

'Body and Sole'

With over 40 million working days lost each year to stress-related illness, Holistics has an important role to play in supporting the physical and mental well being of people living in a fast-moving modern world where there is little time to consider our own needs and the impact that this can have on our families, friends and work based relationships.

I trained at East Midlands College of Health and Beauty following a full-time career in Education from 1975 - 2006. Looking around, I saw people suffering from the stresses and strains of modern day living, and thought that it would be good to work in the community supporting the needs of local people. 'Body and Sole' is the result of this.

My aim is to run a small, friendly business in a pleasant and peaceful setting where people can feel at ease, enjoying health restoring, relaxing holistic and beauty treatments to suit their needs.

At 'Body and Sole' we are able to mix suitable products for clients to take home to enhance and prolong the therapeutic and relaxing nature of their treatments.

Why not take a little time out and come along and try one of the many treatments at 'Body and Sole' in the relaxed and peaceful surroundings of our garden view room?

Kind regards

Heather

Heather at 'Body and Sole'

Tel: 01773 521462 Or 07840640240

Find us on facebook at Body and Sole Alfreton



follow us on twitter at alfretontherapy py



Spa Day at 'Body and Sole'

11:00 Arrival

11:05 Consultation with Heather

11:25 **Body Massage** – Swedish or Aromatherapy using oils mixed especially for you

12:30 **Champagne Lunch** in our Garden View Dining Room

Lunch Menu

Smoked Salmon and Prawn Marie Rose Salad
With brown bread and butter

Fresh Strawberries and crème fraîche
Accompanied with Scottish Shortbread fingers

Fresh brewed Coffee/Tea/Fruit Tea/Green Tea and chocolates

Your lunch will be accompanied by 1/4 bottle of Champagne

Enjoy!

1:15 **Holistic Aromatherapy Facial** mixed to your needs or a T.e.N. facial

2:15 **1 Treatment** from the following:

45 Minute **Reflexology** Treatment using a cream mixed to your needs

Or

A Hopi Ear Candle Treatment

Or

An Indian Head Massage using Aromatherapy Oils mixed to your needs

3:15 Departure

Cost of the package: £135 including all treatments, lunch, use of robe and slippers.

Flowers and chocolates can be delivered for the client to take home at an extra cost.

If you would like to change the day in any way please discuss with Heather at
'Body and Sole.'

Beauty by Heather at 'Body and Sole'

Facials by T.e.N.

This luxury facial includes touch therapies to help you to relax, open the lymph nodes and boost the effectiveness of subsequent treatments. Touch therapies include a welcome foot massage, a mini-back

Express facial

Cleans, exfoliate, mask, tone and moisturize

30mins £22-55

Luxury Facial

using T.e.N. Tecnología e Natura professional products.

During the treatment your face and neck will be Cleansed and exfoliated. This will be followed by a skin analysis. A second deep cleanse will follow, and then a thorough massage of the face, neck, scalp, chest and shoulders. A mask will be applied to the face and neck areas. Whilst the mask works it's magic the arms and hands will be massaged with an aromatherapy oil. The face and neck will then be toned and moisturized. An eye cream will be applied to the eyes and a lip balm to the lips. The therapist will discuss her choice of T.e.N. products with the client following the skin analysis.

1hour 30mins£41-00

T.e.N. products can be bought at 'Body and Sole' for continued home use – please ask Heather .

Ultimate Facial

using T.e.N. Tecnología e Natura professional products.

massage, a scalp massage and a hand and arm massage. During the treatment your face and neck will be Cleansed and exfoliated. This will be followed by a skin analysis. A second deep cleanse will follow, and then a thorough massage of the face, neck, scalp, chest and shoulders. A mask will be applied to the face and neck areas. Whilst the mask works it's magic the arms and hands will be massaged with an aromatherapy oil. The face and neck will then be toned and moisturized. An eye cream will be applied to the eyes and a lip balm to the lips. The therapist will discuss her choice of T.e.N. products with the client following the skin analysis.

2hours£53-30

Filler Method Facial

using T.e.N Tecnología e Natura professional products

This luxury facial includes touch therapies to help you to relax, open the lymph nodes and boost the effectiveness of subsequent treatments. The facial is a last generation anti-wrinkle treatment which fills in and rebuilds the architecture of the face with an exclusive instant filler complex and powerful expert peptides. This facial is performed on the face, neck and décolleté. Performance is maximum: the skin appears fuller and redensified and the face younger and more compact

2hours£61-50

Finger Lift Facial

Light finger-touch techniques are used to help delay the signs of aging. This facial will not only relax and pamper, but it will also actively relax the facial muscles and help to tighten the skin of the face, neck and décolletage to give a rejuvenated appearance.....£44-07

(A short course of finger lift facials is recommended for maximum results)

T.e.N. products can be bought at 'Body and Sole' for continued home use – please ask Heather .

