



## *In need of relaxation, being energised or in need of a pamper?*

We are Feel Good Factor Wellbeing Ltd a local hair, beauty, health and coffee/bar- salon in Stonehouse and have teamed up with our partner Stonehouse Court hotel. We have put together some health and beauty packages to give you that feel good experience! **To book your appointment at 10 High street, Stonehouse call 01453 821500 or email us at [sonja@feelgood-factor.co.uk](mailto:sonja@feelgood-factor.co.uk).** Each treatment is accompanied by a freshly prepared smoothie in our in house café/bar/bistro. You have a choice of: *Super smoothie, Super detox, Super energiser, Defence booster.*

### *John Master's organic facial*

John Master's organic facials are a perfect way to start your pampering. Your therapist will analyse your skin and discuss which products to use for your treatment. John Masters uses 85% pure organic ingredients in his products. Each facial is tailored to support your skin needs. This will give your skin a health boost and you will look younger and feel refreshed. **(1 hour) £45**

(we offer to add some make up or/and shape your eyebrows for a small additional charge after each facial)

### *Detox Super organic facial with back massage*

Treatment starts with a foot detox to stimulate lymphatic release and a freshly prepared detox super smoothie to support your body to clear out toxins. Followed by a half an hour back and neck massage to ease of tension, complimented with hot stones to help improve circulation and melt away any muscular resistance. Continued with John Masters organic facial to make your skin glow. The ultimate pamper experience. **(1½ hours) £69**

### *Feel Good release & ease Zen Body treatment*

After your initial health consultation, your therapist will balance your meridian and energy system using gentle eastern techniques to align your body and mind before the

actual body work and massage begins. Ideal for people leading a busy life and neglecting themselves. Helps the body to rebalance the adrenal glands (in the east the kidney meridian is associated with vital energy). **(1¼ hours) £54**

### *Full Body massage*

Ideal for just needing your muscles to relax and for you to switch off the busy mind! Your therapist will use a blend of aromatherapy oils to either energise or relax you. **(1 hour) £45**

### *Feet rescue*

Foot spa with Foot massage, Pedicure with a choice of Nail varnish to finish of the pamper. **(1 hour) £42**

### *Reflexology*

Footspa to start you of and to relax, followed by a fresh prepared smoothie of your choice :super smootie, detox smoochie, energise smoothie and defence smoothie. Gentle pressure is applied to the soles of your feet to balance all major organs in your body, using a blend of natural aromatherapy oils. **(1 hour) £45**

Please call us on 01453 821 500 for Gel nails, manicures, waxing, blow-dry, hair-ups, cut & blow-drys. See our price list or visit us at [www.feelgood-factor.co.uk](http://www.feelgood-factor.co.uk)