

PREGNANCY PAMPERING

The following treatments can be tailored towards mothers to be to help relax and provide comfort.

Body Massage		
Seated or reclining	60 mins	£35
Reflexology	45 mins	£35
Top and Tail Reflexology	60 mins	£45
Face and Scalp Massage	30 mins	£20
Hopi Ear Candling	45 mins	£35
Aromatherapy Facial	60 mins	£40
Collagen Hydrating Facial	60 mins	£45
Relief for Tattered Tootsies Pamper	30 mins	£20

HOLISTIC THERAPIES

Dr Hauschka Treatments

Experience a luxurious holistic rhythmical skin care treatment that will melt away the stresses of the day and leave skin rejuvenated. The Dr Hauschka Rhythmic Treatments use a holistic approach to support the skin's inherent ability to regulate and heal itself, stimulating the lymph with rhythmic massage techniques the promote regeneration and a healthier skin. Enjoy the warmth and pampering as your face and limbs are soothed with balms, masks, massages and scented compresses. Heavenly!! For full details of treatments on offer see our website www.tidaltherapies.co.uk

Reiki Energy Healing

A non-invasive treatment, performed with the client fully clothed, that harnesses life energy to promote healing.

60 mins £40

Meditation

Meditation is known to be of great physical and emotional benefit helping to reduce everyday stress and tension. Sarah Andrews' 2 hour classes are taken over a 6 week period taking the client through a variety of meditation techniques giving the skill and confidence to meditate at home. Please contact us for details of the next course. One to one meditation also available.

6 week course £60

One to One Yoga Therapy

Paula D'Attoma offers one-to-one yoga therapy tailored to your personal profile to address your needs. Especially useful in helping those with refractory conditions such as migraine, trigeminal neuralgia, ulcerative colitis and asthma.

PERSONAL WELLNESS COACHING

Looking for inspiration to make positive changes to your eating habits and general wellbeing for an active healthy lifestyle?

We can offer a range of therapies and exercise classes.

Nutritional Therapy

Pamela Taylor of The Nutrition Practice addresses specific health concerns to develop a personalised nutrition package.

Initial Consultation incl client questionnaire and diary	75 mins	£45
Follow Up Consultations		£40
Testing prices vary		POA

Maximum Wellness

Helen Smith will compile personalised nutritional and exercise advice to aid weight loss and promote a new and relaxed lifestyle.

Initial Consultation	60 mins	£35
Follow Up Consultations	30 mins	£15

Nordic Walking

Linda Black leads these classes which tone the whole body and burn up to 45% more calories than normal walking by using specially designed Nordic poles. Suitable for all ages and levels of fitness.

Initial Taster Session	60 mins	£5
Group Lesson	60 mins	£7.50
5 lessons		£30

Personal Training

Sally King provides an individual training and fitness regime targeted to the client's specific goals. Prices vary dependent upon individual requirements. We are happy to discuss your needs and compile a programme for you.

ADVICE AND IMPORTANT INFORMATION

Please avoid alcohol and consumption of a heavy meal prior to treatments.

Minimum treatment age is 16 unless accompanied by parent.

24 hours notice is required for all cancellations.

We reserve the right to request a nonrefundable deposit upon booking.

LOOKING FOR THAT PERFECT GIFT?

Why not give a Tidal Therapies Gift Voucher or some of our range of Aroma Natural Aromatherapy Products or Get Fresh Botanical Range?

PLANNING A HEN OR PAMPER PARTY?

We can provide a range of treatments geared to your budget and requirements.

Minimum rate may apply dependent upon number of guests and distance.

SPECIAL OFFER

Book 5 identical treatments and get the 6th free!

APPOINTMENTS:

Sun – Wed: 9am – 5pm
Thur – Sat: 9am – 7pm



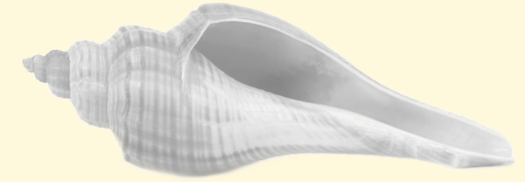
Visit your local Tidal Therapies centre:

Creake Abbey Courtyard
North Creake NR21 9LF
(off B1355 to Burnham Market)
Tel No – 07854 001590

Suite 4, High Silver, 35 High Street
Holt NR25 6BN
(next to Nicholsons)
Tel No – 07773 252170

Email: info@tidaltherapies.co.uk
www.tidaltherapies.co.uk

Tidal Therapies



Swedish Massage
Hot Stone Massage
Reflexology
Aromatherapy Facials
Pregnancy Pampers
Beauty Treatments
Nutritional and Fitness Advice
and so much more...

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MASSAGE AND BODY THERAPY

Swedish Holistic Massage

Using essential blended oils to restore, relax or revitalise.

Full Body	75 mins	£40
Back and Shoulders	30 mins	£25

Aromatherapy Massage

Essential oils are combined to meet your individual needs.

