tissue fluids and toxins through the lymphatic glands. Recommended when your skin feels congested and sluggish. *Recommended: 1 treatment per week.*

75 minutes : £35.00. Course of 4 treatments : £120.00

SALT SCRUB ••

For congested, flaky and dry skin. Mineral rich sea salt with fruit enzymes are applied to smooth and silken your body. Include dry body brushing, friction massage and gentle cloth buffing. The treatment is completed with a softening cream to moisturise the body. Customise with aromatherapy oils or hydroxyl acids or a botanical detoxify complex. *Recommended: 1 treatment a week or 1 treatment every other week.*

60 minutes : £22.00. Purchase vouchers in advance and save! 4 for £80.00!

DETOX HERBAL/ALGAE LINEN WRAP ••

Reduces cellulite/ orange-peel. The herb-soaked linens are wrapped around the body to detoxify and relax the muscles Excellent for reducing the appearance of cellulite and stretch marks. Flushes out the toxins. Slimming treatment. Customise with facial steam, relax while inhaling the aroma steam of your choice.

Recommended: 1 treatment a week or every other week

75 minutes : £35.00. Course of 4 treatments : £120.00

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BODY TREATMENTS (Continued)

RESHAPING BODY WRAPPING MASK with algae ●●

No mess, no shower. Reduces cellulite. After initial body preparation algae mask is applied and left to dry. Adiposity/fat cells does not usually appear unaccompanied. Its closely related to cellulite because fat increase causes stagnation of tissue fluids and deficient blood circulation. Cellulite develops when fatty cells put pressure on the areas they invade. This treatment addresses these problems effectively.

Recommended for people with:

- Excess weight problems
- Heavy legs with circulatory problems
- Flabbiness and water retention problems
- Fatty deposits, nodules and dimpled skin texture/cellulite

Customise with slimming active serum to stimulate fat cell metabolism.

Recommended: 12 treatments at the rate of 2 treatments per week then 2 treatments a month for maintenance.

60 minutes : £40.00 / Course of 4 treatments : £140.00

MICRONISED ALGAE BODY MASK ●●

The ultimate detox treatment! The intense Algae content stimulates the lymphatic system to detoxify and replace vitamins and essential minerals. This treatment detoxify, stimulates blood circulation and sweat glands. Also help in lipolysing of fat cells/ slimming.

Recommended: twice per week.

75 minutes : £35.00. Course of 4 treatments : £120.00

BUST FIRMING and RESHAPING MASK ●●

Restores bust skin tone and elasticity. It firms and remodel the bust. The mask contains algae to tone and remineralise. Help to control stretch marks. Immediate result of firm, better shaped and lifted bust.

Recommended: twice per week.

60 minutes : £20.00. Course of 4 treatments : £70.00

HANDS & FEET FOR MEN AND WOMEN

Spa manicure with a difference!

EXPRESS MANICURE

Hands are soaked in warm milk/water to soften and hydrate the skin and cuticles after a mild exfoliation. Nails are buffed and shaped. With our gentle touch, hands and arms are massaged and hydrated.

30 minutes : £15.00

LUXURIOUS SIGNATURE MANICURE ●●

Paraffin hands and nails treatment. Paraffin therapy can reduce swelling in muscles and decreases inflammation of joints and connective tissues. Increase blood circulation. Hands experience a gentle skin exfoliation with sea salt and brushing to stimulate the blood circulation and remove the dead cells. Then dipped in warm cream to soften nails. Nails and cuticles are gently clipped and shaped, then pampered by dipping them in warm scented paraffin and wrapping them in a cosy warm towel. Help soothe the pain of arthritis. A gentle and pressure point massage will help to focus on energy points and eliminate toxins. Nails are then polished to perfection. This treatment is guaranteed to leave your skin silky smooth and glowing.

60 minutes : £28.00

DELUXE SPA MANICURE ●

Hot mud spa treatment for hands and nails. Hands are exfoliated to stimulate blood circulation and soaked in warm cream to soften nails and cuticles. Nails and cuticles are clipped and shaped. The application of warm freshwater mud/ clay purifying mask helps to lift impurities of hard working hands. A gentle massage with added ampoule for better penetration, helps to eliminate toxins and release tension, leaving your hands soft and supple. Nails are then polished to perfection. Feel the difference - don't neglect them, they work hard too!

