

Deep Tissue Massage

Deep Tissue Massage treats specific areas of muscular pain caused by sports or everyday activities. Essential oils may be used to enhance the treatment.

Full Body	1 hour	£38.00
	1½ hours	£48.00
Back, Neck, Shoulders	45 mins	£33.00
Back, Neck, Shoulders, Legs	1 hour	£38.00
Back	30 min	£25.00
Legs & Feet (good for runners)	30 mins	£25.00

Aromatherapy Massage

Full Body	1 hour	£38.00
Back, Neck, Shoulders	45 mins	£33.00

Pregnancy Massage

Suitable once first 12 weeks have passed this massage can relieve muscle aches & reduce swelling in the arms & legs.

45 mins	£33.00	1 hour	£38.00
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Baby Massage

Great for calming baby, or to help with eczema, poor sleep or general fretfulness. Mum and dad can join in too!

20 mins	£15.00
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Indian Head Massage

Excellent for tension, headaches, insomnia, anxiety & stress.

45 min	£33.00
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Hopi Ear Candles

Eases ear pain, sinusitis, tinnitus, glue ear. Good for pre & post flying, diving and swimming problems.

45 mins	£30.00
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Manicures & Pedicures

Mini Manicure £13.50

File nails, cuticle tidy & polish

Classic Manicure £20.00

File the nails, cuticle tidy, hand massage & polish

Thermal Deluxe Manicure £25.00

File the nails, hand & arm massage, moisture masque, heated mitts, cuticle tidy & polish.

Classic Pedicure £20.00

File the nails, foot file & scrub, spa bath, cuticle tidy, foot massage & polish.

Thermal Deluxe Pedicure £25.00

File the nails, foot file & scrub, spa bath, cuticle tidy, foot & leg massage, foot masque, heated boots & polish.

Add some sparkles! 10p each

Add mini Swarovski crystals for stunning effect!

Waxing

1/2 leg	£16.00	1/2 leg & bikini	£24.00
Full leg	£23.00	Full leg & bikini	£31.00
Bikini	£10.00	1/2 leg, bikini, u/arm	£34.00
Underarm	£10.00	Full leg, bikini, u/arm	£41.00
Forearms	£12.00	Full arm	£18.00
Chest or Back	£16.00	Chest & Back	£30.00
Eyebrows, Lip or Chin	£7.50 each / x2 £13.00 / x3 £20.00		

Lash & Brow Treatments

Lash tint*	£13.00	Lash perm*	£34.00
Lash tint & perm*	£45.00	Brow tint*	£7.50
Brow shape (tweeze)	£7.50	Brow tint & shape*	£13.00
Complete treatment - Lash tint & perm, brow tint & shape	£56.00		
* requires allergy patch test minimum 48 hours before			

St Tropez Cosmetic Tanning

Full Body	£37.00	Half Leg	£12.00
Arms, legs, shoulders, face	£31.00	Full Leg	£18.00

Arbonne Facials

Arbonne is a botanically based range that combines plants and herbs with a scientific approach resulting in a superior skin & body care range for men & women, young and old.

- *Vegan approved; no animal ingredients or by-products; not tested on animals*
- *Formulated without Parabens, Mineral Oil, PABA, Phthalates, Propylene Glycol, Petroleum, Paraffin or Diethanolamine*
- *Dermatologist tested, on humans*

Arbonne RE9 Anti-ageing Facial (1 hour) £38.00

An anti-ageing facial that includes deep pore cleansing, natural exfoliation, rejuvenating facial massage, and a transforming gel designed to visibly lift & tighten skin.

Arbonne RE9 Enzyme Peel Treatment (45mins) £30.00

An exotic cocktail of natural fruit enzymes to gently exfoliate, revealing an even complexion and noticeably smoother skin. Purifies & revitalizes tired skin for a more youthful, radiant appearance.

Arbonne FC5 Facial (45 mins) £30.00

FC5 is for skins up to 35yrs and for those with sensitive skin. A great range with products containing fresh cell nutrients from 5 fruits and vegetables, which remain intact until used, when they release these precious nutrients direct into the skin

Arbonne FC5 Express Facial (30 mins) £22.50

As above, but without the face massage.