Full Body	75 mins	£45
Back and Shoulders	40 mins	£35

Hot Stone Massage

Blended aromatherapy oils and heated lava stones are used to encourage deep relaxation.

Full Body	60 mins	£50
Back, Neck and Shoulders	40 mins	£35

Thai Hot Compress Massage

Heated compresses of traditional Thai herbs are used to simultaneously relax and invigorate the body and mind, soothe overworked muscles –and give a well deserved energy boost.

Full Body	60 mins	£50
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Suction Cupping Massage

A deep and stimulating massage using cups to create suction and negative pressure to bring blood flow to stagnant muscle, drain excess fluids and toxins. Combined with Swedish massage to aid relaxation.

Back Massage	30 mins	£30
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Deep Tissue Remedial Massage

Incorporates Trigger Point Therapy and Myofascial Release, a relaxing and effective therapy facilitating the body's innate healing to realign bony structures and release deep seated tension and trauma.

	60 mins	£40
	90 mins	£50

Honey Back Massage

A detoxifying and deeply nourishing treatment.

	30 mins	£30
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Indian Head Massage

Seated massage combining benefits of scalp, face and shoulder massage.

	45 mins	£30
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Tibetan Acupressure Head Massage

Reclining massage performed with client fully clothed.

	45 mins	£35
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Reflexology

Reflex points on the feet are massaged to reduce stress, increase energy and eliminate toxins.

	45 mins	£35
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Top and Tail Reflexology

Reflexology treatment followed by a relaxing acupressure massage for face and scalp.

	60 mins	£45
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Hopi Ear Candling

Soothing, helpful aid to relief from sinus congestion, headache and earache.

	45 mins	£35
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Body Conditioning Scrub

A sea salt scrub is applied to gently exfoliate the skin followed by a nourishing and deeply moisturising body butter.

	45 mins	£30
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Intensive Back Facial

This deeply cleansing and nourishing treatment includes a gentle exfoliation and a nourishing mask to help to draw out impurities and aid circulation.

	30 mins	£30
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Detoxifying, Anti Cellulite and Inch Loss Wrap

Combines the benefits of massage, body scrub and wrap to aid inch loss, a reduction in the appearance of cellulite and detoxification.

	90 mins	£40
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Cellulite Reduction Therapy

Uses dry skin brushing, suction cupping, Swedish massage and anti cellulite gel to aid reduction of cellulite.

	60 mins	£50
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Course of 6 treatments		£250
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TREATMENTS FOR THE FACE

Aromatherapy Facial

A deep cleansing and relaxing facial to purify, refine and hydrate the skin incorporating acupressure and choice of scalp or foot massage.

	60 mins	£40
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Collagen Hydrating Facial

Boosting and regenerating for dry, dehydrated and tired skin.

	60 mins	£45
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Pick Me Up Facial

A maintenance treatment to cleanse and refresh the skin.

	30 mins	£25
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Young Skin Facial

A gentle cleanse, tone and moisturise for teenage skin.

	30 mins	£15
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Face and Scalp Massage

	30 mins	£20
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PAMPER TREATMENTS

Below we suggest some wonderfully relaxing packages for you to enjoy or feel free to create your own package with our advice and **save 10%** on combined price.

Full Body Swedish Massage and

Aromatherapy Facial	120 mins	£72
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Back and Shoulders Swedish Massage and

Aromatherapy Facial	90 mins	£59
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Detoxifying Inch Loss Wrap and

Aromatherapy Facial	120 mins	£72
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Indulgence Package

Full Body Swedish Massage

Relief for Tattered Tootsies Pamper Aromatherapy Facial

165 mins	£100
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Relaxation Package

Full Body Hot Stone Massage Relief For Tattered Tootsies Pamper Pick Me Up Facial

120 mins	£85
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Revitalisation Package

Swedish Back and Shoulders Massage Collagen Hydrating Facial

90 mins	£63
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MANICURE/PEDICURE

Using OPI products well renowned for their hard wearing finish.

Manicure

45 mins	£25
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Spa Manicure

Including hand/arm massage and heated mitts.

60 mins	
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£35

Shape & Paint

20 mins	£15
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Pedicure

50 mins	£30
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Spa Pedicure

Including foot/leg massage and heated booties.

70 mins	£40
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Relief for Tattered

Tootsies Pamper

30 mins	£20
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Shape & Paint

20 mins	£15
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EYE CARE

All tints require a patch test 24 hours prior to treatment

Eyebrow Tint

10 mins	£7
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Eyelash Tint

15 mins	£12
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Eyebrow and Eyelash Tint

20 mins	£15
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Eyebrow Shape

15-20 mins	£12
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Eyebrow Tidy

10 mins	£7
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WAXING

(available from July 2011)

Full leg	£20	Half leg	£12
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Bikini	£8	Underarm	£7
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Back	£15	Chest	£15
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TANNING TREATMENTS

Using St Tropez products applied by hand.

Full Body	£35
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Legs	£15
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