

HANDS AND FEET

Holistic manicure (non-colour)

File, shape nails, cuticle removal, hand exfoliation and soak. Hand massage.

(45min) **£35.00**

Holistic luxury manicure (non-colour)

Includes hand mask, thermal mitts for dry nails and chapped hands.

(1hr) **£40.00**

Holistic pedicure (non-colour)

Cut and file nails, cuticle removal, callus removal, foot exfoliation and soak. Foot massage.

(1hr) **£45.00**

Holistic luxury pedicure (non-colour)

Includes foot mask and thermal booties. Good for extremely dry chapped feet/soles.

(1hr 15min) **£50.00**

*Holistic manicure & Holistic pedicure (non-colour) *PACKAGE**

(1hr 45min) **£70.00**

Holistic Pedicure with Marvex callus peeling system

(1hr 15min) **£65.00**

Holistic Pedicure with Hot Stones foot massage for legs and feet

Good for tight, stiff muscles.

(1hr) **£60.00**

Holistic manicure with Hot Stones for arms and hand massage

Good for tight, stiff muscles.

(50min) **£60.00**

Marvex Callus Swiss peeling system

Instant callus removal system in 15mins, for hard callused skin. Leaves the soles and skin revitalised and soft.

(20min) **£40.00**

FACIALS

Hot stones and cold stones facial

Helps with the elimination of excess fluids and the cold stones help tired and puffiness from the face and eye areas. Brings added firmness and tone to the skin. Boost circulation and radiance. Superficial cleanse, deep cleanse, skin analysis. Hot stones applied; cold stones applied. Serum. Moisturiser.

(45min) **£65.00**

FACIALS CONTINUED

Back facial

Cleanse x 2, exfoliation, skin analysis, mask is applied to help remove impurities, steam to open pores. Cleanse, back massage. Either aromatherapy or relaxing massage.

(1hr) **£80.00**

Mini spa facial

Designed to give the most of a full treatment in less than the time. Ideal for those on the go. Cleanse, skin analysed, cleanse, exfoliation mini facial massage, serum, moisturiser, lip balm, eye cream.

(45min) **£70.00**

SPA SIGNATURE FACIALS

Casmara peel-off masks included in all the below facials

Green tea spa facial

Anti-ageing with algae extracts enriched with green tea and lavender. This facial is specially aim at fatigued skin or harmed by conditions such as the wind, cold and solar radiation. Ideal for mature skin.

(1hr 20min) **£80.00**

Gold spa facial

This is a revitalising nourishing facial protecting the skin from external aggressions. With seaweed, algae peel-off mask and 24 karat gold dust. Helps firm the skin, reduces wrinkles. For men and women.

Any age groups.

(1hr 20min) **£85.00**

Vitamin vegetable spa facial

Facial based on marine algae with natural high in vitamin C from orange and drill. For dull complexions, lacking nutrients, and collagen. Suitable for all skin types. Ideal for people who smoke or with ill health.

(1hr 20min) **£80.00**

Sensitive spa deluxe facial

Facial with vitamin A, B, and C. infused with Algae mask. Leaves skin soothe and flawless. Ideal for sensitive skin types.

Nutrients containing oats and violets well known for their beneficial effects on delicate skin.

(1hr 20min) **£80.00**

Japanese facial

Ancient holistic therapy which treats 14 of the meridian lines within the facial area. Helps increase circulation. Helps reduce puffiness. Helps improve muscle tightness. Helps in elimination of toxins. Cleanse x 2. Tone. Exfoliate. Facial diagnostic/ facial analyse. Massage neck, arms, shoulders, with lymphatic drainage movements. Camara mask applied. (Choice of Gold, Vegetable, Sensitive. Green tea.) Tone. Serum. Moisturiser. Anti-ageing moisturiser, eye cream, lip balm.

(1hr 20min) **£85.00**

AYURVEDIC THERAPIES

Ayurvedic body massage

This holistic massage is ideal for restoration to any imbalances and helping to return the body to its natural healthy state. Focus is on the marma points clearing blocked energies. Using the appropriate Ayurvedic oils of the individual dosha type.

