

Holistic Zone invites you to relax, de-stress, re-vitalise and be pampered.

We all need to give our bodies and minds time to relax and re-balance themselves as we continually juggle work, family, friends and home life.

The extensive range of therapies and treatments offered can assist you whether on a physical, emotional or spiritual level; therefore helping you to re-balance your life, relax, de-stress, revitalise, reduce the symptoms of an injury or illness or to just have some pampering 'me' time.

I am committed to making a genuine difference to each person who visits my practice and my philosophy is to provide total wellbeing within a caring and relaxed atmosphere. I am also very passionate about providing high quality treatments and where possible I use natural and organic products these include Neal's Yard Remedies.

Treatments Available

Massage Therapies

Total relaxation to escape the pressures of every day life!



Holistic Heaven - 1½ hrs **£45.00**
A relaxing full body massage with elements of natural lift facial massage and Indian head massage

Pure Bliss - 1¼ hrs **£38.00**
A relaxing full body massage with elements of Indian head massage

Pure Indulgence - 1¼ hrs **£38.00**
A relaxing full body massage with elements of natural lift facial massage

Pure Relaxation - 1 hr **£30.00**
A relaxing full body massage

Remedial Massage **£10.00 per ¼ hr**
A targeted deep tissue massage for specific areas of pain, tension or injury

Indian Head Massage - 40 mins **£25.00**
An ancient massage focusing on the upper back, neck, shoulders, arms, scalp and face

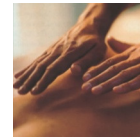
Natural Lift Facial Massage - 40 mins **£25.00**
A massage of the neck, décolletage, shoulders and face. Its includes acupressure reflexology and Japanese facial massage improving the appearance of facial lines and wrinkles, giving a firmer, toned and more youthful complexion

Ultimate Stress Buster - 40 mins **£25.00**
An upper chest, shoulder, neck, face and head massage followed by a relaxing back massage

Stress Buster - ½ hr **£20.00**
A relaxing back, neck and shoulder massage

Holistic Therapies

These wonderful therapies treat you as a whole on all levels; mind, body and spirit.



Reiki Massage - 1½ hrs/2 hrs **£45.00/£60.00**
A relaxing full body massage followed by a ½ hr or 1 hr reiki session

Serenity - 70 mins/1 hr 40 mins **£35.00/£50.00**
An Indian head massage followed by a ½ hr or 1 hr reiki session

Tranquillity - 70 mins/1 hr 40 mins **£35.00/£50.00**
A natural lift facial massage followed by a ½ hr or 1 hr reiki session

Harmony - 70 mins/1 hr 40 mins **£35.00/£50.00**
An ultimate stress buster followed by ½ hr or 1 hr reiki session

Reiki - ½ hr/1 hr **£20.00/£30.00**
Tera Mai Reiki/Seichem healing is a gentle 'hands on' technique working with various energies to release any blockages in the body, it promotes and accelerates the body's own natural healing process

Taster Sessions

If you are unsure which treatment you would like or do not want to commit to a full treatment, come along for a taster session of your choice.

¼ hr holistic or massage treatment **£10.00**

Aromatherapy

Enhance your chosen therapy with a pre-blended aromatherapy oil. Just add **£3.00** to the price of your chosen treatment.

Face

All facials use the wonderful range of Neal's Yard Remedies products; containing only natural and organic ingredients - no harmful chemicals.



Express Facial – 20 mins **£15.00**
Cleanse, mask, toner, moisturise and face massage to improve the condition of the skin.

Facial - ½ hr **£25.00**
Cleanse, exfoliate, mask, toner, moisturise and face, neck and shoulder massage to lock in the moisture and leave you feeling relaxed as well as rejuvenated.

Luxury Facial - 1 hr **£35.00**
A facial treatment which will then be followed by a Natural Lift Facial Massage, improving the appearance of facial lines and wrinkles, giving a firmer, toned and more youthful complexion, also leaving you fully relaxed and rejuvenated.



