

## **WELCOME**

A warm welcome awaits at our unique wellness studio & boutique in the beautiful village of Tarporley. We offer a comprehensive range of holistic, aesthetic and anti-aging therapies by an experienced, professional team of therapists.

## **HOLISTIC TREATMENTS FOR MEN & WOMEN**

Here at OM we aim to provide a service like no other- due to the extensive knowledge and experience of our therapists we can bespoke a treatment according to your physical and emotional state. These therapies may include...

- Reflexology
- Aromatherapy Massage
- Deep Tissue Massage
- Lymphatic Drainage Massage
- Swedish Massage
- Indian Head Massage
- Hot Stone Massage
- Reiki
- Prenatal Massage
- Traditional Thai Massage ( minimum of 60 minutes recommended )

30mins.....£25

60mins.....£45

90mins.....£65

EAR CANDLING- All natural beeswax and muslin hollow candles help relieve sinus pain, earache and headaches.

45mins.....£35

## **OM RITUALS**

We all need to step out of our busy lives and to find a sense of stillness and serenity. To renew and rebalance our bodies and minds. These rituals have been designed exclusively by our founder and are only available here at OM.

Chakra Balancing / Chi Flow Ritual.....90mins.....£75

*Using a series of specific pressure points and incorporating the appropriate crystals and purest organic essential oils- this head to toe therapy will leave you feeling sublimely relaxed, re-balanced and re-energised.*

Detoxifying/ Gedoku cleansing ritual.....90mins.....£75

Commencing with a herbal foot bath followed by a stimulating body scrub and complete body brush this circulation boosting, skin softening treatment continues with a full body lymphatic drainage massage including a unique abdominal/ intestinal cleansing technique.

## PRIADERA /AURAVEDIC EASTERN MASSAGE RITUAL

We use the appropriate steamed herbal poultice with warm oil to relieve muscular aches and pains.

Varying depths of pressure and different sized poultices deliver a personalised experience.

### **BODY TREATMENTS**

Smoothing & soothing.....1 hour.....£50

*( Full body scrub & massage using our exclusive organic coconut oil scrub.)*

De-Congest & De-Stress.....45 mins.....£40

*(Cleansing back treatment incorporating warm compresses and extraction, mask & massage.)*

Relax, Renew & Reset.....90 mins.....£75

*(A top to toe experience including your choice of above plus a relaxing facial and scalp massage.)*

### **ORGANIC FACIALS-Pure, potent, effective.**

Clean & Clear.....1 hour.....£50

*(A deep cleansing and re-balancing facial for normal / oily skin perfect for teenagers )*

Comfort & Calm.....1 hour.....£50

*(Desensitising and smoothing for reactive and sensitive skin.)*

Replenish & Renew.....1 hour.....£55

*(A vitamin rich, firming facial for tired, mature skin.)*

Mini Facial.....30 mins.....£30

*(Cleanse, scrub, hydrate.)*

### **ANTI-AGEING/ADVANCED FACIALS**

*Dermaplaning-the ultimate solution to remove dead/rough skin, pigmentation and "peach-fuzz" this highly skilled treatment originated in the US and our founder was one of the pioneers. Skin is baby soft every time.*

*Quick-fix-30mins.....£30*

*Dermaplaning plus extraction plus collagen facial-60mins.....£50*

*Silk peel dermal infusion-The RED CARPET facial.*

*Exclusive to OM this microdermabrasion/dermal infusion treatment is designed to optimise the condition of your individual skin type.*

*Deep cleansing, exfoliating,hydrating, plumping and defining.*

*Rejuvapen- micro needling.*

*This regenerative and skin tightening treatment can be used on targeted areas or as an all over ( face neck décolleté ) protocol.*

*From £75-£125*

**BEAUTY & GROOMING We use the premium make up brand High definition**

Makeup.....£30

*(Inc cleanse.)*

Glamorous/Special Occasion.....£40

*(Inc strip lashes.)*

Makeup Tutorial.....£50

Tanning.....from £30

**NAILS**

File & Nail Polish.....£12.50

*(With gel polish.....£20)*

Manicure & Nail Polish.....£20

*(With gel polish.....£30)*

Pedicure & Nail Polish.....£30

*(With gel polish.....£40)*

Gel Polish Removal & Tidy.....£10

**WAXING- using the most gentle low-tempcream wax for even the most sensitive skins**

Brows.....£10

Upper Lip.....£10

Lip & Chin.....£12.50

Bikini Wax.....£15

Brazilian.....£25

Hollywood.....£25

Underarm.....£12.50

Half Leg.....£15

Full Leg.....£25

**MENS WAXING**

Back.....from £20

Chest.....from £20

**SPECIALIST TREATMENTS**

LVL-Premium Lash Lift.....£45

*(Lasts 2-3 months, includes eyelash tint)*

HD Brows.....£45

*(The ultimate bespoke brow treatment)*

*Electrolysis / Skin Tag / Red Vein / Melia Removal.....from £25*

**MICROPIGMENTATION**

***Semi-Permanent Makeup ( Our in house expert has over 20 years experience and is a multi award winning MICROPIGMENTATION artist )***

Brows.....from £150-£350  
Eyeliner.....from £100-£400  
Lip Liner / Filler.....from £250-£500  
Beauty Spot.....from £100  
Scar Camouflage.....from £100

### **TINTING**

*A patch test is required 24 hours prior to treatment*

Eyelash Tint.....£12.50  
Eyebrow Tint.....£10  
Eyelash Tint & Eyebrow Tint.....£20

SPA DAYS/PACKAGES- Ideal gifts or for special occasions.

We cater for parties from 2-10 people. These include:

\*Afternoon BeauTEA- your choice of package plus a sumptuous afternoon tea (£10 pp)

\*Couples Date night- choose your package of 2+ hours each and enjoy a complimentary bottle of

chilled pro secco ( also available for girlie time-out )

\*Birthday/hen parties byo drinks and nibbles, chill out and chat whilst we look after your beauty and relaxation needs.

\*Princess parties- mini manicures, glitter tattoos, gentle organic sparkly make up plus make your own tiara!!! .....£12.50 pp

SPA PACKAGES- Choose from any of our OM Rituals or holistic therapies above plus-

Express bliss- massage /facial combo 60 mins £45

Relax renew reset- 90 mins £75

The gift-Luxury Manicure/Pedicure plus an organic facial of your choice 2 hours £100