



The Secret Therapist

**TREATMENT
& PRICE LIST**

236 MAIN STREET, JAMESTOWN, ALEXANDRIA

(WITHIN HAIRZONE)

TEL: 07909 511033

The Secret Therapist is passionate about transforming your health, beauty and well-being.

Using ethically sourced natural and pure ingredients, high quality aromatherapy essential oils and award-winning skincare ranges,

The Secret Therapist aims to deliver only the very best experience.

All you have to do is relax, unwind and enjoy being expertly pampered.



FACIAL TREATMENTS



More than just a beauty treatment, experience skin care at its best with MONU by Susan Molyneux.

Just like you, every facial is unique and, with a detailed skin consultation, carefully selected to suit your skin's specific needs with longer-lasting visible results.

Discovery

(30 mins) £25.00

The perfect introduction to the MONU skin care range. Ideal as a quick lunch-break escape, as part of your maintenance regime or prior to a special make-up application. Suitable for all skin types.

The Essensual Selection

(60 mins) £45.00

An aromatic deep cleansing treatment that is both beneficial and soothing to all skin types. The preparations used contain the purest essential oils that have been carefully selected to help balance the skin and maintain its youthful appearance.

Purely Active

(60 mins) £55.00

A bespoke facial designed to target your individual needs with the use of specialist masks and ampoules whether they be to replenish, age-defy or clarify. For optimum results, this treatment should be experienced once a week for 6 weeks followed by once a month as maintenance.

Diamond Peel Resurfacer

(60 mins) £40.00

Much like a microdermabrasion but less invasive and more comfortable, skin cells below the surface are stimulated as a result of extensive but gentle exfoliation leaving a brighter, softer and visibly smoother complexion. A must-have for problematic concerns such as enlarged pores, breakouts, acne scarring, sun damage, fine lines and wrinkles as well as an uneven skin tone and texture.

Vitalit-Eye Focus

(45 mins) £35.00

An intensive anti-ageing treatment concentrating on the eye area. Using freeze-dried collagen eye masks, the appearance of fine lines and dry/crepey skin is improved and wrinkle depth reduced. A course of 6 weekly treatments is recommended for best results.

MASSAGE & WELL-BEING

Enter the world of touch and escape from the stresses and strains of every day life. Refresh, renew and revitalise the body and mind from a selection of the most wondrous modalities.



Aromatherapy Massage

(30 mins) £25.00 / (60 mins) £45.00

Using carefully blended essential oils, activate your senses and increase your well-being while instilling relaxation and calm. Each session is uniquely tailored towards your mood and health at the time of treatment.

Swedish/Deep Tissue Massage

(30 mins) £20.00 / (60 mins) £40.00

Loosen muscles, release toxins and improve circulation while promoting relaxation with either of these specialist massage techniques.

Hot Stone Therapy

(45 mins) £30.00 / (70 mins) £50.00

As one of the most relaxing and enjoyable of therapeutic massage therapies available, embrace tranquillity and allow all your stresses to unwind as the comforting heat from the smooth stones penetrates the body at its deepest level easing tension, revitalising tissue and soothing joints.

Lava Relax

(60 mins) £50.00

Experience the world's first eco-friendly self-heating massage tool. High quality, hand-crafted shells of porcelain and crushed Tiger Clams are used in this profoundly invigorating thermal therapy. A wonderful full body treatment for relaxation, a must for detoxifying, ideal for skin radiance and superb for muscle aches and pains.

Manual Lymphatic Drainage

(75 mins) £40.00

A gentle full body massage intended to boost the natural drainage of the lymph from the tissues space body. A specific amount of pressure and rhythmic movements are applied to stimulate lymph flow assisting in the elimination of waste and toxins while improving and encouraging well-being.

Oncology & Pregnancy Massage**60 mins) £30.00**

At The Secret Therapist we care for the vulnerable and the power of touch is fundamental playing a major role in the healing process associated with cancer while providing pain relief as well as easing discomfort during pregnancy too. Enjoy a gentle, soothing, supportive treatment enhanced by love.

Indian Head Massage**(40 mins) £25.00**

Practised in India for centuries and based on the Ayurvedic system of healing, this seated modality aims to release the stress accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

Reflexology**(60 mins) £30.00**

A gentle, yet relaxing therapy first practised by the ancient Egyptians, Indians and Chinese several thousand years ago to help heal the person as a whole, not just the prevailing symptoms. Using pressure point massage techniques to reflex areas of the feet, the body is encouraged to work naturally restoring and maintaining equilibrium and, in turn, balance health.

Reiki**(60 mins) £25.00**

Meaning 'Universal Life Energy' this non-invasive hands-on natural therapy was developed by Mikao Usui in Japan during the early 20th century. A gentle, yet, powerful treatment that promotes deep relaxation, balance and well-being. Reiki reactivates the body's natural energy system and its capacity to heal itself, returning balance on every level – physically, mentally and spiritually.