(1hr) **£90.00**

Ayurvedic abdomen massage

(45min) **£75.00**

Ayurvedic feet and legs massage

(40min) **£65.00**

Ayurvedic Shirodhara scalp massage

Dosha type Ayurvedic oil is poured into the head and gentle massaged is applied to the scalp. Improves sleep quality, manage insomnia, reduces stress and anxiety.

(45min) **£65.00**

Ayurvedic spa package

Ayurvedic body massage, shirodhara scalp massage followed by Ayurvedic holistic facial massage with kansa wand.

(2hr 30min) **£200.00**

Ayurvedic kansa wand holistic facial massage

Kansa wand is used on the 22 marma points on the facial area.

Can help relieve stress and anxiety, stimulate muscle tone, enhancement of lymphatic drainage, rejuvenating the mind and body and improve circulation, aid in helping toxins be removed from the facial and neck area. Energy blockages cleared. Relaxed jaw and face muscles.

(45min) **£65.00**

LIGHT CENTRE
49 Marylebone High Street,
London W1U 5HJ

LIGHT CENTRE
Belgravia, 9 Eccleston Street,
London SW1W 9LX

LIGHT CENTRE
City of London, 36 St Mary at the Hill,
London EC3R 8DU

Tel: 078 6731 9795

Email: allaboutevetherapies@gmail.com
www.allaboutevetherapies.co.uk

ALL ABOUT EVE
BEAUTY SPA AND
HOLISTIC THERAPIES

Be kind to yourself.
Have a therapy.

Price list

MASSAGES

Swedish full body massage

Relaxing, uplifting, therapeutic to the mind body and soul. (1hr) **£85.00** or (1hr 15min) **£100.00**

Relaxing body massage

Gentle, smooth, flowing massage. Helping to relieve muscular tension. (1hr) **£85.00** or (1hr 15min) **£100.00**

Therapeutic body massage

A range of massage techniques is applied for stress relief, aches, pains, and discomfort. Such as sore muscles and stiff joints. Ideal for sports and athletes after exercise. (1hr) **£85.00** or (1hr 15min) **£100.00**

Aromatherapy massage

Using a range of pure essential oils blended with a carrier oil. Good for anxiety, stress, ease from pain regarding various conditions. Uplifting, rebalancing and relaxing. (1hr) **£90.00** or (1hr 15 min) **£105.00**

Indian head massage

Ordinated from India thousands of years ago. This seated massage is good for insomnia, joint-pain and promoting hair growth. Massage is started from upper back, neck, shoulders, and head. Helps relives tension and stiff muscles. (45min) **£65.00** or (1hr) **£75.00**

Hot stones massage

Using coconut or olive oil. Heated basalt stones are placed and massaged on to the body. Highly relaxing and healing massage. Helps in relieving pain and discomfort from the body. (1hr) **£90.00** or (1hr 15min) **£105.00**

All About Eve signature distressing deluxe massage

Ideal for those in need of distressing the whole body, and relief from knots and tension. Custom bespoke tailored massage. Using a blend of deep tissue movements, relaxing pressure, and lymphatic drainage techniques. (1hr) **£100.00** or (1hr 15min) **£115.00**

Shea butter delight spa massage

100% pure and Unrefined African shea butter that penetrates intensely into the skin. Good for dry or very dry skin. Rich in vitamins A and E.*This massage is deeply relaxing* (1hr) **£90.00** or (1hr 15min) **£115.00**

Warm spice spa winter massage

This massage is infused with Aromatherapy essential Clove oil. is ideal in the autumn and winter months. Warm, woody and spicy aroma to energise, stimulate and pure relaxation. (1hr) **£95.00** or (1hr 15min) **£100.00**

Back massage

Ideal for lower back discomfort and stiff muscles and aches and pain (choice of aromatherapy oils if preferred.) (45min) **£70.00**

Hot stones back massage

Deep issue massage with the stones penetrating deep within the muscles to bring instant healing and relief to back aches, pain, and discomfort. (45min) **£75.00**

All About Eve spa signature holistic facial massage

Promotes healthy looking skin, relaxes the facial muscles, refreshing and detoxifying. Promoting, blood flow to the skin, therefore helping the circulation to aid in flushing out toxins. Lifting and firming by using facial massage techniques. Revitalising the skin. Helps to promote younger-looking skin. Pure and natural, includes scalp massage. (45min) **£70.00**

SPECIALITY MASSAGES

Oncology massage

Specialist massage techniques are applied and adapted for those going through cancer treatment. Using soft, stoking techniques that bring a deep feeling of relation. May help in pain relief.

