

Winter Pamper Offer

Choose a 30 minute treatment for £5.00!!

**Have a 1 hour Reflexology treatment (£20.00) then add on any of the following relaxing treatments for just £5.00!
(90 minutes massage = £25.00)***

- **Indian Head Massage**

Head, sinus points & face – very relaxing

- **Neck and Shoulder Massage**

Relieves tension in the upper back, shoulders and neck

- **Rejuvenating Facial**

Tones the skin and muscles, anti – ageing and rejuvenating

- **Hand Massage**

Helps to increase flexibility

- **Reiki**

Helps the bodies' natural healing abilities. Gives a sense of peace and relaxation

***£5.00 offer to be taken with 1 hour reflexology**

Offer available from 1/10/12 to 30/11/12

Contact – Joan – Serenity

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Other treatments are available from £18 for 50 minutes