



## **The Barn @ Southcombe Farm HOLISTIC TREATMENTS**

***During your stay why not treat yourself to a relaxing holistic treatment by Sandra Dumas. All of the following treatments are available at the Barn during your holiday.***

### ***Reflexology***

Reflexology is a wonderful, natural and simple way of helping your body to heal itself. It can help with chronic conditions, depression, stress and anxiety.

**Reflexology (1 hour) :£30**

**Taster (30 minutes): £25**

### ***Facials***

***Organic Holistic Facial:*** This includes cleansing, mask, toning and are followed by an arm and hand massage a neck and scalp massage. Spiezia Cornish Organic products are used.

**1 hour £35**

***Organic Mini Facial : 45 minutes £30*** ( Same as above but with no mask)

***Jade Roller Facial:*** This a natural treatment that uses acupressure points on the face to stimulate collagen production and tighten facial muscles. This facial will help you maintain radiant youthful skin.

**1 hour £38**

### ***Relaxing/therapeutic massage:***

This massage can help to relieve stress and any muscular tensions.

**Back massage (30 minutes): £25**

**Whole body massage (1 hour): £32**

**Whole body massage (1.5 hours): £38**

### ***Aromatherapy massages***

Aromatherapy is the use of essential oils distilled from plants to promote a well balanced and healthy lifestyle. Organic essential oils are diluted in a carrier oil to create a blend depending on your needs and condition. Each blend is unique and made for you.

**1 hour massage: £35**

**1.5 hours massage: £40**

**Sandra Dumas  
Complementary Therapist  
ITEC qualified & Member of CThA  
Tel 01288 361668 or 07930154033 or sdumaszen@yahoo.co.uk  
For an appointment**

### **Indian Head massage**

This non-invasive treatment involves massage of the upper back/shoulders/neck /scalp/face and ears. It is a holistic therapy, renowned for relieving symptoms of stress, anxiety, depression and mental tension.

**Indian Head Massage: (45 minutes): £28**

**Indian Head massage (taster 20 minutes): £25**

### **Treatments during pregnancy:**

These treatments are tailored around your special needs during your pregnancy: morning sickness, heartburn, backaches, sleeping problems and anxiety.

**Maternity Reflexology: 1 hour (£30)**

**Pregnancy massage: 1 hour (£32) (massage done lying on your side)**

### **Hands and feet**

**Traditional pedicure:** Includes foot bath, cuticles work, nails shaping, foot massage and with 3 finishing available: natural look, colour polish or French manicure polish   **£33**

**Express colour or conditioning pedicure:** includes cuticles work, nails shaping and polishing of the nails or natural look. **£28**

**Express manicure:** A manicure including nail reshape, cuticle tidy, hands massage and to finish the nails are polished with a colour of your choice or you can also choose to keep a natural healthy look (ideal for men). **£22**

**Luxury manicure:** Same as above but you will also get a bath for your nails and a arm and hand massage. For the finish you will have the choice of colour polish, French polish or natural look. **£27**

### **Book 2 treatments (on the same day) and save £5**

**For more information or to book an appointment contact Sandra direct by phone on 07930154033 / 01288 361668 or email: [sdumaszen@yahoo.co.uk](mailto:sdumaszen@yahoo.co.uk)**

**Please note that any cancellations must be made at least 24 hours before the appointment otherwise the full price will have to be charged.**

Treatments will be given in the Barn @ Southcombe Farm.

**Sandra Dumas  
Complementary Therapist  
ITEC qualified & Member of CThA  
Tel 01288 361668 or 07930154033 or [sdumaszen@yahoo.co.uk](mailto:sdumaszen@yahoo.co.uk)  
For an appointment**