



Petrina Clarke Dip ASK, IFHB, ITEC, NFSH
Holistic Practitioner & Tutor

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www.naturalhealthandhealing.org.uk

Beauty Treatments

Skin Care:

Natural Elements is a naturopathic anti-aging skin care which consists of 100% organic ingredients. Using the most elegant botanical extracts, luxurious vital oils and uplifting unadulterated organic essential oils. This skin care provides you with undeniable results, beautiful aromas and heavenly, silky textures.

Healthier skin without chemical ingredients, affordable prices and a brand that is tailored to your skin care needs.

Luxury Facial:

To stimulate collagen production, this uplifting facial leaves you with a glowing, plumped youthful complexion.

£45.00

Re-hydrating Facial:

To combat dry and exhausted aged skin, ideal for people outdoors, protects you from the elements and deeply moisturisers. Rich in vitamin E, plumps up fine lines and wrinkles, elemi and jasmine essential oils combats dryness.

£45.00

Holistic balancing Facial:

To balance your skins PH level, designed for combination skin, detoxifying and refreshing, also rebalances skin tone and cleansing of the pores. Sweet almond and wheat germ oil nourishes and balances mature skin, orange oil helps to de-stress the skin.

£45.00



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Regenerating Facial:

To repair damaged skin, perfect for smokers and sun damaged, this nourishing facial will help repair existing pigmentation complaints and fine lines. Peach kernel prevents skin dehydration, rosehip oil rich in vitamin C, omega 3 to regenerate fine lines, rose oil to nourish and protect the skin a detoxifying tonic.

£45.00

Express Facial:

This dynamic facial boosts and restores your skin, giving you a refreshing and energising glow. A pick me up facial.

£30.00

Maxi face lift:

This relaxing facial stimulates all of the facial muscles to tighten and improve the skin's tone and elasticity. Reduces wrinkles and helps prevent lines around your face.

£35.00

Electro –Acupuncture machine:

Stimulates acupuncture points (without the use of needles.)

A relaxing and comfortable treatment which helps improve hair and nail care. Collagen is increased within the skin by 50%. This has a firming and lifting effect on the skin. This improves circulation and many more ailments of the body.

Treatment is given on the face and body

Anti – Ageing treatment:

This treatment combines acupuncture without needles and a manual facial. It is a biological lifting facial and a course of 10-12 treatments is recommended



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Lifting facial:

- 8 mini facials with acupuncture without the needles £40.00
- 3 -4 facials with acupuncture without needles £65.00

Skincare consultations available: £12.00

Non – Surgical face and body lifting treatment:

This works on tightening and firming the face, neck and body

- Lifting the jaw line and corners of the mouth
- Smoothing and tightening the eye area
- Reducing and deep lines on the face and neck
- Removes dead skin cells giving an energised glow to the skin
- Firming the upper arms

Treatment: 1hr and 15 min £42.00.

Consultations to discuss appropriate course needed to suit the individual requirements. Minimal course of 12 treatments, taken 2 to 3 times a week.

Eyes:

- Eyebrow shaping £8.00
- Eyebrow tidy £5.50
- Eyebrow tinting £8.50
- Eyelash tinting £10.00



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Body Treatments:

Cellulite programme (for salon and homecare):

Nutritional advice and a treatment plan designed to suit your requirements. A consultation is necessary before the programme is agreed.

- Consultation £15.00

Detox cellulite wrap:

This helps to break down cellulite and improves the tone of the body. The organic products are very stimulating and effective. The treatment finishes with lymphatic drainage movements for effective results.

- Treatment £45.00

Electro – Acupuncture machine:

This stimulates acupuncture points (without the use of needles). This helps reduce weight and cellulite.

- Treatment £40.00

Wrapping gel:

This combusts fat and drains fluids from puffy legs, relieving aching veins and calming inflammation.

The treatment improves discoloration of the skin and excellent for sports injuries.

- Treatment: £45.00

Paraffin Wax treatments:

The paraffin improves circulation and is very warming, helps mobility of the joints and arthritis. The skin will feel very hydrated, silky and smooth in texture.



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A massage is included with each treatment.

- Treatment on the hands, feet and knees each individually cost £20.00
- Treatment on the back £30.00
- Treatment on the forearms £20.00

Hair Removal:

Electrolysis:

Helps solve the problem of unwanted hair growth. This is a more permanent solution to hair removal.

Experience the blend system, a method of the least discomfort.

- 5 – 10 minutes £9.50
- 15 minutes £12.00
- 20 minutes £16.00
- 30 minutes £24.00
- 45 minutes £28.00

Waxing:

Removes unwanted hair growth for 4-5 week period, leaving the area looking and feeling smooth.

Using a warm cream wax and removing all residual wax after the treatment leaving the area completely silky and smooth.

- Full leg and bikini wax £30.00
- Full leg wax £24.00
- Three – quarters leg wax £20.00
- Half leg wax £17.00
- Bikini line wax £10.00
- Underarm wax £10.00
- Forearm wax £12.00
- Lip and chin wax £11.00
- Lip wax £6.50
- Chin wax £7.50