

## Facial Treatments

### **Skin Discovery Session - £50** Allow 60 mins

*Find out all about your current skin condition and how our skincare can help.*

*The session includes a full skin scan (using our state of the art scanner) to look deep down into your skin with a consultation to explain it all, followed by a taster facial to experience some of the products.*

*Also includes a £10 off voucher towards Dibi retail products!*

### **Hydra-Oxy Facial - £75** Allow 50 mins

*This mechanical, non invasive, skin resurfacing facial is loved for its immediate results with no downtime.*

*Using our state of the art machine using various peel solutions for a wet dermabrasion as well as ultrasonic moisture therapy, radio frequency for tightening, plus clinically proven Dermalux LED light therapy.*

### **Age Resist Facial - £75** Allow 50 mins

*Double cleanse, tone, facial massage, diamond tip microdermabrasion and Dermalux LED light therapy for an age defying treatment using machines.*

### **Dermaplaning - £45 / £55**

*Dermaplaning is a method of exfoliation that uses a scalpel to remove the dead layers of the skin to reveal a smoother, brighter complexion whilst also removing the fine superficial vellus hair from the face, commonly known as "peach fuzz"*

### **Diamond Microdermabrasion - £45** 30 mins

*Enjoy a fresh complexion. Can help the appearance of aging skin, fine lines and wrinkles, pigmentation, acne scarring, dry patches and brightens dull looking skin. Includes double cleanse, tone and moisturiser.*

### **Micro-needling - £75 / £90**

*Micro-needling is a treatment that uses a pen type device with small needles to cause tiny punctures to the skin. The pinprick encourages a wound healing response to speed up regeneration and renewal of collagen and skin cells. Skin feels tighter and lifted. The popular optimal results option also includes a cosmeceutical rehydration mask and LED therapy.*

## Hands On Relaxing Facials

### **Classic Facial - £45** Allow 35 mins

*To cleanse deep down, renew, revitalise and hydrate.*

*Includes facial massage and scalp massage.*

### **Lift Creator - £85** Allow 60 mins

*Reforming and lifting line to target sagging skin while replenishing for a lifted, more youthful appearance.*

### **Hydra Perfection - £65** For dry & dehydrated skin.

*Hydrating and moisturising cosmeceutical line to revitalise the skin for nourished, more youthful skin.*

### **Relaxation Facial - £75** Allow 60 mins

*Our classic facial with a scalp & facial massage but with a relaxing back massage to start off with.*

## Manicure and Pedicure

### **Basic Manicure or Pedicure- £35** gel polish or varnish. ( £40 to include removal )

*Nail prep, cuticle tidy, file, polish & cuticle oil*

### **Luxury Manicure or Pedicure - £45** polish / gel polish. ( £48 to include removal )

*with the addition of a sugar scrub exfoliation, masque & a relaxing massage.*

### **Removal of Gel Polish & Tidy Up - £25**

### **Tired Leg and Feet Treat - £35** Allow 30 mins

*An aromatic foot soak and exfoliation to increase circulation plus a super relaxing lower leg and foot massage.*

### **Meet Up & Feet Up (price is for 2 people) - £70**

*Relax in our cosy reception area and enjoy a catch up while you are both treated to a winter spice foot ritual comprising of an aromatic foot bath, a spicy scrub, mask and an ultra relaxing foot massage. All this plus a hot drink and cake!*



# Body Revive

## Treatment List

**Call us on 01226 790149**

**The Old Mill,**

**Pot House Hamlet,**

**Silkstone, Barnsley. S75 4JU**

**[www.body-revive.co.uk](http://www.body-revive.co.uk)**

**Visit our website to see our full treatment list, to book online and to see our monthly special offers.**

**You can buy gift vouchers on our website too! They are emailed out immediately!**

**Opening hours**

**Monday - Thursday 10am - 7pm**

**Friday & Saturday 10am - 5pm**

**Sunday 10am - 4pm**

## Body Treatments

### **Relaxation / Hot Stone Massage - £40 - £90**

Using a combination of manual massage & warmed basalt stones. This is a lovely, gentle massage that will leave you feeling de-stressed.

### **Deep Tissue Massage £40/ £55/ £65**

Enjoy a firmer massage? This is the one for you. Undo tension held in the muscles with a firmer pressure.

