



## **BODY ENVELOPMENTS TREATMENTS**

### **HOT STONE THERAPY MASSAGE**

**1 Hour 30 Mins**

Indulge yourself with this deep body, face and scalp massage using warmed volcanic rocks allowing you to fall into a truly deep state of meditative relaxation. This massage combines muscle manipulation and chakra balancing leaving you feeling revived with an enormous sense of well-being.

### **FULL BODY EXFOLIATING SCRUB TREATMENT 1 Hour**

A treatment recommended to prepare the skin for your holiday, this treatment involves dry body brushing, full body salt exfoliation, anti cellulite gel and essential oils to help restore lost vitality and protect against dryness.

### **HARLEY BODY-WRAPPS**

**2 Hours**

This treatment improves skin elasticity and is a powerful inch loss and detoxifying treatment. The treatment consists of dry body brushing, a highly concentrated anti-cellulite cream applied to areas, then the body is encased with warmed aloe vera bandages to detox and eliminate toxins, then you are cocooned in a heated blanket with a mini facial to balance your energy ...you will feel totally blissful at the end of this powerful treatment.

### **BEFORE**

DO NOT USE LOTIONS/CREAMS

DO NOT EAT A HEAVY MEAL 2HRS BEFORE THE TREATMENT

### **AFTER**

DO NOT SHOWER FOR 5/6 HOURS

DRINK 5-8 GLASSES OF WATER

Shek: Goddess Beauty Salon,

2 Exchange Road, Larne

T: (028) 28268484

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21 West Street, Carrickfergus

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# **BODY ENVELOPMENTS TREATMENTS (Continued)**

## **INDIAN HEAD MASSAGE**

**45 mins**

Ideal for clients with stress, muscle fatigue and tension, this treatment will de-stress and energise your inner self, includes a neck and shoulder massage, a scalp massage to improve circulation complemented with a soothing face massage to aid headaches and sinus conditions.

## **HOPI EAR THERMOTHERAPY TREATMENT**

**1 Hour**

This treatment stimulates the energy points, drains sinus tubes and eliminates toxins.

A light suction action and the movement of the flame creates a vibration of air in the candle, generating a massage-like effect on the eardrum.

Thermotherapy is beneficial for these symptoms:

- . Excessive or compact Ear Wax
- . Snoring
- . Headaches & Migraines
- . Loss of Smell
- . Vertigo

## **REFLEXOLOGY**

**45 mins**

Reflexology is an ancient therapeutic foot massage, based on the discovery that there are points on the feet and hands which correspond to organs, systems and structures within the entire body. Using special pressure techniques to stimulate the points on the feet and hands, imbalances in the tissues, organs and systems of the body can be both detected and effectively treated to restore balance and well-being.

Our reflexologist is a qualified member of the Irish Reflexologist's Institute.

Book a Course of Reflexology Treatments (5 Sessions)

## **PLATINUM DETOX**

**1 Hour**

The revolutionary way to detoxify and rebalance your body.

This treatment releases toxins via your feet and includes a Mini-Manicure and a Mini-Pedicure.... painless, quick fix whole body detoxification.

Book the recommended 5 treatments

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