



The Garden Retreat Health & Beauty

At Taurus Crafts



Est. 2011

Beauty, Holistic Therapies & Signature Treatments
Price List
2023

WELCOME

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Opening Hours

Monday:	Closed	Thursday:	10:00am - 7:00pm
Tuesday:	10:00am - 4:30pm	Friday:	10:00am - 7:00pm
Wednesday:	9:30am - 5:30pm	Saturday:	9:00am - 2:30pm

Telephone: 01594 841156 / Mobile: 07970 479324

email: thegardenretreat@btinternet.com

www.gardenretreatbeauty.co.uk

www.facebook.com/thegardenretreathealthandbeauty

www.instagram.com/gardenretreatbeauty

Credit/debit cards and cash accepted

Wheelchair Access and Free Parking

Please note that all treatment times are approximate

HANDS & FEET

Classic Manicure

Nail shape, soak, cuticle work & normal polish

£32.00

As above, but with Shellac application

£38.00

(£3 extra for shellac removal with re-application)

Deluxe CND Manicure

Nail shape, soak, cuticle work, nail/hand scrub, massage, hydrating cream with paraffin wax and normal polish

£39.00

As above, but with Shellac application

£45.00

(£3 extra for shellac removal with re-application)

Classic Pedicure

Soak, nail trim & shape, cuticle work, scrub and normal polish

£35.00

As above, but with Shellac application

£41.00

(£3 extra for shellac removal with re-application)

Deluxe CND Pedicure

Soak, nail trim & shape, cuticle work, scrub, massage, hydrating cream with paraffin wax and normal polish

£40.00

As above, but with Shellac application

£46.00

(£3 extra for shellac removal with re-application)

Without normal polish deduct £3.50 for manicure & pedicure treatments

File and normal polish on hands or feet £19.00

IBX nail strengthener (contact salon for details)

CND plexigel coming soon

Shellac 14 day wear Power Polish

Shellac fingers or toes £29.00

Shellac removal & re-application £32.00

Shellac removal without re-application £11.00

French gel polish extra £6.00

Glitter application additional £5.00 for full set or 60p per nail

Nail art - prices on request

Reflexology and 'Relax the sole' treatments also available

See page 7 for more details

FACIALS

'Spa Find' Mud Facials

Using products to suit specific skin types.
Includes cleanse, sea sand scrub, face,
scalp and shoulder massage, plus mask
50 mins £46.00

'Spa Find' Youthful You

Anti-ageing facial using a peel-off mask
combining Dead Sea mud and Seaweed
1 hour £50.00

Crystallage Pro-ageing Sensory Facial

Combining powerful marine extracts & skin
energising gua sha crystals. A unique facial
experience suitable for all skin types
1 hour 10 mins £60.00

'Eve Taylor' Facials

30 mins - mini treatment. **£30.00**

55 mins - cleanse, facial brushing,
exfoliation, hot compress, face & shoulder
massage & mask **£47.00**

75 mins - as above, with aromazone steam
&/or ultrasonic device, prescriptive peel off
mask & specialist serum **£54.00**

Advanced Fusion Facial

Using galvanic, high frequency & Dermaco.
An intensive 'MOT' for the face, anti-ageing,
de-congesting and anti-bacterial
1 hour 10 mins £60.00

Aromatherapy Facial

Cleanse, exfoliation, mask, face, shoulder &
scalp massage using prescriptive oil blends
50 mins £45.00

Dermaplaning Express

Includes a cleanse, tone and moisturise
30 mins £32.00

Dermaplaning Deluxe

As above plus shoulder massage, luxury
mask, serums & soothing ice globes to relax
60 mins £45.00

Made for Life Organic Treatments

Lovingly created to nourish the body, mind
and soul for the ultimate relaxation.
The products are developed for even the
most sensitive skin from 100% organic
botanicals.

