

# The Garden Rooms Beauty Therapy and Pain Release Clinic



Featuring Gerards  
Italy's Best Kept Secret

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## Introduction

Hi, welcome to The Garden Rooms brochure. I hope you will find all the information you need to give you an insight to the benefits of beauty and complementary therapies.

I initially became interested in the world of beauty therapy in 1998 and continued along this course until three years ago when I was introduced to Hot Stone Fusion Therapy.

I became hooked on how the heat from these amazing stones could release pain from the body. From there I started taking course after course on remedial massage. I was fascinated on how complex and intriguing the human mind, body and soul really are.

A fascination with the human body and how it can be affected by touch and focused intent inspires me daily to gather more knowledge and experience. My ultimate goal is to provide you with the highest quality and most effective treatments I can.

This year I have introduced Gerards. I am constantly striving to bring you the best products and treatment I can.

**Gerard's** is Italy's best kept secret and most popular skincare company.

**Gerard's** is stocked in Richard Branson's private Island spa and has featured on Gok's How to look good naked, GMTV and Supersize vs Superskinny.

*Sally Mutton*

*'Together we can make a difference'*

## **Body Treatments**

### **Green Tea Abdomen Treatment**

Gerard's treatment as featured on C3 Supersize vs Superskinny.

An intensive treatment targeting the abdomen, using ampoules of vegetable extracts, essential oils and mineral rich and active marine gels.

The treatment begins with a gentle exfoliation, followed by 'shock' ampoules massaged into the stomach. Green tea and laminara and caffeine make up a specialized mask.

#### **Who is it for?**

Ideal for someone with sagging skin or bloating. The treatment improves the condition of the skin and soothes the abdomen internally.

**Allow 1hr £50**

**Course of treatments £250**

### **Seaweed Cellulite Treatment**

As featured on 'How to Look Good Naked' ~ **Gerard's** mineral rich products help the seaweed to moisturise the skin.

Applied to problematic areas to condition and improve the skin. An exfoliation and massage is included. Choose your body areas to be treated; thighs, buttocks, abdomen, arms.

#### **Who is it for?**

Ideal for someone with problem areas that could benefit from boosting, toning and conditioning

**Allow 1hr £50**

**Course of treatments £250**

**Both treatments together Allow 2hrs £85**

**Course of treatments for both £425**

## **Facial Treatments**

### **Prescriptives: Sensydra**

Experience this unique blend of Aloe, Mango and Sweet Almond that nourishes, repairs and softens skin. A deep cleansing facial, combining exfoliation, a unique massage and a relaxing mask. A moisturising and soothing facial for normal to sensitive skin types that has a tendency to dehydrate and redden.

**Allow 1hr £35 Course of 6 treatments £175**

### **Rigenera DNA Facial & Face Gym**

'Intense shock treatment', a true regenerating beauty program to be repeated periodically throughout the year to renew, bio-energise, detoxify and restructures your skin. DNA molecules supply your skin cells with a vitality spark, accelerating regeneration and drastically reducing the signs of ageing

**Allow 1hr £55 Course of treatments £275**

### **Caviar Facial**

'A Concentration of Youth for the Skin". Precious Caviar increases the development of new tissue growth and cell renewal leaving your skin looking revitalised, firm and youthful. Combined with a luxurious finger-tip-energising massage that will relax the mind and at the same time stimulate the circulation, soften facial expressions and firm the facial contours. A must for mature skin wanting a new lease of life.

**Allow 1hr £65 Course of treatments £325**

### **Glycolic Facial**

A completely safe chemical peel using 25% Glycolic Acid derived from sugar cane. A results driven treatment that combats fine lines, sun damage, acne and congestion. A skin tingling experience that exfoliates to the deepest layers. Your skin will never have looked as clear, de-congested and bright.

**Allow 1hr £42 Course of treatments £210**

## **Ayurvedic Treatments**

### **Kerala - Ayurvedic Facial & Head Massage**

Kerala eliminates the sense of stress and tiredness with an incomparable relaxation technique based on the Ayurvedic philosophy.

Delicate herb filled bundles are used to work on marma points to help ease contractions of the facial muscles thereby relieving tension headaches, relax wrinkles and stimulate chakras.

A facial treatment combining the most advanced cranial scalp massage techniques to leave you glowing from within.

**Without Facial Allow 30 mins £25**

**With Mini Facial Allow 1hr £40**

### **Shirodhara - The Power of Warm Oil**

A constant flow of warm oil flows onto the third eye followed by a delicate head massage.

Based on the Indian Ayurvedic philosophy, Shirodhara is an extraordinary wellness treatment that alleviates accumulated stress, promotes deep relaxation, improves the perceptiveness of the senses and helps to lift anxiety, stress, concentration difficulties and insomnia; it helps to improve sight, memory and circulation.

**Allow 30mins £35**

**With Kerala Head Massage Allow 1hr £50**

**With Kerala Mini Facial and Head Massage Allow 1hr 30mins £65**

## Holistic and pain release therapies

### **Pain Release Therapy**

An ultra modern approach to massage, drawing knowledge from eastern and western traditions. The main goal of this treatment is to release debilitating pain from the body in a professional, holistic manner.

