



LORRAINE'S
TREATMENT ROOM

Massage & Complementary Therapies

Whether you would like a relaxing pamper, a de-stressing treatment, need some me-time, or would like to feel rejuvenated & rebalanced, there is a therapy for you!

Exceptional treatments are delivered by me, Lorraine, your highly-experienced, multi award-winning, professional therapist.

From the moment you step in, until the moment you leave, you are in the safest hands. Every treatment is delivered holistically and tailored to your personal requests and requirements to ensure you receive a true treat for your mind, your body, and your soul.

All massage and complementary therapy products are vegan-friendly and organic.



07973 307 092



KentBeautyAndMassage



www.kentbeautyandmassage.co.uk

Aromatherapy

from £29.50

Aromatherapy massage combines specialist massage techniques with the power of essential oils. This soothing massage, along with the delicious aromas, will take you to a deep level of relaxation and help bring your body back into harmony. This gentle, slower paced, nurturing, natural holistic treatment is the ultimate in relaxation and rebalancing.

Aromastones

from £32.00

Take your bespoke aromatherapy massage to the next level with the addition of prescriptively applied warmed and gently cooled stones. This divine massage has it all! Delivering, to you, the ultimate in calm and relaxation; balancing your mind, your body and your soul. Using essential oils blended especially for you, heated basalt stones work deeply to relax the muscles and release toxins, whilst cooler marble stones assist with flushing toxins, relieving aches & pains, and bringing balance to your treatment.

Bamboo Massage

from £29.50

This massage incorporates smooth, warmed bamboo sticks with Swedish and deep tissue massage techniques. This highly effective massage is tailored to your requirements and the results you would like to achieve.

Deluxe Detox Treatment

£73.50

This exclusive package combines G5® with aromatherapy for a powerful detoxifying treatment and a wonderful treat for your body.

Deep Tissue/Remedial Massage

from £29.50

A deep-tissue massage uses a variety of proven advanced massage techniques to work on deeper layers of muscle tissue that have become tense and may be causing you pain. This remedial massage is ideal pre-or-post your sporting event, or to work on your sports specific injuries. It is also great if you are suffering from pain in your muscles.

G5 Massage

from £31.50

G5® is a mechanical massage machine that goes much deeper than the therapist can. Different heads are used to mimic different massage techniques. The G5 vibrates vigorously to stimulate deep blood flow and circulation - it is great for deep-tissue massage and is also believed to help break down stubborn fat in the thighs, bottom and stomach, giving the appearance of reduced cellulite.

Indian Head Massage

from £27.50

Release trapped upper-body tension with this wonderful therapy based on ancient Ayurvedic healing. Fantastic for headaches, neck & shoulder tension, insomnia, migraines, sinus problems, and stress. The treatment includes massage of your upper back, neck & shoulders, your head, your décolleté, and an extremely relaxing pressure point massage of your face. Your arms may be added if desired.

LaStone Therapy

from £29.50

LaStone is the original geothermal massage. Perfect for allowing your body to find its natural balance, LaStone is a treat for your mind, your body and your soul. Using heated basalt and gently cooled marble this massage is both relaxing and stimulating to your circulatory system; helping to eliminate toxins and triggering your body's self-healing mechanisms. From LaStone Signature Treatment, through to massage and delightful, therapeutic body treatments - there is a LaStone treatment for you!

Sticks & Stones Fusion Massage

£61.95

Possibly the ultimate 'heated' massage.

Let the sticks and stones relax your body into total submission!

Smooth, heated, basalt stones will warm and relax your muscles, then warmed bamboo canes are incorporated. The warm bamboo allows me to bring more strength and work more deeply into your muscles.

Manual Lymphatic Drainage

from £27.50

Manual Lymphatic Drainage (MLD) is an advanced therapy which uses a range of specialised and gentle rhythmic pumping techniques to move your skin in the direction of the lymph flow. This very light, rhythmic massage encourages lymph (the fluid that bathes the cells) to flow more freely around your body. This massage stimulates your lymphatic system and helps increase the elimination of toxins and bacteria leaving you feeling less sluggish with a great sense of well-being. MLD is also deeply relaxing to the sympathetic nervous system.

Oncology Massage

Please contact Lorraine

Oncology massage is a specialist massage therapy for those who have been diagnosed with, or are recovering from, cancer. Oncology massage is tailored to you; your health, the treatment you are receiving and your well-being. It uses expert techniques and can be gentle and relaxing or a firmer, deeper massage working within your body's boundaries to address muscular tension and injuries.