Relax & Rejuvenate Uplifting Facial

A combination of massage techniques from
to help lift and tone. The skin is cleansed
using a balm, exfoliated with a combination
of chamomile flowers, rose petals and
calendula. A rose and vanilla face oil helps
to rejuvenate and hydrate the skin
1 hour £56.00

Mini Radiance Facial

Eliminates congestion returning normal
moisture to the skin. Restores natural
luminosity to the skin
40 mins £38.00

- **Add a 15 minute back, neck & shoulder massage to any facial for just £10.00**
- **Add an Exquisite Eyes for £20.00 (see page 8 for more details)**

DERMACO FACIALS



Thermotherapy



Diamond Tip Microdermabrasion



Ultrasound



Biolift



LED light Therapy



Cryotherapy

DermaCo Pro VX System is a 6 in 1 system that allows the therapist to design a personalised treatment procedure for each individual client's requirements.

The machine offers affordable solutions including Thermotherapy, Diamond Tip Microdermabrasion, Ultrasound, Biolift (non surgical face lift), LED Light Therapy and Cryotherapy. The machine has been designed and built in the UK and offers the best in British manufacturing and engineering.

The DermaCo facials offers our clients the most technologically advanced aesthetic solutions to their skincare needs including pigmentation, acne, breakouts, anti-ageing, scarring, redness, dry/flaky skin, blocked pores (blackheads and milia), under eye circles and puffiness, plus much more!

Single session 30 minutes £34.00
Course of 6 £175.00*

Single session 60 minutes £53.00
Course of 6 £270.00*

Single session 75 minutes £60.00
Course of 6 £310.00*

DermaCo treatments can also be used on other parts of the body. Please ask one of our therapists for more information

***Courses need to be used within 6 months of purchase**



BODY MASSAGE & SIGNATURE TREATMENTS

Swedish Body Massage

Back, neck & shoulders

30 mins £30.00

Full body 1 hour £50.00

Hot Stone Massage

Back, neck and shoulders

40 mins £38.00

Full body 1 hour £55.00

Lava Shell Massage

Warming back treatment combined with Kokolokahi oils and techniques

Back, neck and shoulder

30 mins £37.00

Back, neck, shoulder, plus back of legs

45 mins £43.00

ThermaBliss full body & scalp

1 hour 10 mins £60.00

Kokolokahi Massage

A combination of deep tissue, lomi lomi, swedish and trigger points

Back, neck & shoulder 40 mins £38.00

Full body 1 hour £53.00

Divine Escape Massage

Deeply holistic full body & scalp massage to calm the senses & relax the mind. Heated eye mask included

1 hour 20 mins £60.00

Pregnancy Massage

A nurturing & effective massage, tailored to the specific needs of the 'mum to be' using gentle and unscented oils

30 mins £32.00

1 hour £51.00

Prescriptive Aromatherapy Treatments

Pure oils blended individually for each client and applied using specialised massage techniques.

Full body massage including face & scalp

1 hour 20 mins £59.00

Full body massage excluding face.

1 hour 10 mins £54.00

Back, neck & shoulder massage

40 mins £37.00

Back, neck, face, scalp & shoulders

1 hour £50.00

(includes a facial cleanse & tone)

The above timings include consultations

Please Note

Alison, Becky and Jade blend pure oils individually for each client.

Stacey & Holly use pre-blended oils

Indian Head Massage

A powerful seated treatment, with or without oil, massaging the back, arms, neck, head and face

40 mins £36.00

30 mins £32.00

Oncology Massage

(Prices as Swedish Massage)

Doctors/Consultants note required prior to treatment. For more information please contact the salon

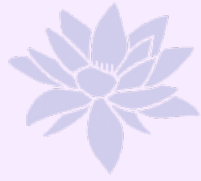
15 Minute Massage Add-ons

Foot and lower leg £8.00

Face and/or scalp £8.00

Heated eye mask £3.00

BODY MASSAGE & SIGNATURE TREATMENTS



Made for Life Organic Treatments

Lovingly created to nourish the body, mind and soul for the ultimate relaxation.

The products are developed for even the most sensitive skin from 100% organic botanicals.

