

Pampering Experience – For a special treat or beautiful gift, choose from the selection below or have one tailored to suit your needs.

Prana Bridal Ritual (3½ hours) £100
Your ultimate pampering experience that will leave you relaxed, refreshed and looking forward to your special day.

Relaxing Facial – Will leave all skins types hydrated, balanced and refreshed.

Spa Manicure & Pedicure - For the Ceremony ready hands & honeymoon feet.

Back Massage - Using a massage therapy blend with essential oils that balances the heart and promotes relaxation.

Prana Relaxation Gold (3 hours) £90
Hot Stone Back Massage
Holistic Facial
Spa Pedicure

Prana Relaxation Silver (2½ hours) £70
Classic Facial
Reflexology
Mini Pedicure

Prana Relaxation Bronze (1¾ hours) £45
Indian Head Massage
Spa manicure

Prana Relaxation for Men (1¾ hours) £50
Express Revitalising Facial
Back Massage



GIFT VOUCHERS AVAILABLE

Prana Holistic Health & Beauty

Fox & Hounds Country Hotel

Eggesford, Chulmleigh, Devon

EX18 7JZ

Halfway between Exeter and Barnstaple, along the A377

Tel: 01769 581554

Mob: 07951 534960

Email: info@pranaholistichealth.co.uk

Web: www.pranaholistichealth.co.uk

Clients will be asked to complete a record card prior to having their treatments. This is to check for any contra-indications you may have which could restrict you having a treatment. A GP note may be required.

Produced by The Chulmleigh Learning Library, Chulmleigh 01769 581017



prana
HOLISTIC HEALTH

***For relaxation and rejuvenation of
the body, mind and soul***

Prana Holistic Health focuses on providing you the right treatment whether is a gentle aromatherapy massage, a relaxing Indian head massage, remedial reflexology, or a pampering pedicure. We help you to escape the hectic pace of life; leaving you feeling energized and refreshed. You will find a polite, friendly and professional atmosphere; enabling clients to feel welcome and comfortable.

Holistic Therapies

Indian Head Massage

A detoxifying massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieves tension and promotes well being, increasing energy levels.

Treatment: (45 min) £25

Reflexology

A complementary therapy recognised by the NHS, many GP surgeries and hospices. It is based on the theory that there are energy zones that run throughout the body, and link each part with an area on the hands and feet. It helps to clear blockages, to restore balance, to cleanse the body of toxins and to activate body's own natural healing process.

Treatment: (1 hour) £27

Aromatherapy

A truly holistic treatment that aims to restore the person to a better state of health through massage and inhalation of essential oils especially blend to suit individual needs, improving the physical, emotional and spiritual well being.

Back, Neck and Shoulders (45 min) £30
Full Body (1 hour) £40

Kundalini Back Massage

The treatment is deeply soothing, relaxing and balancing to the whole nervous system thanks to a synergistic use of an essential oil blend used in combination with ancient techniques of massage and chakra healing.

Treatment: (1 hour) £30

Hot Stone Massage

Deeply relaxing tension releasing technique, using Basalt heated stones to promote gentle warmth into muscles and tissues. It works deeper than a conventional massage and promotes truly relaxation.

Back, Neck and Shoulders (45 min) £35
Full Body (1 hour) £45

Beauty Therapies

Waxing

Effective, long lasting method of hair removal

Half leg £14
Full leg £18
Bikini £10
Full leg & bikini £24
Half leg & bikini £22
Underarm £9
Lip or Chin £5
Lip & Chin £8
Eyebrow £7

Facial Treatments

All products used are organic and natural. They contain plant extracts and 100% pure essential oils. Treatments are tailored to suit your own individual needs

Mini Facial (30 min) £25
(Quenches & refreshes all skins types)

Classic Facial (1 hour) £32
(Includes deep cleansing, relaxing massage to shoulders, neck and face and a 100% natural firming mask to leave your skin glowing)

Holistic Facial (1 hour) £36
(Combines all the benefits of Classic Facial with soothing Hot Stone facial massage that will leave skin balanced and hydrated)

Rejuvenating Facial (1¼ hours) £42
(Combines the benefits of Classic Facial with Aromatherapy wax mask that helps reduce fine lines and fight the ageing process)

Express Revitalising Men's Facial (30 min) £25
(A treatment to refresh and energise all skin types)



Manicure

Treatment that includes nail shaping, cuticle tidy and colour

Spa Manicure - Ultra pampering treatment including all above plus exfoliation, hand and arm massage, leaving hands refreshed.

Mini Manicure £20
Spa Manicure £25

Pedicure

Treatment that includes nail shaping, cuticle tidy and colour

Spa Pedicure - Ultra pampering treatment including all above plus exfoliation to soften hard skin, lower leg and foot massage to ease aches and pains, leaving feet refreshed.

Mini Pedicure £20
Spa Pedicure £25

Make-up

Variety range of make-up, producing flawless coverage and long lasting results.

Occasion Make-up £30
Bridal Make-up £65
(Includes trial session)