Ear Candling**(40mins) £25.00**

Originating in the centuries old culture of the Hopi Indians and made of 100% natural ingredients, ear candles have been successfully used in naturopathy for decades to treat a number of ailments relating to the ears, nose, throat and sinuses. A wonderfully, relaxing treatment that leads to a deep feeling of security and happiness while soothing and balancing.

Navel Candling**(45mins) £30.00**

Made from a collection of Chinese herbs and essential natural ingredients, this revolutionary digestive detox combines invigorating colon massage with rejuvenating navel candles in order to stimulate the lymphatic system, remove blockages, improve menstrual cramps and decongest the body of any impurities.



BODY CONDITIONING TREATMENTS

Grooming rituals date back centuries and, with the likes of our exotic ancestors, body therapies are more than just an indulgence. Leave your skin feeling smooth and nurtured with our pure, pampering polishes and wraps.



Clarifying Skin Blitz Bacial

(60 mins) £30.00

The facial for the back! A fantastic, deep cleansing treatment for that difficult-to-reach area. The skin is double-cleansed and exfoliated followed by the application of a hot aromatic compress to relax the pores where congestion and impurities are targeted and removed. Includes a purifying mask and stress-busting massage with refreshing skin spritz to complete.

Bacial with Diamond Peel Exfoliation

(60 mins) £40.00

Hot Oil Body Polish

(60 mins) £35.00

A luxurious, aromatic and invigorating full body treatment tailored specifically to leave your skin feeling smooth, hydrated, fresh and energised. A perfect pre or post holiday treatment, for up-and-coming special occasions or if you're simply looking to improve skin texture or tone.

Hip & Thigh Booster

(45 mins) £30.00

Using plant extracts and aromatic essences, this treatment is designed to specifically target cellulite. Puffiness is reduced, circulation is stimulated and the body is encouraged to detox leaving firmer, smoother skin tone and texture. For optimum/fast-acting results, a course of 6 weekly treatments is recommended.

Eastern Journey Envelopment

(60mins) £50.00

Escape to the Orient with this sublimely indulgent full body treatment. As your mind, body and soul drifts, allow the combination of essential oils and powerful anti-oxidants to stimulate the senses, remove toxins and improve skin condition and surface texture. Includes full body brushing, sea salt scrub, soufflé mask and massage to complete.

Lift and Loss Sculpting Body Wrap

(90mins) £55.00

A quick and effective way to lose unwanted inches and sculpt the body with the minimum of fuss. This superb body contouring treatment detoxifies the system at the same time as helping to improve the appearance of cellulite. A concentrated gel formula of essential oils and sea minerals is applied before you are wrapped in compression bandages. While intra-cellular drainage of the lymphatic system takes place, relax with a Discovery facial.

HAND & FEET TREATS



Recognised as 'The First Lady of Nails', JESSICA revolutionised the professional nail industry by developing a system of customized treatments and solution-based products that are key to healthy and beautiful nails, hands and feet.

Express Manicure

(30 mins) £20.00

Nails are beautifully shaped and treated with a rewarding basecoat while cuticles are conditioned and moisturised. Completed with a colour polish of your choice.

Jessica's Prescriptive Manicure

(45 mins) £25.00

Nails are analysed and treated for their specific type. Includes shaping of the natural nail, cuticle care and hand and arm massage before treatment basecoat application and perfect polish finish.

LeRemedi Hand Treatment Manicure

(60 mins) £30.00

The ultimate in hand and nail care with all the benefits of LeRemedi and Jessica's Prescriptive Manicure combined. An intensive treatment that includes shaping of the natural nail, cuticle work, hand silk exfoliaire, crème masque application and rejuvenating liposome massage for visible age-defying results.

Express Pedicure

(30 mins) £25.00

Feet are soaked, hard skin removed, natural nails are shaped and cuticles trimmed before the application of basecoat and colour polish to complete.

Zenspa Ritual Pedicure

(60 mins) £30.00

Once thought of as pure luxury, this state-of-the-art system is vital to relieve everyday stresses of modern life. Begin your journey to rediscovery with an exclusive personalised foot treatment that will not only condition your feet but awaken your senses inspiring your mind, body and soul.

File & Polish

(20 mins) £10.00

Leighton Denny Gel Polish Application

(30 mins) £20.00

Gel Polish Soak Off (includes file & polish)

(30 mins) £15.00

HAIR REMOVAL

Obtain fuzz-free results quickly and safely. Take charge of your grooming with an essential oil infused cream wax or hot honey for more intimate areas. Allow 4—6 weeks hair growth for best results.