Relax into Radiance

Smoothing strokes detoxify and oil prepares the body for an invigorating head to toe exfoliation using a lemongrass and marigold body scrub. A facial concludes the treatment to cleanse and hydrate, while a head massage clears and calms the mind
1 hour 20 mins £62.00

Organic Body Scrub

The body is smoothed and polished using a lemongrass and marigold body scrub
30 mins £32.00

Back to Life

Warm oil is drizzled over the back followed by a gentle exfoliation. Luxurious body balm is melted onto the back to release tension. This treatment also includes a scalp massage
45 mins £39.00

Re-hydrate & Nourish

A bespoke treatment. Invigorating body brushing, warm oil drizzled over your body. Wrapped up in a warming foil blanket, enjoy a nourishing mini facial, with a face & scalp massage. Finished off with a relaxing body massage leaving you refreshed & your body hydrated

1 hour 20 mins £60.00

Relax the Sole

A warm foot soak followed by a scrub to rid your feet of impurities. Hot oil foot mask with a relaxing scalp massage. A soothing foot and leg massage completes the treatment
45 mins £37.00

Hopi Ear Candles

Soothe and relieve ear and sinus conditions, includes a face, head and ear massage
45 mins £34.00

Reflexology

Preparation of the feet includes hot mitts & exfoliation followed by diagnostics & foot massage
55 mins £43.00

Pedi/Reflex

A combination of our classic pedicure and reflexology treatments, created exclusively for you, by us
1 hour 30 mins £62.00

'Seasonal Treatments' also available
See our special flyers and posters for more information

WAXING

Natural waxes remove hair, leaving skin smooth, avoiding stubbly re-growth.

Full leg wax (Inc. classic bikini) £36.00

Full leg wax (Inc. high bikini) £39.00

Full leg wax (without bikini) £33.00

Half leg wax £20.00

¾ leg wax £26.00

Classic bikini wax £14.00

Traditional high bikini £16.00

Underarm wax £12.00

Lip or chin £11.00

Lip and chin £17.00

Eyebrow wax £11.00

Forearms £22.00

Back wax £30.00

Waxing Combinations

*Half leg wax, classic bikini, underarms
£40.00*

*Full leg wax, classic bikini, underarm
£44.00*

Female Intimate Waxing

Hollywood (total removal) from £36.00

Brazilian (left with a strip) from £34.00

Californian (high bikini wax) from £25.00

EYE TREATMENTS

Lifting, Tinting and Shaping

Eyelash tint £18.00

Eyebrow tint £12.00

Eyelash & eyebrow tint £26.00

Eyebrow tidy £11.00

Eyebrow tint & tidy £20.00

Eyebrow reshape & tint £24.00

Eyebrow reshape £15.00

Eyelash tint/eyebrow tint & tidy £33.00

Lash Bomb lash lifting with tint £38.00

Exquisite Eyes

*Soothing and anti ageing. Includes a
decongesting massage to eye area,
ultrasound, eye mask and eye cream*

30 mins £32.00

**Add to one of our facial treatments for
£20.00**

Add an eyebrow wax/tidy to any of our listed treatments for £10.00

A patch test is essential 24-48 hours prior to first tint and lift appointment

MAKE UP & TANNING



Using Jane Iredale mineral make up

Make up lesson 1 hour £40.00

Make up application 45 mins £34.00

Prom/Bridal make up also available, please ask for more information

Sienna X spray tanning

Full body £27.00 Half body £20.00

Discounts available for 2 or more persons

THE GARDEN RETREAT PAMPER PACKAGES

The Lavender

Full body Swedish massage • Youthful You Facial

2 hours £90.00

The Bluebell

Back to life • Reflexology

1 hour 40 mins £74.00

The Lilac

30 min Eve Taylor facial • Hot stone back massage

1 hour 30 mins £62.00

The Violet

Relax the sole • 30 min back neck and shoulder massage

1 hour 15 mins £60.00

THE PRODUCTS

At The Garden Retreat our aim is to use the very best in natural, organic and ethically sourced products. These products are also available for purchase.

MADE FOR LIFE
ORGANICS

Made For Life Organics
100% organic face & body care products, handmade in Cornwall.

jane iredale
BEAUTY WITH BRILLIANCE™

Jane Iredale
mineral make-up products so natural that they can be used directly after any treatment including facials & facial waxing.

spa find

Spa find
natural mineral therapy products with pure Dead Sea minerals and plant extracts.