Pain in the body can often be caused by restricted, congested points or areas in the tissues, usually initiated by injury, overuse or poor posture. With a safe, knowledgeable approach these points can be released using techniques such as trigger point therapy, advanced stretching, thermotherapy (heat) and cryotherapy (cold).

Using a variety of techniques clients report an average of 80—100% reduction in their pain after 1-6 treatments. The number of treatments required to release pain is dependent on various factors including: age, ability to recover, length pain has been experienced and type of pain. Once pain has been released it may be favorable to adopt a maintenance schedule which is usually one treatment every 2 - 6 weeks.

To assist the body in releasing pain in between treatments, it may be beneficial to perform some simple stretching and strengthening exercises. These will be designed specifically for you and your own pain.

This treatment can help to release the pain associated with conditions such as:

Sciatica, Chronic back pain  
Headaches/Migraines  
Repetitive Strain Injuries  
Leg, Knee and Foot pain  
Golfers/Tennis Elbow  
Carpal Tunnel Syndrome  
Thoracic Outlet Syndrome  
Whiplash Injuries, Frozen Shoulder

**£35 per hour**  
**6 treatment course    £175**

Your initial treatment will include a physical assessment of your condition and pain. Therefore subsequent

treatments will decrease in length. Treatment times vary dependant on your condition - please ask at time of booking for more details

## Reflexology

The ancient, healing art of reflexology has been around for thousands of years. It was first practiced in India and has been used by the Chinese and Egyptians for generations and has become an established complimentary treatment in the UK.

Consisting of massage and stimulation of the feet, in a relaxing, flowing treatment. Reflex points in the feet are stimulated and tissues massaged in a treatment that will leave your feet feeling sublime. This treatment is also highly detoxifying and wonderfully comforting.

There are over 100 conditions that can respond and benefit from reflexology most commonly:

Hormonal Imbalances, Infertility  
Digestive complaints , Depression  
Menopause, Skin Conditions  
Stress, Insomnia  
Emotional Overload

**60 minutes    £35.00**

**6 treatment course    £175.00**

## Aromatherapy

Aromatherapy means "treatment using scents". It is a holistic treatment of caring for the body with pleasant smelling botanical oils such as rose, lemon, lavender and peppermint. The essential oils are massaged into the skin,

Aromatherapy is used for the relief of pain, care for the skin, alleviate tension and fatigue and invigorate the entire body. Essential oils can affect the mood, alleviate fatigue, reduce anxiety and promote relaxation. When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves.

The essential oils are aromatic essences extracted from plants, flowers, trees, fruits, bark, grasses and seeds with distinctive therapeutic, psychological, and physiological properties, which improve and prevent illness. There are about 150 essential oils. Most of these oils have antiseptic properties; some are antiviral, anti-inflammatory, pain-relieving, antidepressant and expectorant.

Feel the stresses and tensions of everyday life float away with this wonderfully relaxing aromatherapy massage.

**30 minutes                      £25.00**

**60 minutes                      £45.00**

## **Hopi Ear Candling**

The magic of fire has fascinated people from the very beginning of time and control of this element gave light and warmth. Ear candles evoke a similar fascination and have been used by many cultures as an effective natural therapy since ancient times.

The Hopi, the oldest Pueblo people with great medicinal knowledge and a high degree of spirituality, brought this knowledge to Europe with the professional involvement of BIOSUN.

You are usually asked to lie comfortably and to relax. The Hopi ear candle is then gently placed into the auditory canal, where it is lit and held in a vertical position. The therapist's hands keep the candle steady. You will then experience a pleasant crackling sound and a warm comfortable feeling as the candle burns. The candle is allowed to burn down until it reaches a specific marker indicated on its side and then it is taken away while you lie there for a few moments. The process is then repeated on the other ear.

- Cleaning out excessive or compacted wax in the ears )
- Eliminating backed up mucus
- Alleviating allergic conditions
- Discouraging candida
- Diminishing chronic sinusitis
- Enhancing hearing, or even taste and smell
- Relieving ear pain
- Noises in the ears, ringing, tinnitus

**60 minutes                      £35.00**

**6 treatment course                      £175.00**

## **Something Special**

### **De-Stress Stone Massage**

Warm Almond Oil followed by hot Basalt stones expertly glide over your skin, breaking down tension in your muscles and nourishing your skin. Experience the re-balancing energy of the stones that promote a sense of wellbeing from within.

**Allow 1 hour                      £50.00**

### **Chocolate body Therapy**

Mouth-watering pampering for the body using olive stone granules, ginger, lime, mandarin and lemon essential oils this body scrub and massage is unforgettable. A guilt free sensation to leave skin hydrated, re-mineralised and smelling gorgeous.