½ Leg	£14.00	Lip	£6.00
Full Leg	£19.00	Chin	£6.00
Bikini	£9.00	Eyebrow	£8.00
G-string	£10.00	Back	£20.00
Under Arm	£9.00	Chest	£15.00
Forearm	£9.00	Stomach	£15.00

Hot Honey Wax Intimate (60 mins) £30.00

*(*3 for 2 on all warm wax treatments—buy 3 get your cheapest free)*



BRONZING

Brought to you from the UK's leading self and spray tan brand, Fake Bake gives an instant sun-kissed colour that develops into a sunless tan safely. A special combination of botanical ingredients and naturally derived tanning agents that guarantee longer-lasting and more natural-looking results.

Spray Tan Treatment (15 mins) £25.00

Cream Tan Application (60 mins) £30.00

(Includes exfoliation and moisturising massage)



EYE TREATMENTS

They say the eyes are the windows to your soul. Add a little sparkle and definition with our simple enhancing and age-defying treatments.

Brow Tint	£6.00
Lash Tint	£10.00
Brow & Lash Tint	£14.00
Brow Wax	£8.00
Vitalit-Eye Focus	£35.00 (45 mins)
Party Lashes	£15.00 (30 mins)
Strip Lash Application	£7.50

MAKE UP

Mineral make-up is the perfect choice for sensitive or problematic skin or if you're just looking for 100% natural make-up that produces perfect results. With Mii, you'll not only look fabulous but will learn some tricks-of-the-trade along the way.



Prep 'n' Prime	(10 mins) £10.00
<i>Ensuring the perfect canvas before your make-up is applied for longer-lasting freshness.</i>	
Daylight Hours Make-under	(30 mins) £20.00
<i>Attain a soft, natural appearance with a sheer glow enhancement.</i>	
After Dark Glamover	(30 mins) £25.00
<i>Creating a more dramatic look for that exclusive event.</i>	
Beautiful Brides	(45 mins) £55.00
<i>Includes pre-wedding practise session and prep 'n' prime on your special day.</i>	

GIFTS & PACKAGES

Packages are bespoke and tailored to suit your individual needs at a discount price. Choose any 2 full priced treatments to receive a 10% reduction or any 3 to receive 20%.



Alternatively, indulge in one of our signature spa packages listed below. Each offers a combination of our pure treatments and delicious natural products. You'll emerge energised, revitalised and glowing with radiance. Perfect pampering 'me time' or to treat that someone special.

Unwind 1 Hour Package £35.00 (worth 50.00)

Includes Aroma BNS Massage and Discovery Facial

Heavenly 2 Hour Package £75.00 (worth £105.00)

Includes Hot Oil Body Polish, Full Body Aroma Massage and Discovery Facial

Mum-To-Be 90 Minute Package £50.00 (worth £70.00)

Includes Back Massage, Discovery Facial and Hand & Foot Treat



Attractive Gift Vouchers are available so if you are stuck for ideas on what to buy a loved one or friend then The Secret Therapist has a solution for you. They can be purchased to the value of or as a treatment itself and come enveloped with a pretty bow and 6 months expiry from the date of purchase.

**Please note that package discounts cannot be used in conjunction with any other offer and treatments MUST be taken on the same day.*



MANSCAPING

Even the man in your life wants a bit of TLC of the grooming kind and there's no reason for him to miss out. The treatments listed below have been carefully chosen from the main menu and slightly adapted with the opinion that they would suit his masculinity and individual needs.

VITRU FACIAL

(60 mins) £45.00

Designed for men to combat the everyday stresses caused by working long hours, late nights and urban pollution, this facial combines carefully selected ingredients with specialist techniques and steam to help improve skin condition and texture as well as that all important shave.

Clarifying Skin Blitz Facial

(60 mins) £30.00

The facial for the back! A fantastic, deep cleansing treatment for that difficult-to-reach area. The skin is double-cleansed and exfoliated followed by the application of a hot aromatic compress to relax the pores where congestion and impurities are targeted and removed. Includes a purifying mask and stress-busting massage with refreshing skin spritz to complete.

Bacial with Diamond Peel

(60 mins) £40.00

Swedish/Deep Tissue Massage

(30 mins) £20.00 / (60 mins) £40.00

Loosen muscles, release toxins and improve circulation while promoting relaxation with either of these specialist massage techniques.

Express Manicure

(30 mins) £20.00

Nails are shaped and treated with a basecoat while cuticles are trimmed and conditioned.

Express Pedicure

(30 mins) £25.00

Feet are soaked and hard skin is removed Nails are cut and shaped and cuticles trimmed before the application of your treatment basecoat.

Hair Removal: Back £25.00

Chest £15.00

Stomach £15.00

*(*please note there is an extra £10 charge on any other areas listed in the main menu)*

Brow Tidy £10.00

Shh...

thesecrettherapist.co.uk