All facials can be adapted to treat problem skin on the back – please discuss with Heather

T.e.N Instant Performance Eye or Lip Treatment

This is an intensive 40 minute treatment for the eye or lip contour area with a moisturizing, elasticizing, energizing and antiaging effect. The treatment is based on a hydrophilic seaweed matrix.

..... £18-45

(This treatment can be performed alone or in combination with any facial above)

T.e.N. Dreaming Spa Body Sensory Experience

A Spa ritual treatment that pampers the senses. A wonderful body treatment including exfoliating, rebalancing and energizing actions to help you relax and feel fantastic. The treatment is based on traditional Polynesian rituals and fragranced with frangipani flowers enhanced by jasmine petals in a vanilla base. Your treatment begins with a complete body exfoliation using fine white sand from Bora Bora in a gentle foam - this is removed with Silky Clouds. To followed - a traditional massage using wooden rolls and Joyful Divine Nectar. After this phase, your body is moisturized and nourisher with Delicious Butter Mask. You will then be wrapped in a soft veil sheet and either a head of face massage will be performed whilst your body soaks up the moisture from the mask. After gently removing the mask a Taurumi inspired massage will follow with Paradise oil. This ancient Polynesian massage will relax and refresh you. A short rest and warm tea of your choice and you should leave the salon feeling thoroughly pampered and relaxed. Dreaming Spa creams and oils are available to take home - please ask Heather.

2hours 15 minutes£82-00

Mavala Facials

This is a range of facials by the famous Mavala Swiss skincare company. They have named their facial and skin care range Mavalia. It is suitable for all skin types and is based on wild mallow extract grown above 1000 meters high in the Alps, where Mavala was born. Malow is known for its smoothing, emollient and refreshing properties, and it is included in all the skin care range.

Heather is proud to introduce these facials and retail products to her clients after training with Mavala . The range is simple, effective and priced at an affordable price.

Express Facial - Anemone

A 30 minute lunch time quick facial - cleanse, tone, exfoliate, short massage, tone and finish with appropriate creams £15-00

Revive Facial - Mallow

A 45 minute facial - cleanse. Tone, exfoliate, 15minute massage, tone and finish with appropriate creams £20-00

Refresh Facial - Edelwiss

A 1 hour facial - cleanse, tone, exfoliate, massage, mask and hand massage, tone and finish with appropriate creams and serums £22-00

Replenish Facial - Gentian

1 hour 15 minutes - cleanse, tone, exfoliate, full facial and neck massage, mask and hand massage, tone and finish with appropriate creams and serums £25-00

Luxury Replenish - Luxury Gentian

1 hour 30 minutes - back massage followed by a gentian facial as above £35-00

Ultimate skin care Facials combining the latest technologies - 5 treatments in one system

Ultimate 5 in 1 - including diamond dermabrasion £49-00

Diamond dermabrasion with hot and cold compress £30-00

Deep clean spatula and mini facial with cold compress £25-00

Luxury Anti-aging Wrinkle treatment £35-00

Scar treatments and stretch mark treatments from £30

Introducing the new - Ultimate Skincare System Using the latest technologies this NEW treatment provides 5 different treatments in one.

Why not try this fantastic ULTIMATE face and neck treatment which provides the following;

1). **Hot treatment compress** - The hot treatment function is designed for opening pores and deeply cleaning the skin. Also accelerates the absorption of professional skincare products up to 11 times deeper into the skin.

- Opens pores for deep cleansing
- Helps reduce blackness from under the eyes
- Fast absorption of cleansing products deep into skin
- Heat relaxes and soothes facial muscles

2). **Super Ultrasonic Deep Skin Cleaning Treatment**- With the ultrasonic treatment begins a new generation of aesthetic soft peeling. Using the high performance of ultrasound, this exciting cosmetic breakthrough provides a safe painless and perfect physiological skin regeneration treatment.

Super Skin Treatment is a superior beauty instrument which employs a variety of currents, to produce vibrations with a frequency of 28,000 times per second. It provides the ability to penetrate and activate skin cells underneath the skin to provide a radiant glow.

- Reduces pigmentation
- Reduces wrinkles
- Helps to cool and calm acne skins
- Removes dead skin cells
- Rejuvenates the skin to a new and health glow

3). **Diamond Microdermabrasion** - The Diamond microdermabrasion treatment uses sterile diamond heads to abrade and rub off the top skin layer of dead skin cells and at the same time polishes the skin. This immediately restores a smoother and younger looking skin.

Also improves specific skin conditions, improves skin tone and texture resulting in a smoother appearance of their skin.

