

## Holistic treatments

### Reflexology

Applying gentle pressure to different parts of your feet to impart a strong feeling of relaxation and well-being

30 minutes £20

60 minutes £30

### Massage

Using special blended oils, chosen to suit your needs

Back & shoulders £20

Full body £35

Full body (aromatherapy) £40

### Indian head massage

Head, scalp and face (30 minutes) £20

Head, face and shoulders, finishing with Reiki Chakra balancing (60 minutes) £30

### Hopi ear candles

Includes pressure point facial massage (30 minutes) £25

## Mandy Sanghera



Qualified mobile beauty and holistic therapist, covering the area around the Nottinghamshire-Derbyshire border

Flexible appointment times, including evenings and weekends

Treatment of both men and women

Concessions for senior citizens



Qualifications:

VTCT diploma in holistic therapies, anatomy and physiology

VTCT certificate in hopi ear candle therapy

BSY diploma: beauty specialist

Call [REDACTED] and get your first treatment ½ price



# Exquisite

Beauty and holistic treatments in your own home

## Facials

Mini facial £15  
Face cleanse, tone and moisturise  
(30 minutes)

Luxury facial £25  
Includes exfoliation and massage  
(60 minutes)

Calming facial £35  
Designed to smooth and calm even the  
most reactive of complexions. Reduces  
irritation, alleviating and comforting.  
Aloe Vera products used to treat skin

Aromatherapy facial £40  
Luxuriate during this facial comprising  
cleansing, peeling mask and oil massage  
using oil specially chosen for you.  
Includes hand and arm massage using  
essential oil. Pure bliss. (70 minutes)



## Make-up

Day/evening make-up £25  
Going somewhere nice or just want to  
refresh your look?

Bridal make-up £50  
Making sure you look your best  
for your special day



## Nails

Polish only £5

File & polish £8

Manicure £16

Therapeutic manicure £21

Pedicure £19

Therapeutic pedicure £26

## Waxing

Lip wax £5

Lip & chin wax £8

Underarm £8

Arms £12

Bikini £8

Half leg £13

Half leg & bikini £18

Full leg £18

Full leg & bikini £23

Just for men:

Chest £15

Back £15

Chest & back £28



## Eyes

Eyebrow wax/pluck £5

Eyelash tint £10

Eyebrow tint £5.50

Eyelash & eyebrow tint £12