Reflexology Lymphatic Drainage

£38.50

This advanced, award-winning reflexology treatment targets your lymphatic system by stimulating the lymphatic reflexes on your feet and was developed by Sally Kay whilst working in cancer care. RLD has been shown to assist with the management of secondary lymphoedema which has occurred as a result of treatment for breast, or other cancers. Results show that over a period of time there can be a significant reduction of fluid in the affected limb.

Power Massage

£63.00

This amazing massage will relax your muscles, balance your being and cleanse your body and soul. Using pressure points and meridian energy channels, you will receive a full body massage combining the very best of Eastern and Western techniques. Your back is even massaged twice!

Reiki

£47.00

Reiki is the Japanese word for “universal life force” and is a technique for stress reduction and relaxation that also promotes healing. It can be hands-on or hands-off and is carried out on the couch with you being fully clothed. Reiki works to balance the chakras in your body thereby enabling your body to heal itself, treating you holistically – your mind, your body and your spirit. Being a natural method of healing, it is safe and beneficial to all. A thoroughly relaxing treatment that brings about feelings of peace and well-being. Reiki is not attached to any religion therefore it is open to people from all walks of life.

Signature Massage

£88.50

A full body experience like no other! This indulgent top-to-toe massage combines advanced massage techniques with experience and expertise, to ensure you receive the ultimate in massage therapies! Incorporating full body massage with reflexology and Indian head massage.

Stretch & Align Massage

from £29.50

A totally different kind of massage to experience! This stress and tension releasing treatment moves and stretches your body with no effort on your part. A perfect massage for those in need of re-alignment and relaxation all in one.

Swedish/Holistic Massage

from £27.50

Swedish massage is occasionally called classic massage. Gentler than deep tissue massage. Using a variety of massage strokes to warm up muscles, release tensions and break up “knots” or adhered tissues. This massage can be either stimulating or more relaxing. Perfect if you would like relaxation and tension relief.

Skincare

Your skin benefits from, and loves, regular care. In skincare, your results are predominately cumulative; whilst your skin will feel fabulous after just one treatment, the maximum results are always achieved when treatments are performed regularly.

Dermogenera 'lunch time' peel

£46.50

Reveal your best skin with a Dermogenera chemical peel. Dermogenera are professional, aesthetic peels that offer real results. Incorporating AHA and BHA acids to safely and effectively stimulate dead cell turnover and renewed healthy skin cell production revealing smoother skin with diminished signs of ageing, scar tissue and pigmentation.

Ultra Relaxing Facial

£47.50

If you want to feel completely relaxed with a sense of deep tranquillity, this is the facial for you! This facial is the ultimate aromatic experience. Starting with a relaxing back, neck and shoulder massage to ease your stresses and strains, then follows a divine, relaxing facial ~ professional products are applied using expertly developed tactile techniques to soothe your mind whilst you drift away into the deepest feeling of relaxation.

Crystal Face Therapy

£49.85

Combining aromatic skin-care products with gently heated basalt, subtly cooled marble, crystals and semi-precious stones, this facial is out of this world. Considered by many to be a whole body experience, this facial should leave you feeling relaxed and rebalanced with rejuvenated skin.

Express Facial

£28.00

This mini treatment will refresh the skin with aromatic cleansers and buff away dulling skin cells. A rapidly working masque will infuse the skin with nourishment before hydrating moisturisers protect the skin.

Monthly Maintenance Facial

£37.50

A prescriptive facial tailored to your current skin condition to help you achieve the best skin possible. Aromatherapy products are selected to deeply cleanse, gently exfoliate and prepare the skin ready to absorb aromatic massage oils and luxurious facial masques. Skin is left replenished, hydrated and protected.

Deluxe Monthly Maintenance Facial

£48.30

This results-driven facial takes your skin care one step further. This treatment uses intensive exfoliants, potent aromatic essential oil blends, powerful targeted serums and speciality masques to help you achieve the best skin possible.

Microdermabrasion

£29.95

Brighten your skin with microdermabrasion. The diamond-tipped 'wand' gently, yet effectively sloughs away dulling skin cells; soothing products nourish and protect leaving your skin feeling super soft and hydrated.

Microdermasbrasion Deluxe

£49.85

Take your microdermabrasion facial to the next level by including a divine décolleté and facial massage with rich, organic aromatic oils, followed by a results-driven, specialised facial mask to help soothe, refine and nourish your skin. Whilst the mask is working its magic, you receive your choice of scalp or hand/lower arm massage. Results and relaxation in one treatment!

Dermalux Facial

£42.00

Multi award-winning Dermalux LED Phototherapy is a non-invasive treatment that uses clinically proven light energy to trigger the skins natural rejuvenation and repair processes without pain or downtime. Can help with many skin conditions including ageing skin, acne, rosacea, eczema, and psoriasis.

