

Body & Sole

12 Torquay Road, Newton Abbot TQ12 1AT Telephone: 01626 572800 Fax: 01626 335859
info@bodyandsole.org.uk www.bodyandsole.org.uk

Consultations (except Chiropractic) **Free**

Sports & aromatherapy treatments:

Sports, injury and remedial massage, aromatherapy and Swedish massage

(30 mins) £30
(45 mins) £35
(60 mins) £40
(75 mins) £45
(90 mins) £50

Luxury aromatherapy facial and body

(90 mins) £54

Advanced body massage

(1st treatment 3 hrs) £95
(2nd treatment 3 hrs) £95
(3rd treatment 2 hrs) £70

Hot stone fusion massage

Full body

(60 mins) £45

Full body and face

(75 mins) £49

Indian head massage

(55 mins) £38

Reflexology

To feet (60 mins) £37

To hands (30 mins) £27

To ears (20 mins) £20

Hopi ear candles

(60 mins) £42

Chakra balancing with crystals

(30 mins) £30

Visualisation

(20 mins) £20

Relaxing and stretching joints/muscles

(60 mins) £40

Rehabilitation & exercise training:

Personal training 1-2-1

(60 mins) £35

Rehabilitation gym group session

(60 mins) £8

Pilates group session

(60 mins) £8

Core stability training 1-2-1

(60 mins) £35

Advanced fitness testing with report

(Pre-book for blood analysis)

(90 mins) £75

Chiropractic:

Chiropractic consultation

(40 mins) £20

Chiropractic treatments

(30 mins) £25

Electrical therapies:

Non surgical face lift with mini facial

(90 mins) £45

Stretch marks, purification, cellulite

per body area

(30 mins) £35

Body toning front and back

(75 mins) £45

Body toning front and back plus G5

(90 mins) £55

Post-natal uterus pain reduction/toning

(30 mins) £35

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Beauty treatments:

Manicure & pedicure with polish (150 mins)	£45
Manicure with polish (75 mins)	£25
Manicure with hydrating mask and polish (100 mins)	£38
Manicure with French polish (75 mins)	£25
Men's manicure with buff finish (60 mins)	£24
Pedicure, foot soak, exfoliate and polish (90 mins)	£25
Pedicure with rehydrating mask and polish (100 mins)	£38
Re-varnish hands and feet (20 mins)	£14
Rhinestones (extra 15 mins)	40p each, £2.50 per set
Eyelash tinting (20 mins)	£12
Eyebrow tinting (10 mins)	£10
Eyelash and eyebrow tinting (30 mins)	£16

Eyebrow shape with waxing and plucking (20 mins)	£10
Eyebrow shape plucking only (30 mins)	£16
Eyebrow tidy (10 mins)	£6
Eyelash perming (30 mins)	£28

Waxing:

Half leg wax (40 mins)	£16
Full leg wax (60 mins)	£28
Full leg and bikini wax (80 mins)	£32
Bikini line (20 mins)	£11
Underarm wax (15 mins)	£10
Lip wax (15 mins)	£5
Chin wax (15 mins)	£6
Lip and chin wax (30 mins)	£9
Chest wax (45 mins)	£25
Back wax (45 mins)	£25

Dermalogica treatments:

Dermalogica facial (any type) (60 mins)	£40
Luxury Dermalogica facial (90 mins)	£46
Dermalogica mini facial (without mask) (40 mins)	£30
Dermalogica men's facial (60 mins)	£40
Dermalogica back cleanse, massage, rehydrate (70 mins)	£45
Dermalogica facial analysis (5 mins)	£12
Dermalogica spa body treatment (90 mins)	£60

Beauty packages:

Holiday package (3 hrs)	£68
Top to toe package (4 hrs 30 mins)	£115
Wedding make-up: practice & on the day	£85
Full make-over with skin care (90 mins)	£45
Personal make-up and skin care lesson (90 mins)	£50
St. Tropez full body lotion (90 mins)	£45