



Donna Saunders

IIHHT BABTAC



As a qualified holistic and beauty therapist my approach is treating the whole person, taking into account lifestyle, health and diet. In order to give the best possible time to my client, I use my skills individually or combined together. This provides an effective treatment tailored to your needs.

Whether you are looking for complete relaxation or increased energy, relief from pain or specific problems the range of therapies on offer will help promote well being and good health.

I have studied many types of massage from Native American Indian to Far East cultures. Whilst the western world views massage as a tool for muscular manipulation and relaxation, the eastern world views it as a medicinal tool for maintaining life force.

I continue my personal development through various courses, as I feel this is of great importance and ultimately brings benefits to my clientelle.



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holistic massage & beauty therapies

Touch is the first step to promoting a soothing, calming feeling as the heat generated from our hands starts the healing process to restore and promote good health.

Massage has been used for thousands of years and is the oldest known holistic therapy. It is well known for its therapeutic and medicinal properties helping to promote and restore the body's natural healing process.

Professional Organic and Natural products are used whenever possible.

A fully qualified member of The British Association of Beauty Therapy And Cosmetology Ltd.



Natural therapies to balance life

Stone Therapy Massage • Ayurvedic Marma Massage
Aromatherapy • Reflexology • Hopi Ear Candles • Reiki
Indonesian Rituals – Balinese Massage and Body Scrubs
Indian Head Massage • Facials • Eye Treatments
Make-up • Manicures and Pedicures • Waxing

RETREAT MENU

JustU Relax

Relax your feet in a peppermint foot bath, followed by an Indian head, face and full body massage. Reflexology treatment to the feet completes this divine treatment.

2 hours 30 mins £100.00

JustU Beauty

An indulging treatment consisting of a luxury manicure or pedicure precedes a back massage and an essential facial, topped off with an eyebrow shape.

2 hours 30mins £100.00

JustU Pampering

This head-to-toe pampering experience starts with a body scrub, moves on to a full body massage of your choice, with selected essential oils to enhance your treatment. The finale is a perfecting facial.

3 hours £125.00

JustU Holiday

Great for holiday or general maintenance this treatment includes:

- Half leg, bikini & underarm wax
- Manicure or Pedicure
- Eyebrow tidy, eyelash & brow tint

2 hours £80.00

JustU Discovery

Personalise your own treatment, choose three from the following:

Discovery Facial Make-up Manicure Pedicure Back Massage

1 hour 45 mins £85.00

Or Create your own Retreat by choosing any combination of Treatments to suit your needs. Please ask for advice and prices.

MASSAGE MENU

By releasing both muscular and emotional tension and inducing deep relaxation, massage is a powerful form of achieving well being. Whether you seek enjoyment, remedy or both choose from the following specialist treatments to suit your needs:

Stone Therapy Massage

This ancient healing art from Native America combines massage with a technique using hot and cold stones. The deep penetrating heat from the warm stones helps to melt away tension in tight muscles, whilst the cold stones add a cleansing effect to this treatment. Very nurturing and deeply relaxing treatment on all levels, aiding balance to the whole body, mind and spirit.

Full body, Face, Scalp & Foot Reflexology	2 hours	£90.00
Full body, Face & Scalp	1 hour 30 mins	£72.00
Back, Face & Scalp	1 hour	£54.00

Aromatherapy Massage

This aromatic, therapeutic treatment helps to soothe tired muscles and relax busy minds by using a combination of deep and soft tissue strokes with acupressure techniques. Essential oils are used for their healing properties; individually chosen and blended to suit your needs. Inhalation and penetration of the oils are an important part of this treatment, enhancing general health and relaxation.

Ayurvedic Marma Massage

Ayurveda, or the 'Science of Life' is a holistic treatment originating from India. Massage is an important part of Ayurvedic therapy; it works on stimulating vital energy points within the body. A firm, rejuvenating and rhythmic massage using warm blended oils. Aids immunity, flexibility and strengthens the whole body, whilst helping you feel energised and relaxed.

Aromatherapy and Ayurvedic Marma Massage

Full body, Face, Scalp & Foot Reflexology	2 hours	£84.00
Full body, Face & Scalp	1 hour 30 mins	£66.00
Full body	1 hour	£48.00
Back, Neck & Shoulders	40 mins	£36.00
Course of three Back, Neck & Shoulders		£96.00

Balinese Massage

This unique massage is ideal for relieving muscle tension, joint pain and abdominal conditions. It starts with a dry technique of compressing and stretching the whole body to ease and warm the tissues prior to massage. Acupressure points are stimulated and muscle areas stripped of tension using deep muscular massage. Warm coconut and ginger oils are used to add a deep, comforting feeling to this powerful therapy, leaving you invigorated, uplifted and with restored vitality.

