

# HIDEAWAY

*at home pampering*

The taster treatments offer a great value way to relax as the prices give you a chance to sample the different types of therapies in your own home.

*Massage and other holistic treatments are a wonderful way to escape from the stresses of the day.*

By the end of your pampering you will feel relaxed, refreshed and totally chilled out.

An inimum booking of £80 is required. For parties over £80 the hostess/host can then choose a treatment which is totally free as a thank you for booking with us.

*To book your party:-*

- a) Invite a few friends*
- b) Choose your treatments*
- c) Call to book your party*
- d) Buy in a few nibbles*
- e) Put your feet up and RELAX*

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## *Back, Neck or Shoulder Massage*

Ease away tight muscles and feel the stress melt away.

15 min £14

25 min £22

## *Leg Massage*

On your feet all day?

Relieves the feeling of heavy legs and tired limbs. Excellent for helping reduce the appearance of cellulite.

25 min £22

## *Facial Massage*

A relaxing treatment that improves blood circulation, detoxifying the skin. May help sinusitis and headaches.

15 min £14

## *Hand & Wrist Massage*

The cream/oil used softens the skin and reduces tension. Perfect for computer users and easing repetitive strain.

10 min £10

## *Foot Massage*

Soak away your cares in a warm foot bath to refresh your tired feet. Afterwards sit back and enjoy a pampering foot massage to complete your relaxation.

20 min £18

## *Indian Head Massage*

A wonderfully relaxing and therapeutic massage which originated in India where it has been practiced for over a thousand years. The massage takes place with the client fully clothed and seated in a chair.

15 min £14

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## *Mini Facial*

A cleanse, massage, tone and moisturise treatment that will leave your skin feeling wonderfully soft, clean and refreshed.

20 min £20

## *Mini Luxury Facial*

Luxurious facial including deep cleansing, exfoliation, refreshing face mask, massage to improve circulation, tone and moisturise. Leaving your skin radiant and you feeling totally pampered.

30 min £30

## *Reiki*

A therapy using channeled energy to restore the natural balance to the body helping to promote deep relaxation.

20 min £18

Call today to arrange your booking

  
*holistic*  
**HIDEAWAY**








**Tel: 023 8048 7808**

**Mob: 07793 532911**

A deposit of £5 per treatment will be requested on booking. Refundable only on cancellations if over 24 hrs notice given. Ask for a terms and conditions form for more information.

Payments by cash or cheque only can be accepted. Please make cheques payable to Holistic Hideaway.



-  HEN PARTIES
-  PRE-WEDDING PAMPER
-  BIRTHDAY
-  EVENING WITH FRIENDS
-  BABY SHOWER
-  GIRLS NIGHT IN
-  EVENING WITH FAMILY

Want to give a present that will be truly appreciated?

*Gift Vouchers Available*

We can also provide:

- Skin Care Parties
- Wedding Make Up
- Make Up Lessons
- Special Occasion Make Up

*Please ask for Details*



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*Massage and Beauty in Hampshire*

**HIDEAWAY**  
*at home*  
*pampering*

Treatment Guide

September 2010

