



Warm Bamboo Massage

This combines the benefits of thermotherapy with massage strokes using heated sustainable bamboo to create a deep, relaxing, healing treatment.

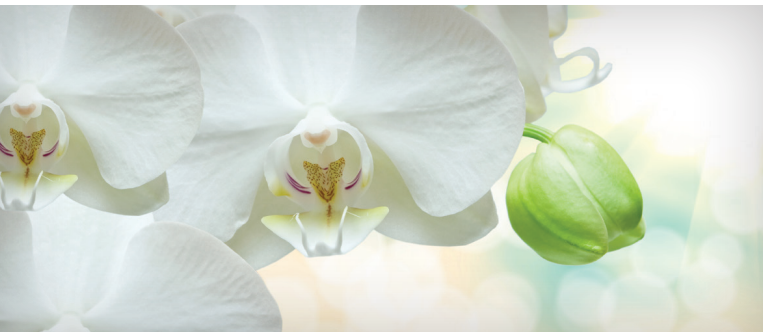
Warm bamboo is a unique tool to create a sense of depth to the massage.

Warm Bamboo Massage 1 hour £60

Why not treat yourself or someone special?

Please make your payments in cash or by cheque.
Unfortunately we are unable to accept bankcards.
Thank you for your understanding.

Tel{ 01929 423353 ex 2
Mobile: 07742 731095



Colette Walsh
The Grand Hotel, Swanage
01929 423353 ex 2

Holistic Massage, Warm Bamboo Massage, Reflexology and Beauty



Colette Walsh
ITEC VTCT



Waxing

This is a longer lasting temporary solution to hair removal

Full leg	45-60mins	£40
Half leg	30 mins	£30
Bikini	15 mins	£30
Underarms	15 mins	£20
Lip/Chin	15 mins	£20

Massage

Whether your need is to have a moment of relaxation, reduce anxiety/muscle tension or attain relief from chronic pain, massage can enhance a sense of emotional and physical wellbeing.

Full Body	1 hour	£55
Back/Back of legs	30 mins	£38
Warm Bamboo	1 hour	£60
Indian Head	45 mins	£45



Reflexology

Reflexology is the application of pressure to areas of the feet which correspond to organs to improve circulation, reduce stress and pain.

Reflexology	1 hour	£50
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Facial Treatments

Deep cleansing, exfoliating, 20 minute massage, mask, tone and moisturise for normal/dry, mature or sensitive skin.

Facial	1 hour	£50
Deep cleanse	30 mins	£38

Eye Treatments

Enhance and add definition to your eyes

Eyebrow shape	£15
Eyebrow tint	£15
Eyelash tint	£20