Discover-Organic, Vegan-Friendly Facial

£30.50

This is the ideal introduction to organic skincare that will leave your skin feeling hydrated, nourished & glowing. Let the aromatic aromas soothe your body and soul as you relax into your treatment and sink into the couch.

Bacial: A Facial For Your Back

£37.50

A deep cleaning experience that uses purifying products rich with essential oils to deep cleanse and unclog your problematic back area. This treatment begins with an invigorating back scrub, includes extraction if needed, a detoxifying seaweed mask and, finishes with a relaxing back massage to soothe and moisturise. Whilst your mask is working a gentle scalp massage will allow you to drift away to a world of relaxation.



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Hands & Feet

Medi-Hand

£45.65

Medi-Hand is about younger-looking, radiant and decadently soft hands, healthy cuticles, brighter, whiter, stronger nails and fewer fine lines and wrinkles. It is about even skin, with no pigmentation, targeting your specific problems. Medi-Hand contains powerful active ingredients and is focused on obtaining results whilst never compromising on your experience.

Unisex Manicure

£21.00

This is the perfect maintenance treatment for your hands. After soaking, your nails will be shaped and your cuticles tidied before you receive a relaxing massage to your lower arms and hands. *Add solid colour polish for just £7.50 or 'French' polish for £10.50.*

Luxury Manicure

£29.40

Take your manicure to the next level! After shaping your nails and looking after your cuticles, a nourishing cream will be applied and your hands cocooned in heated mitts. The mitts encourage the cream to work deeper into your epidermis leaving your hands feeling softer and more nourished. *Add solid colour polish for just £7.50 or 'French' polish for £10.50.*

Nail Tidy & Polish

£15.75

Show your nails off at their best. Your nails will be shaped before the application of regular polish.

Nail Tidy & 'French' Polish

£20.45

Show your nails off at their best. Your nails will be shaped before the application of 'French' polish.

Reflex-Pedi

£58.50

Treat those feet with this amazing combination. Firstly your feet are soaked in warm water infused with aromatherapy oils; nails and cuticles are then tidied and any hard skin removed.

Then follows a full reflexology treatment - working on the feet this holistic treatment aims to balance mind, body and spirit and is extremely nurturing, relaxing and therapeutic.

Luxury Pedicure

£29.50

Take your pedicure to the next level and feel you are walking on air with the addition of heated booties. These will warm, soothe and relax your feet, encouraging creams to work deeper into your epidermis leaving your feet feeling softer and more nourished.

Add solid colour polish for just £7.50 or 'French' polish 10.50.

Medi-Heel

£45.65

This pedicure is a winner in every sense of the word. Innovative and effective it includes a peel and a scrub that will leave your feet looking and feeling absolutely fabulous.

Unisex Pedicure - No Polish

£24.00

Your feet will be soaked before your hard skin is removed, your toenails are shaped and your cuticles are tidied.

Add solid colour polish for just £7.50 or 'French' polish 10.50.

Indulgent Warm-Oil Foot Treat

£28.35

This warm oil foot treatment is the perfect antidote for your tired feet leaving them relaxed and rejuvenated.

Yummy Mummy Best Foot Forward

£31.50

Let me get to the areas you can no longer reach! This pedicure will include a soak and attention to hard skin and cuticles; a divine leg massage helps alleviate your aches, pains and any puffiness, then a polish completes your pampering to make sure you put your best foot forward.

Lash & Brow Bar

Eyebrow Shape	£12.50
Your choice of warm wax, hot wax, tweezers or threading	
Eyebrow Tint	£12.50
Eyelash Tint	£16.00
Eyelash & Eyebrow Tint	£20.00
Eyebrow Tint & Shape	£16.50
Eyelash & Eyebrow Tint with Eyebrow Shape	£25.00
Lash Lift/Lash Perm	£43.00
Lash Lift/Lash Perm with Tint	£47.50

Waxing

All waxes are vegan friendly

Warm Wax

Full Leg	£26.00
Full Leg, Regular Bikini, Underarm	£40.00
¾ Leg	£22.00
¾ Leg, Regular Bikini, Underarm	£36.00
½ Leg	£17.50
½ Leg, Regular Bikini, Underarm	£31.50
Forearm	£12.00
Full Arm	£17.00

	<u>Warm Wax</u>	<u>Hot Wax</u>
Underarm	£9.00	£12.00
Regular Bikini	£12.00	£14.00
High Leg Bikini	£13.00	£15.50
Brazilian Bikini	£17.50	£20.00
Extreme Brazilian	£24.00	£26.00
Hollywood Bikini	£24.50	£27.00

Facial Waxing:

	<u>Warm Wax</u>	<u>Hot Wax</u>
Eyebrows	£12.50	£13.25
Lip or Chin	£9.00	£9.75
Lip & Chin	£12.50	£13.50
Eyebrows, Lip & Chin	£16.00	£18.00

Waxing for Men:

Back, Neck & Shoulders	£22.00
Neck & Shoulders	£17.50
Chest & Abdomen	£26.00
Chest	£17.50
Back, Shoulders, Abdomen & Chest	£40.00

Perfect Pamper Packages

Because you deserve to escape from the world for a while and feel relaxed, rebalanced and rejuvenated. These treatment packages are great for top-to-toe pampering and the ultimate in relaxation. They also make wonderful gifts for friends, family and loved ones.