- Rejuvenation of sun damaged skin - face, neck, shoulders, back, arms and legs
- Reduction of age (liver) spots.
- Minimization of blotchy skin coloring.
- Reduction of acne and superficial scars from past injury.
- Reduction of oily skin.
- Skin pigmentation mark reduction
- Stretch mark minimization
- Hard to reduce lip area and character lines
- Reduces large pores

4). **The cold treatment function** is specially designed to close pores and help reduce puffiness in the skin, especially around the eyes.



5). Ultrasonic Anti-Wrinkle Function - ultrasound skin rejuvenation is the latest advanced technology for the face. When used in combination with appropriate vitamin and collagen products you obtain skin improvement and anti-aging benefits.

- Improves skin colour, texture and tone
- Moisturises dehydrated skin
- Purifies oily skin
- Oxygenates pollution-damaged skin
- Reductions in fine lines and wrinkles
- Reduces hyper-pigmentation
- Improves skin elasticity
- Infuses skin care products deep into the skin.

When skincare products are applied the ultrasonic "pushes" the creams into the deepest skin layers for maximum absorption and skin rejuvenation. Reducing lines and wrinkles: resulting in a smoother more radiant looking skin.

*Normally £75.00 Special Offer - All this for just £49 per ultimate treatment as above
Go on treat yourselves - You're worth it.*

Eye Enhancement Treatments

Lash and brow tint	£13-83
Lash tint	£9 -73
Brow tint	£6 -15
Brow reshape - waxing/plucking	£6 -66
Brow tidy - waxing/plucking	£6 -15
Lash extensions	£40-00

Waxing and Threading

Full leg and bikini	£25-62
Bikini	£8 -00
Full leg	£20-00
3/4 3/4 3/4 leg	£15- 50
1/2 1/2 1/2 leg	£13 -00
Upper leg	£12 -00
Under arm	£8 -20
Full arm	£14 - 35
1/2 1/2 1/2 arm	£10 -25
Abdomen (ladies)	£5 -12
Top lip and chin	£8 -20
Top lip wax	£4 -61
Jaw line	£4 -61
Eyebrows	
Brow reshape - waxing/plucking/threading	£6 -66
Brow tidy - waxing/plucking/threading	£6 -15

Men's Waxing

Back	£18 -45
Chest	£15 -37
Chest and back	£25 -62

Pre-holiday packages

1/2 Leg wax, bikini wax, under arm wax £25 -62

1/2 Leg wax, bikini wax, under arm wax, mini-manicure,
mini-pedicure, eye lash tint, brow tint and tidy £63 -55

St. Tropez - The Ultimate Tan

The Original Lotion Application to pamper your skin. The treatment includes exfoliation, moisturizing of relevant areas and an application of St. Tropez to leave your skin soft and golden brown. A full body treatment takes 1hour 15minutes.

Full body £35 - 87
Half body £20 - 50

He-shi - Quick and Easy Express Tan

Think it's too late for a pre-holiday tan, or if you prefer a light golden tan rather than a deep tan - why not try a he-shi tan. This product gives you a light, fresh natural tan. You will experience a quick all over exfoliation, then a quick and easy application of he-shi. A full tan will take around 45 minutes then you are ready to continue your day without other people being aware that you have just been tanned. Still not enough time? See Heather to buy your own bottle of he-shi and tanning mitt to apply at home - non-streaking, easy application.

Full body £25 - 62
Legs..... £15 - 37

LDN:SKINS Spray Tans

LDN:SKINS spray tan - full body £22 - 00
NDL:SKINS spray tan - half body £16 - 00
LDN.skins SPRAY TAN - Friday afternoon 2 tans (2 people) for£30



Hands and Feet

Hand file and polish	£10 -75
Mini Manicure	£14-86
Standard Manicure	£17 -42
Luxury Manicure	£25 -
Vinylux quick dry manicure (dries in 9minutes).....	£22-50
Ultimate Manicure using pure paraffin wax	£29-50
Foot file and polish	£11 -78
Mini Pedi cure	£15 -88
Standard Pedicure	£18 -45
Luxury Pedicure	£26 -13
Ultimate Pedicure using pure paraffin wax	£31 -26
Calgel overlays - fingers - clear, french or colour	£30 -75
Calgel overlays - toes - clear, french or colour	£22 -55
Shellac 14 day manicure by CND	£25 -62
Shellac 14 day pedicure by CND	£25 -62
Shellac 14 day manicure with Brisa light gel for extra strength	£30 - 62

ARTDECO Mineral Make-up Application and take home products

Cleans, tone, moisturize then apply make-up	£20 -50
Make-up lesson with final application of make-up with support and help from the therapist	£28 -70
Special Occasion and wedding make-up - this includes a trial in the salon Make-up in the salon	£35 -87
Make-up at home (within a short distance of the salon)	£46 -12

Wedding Special

Facial, make-up trial, manicure, pedicure, eye lash tint, brow tint and shape.
On the day file, polish and make-up in the salon

£123 -00

Make-up at home (a longer distance away from the salon) please discuss with Heather
Additional members of the wedding party on the day only please discuss your package
with Heather at the time of booking.

