

## ABOUT

Complementary therapies are any health related treatments that do not fall into the area of conventional medicine, but are often used in conjunction with orthodox treatments such as drugs and surgery. Complementary therapies are carried out using a holistic approach, looking at the whole person not just their symptoms.

Stress plays a big role in the health of the body and the mind, and if it is not dealt with, problems can occur. Through complementary therapies, stress may be reduced, and wellbeing may be restored.

Tranquilla Rosa aims to provide professional, holistic treatments that are tailored to suit the needs of the client in order to help to restore their inner tranquillity. We use only natural, vegan products that are certified free from animal testing.

Complementary therapies are generally suitable for everyone, however, if you suffer from medical conditions such as arthritis, epilepsy, diabetes or cardiovascular problems, please consult your GP before undertaking any therapies.

### TRANQUILLA ROSA COMPLEMENTARY THERAPIES

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Payment by cash or cheque only. Gift vouchers are available.

*Tranquilla Rosa requests that clients who wish to cancel their appointment give at least 24 hours' notice, or 50% of the treatment fee will be charged. All missed appointments will be charged at the full treatment fee.*

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HELPING TO RESTORE YOUR INNER  
TRANQUILLITY

[WWW.TRANQUILLAROSA.CO.UK](http://WWW.TRANQUILLAROSA.CO.UK)

## AROMATHERAPY

Aromatherapy is the therapeutic use of essential oils. Essential oils have many different properties (such as being analgesic, expectorant, sedative or stimulant) and consist of tiny aromatic molecules that are absorbed via the skin and the lungs, and are then transported around the body by the circulatory system. Essential oils are selected according to the needs of the client to create a tailor-made blend, and are combined with relaxing massage to enhance the wellbeing of the mind, body and spirit.

40 minutes ..... £33

75 minutes ..... £45

## HOLISTIC MASSAGE

Holistic massage involves manipulation of the soft tissues of the body and has been used as a healing therapy for thousands of years. Various movements are used to help relieve muscular aches and pains, increase circulation, improve joint mobility and aid relaxation. A massage treatment can be carried out on the whole body or it can focus on a specific problem area.

30 minutes ..... £22

40 minutes ..... £26

50 minutes ..... £30

70 minutes ..... £38

100 minutes ..... £48

## REFLEXOLOGY

Reflexology is based on the principle that every organ and system of the body has a corresponding point in the feet. Pressure is used on these points to release energy blockages, disperse calcium and uric acid deposits, stimulate blood circulation and promote healing of the body and mind. Reflexology can be used to help with specific complaints or as a preventative measure to help keep the mind and body in balance.

75 minutes ..... £38

## FACIALS

We use natural products made by local company Pure Nuff Stuff in our facials. The products are suitable for all skin types, and we customise them with essential oils depending on each client's skin type/concerns. Our facials are carried out using a holistic approach; the combination of facial massage and essential oils will help to relax your mind, body and spirit whilst also improving your skin's condition. There are three options to choose from:

### *Taster Facial*

The perfect way to learn the basics of skincare, or a great way to sample the products we use. Includes a double cleanse, tone, and moisturise, plus advice on how to use these products at home.

15 minutes ..... £10

### *Express Facial*

For those that may not have time for a full facial. Includes a double cleanse, exfoliation, mask & scalp massage, tone, and moisturise.

40 minutes ..... £22

### *Luxury Facial*

The ultimate indulgence for your skin. Includes a double cleanse, exfoliation, neck, shoulder & face massage, mask & hand or foot and scalp massage, tone, and moisturise.

70 minutes ..... £35

## PAMPER PACKAGES

*15 minute treatments*—choose 2 for £15 or 3 for £25

Taster facial | Taster reflexology | Scalp massage | Face massage | Hand massage | Foot massage

*30 minute treatments*—choose 2 for £39 or 3 for £61

Express facial | Mini reflexology | Face & scalp massage | Back massage | Hand/arm & foot/leg massage

*60 minute treatments*—choose 2 for £71 or 3 for £119

Luxury facial | Reflexology | Holistic massage | Aromatherapy