



Treatment Price List

01978 447020

contact@wrexhamwellbeing.co.uk

www.wrexhamwellbeing.co.uk

At **Estyn Wellbeing** we want to help you feel well, live well and be well. We offer a range of holistic therapy treatments from within a warm and friendly environment, which offer support for your emotional and physical wellbeing.

Our therapists have trained to the highest level within their specialist areas and with the aim of providing treatment which is appropriate for your needs.

Therapies are complementary to conventional medicine and work well alongside a treatment your GP or Consultant may prescribe.

Please pop in, call or email us for advice on how we can help. We treat each enquiry with understanding and confidentiality.

Deborah and Sarah

BSc (Hons) Complementary Therapies

Therapist Owners of Estyn Wellbeing

Therapies for Living



MEMBER



accredited register

Massages

Aromatherapy

Full Body £40

It's all about the essential oils, we create our own blends with you in mind. The therapeutic properties of the oils can provide physical and emotional benefits. A light massage with long smooth, relaxing strokes.

Swedish

Full Body £45

Back, Neck and Shoulders £30

A 'traditional' holistic massage to reduce stress, tension and anxiety combined with essential oils. Relaxing and invigorating.

Thermal Stones

Full Body £50

Back, Neck and Shoulders £30

Hot basalt stones provide a deep intensive massage which warms and relaxes muscles. Cold marble stones stimulate the circulatory system, together they relax, tone, stimulate and rejuvenate the body. Excellent for detox and lymphatic drainage.

Deep Tissue

Full Body £60

Back, Neck and Shoulders £35

Relaxes, lengthens and releases tissue and muscles. Deep tissue focuses on the release of muscle tension and chronic knots.

Pregnancy Massage £40

A gentle massage for mums to be that can be used safely throughout the second and third trimesters of pregnancy. Benefits aching muscles from the pressures of pregnancy, improves circulation, helps with fluid retention, tiredness and fatigue. A pamper before your baby arrives.

Indian Head/Seated Massage £30

A stimulating massage to the head, neck, shoulders, spine and lower back. Using acupressure points the aim is to balance and strengthen the body's muscular, circulatory and nervous system, boost the immune system and reduce the effects of stress and anxiety.

Lymphatic Drainage

Manual Lymphatic Drainage £35

Reflexology Lymphatic Drainage £35

A light pressure rhythmic massage which assists the body in clearing sluggish waste and swelling. The technique is applied either through a hands on massage or through reflexology points on the feet. Conditions that can be helped are:

- Arthritis
- Sinus Problems
- Asthma
- Migraines
- Eczema
- Headaches
- Chronic Fatigue
- Muscular Tension
- Fibromyalgia
- Aches and Pains
- ME
- Premenstrual Syndrome

Surgical procedure involving lymph node removal – such as breast or prostate cancer – can cause limbs to swell. Lymphatic Drainage reduces swelling, improving mobility and quality of life.

Reflexology £35

Reflexology can be a wonderfully relaxing experience where you can take time out from everyday pressures. The therapist's expert touch will help you relax which can help improve mood, aid sleep and relieve tension. The result is an overall sense of wellbeing.

Acupuncture from £35

Traditional acupuncturists believe that the underlying principle of treatment is that illness and pain occur when the body's qi, or vital energy, cannot flow freely. There can be many reasons for this; emotional and physical stress, poor nutrition, infection or injury are among the most common. By inserting ultra-fine sterile needles into specific acupuncture points, a traditional acupuncturist seeks to re-establish the free flow of qi to restore balance and trigger the body's natural healing response.

Invigorating Foot Massage £15

Perfect for tired post shopping or party feet suffering with heavy legs, this mini miracle will reduce puffiness, soothe aches and pains while indulging you with a refreshing exfoliation combined with a deeply therapeutic foot and lower leg massage.

Remedial Hand Massage £15

Better circulation, range of motion and pain relief, this wonderful warming experience includes hot stones with an effective gentle hand and lower arm massage.

Hope Ear Candling £30

A gentle unobtrusive treatment to the ears for assisting Clients that live with the symptoms associated with hay fever; sinusitis; rhinitis, vertigo; Meniere's disease; pre and post deep sea diving; snoring; colds, glue ear and the effects of cabin pressure during air travel.

Facials

Luxury Signature Facial £50

With a choice of Neals Yard organic skin care to suit your skin type. Rehydrating and rejuvenating and including a blissful warming neck and shoulder massage with thermal stones and a luxury hand treatment.

Holistic Facial £40

Essential oils blended and tailored for you. The use of acupuncture points helps to reduce puffiness and increase circulation resulting in a fresh, radiant complexion.

Express Facial £30

With Neals Yard organic skin care combined with a facial massage to rehydrate and rejuvenate, ideal for all skin types. Great for a boost!

Men's Facial £30

Designed just for him using Neals Yard Skin care range powered by organic herbs. Nourishes and soothes damaged skin. Combined with a scalp massage.

Hands and Feet Treatments

File and Polish 30 min.....	£10
Deluxe pedicure 1 hr 15 min.....	£30
Deluxe manicure 1 hr.....	£25

Eye Treatments

Eyebrow Shape 15 min.....	£8
Eyebrow Tint and Shape* 30 min.....	£12
Eyelash and Eyebrow Tint* 30 min.....	£14
Eyelash Tint* 20 min.....	£10
Eyebrow Tint* 15 min.....	£6

*A test patch will be required 24 hours before treatment and must be performed on site.

All treatments include a consultation and aftercare advice.

Please note all pricing is current as of **March 2015**. We reserve the right to change our prices and promotions as required, without notice.

Gift Vouchers*

Something special for a friend or loved one?
A Gift Voucher allows the choice of any of our treatments.

*Vouchers are non-refundable and cannot be exchanged for cash. No change will be given on the voucher but the remainder will be credited to spend on your next visit to Estyn Wellbeing.

The entire Voucher must be used by the expiry date. Vouchers are **valid for 12 months**.

All appointments secured by this voucher must adhere to our cancellation policy.

Opening Times

Monday – Wednesday 9.00am – 5.00pm

Thursday – Friday 9.00am – 7.00pm

Saturday 9.00am – 5.00pm

Estyn Wellbeing

Bryn Estyn Business Centre (Wrexham Rugby Club)

Bryn Estyn Road Wrexham LL13 9TY



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