

Waxing Tariff

Full Leg	£19
Three quarter leg	£16
Upper leg	£12
Lower leg	£12
Bikini	£8
Extended Bikini	£12
Brazilian	£18
Hollywood	£24
Full arms	£15
Forearms	£11
Under arm	£6
Back and shoulders	£28
Back	£25
Lower back	£15
Chest and abdomen	£22
Chest	£20
Buttocks	£20
Upper lip	£6
Chin	£6
Sides of face	£7
Neck	£6
Eyebrows	£7
Add the following to any of your waxing treatments: Areas are blended in for a natural result.	
Back of legs	£8
Tummy	£7
Buttock cheeks	£8

- Exfoliate with exfoliating gloves before visiting to ensure all hair is free to wax.
- Do not shave before your waxing appointment.
- For all bikini waxing wear a loose thong and bring a loose pair of underwear for afterwards.

Facials

Classic Facial	£18 35 mins
Signature Facial	£30 60 mins
Extraction Facial	£25 50 mins

Our facials are a great skin treat for men, women and teens, and can be adapted accordingly.

Classic facial – cleanse, tone, mini facial massage, masque and moisturise.

Signature facial – This facial is designed to be the ultimate in luxury facials, combining all the basics of a Classic facial with aromatherapy oils and prescriptive style treatments tailored to your skin care needs and a long, relaxing massage to your face, neck, chest and shoulders. Deeply nourishing, deeply cleansing and deeply luxurious!

Extraction facial – After a double cleanse, steam is used to open the pores, which are then extracted and unblocked using manual techniques. Aromatherapy oils are used afterwards to fight bacteria and heal blemishes, refine pores and repair scar tissue. Please note, this facial focuses on removing blocked pores and blackheads, and may not be the height of relaxation, but certainly does the job!

Spray Tanning

Full Body	£22
Part Body	£12
Top up (within 3 days)	£15

Achieve a beautiful, natural looking, sunless tan in no time at all! Using Solglo, which won Tanning Product of the Year 2008, beating Fake Bake and St Tropez. Lasts up to 10 days. A Top up Tan can be applied within 3 days of the previous tan to achieve a darker result.

Policies

Missed appointments or cancellations with less than 24 hours notice will require reimbursement, amount will be added to next treatment.

Thank you for understanding.

The Therapy Studio

**Unit 81, Basepoint Enterprise Centre,
Andersons Road,
Southampton,
SO14 5FE**

**We are situated near Southampton Solent Halls
of residence, Ocean Village and the Stadium.**

Complementary Therapies



Beauty treatments



Foot health Care



02380 715404

**Please leave a message on our answerphone,
and we will get back to you as soon as we can.
We also arrange appointments by email.**

www.thetherapystudio.co.uk

**Special offers, maps on how to find us and more
details and pictures of our wonderful treatments!**

mail@thetherapystudio.co.uk

After work appointments available!

**Open Monday to Friday
late nights Tuesday & Thursday**

Swedish Massage

75 minute massage	£35
60 minute massage	£30
30 minute massage	£20

A relaxing massage using a mixture of soothing and stimulating massage techniques.

Sports/Injury Massage

60 minute massage	£35
40 minute massage	£28

A deep tissue massage, ideal for sports players or those who prefer a very firm massage or remedial injury massage.

Aromatherapy Massage

75 minute massage	£38
60 minute massage	£33
40 minute massage	£28

The aim of aromatherapy is to restore the harmony of the mind, body and spirit through the use of essential oils. Can help with many physical and psychological ailments i.e. digestive problems, depression, lethargy and much more.

Pre and Post natal massage

60 minute massage	£30
40 minute massage	£22
60 minute aroma massage	£35
40 minute aroma massage	£28

Massage during pregnancy requires extra care, and specific knowledge of pregnancy, labour, birth and motherhood, which this massage provides. Add aromatherapy, and we will recommend and blend safe oils to enhance your massage experience.

Indian Head Massage

35 minutes	£20
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This massage is received whilst seated and fully clothed, and relieves tension in the upper back, neck, shoulders face and scalp. Use of oils is optional.

Hot Stone Massage

75 minute massage	£40
60 minute massage	£35
40 minute massage	£30

A gentle massage combining aromatherapy with the soothing action of volcanic stones to ease away mental and physical tension.

Reflexology and Maternity reflexology

40 minutes	£28
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Reflexology: This relaxing, holistic treatment is based on the principle that reflex points on the feet correspond to particular areas of the body. By stimulating the areas, imbalances can be corrected throughout the body and blocked energy can be released.

Maternity reflexology: focus is on conception, pre and post natal care and in cases where baby is overdue. Can help with many pregnancy ailments and is safe to enjoy throughout pregnancy. See website for more details.

Ear Candling

40 minutes	Adult £28 / Child £22.50
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Based on an ancient Hopi Indian therapy, this is the use of ear candles to restore balance to the ears and sinus areas. This treatment is perfect for waxy or irritated ears, sinus problems, headaches or blocked ears. Includes holistic face and scalp massage

Reiki

40-45 minutes	£25
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Reiki is a natural 'hands on' or 'hands off' method of healing which transfers energy from the giver to the receiver. This non-religious, gentle therapy will encourage balance back into your life after times of stress or upset.

Prescriptive products

25ml bottle (oils for any purpose)	£4.50
60 gram Jar (face masks, creams and lotions)	£5.50
100ml spray bottle (toners, body mist, room sprays)	£5.50

Eyelash and Eyebrow treatments

Eyebrow tidy/shape	£7
Eyebrow tint*	£6
Eyelash tint *	£10
Eyelash perm*	£30

Bring your facial features to life with beautifully groomed eyebrows and defined eyes.

*Check out our website for before and after pictures of an eyelash and eyebrow makeover and remember you must have your patch tests done at least 24 hours before your treatment to make sure we can treat you safely.

Manicures and Pedicures

Intensive care Manicure/Pedicure	£20/£22
Perfect 10 Manicure/Pedicure	£24/£27
Little Miss Manicure	£12
Shape and Polish	£10
Add French polish	£2

What type of manicure/pedicure do I need?

"I want a shape and tidy of my nails, tidy cuticles, dry skin soothed and a polish" - Our **Intensive care** treatments are for you, but bear in mind there is no massage with this treatment!

"I want a luxurious and relaxing treatment with extensive nail and cuticle care and dry skin removal, massage, and a polish" - try our **Perfect 10** treatment!

"I need extensive foot health care and advice and treatment of verrucae/hard skin/corns/callouses and fungal infections" - a **Foot health care** session with Pamela will set you on the 'right foot' to healthy feet.

Foot health care

Up to 45 minutes	£25
Does not include polish.	



Pamela trained privately in Foot Health Care with SMAE Institute.