Full Body, Face, Scalp & Body Scrub	2 hours	£90.00
Full Body, Face & Scalp	1 hour 30 mins	£66.00

Balinese Boreh

This traditional warm healing spice mix, made from ginger, clove and nutmeg, is firstly applied to the back to enhance warmth and relaxation. A therapeutic leg and foot massage followed by a massage to the back helps to relieve sore, tight muscles and joints.

Back & Legs	1 hour	£54.00
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Body Scrubs

Best known for deep cleansing and exfoliating the skin, a body scrub will also help soften the skin and stimulate new cell growth. Both body scrubs are stand alone treatments or can be combined with massage.

Coconut Scrub

A fabulous exfoliating treatment which is applied to the body to remove dead skin cells. Made from a combination of mung bean, coconut, spices and lavender oil, its antioxidant properties improve blood and lymph circulation, leaving the body feeling soft and hydrated.

Coffee Scrub

This stimulating scrub blended from coffee beans and exfoliating agents will boost the circulation and detoxify, helping as an anti-cellulite treatment.

Body Scrub	40 mins	£38.00
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FACIAL MENU

All facials use the 'Natural Aromatherapy' skin care range by Eve Taylor to enhance appearance and condition skin naturally. Soothing chamomile, purifying lemongrass and tea tree encourage clearer skin whilst the balancing properties of lavender, jasmine and rose improve appearance. All Eve Taylor facials are tailored to suit your skin type.

Discovery Facial

An introduction to Eve Taylor skin care products. Effective and cleansing, this exfoliation, masque and moisturising facial leaves your skin refreshed and hydrated.

30 mins	£35.00
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Essential Facial

A complete deep double cleanse, gentle exfoliation, warm compress, acupressure facial massage and firming masque. Whilst the masque takes effect, relax with a scalp and neck massage. Rounded off with a specific moisturiser and skin protection.

55 mins	£50.00
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Perfecting Facial

Ideal for skin types that need specialised support and protection. Follows the same stages as the Essential Facial, with the addition of an eye and lip contouring support masque to help reduce fine lines and premature ageing, together with a regenerative serum to brighten and smooth your skin.

1 hour 15 mins	£65.00
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Add a back massage to your facial	£20.00
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BALANCING MENU

Reflexology

From the same Chinese roots as acupuncture, a specialised pressure massage on the reflex points of the feet or hands, believed to coincide with the organs and systems of the body. Helps to facilitate holistic healing and restore the body's natural balance and well being.

50 mins	£42.00
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Hopi Ear Candles

Used and made traditionally by Hopi Pueblo Indians, this natural and relaxing therapy is ideal for relieving ear, nose and throat problems. The ear candles act like a chimney with the gentle heat and vibration of air creating a massage effect on the eardrum. Completely painless, this relaxing treatment also includes a lymphatic face and head massage to help regulate sinuses and soothe congestion.

40 mins	£42.00
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Indian Head Massage

This ancient form of healing, passed down through generations of Indians is still used today. A firm rhythmic massage to the upper back, neck, shoulders, scalp and face helps to stimulate the mind and relax the body. Particularly effective for those suffering from stress, headaches, muscular tension and fatigue.

30 mins	£32.00
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HAND AND FOOT MENU

Luxury Manicure Therapy

Natural Aromatherapy oils are used to nourish and revitalise the hands, while attention is given to the cuticles and the shaping of the nails. Subsequent exfoliation and a hydrating mask with hot mitts, enhances deeper absorption before a luxury hand and arm massage. The manicure is rounded off by polish of your choice.

1 hour	£44.00
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Luxury Pedicure Therapy

An Aromatherapy foot soak cleanses and softens feet before attention is given to cuticles, nails and hard skin. An exfoliation and hydrating mask with hot booties are followed by a luxury aromatherapy massage to feet and lower legs, helping to deeply nourish and condition the skin. Nail polish of your choice completes the pedicure..

1 hour	£44.00
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Manicure/Pedicure

Using Spa Ritual natural nail products to treat and polish, this treatment includes cleansing, shaping, cuticles, moisturising and polish of your choice.

Manicure	£28.00
Pedicure	£33.00
French Polish	£5.00
Paraffin Wax	£10.00

FINISHING MENU

Makeup

Using pure mineral makeup by Lily Lolo

Cleanse & makeup	£40.00
Special Occasions & Trial from	£80.00

Waxing using organic warm wax

Half Leg	£18.00
Three Quarter Leg	£22.00
Full Leg & Bikini line	£34.00
Forearm	£16.00
Underarm	£15.00
Bikini Line from	£15.00
Lip & Chin	£15.00
10% discount applies when booking two or more waxing treatments in conjunction.	

Lashes and Brows

Eyebrow Shape/Wax

Eyelash Tint*

Eyebrow Tint*

One Treatment	£15.00
Two Treatments	£24.00
Three Treatments	£30.00
*tint test is required 24 hours prior to treatment	

Please note payment is accepted by cheque or cash; it would be gratefully appreciated if 24 hours notice was given on any cancellations. Appointments available Monday to Saturday Gift Vouchers

April 2015