Please note that all treatments can only be carried out 6 weeks after any cancer treatment

(1hr) **£85.00**
CONSULTATION IS FREE

Abdomen (stomach massage)

Helps tone stomach muscles and benefits weight loss reduction on a course of treatments. Helps in reduction of bloating, relief from stress and constipation. (45min) **£70.00**

*for pricing and further details. Please call or email.

MEN'S GROOMING

Men supercharge high power facial

Superficial cleanse, deep cleanse with supersonic cleansing brush, tone, skin analysed, steam, mask, moisturiser, lip balm. (1hr) **£75.00**

Men manicure

Cut nails, file nails, cuticle removal, hands soak, nails clean, and exfoliation, hands massage. (45min) **£55.00**

Men pedicure

Cut nails. File nails, cuticle removal, callus removal, foot soak, nails clean, and exfoliation, foot massage. (1hr) **£60.00**

SPA SIGNATURE PACKAGES

Facial package

Uplifting and distressing facial with aromatherapy back massage (choice of pure essential oils with a carrier oil for the back massage.) Targeting the facial areas to improve firmness and tightening of the pores. Leaves the face brighter and glowing. (1hr 30min) **£130.50**

Body delight package

Scalp, neck, shoulder, and upper back massage (**seated**.) Choice of holistic manicure/holistic pedicure. This is a pure delight therapeutic package for the mind, body, and soul. Ideal for joint pain. (1hr 30min) **£95.00**

Men's spa deluxe package

Seated head, shoulder, upper back massage with choice of pure aromatherapy oils to suit emotional wellbeing. Choice of manicure/pedicure (1hr 30min) **£75.00**

Foot massage, hand massage & scalp massage

(1hr 20min) **£110.00**

Spa day package

AM
Scalp Massage followed by Holistic manicure and Holistic Pedicure.

PM

light lunch provided (vegetarian please state). Followed by Full body massage (of choice) up to 3hrs **£180.00**

SPA THERAPIES

Scalp, neck, shoulder & upper back massage

Therapeutic massage in a seated position to ease tension, joint-pain, stiff muscles. Added with a stimulating head massage. Coconut or aromatherapy oils can be applied. (45min) **£65.00**

Spa Tranquillity scalp massage

A choice of therapuetic oils is applied to the scalp, massage from the back and front with fingertips and palms. Helps to reduce muscle tension, reduce stress, can help with insomnia and relaxation. (40min) **£65.00**

Spa signature full body exfoliation & moisturising massage

To help remove dead skin cells and to improve skin texture for softer firmer skin. Cleanse, deep exfoliation, massage. Choice of oils can be applied. (1hr 45min) **£195.00**

Aromatherapy foot & leg massage

Amazing feet and leg therapy, to help rebalance aching calf muscles and tired sore feet and soles. Stimulating and uplifting feeling infused with pure essential oils. (45min) **£65.00**

Foot spa ritual

Foot exfoliation > herbal foot soak with pure essential oils > foot mask wrap in heated thermal booties > foot massage with coconut oil or other therapeutic oils. (40min) **£65.00**

Japanese facial > foot ritual > back massage

Japanese facial. Foot ritual. Back Massage. Part A – feet cleanse. Foot mask applied to feet and wrap into heated booties. Facial. Back massage. Part B – remove booties. Foot massage. Highly relaxing holistic ritual therapy. (2hr 25min) **£200.00**

Aroma facial spa massage

Using arrange of pure essential oils to help relax, clam the mind. Deep cleansing and detoxifying. Good for a range of skin conditions, anxiety, stress, and headaches. Also good for sinus and brings a sense of wellbeing. (45min) **£70.00**

Spa signature head relax and unwind

Scalp massage, facial marma points massage and ear candling treatment. this is a deluxe therapy to ease away the stress of everyday life. For the mind, body and soul. (1hr 25min) **£160.00**

Ear candling/thermal-auricular

Helps to remove ear wax, can improve hearing and help with conditions such sinus infections, colds, rhinitis and tinnitus. Useful for headaches, migraines, and hay fever. (20min) **£45.00**