



## BATHING BEAUTY FACIALS

Created by George Jones, ex international model, osteopath, and founder of Bathing Beauty.

Based on 8 years experience modelling in Milan and Paris and 15 years working as a registered osteopath. Bathing Beauty is a multi award winning, internationally acclaimed, handmade, 100% natural skincare range. Products are made in house at The Source, Bathing Beauty HQ.

The Bathing Beauty range is entirely paraben, sulphate and fragrance oil free. It uses only natural ingredients such as beeswax, cold pressed plant oils and butters. Bathing Beauty products are 100% vegetarian and 95% of the products are Vegan.

### BATHING BEAUTY SKINCARE RITUAL

(1 hour 30 mins)

£68

The ultimate fusion where beauty meets therapy.

After a detailed case history has been taken, your feet will be washed and treated with POP, the fabulous effervescent foot reviving tablet. A diagnostic back and neck massage is next, using unique musculoskeletal massage techniques developed by George Jones. Followed by a sequence of unique, award winning facial products.

These include: cleansing, using the award winning Universal Cleansing Oil. Steaming with prescriptive facial herb tea, gentle exfoliation and bespoke facial mask. During which time your feet are massaged with Sock Foot Salve, using reflexology techniques. Lymphatic drainage, facial massage and fascial release using the finest, cold pressed and raw blended Anoint Facial Oils.

After toning with fresh hydroflorals, the face is refreshed using chilled rose quartz facial rollers. These rollers tone and tighten the skin promoting a healthy glow and radiant appearance. Rose quartz has long been known to strengthen the heart and help promote self love and expression. Truly the most natural and perfectly potent facial.

## FACE

### BATHING BEAUTY FACIAL

(1 hour)

£42

After a detailed case history with your therapist this ritual begins with a steamed prescriptive facial herb tea then a deep cleanse using Universal cleansing oil, followed by a face mask mixed and made to suit your skins needs. Whilst your mask is working its magic you will receive a hand and arm massage and a scalp massage. Once the mask is removed enjoy a facial massage using cold pressed and raw blended Anoint Facial oils, and finished with rose quartz face rollers to tighten and tone your skin.

### DERMAPLANING

(1 hour)

£50

This is a deep exfoliating facial with the added benefit of safely removing the top dead layer of skin cells & the vellus hair (the 'fluffy' kind) from the face. Along with this process the hour long treatment involves a thorough cleanse & tone, a collagen face mask, a scalp massage, and a face massage using premium dermaplane & bathing beauty products.

The face is left super smooth, refreshed, nourished and with a noticeable healthy glow.

## BODY SCRUBS

### FULL BODY SCRUB & FULL BODY MASSAGE

(1 hour 30 mins)

£52

The perfect all over body exfoliation. Using Bathing Beauty's award winning Mount Olympus fresh Lemon and Rosemary sea salt scrub. Intensively nourishes the skin, 100% natural ingredients followed by a heavenly full body massage.

### BACK, NECK & SHOULDER SCRUB & MASSAGE

(45 mins)

£32

A deep cleanse and polish on the back, neck & shoulder using Bathing Beauty's award winning Mount Olympus fresh Lemon and Rosemary sea salt scrub. Intensively nourishes the skin, 100% natural ingredients followed by a reviving back, neck and shoulder massage.

## USEFUL INFORMATION

### RESIDENTS

Please check availability on arrival to avoid disappointment. Your therapist will greet you at your room with a robe and slippers and escort you to the treatment room.

### NON RESIDENTS

Please let the hotel reception know you are here and your therapist will greet you and escort you to the treatment room.

### BOOKING

Demand for treatments at Healing Hands is high therefore booking in advance is highly recommended. For all bookings please contact Sian or Sarah on **07904 724297** or call hotel reception on **01492 582800**

### CANCELLATION

A minimum of 24 hours notice is required to cancel / postpone appointments, or a 50% cancellation fee will apply.

### CONSULTATION

A detailed consultation is required prior to many of the treatments listed. Please let us know if you have any medical conditions or skin allergies that may prevent you from receiving treatment.

### GIFT VOUCHERS

Treat someone special by giving them a healing hands gift voucher, these can be purchased at any time from the Hotel Reception.

### PARKING

Parking for non residents is available at the rear and opposite the hotel. Please let reception know your registration number and that you have an appointment with Healing Hands.



*Healing Hands*  
BEAUTY & HOLISTIC THERAPY

*Healing Hands*

**01492 582800 / 07904 724297**

The Castle Hotel, High Street. Conwy. LL32 8DB

## NAILS

**FILE & POLISH - HANDS or TOES** **£15**  
File and shape nails, cuticle work and polish application.

**MANIQ GEL POLISH - HANDS or TOES** **£23**  
The ultimate long lasting polish. No smudging and quick drying. Super glossy and lasts for 14 days.

**DELUXE PEDICURE** **£28**  
A foot soak, foot scrub, foot and lower leg massage, hard skin removal, cuticle work, file and shape nails and polish.

**DELUXE PEDICURE with MANIQ GEL FINISH** **£38**

## EYES

**EYEBROW SHAPE** (threading or wax) **£7**  
**EYEBROW TINT** **£8**  
**EYEBROW TINT & SHAPE** **£14**  
**EYELASH TINT** **£9**  
**BROW TINT, LASH TINT & BROW SHAPE** **£20**  
**HENNA BROWS** **£25**  
**SEMI PERMANENT EYELASHES** **£55**  
**2 WEEK EYELASH INFILL** **£20**  
**3 WEEK EYELASH INFILL** **£30**

Please note ALL eye treatments (tinting and eyelashes) require a skin patch test 48 hours prior to any new treatment.