### **Sports Massage / Cupping Therapy £40/£55/£65**

Specialist treatments aimed at muscular issues caused by over training, right through to poor posture. This is not a relaxing massage! May include cupping therapy, assisted stretching and trigger point work if needed.

### **Warm Bamboo & Stone Massage - £45 / £70**

Love a deep massage but also hot stones? This is for you. This deep tissue massage releases knots using warm bamboo stick for added pressure and hot stones for relaxation

### **Tailor blended Aromatherapy Massage - £75**

After a consultation, your therapist will create a blend of essential oils especially to suit your needs. Drift away with a 60 minute massage and take home any remaining oil for use at home.

### **Warming Himalayan Salt Ritual - £70**

A back, neck & shoulder massage using a warmed salt ball for added mineral benefits. Finished with a scalp and a foot massage to totally calm the mind.

### **Rebalance Me - £90 Allow 90 mins**

Reflexology massage solely focussing on pressure points to aid relaxation. A heavenly scalp & facial massage to relieve tension. Next onto an arm and hand massage and finally a luxurious reflexology foot massage.

### **Stress Buster Massage - £55 Allow 45 mins**

Back, neck & shoulder massage using hot stones to calm body and mind. Plus a relaxing scalp massage.

### **Spoil Me - £125 Allow 2 hours.**

Starting with an aromatic foot bath and foot scrub you can then get comfortable on our heated couch to enjoy an invigorating back scrub and a full body, ultra relaxing massage. Drift away with a soothing facial and a tension releasing scalp massage. A blissful foot massage draws your treatment to a heavenly close.

### **Indian Head Massage - £55 Allow 45 mins**

A laid down position massage which also includes back, neck and shoulders. Relieves stress and tension headaches and aids a good nights sleep.

### **Serenity Hour - £65 Allow 60 mins**

A blissful combination of massage, reflexology and reiki designed as a great introduction to the holistic therapies.

### **Reflexology - £55 - 45 min /£65 - 60 min**

By stimulating nerve endings in the feet, reflexology helps to balance & improve your body's own healing ability. Clients reported relief from stress, anxiety, insomnia, aches, pains, digestive and skin issues

### **Reiki Healing - £50 Allow 45 mins**

Non invasive energy healing for deep relaxation, removing emotional stress, pain relief & aids sleep.

### **Ear Candling Therapy - £35**

Used to relieve ear problems including excessive wax, sinus problems and hay fever. This painless & relaxing treatment is finished with a gentle facial drainage massage.

### **Body Polish - £55 Allow 45 mins**

An invigorating body scrub to remove dull skin on arms, legs and back, leaving skin smooth & glowing. After the scrub a rehydrating oil is applied.

### **Scrub and Glow - £75 Allow 60 mins**

Starting with a back scrub & a relaxing hot stone back massage. Onto your face, microdermabrasion removes dry, dead skin & leave your face glowing. Finished with Dermalux LED therapy to stimulate collagen production and plump out fine lines.

### **Indulge Me - £180 Allow 3 hours**

Commencing with an aromatic foot bath & scrub before moisturising hand and foot masks are applied. Enjoy a luxurious full body massage including hot stones & Himalayan salt balls. Next, revive tired skin with a soothing facial including a heavenly hot stone facial massage. Drift away with massages of scalp, hands and feet, heated eye mask & weighted blanket. Take time to snooze, ready to face the world again.

### **Holistic Hideaway - £155 Allow 2.5 hours**

Give your mind, body and soul a total break with this amazing combination of holistic therapies. A full body aromatherapy massage, including hands and face, Reiki, Indian head massage, Reflexology and crystal/chakra therapy. Total bliss.

## Pregnancy Massages

### **Only available after 1st trimester**

### **Blooming beautiful - £55 Allow 45 mins**

A side laying back and shoulder massage with a foot cleanse and foot massage. Available after first trimester.

### **Back, feet (& the bumps a baby) £65. 60 mins**

Starting with a warming foot soak & scrub then relax on the couch where, whilst keeping you comfortable and safe throughout, you enjoy a full body massage including scalp and foot massage.

### **Mother Nurture - £90. Allow 90 mins**

Starting with a soothing foot bath & scrub, get comfy on our cosy couch as your aches are massaged away with a full body massage, including feet and scalp. Finish with a restoring, nourishing facial treatment.