Pure Indulgence

£128.00

Imagine how fantastic you would feel after almost three hours of top to toe pampering. This amazing package includes nourishing manicure, reflex pedi, full body massage and discover organic facial.

Couples/Friends Massage Workshop

£120.00

This is a totally practical session covering basic massage strokes, you will learn simple yet proficient techniques and discover how to give a wonderful, safe, and effective body massage. As well as practicing on each other, you'll both receive a detailed set of notes to take home from the workshop to help you remember what you have learned.

The Ultimate Relaxation Package

£88.00

A full body experience like no other! This truly indulgent package combines full body massage with reflexology and Indian head massage. Almost two hours of relaxation, to leave you feeling completely relaxed, restored and rebalanced.

Holistic Heaven

£75.00

Starting with a full-body aromatherapy massage ~ with essential oils, blended especially for you~ this relaxing and nurturing combination finishes with reflexology, leaving you feeling relaxed, nurtured, peaceful and positive.

Stress Buster

£75.00

Book this indulgent package for yourself or as a gift for the ultimate in relaxation. Float away as you sink into the couch during your relaxing full body aromatherapy massage and aromatherapy facial.

Chosen By You

£70.00

Design your own luxury, bespoke package. Choose your favourite treatments from the selection available for your ultimate pampering experience.

Crystal & Stone Calmer

£68.50

This is one of those treatments that leaves you feeling completely relaxed and possibly a little 'fuzzy'. Using basalt, crystals and other semi-precious stones, this is an experience like no other! The synergistic powers of LaStone Back Massage and La Crystal Facial along with chakra stones will help release tensions from your muscles, stimulate your circulation and encourage the lymphatic system; cooler crystals help tone your epidermis, stimulate tissue, reduce puffiness and refresh your skin and senses.

Tranquility

£59.00

This combination of aromatherapy, back massage and professional, results-driven facial will help soothe your tensions and transport you to a level of tranquility rarely found in your everyday life.

Head-Over-Heels

£47.50

Perfect for mums-to-be. A specially-adapted Indian Head massage will gently ease away the tensions in your shoulders, neck and scalp. Then follows a relaxing massage of the feet and lower legs working away any aches and pains leaving you with lighter feeling feet and truly relaxed.

Gentleman's Time-Out

£49.50

Take some time to rejuvenate, refresh and energise! Starting with a deep-tissue back massage, to work on the stresses and strains of your back, neck and shoulder, there then follows an energising facial treatment to help detoxify and refresh your skin.

LaStone Crystal Facial

£49.85

Combining aromatic skin-care products with gently heated basalt, subtly cooled marble, crystals and semi-precious stones, this facial is out of this world. Considered by many to be a whole body experience feel relaxed and rebalanced with rejuvenated skin.

Flying High

£42.00

Make yourself comfortable and enjoy the flight whilst supporting Air Ambulance. Commencing with warmed basalt stones easing away any tensions and relaxing your back, neck, and shoulders then follows a stress-busting soporific scalp massage, a decollette/chest massage and finally a warm towel facial refresh and pressure point facial massage. *Includes 20% donation to KSS Air Ambulance.*

Express De-Stress

£28.00

Treat yourself or treat someone special to this wonderful 3-in-1 focused massage treatment. Your back, scalp and feet are massaged to help you feel truly relaxed and to recharge and re-balance. This is the perfect de-stressing and re-balancing treatment for your busy life.

Treatments for Men

Men are more than welcome to book any of the treatments currently available; there are also treatments specifically tailored to men:

- Modern Man Intensive Facial
- Gentleman's Time-Out
- Gents Ready-Set-Go
- Monthly Maintenance for Men
- Flying High

Mobile Spa Treatments & Pamper Parties

Relaxation Delivered - Luxury pampering for one or two people in your hotel, holiday accommodation or home.

Pamper/Hen/Birthday parties - Available for groups of 3+

Training/Workshops

- LaStone Accredited Trainer
- Beauty/Massage/Holistic Training academy
- Couples/Friends Massage Workshop