

## HOLISTIC FACIAL

*“Time is a great healer but a lousy beautician”*... not sure who said it but ouch - doesn't the truth hurt! Treating yourself to a regular Holistic Facial cannot turn the clock back but can help you to maintain those youthful looks and because it is such a soothing treatment it can also ease tension and stress which can be a major factor in the aging process. The facial starts with a double cleanse to give the face a fresh clean feel. A toner is then used to help close up the pores. Essential oils are then massaged into the skin. The massage includes arms, neck, and shoulders followed by meridian pressure point massage on the face and finishes with a deeply relaxing scalp massage. The oil is then gently removed, and the face is moisturised. **This is one of my most popular treatment.**

**£35.00 (45 mins)**