Hands & Feet

The EDGE
NAILS



Polish Application **£5.00**
Base coat, 2 coats polish, top coat

French Polish Application **£7.00**

Express Manicure **£10.00**
Shape and buff to natural shine or polish

Manicure **£15.00**
An excellent maintenance treatment for healthy nails - shape, soak, cuticle work, hand/arm massage, buff to natural shine or polish

Luxury Thai Manicure **£22.00**
Thai manicure is a fusion of the far east. It has aromas of ginger, sandalwood and tangerine which awaken the senses. Treatment includes full manicure plus hand exfoliation and mask.

Express Pedicure **£12.00**
Shape and buff to natural shine or polish

Pedicure **£17.00**
An excellent maintenance treatment for healthy nails - soak, shape, hard skin removal, cuticle work, leg/foot massage, buff to natural shine or polish

Luxury Thai Pedicure **£25.00**
Thai pedicure is a fusion of the far east. It has aromas of lime, sandalwood and ginger, which awaken the senses. Treatment includes full pedicure plus foot exfoliation and mask.

French Polish **add £2.00**
Nail Art (gems/stickers) **£0.30/piece**

Please bring opened toed shoes to wear after your pedicure

Hair Removal

I use tea tree crème wax; known since antiquity for its therapeutic properties, tea tree oil is a natural antiseptic that soothes and repairs the skin, making it ideal for delicate areas.



Full Leg, Bikini & Underarms **£30.50**
½ Leg, Bikini & Underarms **£25.00**
Full Leg & Bikini **£25.00**
Full Leg **£18.00**
Back **from £18.00**
½ Leg **£13.00**
High Bikini Line **£10.00**
Half Arm **£10.00**
Bikini Line **£8.00**
Underarms **£7.00**
Lip & Chin **£7.00**
Lip or Chin **£5.00**
Eyebrows **£5.00**

Pamper Parties



Holding a party is the perfect excuse to wind down, de-stress, relax and get together with friends or family. They are perfect for hen parties, bridal showers, birthday parties, baby showers, just about any occasion or just to have some fun!

Your front room, hotel or place of work, wherever you want it - staying in is the new going out!

I offer two types of party, **Pamper Parties** and **Neal's Yard Remedies Organic Parties**.

At my **Pamper Parties** everyone receives a 20 minute pamper of their choice and each guest will also be given a £5 gift certificate to use against any full priced treatment at Holistic Zone.

Pamper treatments available:

- ☼ Arm & Hand Massage
- ☼ Back, Neck & Shoulder Massage
- ☼ Express Manicure
- ☼ Express Pedicure
- ☼ Express Facial
- ☼ Indian Head Massage
- ☼ Leg & Foot Massage
- ☼ Natural Lift Facial Massage
- ☼ Reiki

I am very flexible and if you would like something tailored specifically for your needs or party, just call to discuss your requirements. The party size can be anything from 2 to 6 and the cost is only £18.00 per person.

Please see my website for full details and booking information.

Neal's Yard Remedies Organic Parties enable you to try these wonderful products in the comfort of your own home or venue of choice. The host of the party receives a 'free' mini-facial, 'free' NYR product worth around £20 as a thank you plus 'free' and discounted shopping (*value depends on your guests spend*).

The products make great Christmas presents, birthday gifts, new baby presents - any reason to spoil somebody or yourself!

If you would like to buy Neal's Yard Remedies products but do not want to host a party or event, all the products are available from my website, details on the back of this leaflet.

If you have any questions, want to book a party or would like to book me for an event (I love to do ladies evenings, pamper events, corporate events and fetes, etc), then please do get in touch I would love to hear from you.

Julie Miller

MGBT, MGH, IHH, MCIM

Holistic & Beauty Therapist
NYR Organic Independent Consultant



Booking an Appointment or Party

Please call 07872 633903 or
email info@holisticzone.biz



Opening Hours

Monday 19:00 - 21:00
Tuesday 19:30 - 21:30
Saturday 09:30 - 17:00

Opening hours are subject to change



Location

6 Lewis Close
Abbey Meads
Swindon SN25 4YP



www.holisticzone.biz

<https://uk.nyorganic.com/shop/holisticzone>



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Holistic & Massage Therapies
Beauty Treatments
Pamper Parties

Relax, De-stress, Revitalise