**Allow 1 hour                      £50.00**

### **Hot Stone Massage Ultimate Top to Toe**

Full Body Jing Hot Stone Massage, Warm Almond Oil followed by hot Basalt stones expertly glide over your skin, breaking down tension in your muscles and nourishing your skin. Experience the re-balancing energy of the stones that promote a sense of wellbeing from within, Mini Facial, manicure and pedicure

**Allow 3hrs                      £105.00**

### **Dead Sea Salt Body Scrub**

Re-mineralising, oxygenating full body scrub using natural sea salts that are blended with essential oils tailored to your specific needs. Your skin will feel smooth, look buffed and nourished, perfect preparation of the skin before or after a holiday or before a body treatment.

**Allow 1/2hr                      £25.00**

### **Holiday Special**

Look and feel your best before going away on holiday come in and treat yourself from Top to Toe with our St. Tropez full body tanning, Manicure and Pedicure

**Allow 3 hrs £80**

## **Beauty Treatments**

### **Eye Treatments** (An allergy test is required 24hrs before your tint)

Eyelash Tinting Allow 20mins	£9.00
Eyebrow Tinting	£6.00
Brows and Lashes	£13.00

### **Waxing**

The ideal way to remove unwanted hair, using soothing lavender warm wax.

Half leg	£12.50
Full Leg (incl. bikini line)	£20.00
Bikini	£6.00 - £15.00
Underarms	£6.00
Forearms	£12.50
Lip/chin/face	£5.00
Eyebrows (Incl. Shape)	£7.00
Full Face (incl face, lip, chin, ebs)	£15.00
Back Wax	£15.00 - £30.00

### **St Tropez Tanning**

Full Body Tan	£35.00
½ Body (Top or Bottom)	£20.00
Both include body exfoliation	

### **Nail Extensions**

Full Set of Nail Extensions Acrylic, Gel or Fibreglass	£40.00
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#### Acrylic Overlays on Natural Nails\*

For natural nails with a little bit of length that flake and break easily.

This strengthens and protects the nail. Allow 1hr	£30.00
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#### Temporary Extensions - Tips Only

These are great for that special day/night out. Only lasts for 1 week to 10 days. Do not require maintenance. Allow 1hr

£30.00

Acrylic French Toe Overlays

These are great fun for the summer and the latest in London fashion.

If kept well oiled and looked after should last at least 4 - 6 weeks.

Allow 1hr 30mins £40.00

One Colour Maintenance £22.50

Pink & White Maintenance £25.00

Toe French Maintenance £40.00

Removal & Manicure £20.00

Manicure Express £12.50

Basic Manicure with Polish Allow 45 Mins £15.00

Paraffin Wax Manicure Allow 60 Mins £25.00

Gerards Dead Sea Salt Therapy for Feet Allow 30 mins £25.00

Gerards Dead Sea Salt Therapy for Feet  
with Jacuzzi Foot Spa and Polish Allow 1hr 15 mins  
£35.00

Paraffin Wax Pedicure Allow 1hr 15mins £35.00

French Polish for Hands or Feet  
(please add this to cost of manicure/pedicure) £2.50

Nail Polish Removal Hands or Feet £2.50

## **BRIDAL MAKE-UP PACKAGE**

Practice Make-up per person £25.00  
(Min 4 people if not done at The Garden Rooms)

Make-up on the day for the Bride £60.00

Make-up for Bridesmaids/Mother of the Bride/Groom £40.00  
(Children under 12 Free)

I will on the day attend the house/hotel at which you are staying or getting ready, you do not have to worry about getting stuck in traffic, rain etc. I also have a very good friend who can quote for hair-up on the day at your location.

There is a £35per hour charge for travelling outside the Dartmouth/Kingsbridge Area

## **BABY MASSAGE COURSES**

Can you think of anything better than being a warm room, gazing into your baby's eyes? Being a new mum can sometimes seem an endless cycle of feeding and changing nappies. Massaging your baby gives you a time when you can relax and be together and it can have lots of wonderful benefits too. Did you know, for example, that baby massage can help if you're suffering from postnatal depression?

The course is held over a 5 week period. With a certificate at the end.

Locations to be agreed.

One to one Classes course of 5 £175  
Groups of Two Mums course of 5 £150  
Groups of Three Mums course of 5 £100

**Welcome to The Garden rooms**

If you require peace and tranquility, and want to escape the busy world around you then come in and truly relax and let us melt away your stress.

We are situated 5 mins from the beautiful Devon Coast in the village of Strete, Dartmouth

We have an exclusive deal for local clients who include our privilege gold card enabling regular clients the chance to receive discounted treatments, newsletters of all new products, treatments and offers.

If you are having a pedicure please remember to bring sandals with you, we do have fabulous sandals that you can purchase here with toe separators.

## **GIFT VOUCHERS AVAILABLE**

Conditions of Payment

Please make cheques payable to

Sally Mutton

Most credit/debit cards accepted

A deposit will be taken for any treatments booked over £50 or treatments booked on a bank holiday.

There is a 50% charge for all those who do not give at least 24hrs notice before cancelling or changing an appointment Prices subject to change without prior notice.