CND[®]

Scentsations
hand/body lotions and washes, in gorgeous fragrances. Shellac nail colours and Vinylux polish.

Eve Taylor

Eve Taylor
regarded as the pioneer of modern aromatherapy by professional skin care therapists worldwide.

ABSOLUTE
aromas the power of nature!

Absolute Aromas
natural room sprays, 'Zenbow' diffusers, aroma rolls, bath salts and scrubs.

TISSERAND
AROMATHERAPY

Tisserand
100% pure organic essential oils and aromatherapy products.

Songbird

Songbird
natural healing and skin care balms.

best kept secrets
SERIOUSLY SCENTED

Best Kept Secrets
natural soaps & candles

GREENLEAF
Established 1979

Greenleaf
scented sachets

BRIDGEWATER
CANDLE COMPANY
EST. 1958

Bridgewater Candles

ST EVAL CANDLE
COMPANY

St Eval Candles
hand poured in Cornwall

MAVALA
SWITZERLAND

Mavala
a world leader in nail care and specialises in the maintenance of beautiful looking nails.

ONCOLOGY SPECIALIST TREATMENT

Amethyst
Trust

Amethyst Trust cancer massage

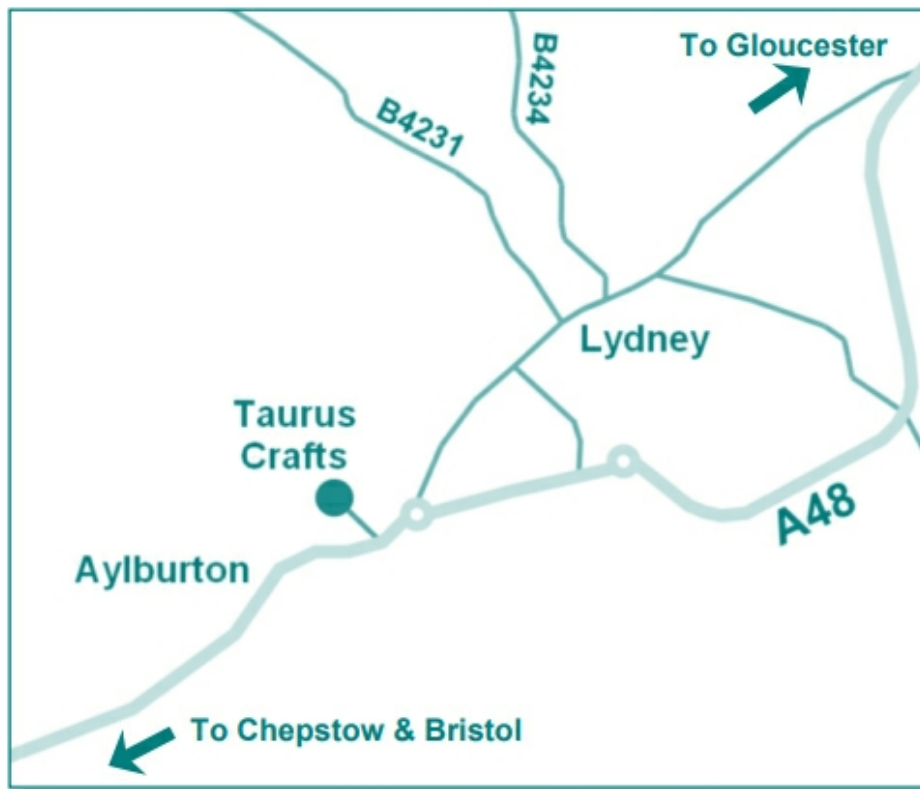


We are pleased to offer Gift Vouchers which can be redeemed against treatments and/or products. Vouchers are available in the following values:- £5, £10, £20, £25, £30. We also provide a blank voucher for a specific treatment.

Cancellation fee policy

If you are unable to keep your appointment please give 24 hours notice to avoid a charge - thank you.

Prices are reviewed annually.



The Garden Retreat, Taurus Crafts,
Lydney Park Estate, Lydney, Glos. GL15 6BU
Telephone: 01594 841156 or Mobile: 07970 479324
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