



THE CONSULTANCY

Lucinda Ellery™

Lucinda Ellery™

Health Space



Experience the luxury
and serenity of
The Lucinda Ellery Consultancy™
Health Space

Indulge yourself in our wide range of beauty treatments carried out in an oasis of calm, designed to make you feel pampered. Take time away from life's stresses and discover the tranquility of our Health Space.





AROMATHERAPY ASSOCIATES

FACIAL TREATMENTS

Prescription Facial - 60 Mins

£68

Restore and revitalise with a facial tailor made for your skin, using essential oils. Utilising Eastern and Western massage techniques for easing stress and toning the muscles. Treats your individual skincare needs to restore and rebalance skin condition, leaving your complexion smooth and glowing.

Renew Rose Radiance Facial - 60 Mins

£68

This luxurious facial nourishes, softens and hydrates all skin types, especially dry, delicate and finely textured complexions. Muscular tension is released by incorporating a scalp massage, hand and arm massage and traditional aromatherapy pressure point massage into the facial treatment. The result is a smooth, radiant complexion and a relaxed state of mind.

Renew Rose Total Indulgence - 1 hr 30 Mins

£95

This luxurious facial nourishes, softens and hydrates all skin types, especially dry, delicate and finely textured complexions. Muscular tension is released by incorporating a scalp massage, hand and arm massage and traditional aromatherapy pressure point massage into the facial treatment, with added spinal pressure back, neck and shoulder massage to stimulate the nervous system and balance the body's energy flow.

Renew Rose Anti-Age Facial - 1 hr 30 Mins

£95

Rose works on the skin at a deep level, encouraging cellular renewal and helping prevent lined, dull complexions. A firming facial massage focuses on the areas most affected by the ageing process while specific pressure points are massaged. Two masks are applied; a mud to re-mineralise and a rose gel to hydrate. Relaxation is given with a scalp, hand and arm and back massage. Release your stress and feel deeply relaxed with glowing and youthful skin.





FACIAL TREATMENTS CONT.

Balance Men's Skin Refining Face Treatment - 60 Mins £68

Refine and freshen oily and combination skin with this balancing facial based on essential oil of neroli and orange flower water. Skin is cleansed, exfoliated and then a deep cleansing mask is used to re-mineralise the skin leaving it looking clean, fresh and revitalised. Traditional aromatherapy massage pressure points ease tension and also help to tone the muscles. A scalp, foot, arm and hand massage complete this relaxing facial treatment. Especially popular with men, this is a treatment that will leave the complexion bright and radiant.

Balance Men's Skin Refining Face Treatment With Back Massage - 1 hr 30 Mins £95

As above with the addition of a spinal pressure back massage to stimulate and balance the body's energy flow.

Balance Orange Flower Facial - 60 Mins £68

A purifying treatment for oily and combination skin types. Cleansing and exfoliation is used to refine the pores. This treatment refreshes and balances the skin as well as inducing relaxation with a scalp, face, hand and arm massage.

Balance Orange Flower Facial With Back Massage - 1 hr 30 Mins £95

As above with the addition of a spinal pressure back massage to stimulate and balance the body's energy flow.

Revitalising Eye Treatment - 30 Mins £35

Refresh and brighten your eyes with this revitalising eye treatment. This treatment uses specialised massage techniques to improve micro circulation and drainage, helping to reduce puffiness. Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Gentle shoulder release techniques and a scalp massage free the circulation and improve the blood supply to the eyes. Feel rejuvenated with eyes looking fresh, bright and youthful.





MASSAGE TREATMENTS

Back, Neck and Shoulder - 25 Mins	£30
A relaxing treatment working on the main areas of tension within the back, allowing you to feel invigorated and de-stressed.	
Head and Shoulder Massage - 25 Mins	£30
Easing tension and tightness around the neck, shoulders and scalp using pressure points and relaxation movements. Calmness and a clear mind can be restored once again.	
La Stone Therapy - 55 Mins or 1 hr 20 Mins	£75/95
A deeply relaxing treatment alternating hot and cold stones allowing balance and energy back into the body. Stiff and sore muscles are relieved by using this traditional technique as well as balancing the body, mind and spirit.	
Indian Head Massage - 25 Mins	£45
An Ayurvedic treatment promoting relaxation and healing to the mind and body. Concentrated on the upper back, neck, face and scalp using pressure points and frictions as well as soothing movements.	
Reflexology - 45 Mins	£30
A foot treatment incorporating pressure points that mirror the body's key systems. A perfect treatment for promoting good health and preventing illness.	
Swedish Massage - 55 Mins or 1 hr 20 Mins	£65/85
A therapeutic technique used to ease tense and tight muscles allowing the body to function correctly. Toxins are released, circulation improved and stress relieved.	
Aromatherapy Associates Nourishing Hair Treatment - 15 Mins	£20
Restore health and shine to dull, lifeless hair. A nourishing hair oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows.	





AROMATHERAPY ASSOCIATES

AROMATHERAPY TREATMENTS

Real Aromatherapy Experience - 60 Mins or 1 hr 30 Mins

£65/95

This balancing treatment starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes dissolving away all your stress and tension.

De-Stress Muscle Release - 60 Mins

£65

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques along with stretching and draining movements are combined with essential oils. A deeper massage that works right into the muscles to release pain and tension.

Anti-Cellulite Treatment - 60 Mins

£65

Your treatment starts with body brushing to wake up your skin. Then you relax into a specially designed deep tissue detox massage targeting stubborn areas of cellulite. You'll be wrapped in freshwater mud to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins. A toning treatment to eliminate toxins and encourage circulation throughout your body tissues.