## HAIR REMOVAL

**LIP** (threading or wax) **£6**  
**CHIN** (threading or wax) **£6**  
**LIP & CHIN** (threading or wax) **£10**  
**FULL FACIAL THREAD** (lip, chin, cheeks, brows) **£18**  
**1/2 LEG WAX** **£12**  
**FULL LEG WAX** **£20**  
**UNDER ARM** **£8**  
**BIKINI** **£8**

## SPRAY TAN

**CELEBRITY RANGE** **£20**  
**ST TROPEZ** **£20**

## PREGNANCY MASSAGE

**PREGNANCY MASSAGE**  
**(30 mins)** **£28**  
**(1 hour)** **£45**

At Healing Hands we have tailored our skills and knowledge to a routine that suits all pregnant women.

Our main priority from the second trimester to the very end is to make you as comfortable as possible. We will adapt the massage to suit your needs and requirements, each pregnancy is completely different - as is the massage. It can be as relaxing as you need, or we can target those knotty areas and help relieve any tension & aches & pains.

The benefits of massage whilst pregnant are hugely important to mother & baby but you must be past 12 weeks in order to have a massage.

To make an appointment please speak to our therapists direct so we can discuss your preferred treatment.

## ONCOLOGY MASSAGE

**ONCOLOGY LIGHT TOUCH MASSAGE** **£50**  
**(1 hour 30 mins)**  
This treatment is specifically tailored & appropriate for cancer patients of ALL stages.

The massage is a LIGHT touch pressure using different skills & techniques to target areas of stress & tension in the body.

The massage will be adapted personally to each individual as everyone will have different expectations of the treatment.

## HOT STONES MASSAGE

**FULL BODY HOT STONE MASSAGE** **£55**  
**(1 hour 15 mins)**  
Hot stone therapy combined with massage techniques melt away tension, ease muscles, aches and pains, and improves circulation.

**BACK, NECK & SHOULDER HOT STONE MASSAGE** **£35**  
**(40 mins)**  
Melt away tension, ease muscles, aches and pains, and improve circulation.

**HEALING HANDS STRESS BUSTER MASSAGE** **£40**  
**(1 hour)**  
Starting with a deep tissue back neck & shoulder massage, scalp, head, face & décollette massage with use of hot stone therapy. This treatment will focus on alliviating areas of built up stress and tension, will help to relax the mind and body and soothe muscles, aches and pains.

## LAVA SHELL MASSAGE

**FULL BODY LAVA SHELL MASSAGE** **£55**  
**(1 hour)**  
Lava shells are the world's first self heating massage tool. A unique innovation in warming spa therapies that relaxes whilst easing muscle and joint aches and pains. The lava shell massage uses 100% genuine recycled tiger clam shells which heat up internally for up to an hour with patented combination of natural minerals and water.

**BACK, NECK & SHOULDER LAVA SHELL MASSAGE** **£35**  
**(30 mins)**

## SHIATSU MASSAGE

**FULL BODY SHATSU MASSAGE** **£60**  
**(1 hour 30 mins)**  
Using the power of meridian strokes, physical touch & deep pressure shiatsu massage targets the energy imbalances and accupressure points of the whole body. The techniques will differ depending on your needs and requirements. The benefits of this treatment will leave you feeling energised, uplifted and revived, or simply the opposite, relaxed, tranquil and restful.

This is a very intense massage and is only suitable for female clients. To receive the full benefit of shiatsu the abdomen area must be treated and therefore not ethical for a male client to have.

## HOLISTIC THERAPY

**HEAD TO TOE INDULGENCE** **£50**  
**(1 Hour 30 Mins)**  
A facial cleanse & tone, a face neck, scalp and head massage followed by a full Swedish body massage. Covering head to toe indulgence, the ultimate treat!

**FULL BODY MASSAGE** **£45**  
**(1 Hour)**  
Swedish body massage is the ultimate treatment. Using deep pressure to ease tension, aches and pains and leave you feeling heavenly relaxed.

**BACK, NECK & SHOULDER** **£28**  
**(30 Mins)**  
All over back and neck massage targeting specific areas that need treating. Perfect for tense and knotted muscles.

**INDIAN HEAD MASSAGE** **£35**  
**(45 Mins)**  
Helps to restore wellbeing and rebalance the mind. Starting with the upper back, includes arm and hand massage, neck, scalp and face massage. Focusing on pressure points and areas of built up tension.

**INVIGORATING FOOT MASSAGE** **£25**  
**(30 Mins)**  
Perfect for tired and achey feet. Includes a lower leg and deep foot massage. Relieves stress and tension in the feet and ankles, helps to drain the lymphatic system and improves circulation.

**REFLEXOLOGY**  
**(1 Hour)** **£40**  
**(4 Sessions - Paid in advance)** **£140**  
This powerful and ancient treatment is focused on the soles and upper region of the feet. Each organ of the body falls into a particular zone on the foot, allowing specific areas to be treated to help restore the body's natural energy levels through massage and pressure points. A knowledgable experience including deep breathing and relaxation techniques and aftercare advice.

**HOPI EAR CANDLING** **£35**  
**(45 Mins)**  
A non-invasive and gentle treatment of the ears, scalp, neck and face. Aims to clear any congestion of the ear nose and throat area, brilliant for sufferers with sinusitis, snoring, vertigo and headaches. An intense massage of the upper body is included after the treatment, finished with deep breathing techniques and aftercare advice.