



Five Element Aroma Facial

Bespoke to each client, we tailor each facial to harmonise the Five Elements and address the key concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium. Creating a more vibrant and healthy complexion. This treatment replenishes the skin giving you immediate and long lasting results.

60minutes £56

Rejuvenating Age Support Facial

This reviving treatment begins with a deep cleanse and AHA exfoliation followed by face, neck and décolleté massage. Rose Quartz rollers are used to sculpt and reduce puffiness. Acupressure massage is used to repair and revitalise the skin. This facial addresses the key underlying causes of physical aging.

60 minutes £56

Clear Cleanse Facial

Pollution, lifestyle and stress all contribute to congested and unbalanced skin. This treatment encourages micro-drainage of toxins, which in turn helps to remove cellular debris, reduce sebum production and pore size. Your skin will appear brighter with reduced inflammation to help restore a clear, clean and balanced complexion.

60 minutes £56

Five Element Aroma Massage

This aromatherapy massage blends customised essential oil infusions with warm herbal steam towels and heated stones to deliver the ultimate massage experience. This treatment draws from both Eastern and Western massage and thermotherapy to help balance both body and mind.

Back, neck and shoulder £28
30minutes
Full Body £56
60minutes

Ho-Leaf and Rosemary Muscle Melt

Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy; this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body's circulation. This treatment is highly recommended for anyone suffering from chronic stress, pain or tension.

Back, neck and shoulder £28
30minutes
Full Body £56
60minutes

Five Element Acupressure Scalp Massage

Float away as this treatment, calms and centres the mind while also nourishing the scalp leaving hair soft and silky smooth.

45 minutes £28

We use Elemental Herbology skin nutrition for all of our indulgent, bespoke and targeted treatments.



The Nail & Beauty Nerd

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Book Online www.thenailandbeautynerd.co.uk



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