60 minutes : £28.00

KEY:

- : add on treatment/two treatments at a time
- : needs maintenance, purchase products
- : aromatherapy oils can be added.

Gift vouchers available. You can customise your treatment(s) to suit you. Please enquire about our head to toe package deals.

HANDS & FEET *(Continued)*

Spa pedicure with a difference!

EXPRESS PEDICURE with hot stones soak

Soaking, buffing and clipping

30 min : £20.00

LUXURIOUS SIGNATURE SPA PEDICURE ●●

Warm Paraffin feet treatment. An indulgent treat for tired, aching and overworked feet. Paraffin therapy can reduce swelling in muscles and decreases inflammation of joints and connective tissues. Feet are gently exfoliated with foot scrub and pumice. The feet are brushed to stimulate the blood circulation and remove the dead cells. Then they are soaked in a massaging foot spa to ease stress (with the help of acupuncture) and soften nails, soles of the feet and cuticles. Nails and cuticles are gently clipped and shaped then pampered by dipping them in warm scented paraffin and wrapped in a cosy warm towel. A gentle pressure point massage with added ampoule will help to focus on energy points and eliminate toxins. Toe nails are then polished to perfection. Your feet will feel revitalised, light and refreshed. Recommended for people suffering from arthritis and for those with tired/swollen feet.

60 minutes : £35.00

DELUXE SPA PEDICURE ●

Hot mud spa feet treatment. Feet are exfoliated to stimulate blood circulation and soaked in warm cream massaging foot spa, to ease stress and to soften nails and cuticles. Nails and cuticles are clipped and shaped. The application of a warm freshwater mud/clay purifying mask helps to lift impurities from hard working feet. A gentle massage with added ampoule for better penetration helps to eliminate toxins and release tension, leaving your feet soft and supple. Nails are then polished to perfection. Feel the difference - don't neglect them, they work hard too!

60 minutes : £30.00

Bio-DETOX FOOT SPA ●

Re-balance and re-energise the body. Submerge your feet into a warm foot spa that withdraws metabolic waste products through the pores of your feet. Bio-Detox treatment allows the positive and negative ions to travel through the body, this in turn, helps to re-balance the body's energy thereby, promoting natural detoxification. 21st century Detox.

60 minutes : £32.00

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WAXING FOR MEN AND WOMEN

Eyebrow tidy / lip / chin	£5.00
Chest	£12.00
Back	£12.00
Underarms	£6.00
Forearms	£8.00
Full arms	£14.00
Half legs	£10.00
Full legs	£15.00
Full legs and bikini	£20.00
Bikini	£7.00
Brazilian	£8.00
Hollywood	£10.00

EYE CARE

Eyebrow and eyelash tint	£12.00
Eyebrow tint	£7.00
Eyelash tint	£8.00

NAILS *(Prices available upon request)*

Fibreglass / Acrylic / Gel Nails ● Tip removal ● Re-glaze ● Change of polish ● French tips

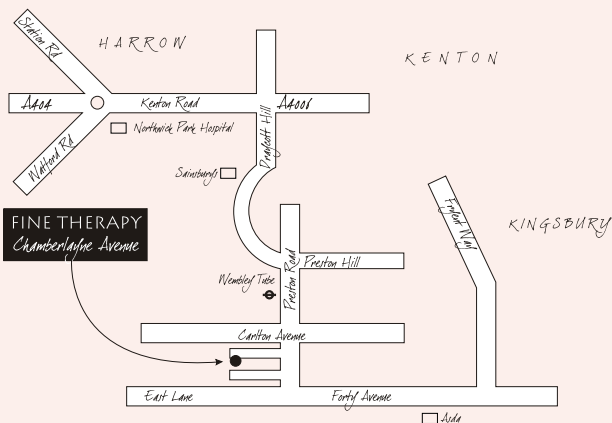
MAKE-UP ARTIST

For theatre, fancy dress and all your special occasions.

FINE



THERAPY



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CANCELLATION POLICY:

We request that clients provide at least 24 hours notice for cancellation of appointments or 50% of the cost of the treatment will be charged.