Special packages can be arranged to suit the bride and wedding party - please discuss
Your needs with Heather.

'Body and Sole' Gift Vouchers

The perfect gift. Vouchers, gift certificates, individual treatment certificates, Spa Days from £123 - 00 all gift wrapped for that special treat. Valid for 12 months from the day of purchase.

If you would like any more information please contact Heather

On: 01773 521462

Holistics by Heather at 'Body and Sole'

Therapeutic Massage

Massage promotes total relaxation, which not only feels great, but also maintains and stimulates the body's system and revitalizes the whole body. Massage can be tailor made to suit client needs.

£18 - 42 for 30 minutes

£28 - 70 for 60 minutes

£41 for 90 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £2.56 extra.

Swedish Massage

With over 40 million work days lost each year due to stress-related illnesses, this treatment is a must to induce deep relaxation, prevent loss of mobility in potential trouble spots and keep the whole body in better physical condition.

£18 - 42 for 30 minutes

£28 - 70 for 60 minutes

£41 for 90 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £2.56 extra.

Indian Head Massage

Thanks to our multi-cultural society, Indian head massage has been introduced into Western culture. The head, neck and shoulders hold a lot of tension and this area can become a bottle-neck for pressure. Tension and stiffness can be reduced by the gentle yet firm rhythmical manipulation of the head, neck and back helping to ease headaches, relieve pressure, restore concentration and relieve the every day strains of modern living.

£18 - 42 for 30 minutes

£28 - 70 for 60 minutes

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £2.56 extra. (Leave the oil on over-night to improve the condition of your hair)

Hopi Ear Candles

The Hopi tribe were the oldest Pueblo tribe with medicinal knowledge who brought the knowledge of ear candles to Europe. Earcandles are hand made hollow tubes made from unbleached fabric impregnated with pure beeswax, honey and herbs such as Sage, St John's wort, chamomile and pure essential oils.

This treatment is painless and non invasive. It has been noted for the following benefits: it can improve headaches, migraines and ringing in the ears, it can help in cases of excessive wax production and a tendency to ear infections, it may help inner ear pressure, balance problems and ear problems after flying. This treatment may also help to reduce inflammation of the ears, ear aches and pains, chronic sinusitis and catarrh.

A short facial massage and sinus drain is included in the 45 minute treatment.

£18 - 45 for the basic 40 minute treatment. £26 - 65 for the full treatment with an aromatherapy facial massage - 60 minutes. (Leave the oil on over-night to improve the condition of your hair)

Aromatherapy

The vital element of any aromatherapy treatment is pure essential oil. Massage with essential oils stimulates the flow of lymph fluid and the aroma acts upon the brain's emotional centre, which governs the way we feel. This provides a unique experience to calm and relax the body and mind.

£20 - 50 for 30 minutes

£30 - 75 for 60 minutes

£43 - 05 for 90 minutes

Aromatherapy Facial Treatment

Treat yourself to an hour long luxury aromatherapy facial including a cleanse, spritz, exfoliation, aroma mask mixed with pure, natural ingredients to your need. Relax whilst the mask works it's magic and at the same time enjoy a hand and arm massage. Once the mask is removed, an aroma massage of your face, neck and shoulders with oils mixed especially for you will continue to relax you. Finish your treatment with a rich moisturiser to lock in the aromatherapy oils.

£33-31 for 60 minutes including all products used in the treatment

For a small extra charge, why not ask your therapist to mix you some suitable products to take home?

Hot Stones

This is a warming and luxurious massage using hot stones to relax and unwind the body. It is an uplifting and unique experience.

Why not add an aromatherapy oil to your massage, individually mixed to your needs? £2.56 extra.

Reflexology

A reflexology treatment is an easy and pleasant way of helping the body relax. It involves working with the thumbs and fingers on reflex areas that are found on the feet and hands.

£22 - 55 for 45 minutes

£26 for 60 minutes

Aromatherapy Oil Products

Essential oils, bath products, soap, spritzes, body and face creams can be mixed to your individual needs for you to take home. Please discuss with your therapist.

Body and Sole Gift Vouchers

The perfect gift. Vouchers, gift certificates, individual treatment certificates, Spa Days certificates all gift wrapped for that special treat. Valid for 12 months from the day of purchase.

If you would like any more information, please contact Heather on 01773 521462 or 07840 640240