AROMATHERAPY ASSOCIATES

SCRUB AND BODY WRAP TREATMENTS

Enrich Body Treatment - 1 hr 30 Mins

£65

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin.

An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels and a freshwater mud mask to truly soften and condition the skin.

Rose Hydrating Cocoon - 60 Mins

£65

The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with Evening Primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap.

An Ayurvedic scalp massage with Frankincense inhalation works simultaneously on the physical, mental and emotional aspects. This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

Lavender and Peppermint Cooler - 60 Mins

£65

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment. Gentle exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter. Renew Rose hydrating mask is applied to the face and while the active extracts get to work an Ayurvedic scalp massage releases tension in the head for an all over relaxing, restorative treatment. Your skin is left feeling cool, soothed and moisturised.





SCRUB AND BODY WRAP TREATMENTS CONT.

Body De-Stressing Soother - 60 Mins

£65

A polishing scrub prepares your skin for rich, nourishing layers of potent essential oils and herbal extracts. Under a wrap, your body's warmth encourages their restorative effects to go to work. An Ayurvedic scalp, shoulder and neck massage focuses on relaxation. A specially selected combination of soothing essential oils calms a busy mind.

Citrus Detox Reviver - 60 Mins

£65

Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin then while you are enveloped in layers of gels and oils a stimulating foot reflex pressure massage encourages the release and elimination of toxins. Leaves you feeling invigorated and full of energy.

Deep Cleanse Back Treatment - 30 Mins or 60 Mins

£35/65

Prepare to show off your back with this skin-refining treatment. Orange flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skins own natural oils. Your therapist will work on detoxifying your entire system with a foot pressure point massage. The result is glowing, polished skin.





MANICURE TREATMENTS

Jessica Prescriptive Manicure Deluxe with Thermal Mittens - 1 hr 10 Mins

£45

A luxury treatment for the hands, using thermal mittens for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

LeRemedi Hand Treatment - 20 Mins

£25

A luxury hand treatment incorporating hand cleanse, hand silk exfoliate, hand restructure masque and hand renew liposomes.

Hands will feel softer, smoother and firmer.

Executive Hand and Nail Treatment for Men - 30 Mins to 40 Mins

£35

LeRemedi hand treatment programme to condition and smooth hands. Nails are perfectly shaped and cuticles gently pushed back.

Aromatherapy Associates Renew Rose Hand Treatment - 30 Mins

£35

A carefully selected combination of restorative oils deeply nourishes rough, dry hands leaving them soft, smooth and comfortable.

Your hands are immersed in a warm, aromatic soak of fragrant aromatic essential oils chosen to ease stress and refresh the mind. A refining olive grain scrub then prepares the hands. Cuticles are given special attention with an application of rich vitamin E oil. Lower arms are layered in hydrating rose gel and deeply nourishing oils and creams, with evening primrose oil and shea butter, then wrapped to allow the regenerative natural actives to work.

Aromatherapy Associates De-Stress Hand Treatment - 30 Mins

£35

Your hands and lower arms are immersed in a warm, aromatic soak then prepared with a refining olive grain scrub. A tension relieving gel is applied to each hand and arm then wrapped to allow penetration of oils. The treatment is completed with a massage of specially nourishing oil and lotion. Re-energise and leave your skin feeling refreshed. Especially suitable for men.





PEDICURE TREATMENTS

Zen Spa Deluxe Pedicure - 1 hr 10 Mins

£45

With the option of either calming green tea or energising ginger this luxury treatment also incorporates heated booties for deeper penetration of oils and creams. The result being softer, smoother legs and feet with perfectly polished toes.

Aromatherapy Associates Renew Rose Foot Treatment - 30 Mins

£35

Soften and smooth out of condition dry feet. Feet and lower legs are gently body brushed before soaking. A scrub of ground olive pits exfoliates dead skin cells and prepares the skin for the treat to follow. Heels are softened with rich natural oils. A hydrating rose gel is applied and the feet are wrapped to allow deep penetrating of the oils. Layers of oils and creams are then massaged into the skin to deeply nourish. Lower legs and feet feel soft, smoothed and refreshed.

Aromatherapy Associates De-Stress Foot Treatment - 30 Mins

£35

Refresh and support tired, aching feet after a long day on the go with this specially selected combination of essential oils to stimulate and invigorate. Feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gel and oil are massaged into the skin. Cuticles and heels are deeply nourished with natural plant oils. Aches are eased and the feet feel light.

Aromatherapy Associates Revive Foot Treatment - 30 Mins

£35

Feet and lower legs are brushed, soaked, exfoliated with a scrub of ground olive pits and refreshed with hot towels before a stimulating gel and oil are massaged into the skin. Eases swollen legs and ankles leaving you feeling refreshed and energised.





WAXING TREATMENTS

An effective way to remove unwanted hair with long lasting effects. Using the most soothing and calming ingredients for the best results.

Full Leg	£25.00	30 Mins
¾ Leg	£20.00	25 Mins
Half Leg	£17.00	20 Mins
Underarm	£10.00	15 Mins
Bikini	£14.00	15 Mins
Upper Lip	£8.00	10 Mins
Eyebrows	£12.00	15 Mins
Chin	£8.00	10 Mins

TINTING TREATMENTS

A quick and easy way to enhance the eyes and add definition.

Eyelash Tinting	£12	15 Mins
Eyebrow Tinting	£10	10 Mins
Eyelash and Eyebrow Tinting	£20	25 Mins







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ESSENTIAL WISDOM. ESSENTIAL OILS.