



Treat yourself to a treatment from our comprehensive therapeutic menu and feel the stress and tension melt away.

CORNISH SPIEZIA 100% ORGANIC MADE FOR LIFE SIGNATURE TREATMENTS ...to rebalance the mind, body and soul

Made for Life Head in Heaven™

Slows down the mind - bringing harmony and leaving a feeling of complete bliss.

Supported by Macmillan and the Mermaid Centre (Breast cancer centre in Cornwall) for treatment during and after Cancer. Upper back, head and facial experience clears the mind and releases tension using Chinese massage techniques with pressure points.

75 mins ~ £60

Made for Life Relax & Rejuvenate Uplifting Facial

A Natural face lift massage, leaving your face toned and skin glowing

Non-surgical facial, lifts and tones using stimulating specialised movements. Lines and wrinkles are smoothed and diminished giving you bright and hydrated skin. Facial included.

75 mins ~ £60

Made for Life Radiance Facial

A natural blend of herbs, flowers and essential oils help to decongest the sinuses, smooth, soothe, nourish and moisturise the skin.

45 mins ~ £45

Made for Life Body & Soul

This full body aroma and lymphatic drainage massage gently balances the mind through the sense of smell whilst easing away the stresses of the day.

75 mins ~ £60 (full body)

Made for Life Pregnancy Pamper

A soothing, relaxing all over body treat, when you are most in need.

Designed for pre and post pregnancy this nurturing massage focuses on the lower back, shoulders, upper neck and head including a soothing leg massage.

55 mins ~ £45 75 mins ~ £60

Made for Life Relax into Radiance™

Pure indulgence for the body and mind.

An Enlivening whole body massage followed by a lemongrass and marigold exfoliation from head to toe leaving the skin feeling pristine and polished. This treatment includes a cleansing, hydrating facial, finishing with a head massage to clear and calm the mind.

75 mins ~ £65

Made for Life Hand on Heart™

An essential treat for the hands and feet.

Re-energise tired hands and feet with this soothing rhythmical massage to ease stiff joints and nourish these overworked areas.

75 mins ~ £60

Made for Life Reflexology

Relaxing!

A gentle non-invasive therapy based on the principle that there are reflex points in the feet and hands, which correspond to every part of the body. Pressure applied to these points help to assist the body back to balance.

45 mins ~ £40

HOLISTIC BODY TREATMENTS

Raindrop Technique®

Deeply therapeutic!

The Back and feet are anointed with the purest grade therapeutic essential oils which are applied using adapted massage techniques from both Native American and Tibetan healing modalities. Raindrop Technique combined with Vita Flex helps to stimulate the immune system whilst effecting the whole body at a deep cellular level to promote a pain free healthy and vibrant state of being.

75 mins ~ £65

Massage can help to relieve the symptoms of stiff, tired joints, speeds up digestion and encourages circulation, promotes relaxation and improved sleep. It can also be deeply relaxing and beneficial in reducing the symptoms of stress.

* Vicky's Natural Fusion Massage

This bespoke and deeply therapeutic massage is an intuitive fusion of everything that I have learnt and more. Blending techniques from Hawaiian Lomi Lomi, Swedish massage, remedial massage, trigger point work, unwinding, reiki and the use of hot stones to ease out tension and realign the body.

55 mins ~ £50 75 mins ~ £65

Relaxing/Therapeutic Massage

A massage that brings about complete relaxation and can melt away all your tensions, cares and worries.

55 mins ~ £45 75 mins ~ £60 (full body)

Hawaiian Lomi Lomi

"This is the awakening touch that one has been longing for." Daily Mail

Cleansed by wave upon wave of touch, this deep therapeutic massage for the mind, body and soul uses gentle rhythmic wave like strokes to caress and nurture the body. Unique to this treatment is the use of both hands and forearms giving Lomi Lomi the ability to penetrate to the core of ones being.

75 mins ~ £65 110 mins ~ £90

Stone Therapy Massage

The hot stones can be used simply for relaxation and stress relief or hot and cold stones used together can be extremely beneficial for injury recovery, chronic conditions and deep seated tension.

55 mins ~ £50 75 mins ~ £65

Reiki (pronounced ray-kee)

An ancient deeply relaxing Japanese form of hands on healing. Reiki helps the recipient by releasing blocked energies, cleansing the body of toxins and working to bring a sense of wellbeing and balance to both body and mind.

55 mins ~ £40

Indian Head Massage

Focusing on the neck, scalp and head this massage helps to ease out tension and clear the mind.

*Please wear vest top for this treatment.

30 mins ~ £30

BEAUTY TREATMENTS

Sole Sensation

A sole soothing pedicure experience using Spiezias 100 % organic skincare and Sparitual nail polish that leaves your feet feeling refreshed, relaxed and revitalised. Includes nail tidy and polish.

45 mins ~ £35

Tender Touch

A pampering manicure that uses Spiezias 100% organic oils and balms to exfoliate, soothe and moisturise forearms and hands and Sparitual nail polish. Treatment includes a nail tidy and polish.

45 mins ~ £35

*Please note all base coats, topcoats are provided by the therapist. The client is responsible for providing any coloured polish.

Gift Vouchers

Gift vouchers can be purchased and can be used towards any treatment.

*** Please note that we are now able to offer Pregnancy Massage (after first 12 weeks) also Massage for Cancer Patients
Written permission from your GP, Midwife or Healthcare Professional will be required.**

Home Spa and Pampering Days by arrangement .To book appointments or make enquiries contact: Vicky Barnes ITEC CThA BABTAC

Tel: 07804768527 or 01288 353233 Email: info@vickybarnes.co.uk Website: www.vickybarnes.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.