Eminence Organic Anti-Oxidant Facials

Eminence skincare feeds your skin with antioxidants, vitamins & minerals leaving your skin naturally radiant.

Anti-Oxidant Express Facial (30 mins) £22.50

Great for all skin types, a deep cleanse, exfoliate and mask, followed by serum & moisturiser leaves skin looking fresh & clean

Anti-Oxidant Essential Facial (50 mins) £33.00

As the express facial, but includes and aromatherapy face massage and the products are left on for longer, allowing the skin to benefit more deeply.

Anti-Oxidant Luxury Facial (90 mins) £48.00

The same as the Essential Facial, but includes a 30 min back neck and shoulders massage.

“Mini Spa” Pamper Packages

Mini Spa 1 **£65.00 (save £8)**

Classic Manicure & Classic Pedicure and an Anti-ageing or Anti-Oxidant Essential Facial. 2 hours 30mins

Mini Spa 2 **£70.00 (save £8)**

Classic Manicure, Classic Pedicure and 1 hour Aromatherapy Massage. 2hours 30mins

Luxury Mini Spa **£99.00 (save £10)**

Classic Manicure, Classic Pedicure, 1 hour Aromatherapy Massage and Anti-ageing or Anti-Oxidant Essential Facial. 3 hours 30 mins

Mum to Be Mini Spa **£63.00 (save £8)**

1 hour Pregnancy Massage and an Anti-ageing or Anti-Oxidant Essential Facial. 2 hours

Pregnancy, Babies & Children

Most treatments are suitable/can be adapted for use during pregnancy, after birth, or if miscarriage has occurred. Complementary therapies are also suitable for children and babies. Please call to discuss your requirements.

Products, Gifts & Vouchers

A selection of natural beauty products and gifts are available. Gift Vouchers are available and can be purchased in by phone or in person.

About Tranquil by Nature

Tranquil by Nature is owned and run by Anna Toft, a fully qualified and insured complementary and beauty therapist and an Aromatherapist qualified to make products. She is a member of The Guild of Holistic Therapists and The Guild of Beauty Therapists.

Ethical Principles

Only the most natural and pure products are used in treatments. Wherever possible, they are chemical and paraben/sulphate-free and from suppliers who do not use animal ingredients or by-products, nor test their products or ingredients on animals.

New clients

A consultation is required to ensure treatments are suitable. Please mention any existing conditions when booking.

Appointment Times & Cancellations

Please arrive a few minutes before your appointment. Late arrival will reduce your treatment time, although full cost will apply. All treatment times are approximate. Cancellations must be made a minimum of 24 hours before or full treatment charge will apply.

Payment

Debit and Credit cards or Cash.

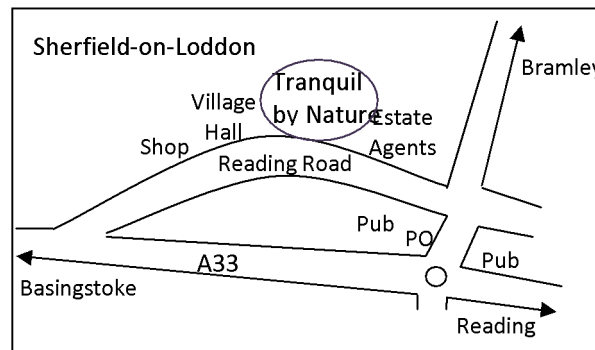
Opening Times

Sunday & Monday	Closed
Tuesday	10am – 6pm
Wednesday & Thursday	11am – 7pm
Friday	10am – 6pm
Saturday*	10am – 4pm

* Alternate weeks– please call or visit the website for dates

Location

Tranquil Health & Beauty salon is in Sherfield-on-Loddon, just behind Sherdon Estate agents. Free parking is available outside the salon, or on the Reading Road.



Tranquil Health & Beauty
Sherdon House, Reading Road
Sherfield-on-Loddon, Hants, RG27 0EZ

01256 885 012

www.tranquilbynature.co.uk

Information & prices valid from December 2009
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Tranquil Health & Beauty Salon

Sherfield on Loddon
01256 885 012

Massage & Aromatherapy

Indian Head Massage

Hopi Ear Candles

Manicures & Pedicures

Lash & Brow treatments

Facials

Waxing

Tanning

Gift Vouchers



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