

the mill house

**Parlwr Holistic a Harddwch
Holistic & Beauty Salon**

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Welcome

Our Aim

To provide the best in essential holistic and beauty treatments in a relaxed and unhurried environment, professionally and confidentially.

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In order for us to achieve that aim, please ensure that mobile phones and pagers are switched off and arrive at least 5 minutes prior to your appointment to unwind and relax and prevent inconvenience to others. Appointments may be reduced and treatments charged at the tariff price should you arrive late. This is your time - with that in mind children are not allowed in the treatment areas.

Payment

Payment can be made by credit/debit card or cash at time of service. At time of booking, 50% deposit **must** be given to guarantee appointments for two hours or more.

As a consideration to us there is a strict **24 hour cancellation policy**. You will be charged the full amount for the missed appointment or late cancellation.

The Mill House Gift Vouchers

An ideal gift for a special occasion to pamper your family and friends. Vouchers can be used for treatments or retail products and purchased for any amount required. They are valid for six months from date of issue.

Policy

It is the strict policy of The Mill House to provide a full consultation to each and every client for our treatments.

We reserve the right to refuse treatments if having carefully considered the nature or circumstances of a client's state of health there are clear reasons for doing so.

Opening Hours

Monday	CLOSED
Tuesday	9.30 am - 7 pm
Wednesday	9.30 am - 6 pm
Thursday	9.30 am - 7 pm
Friday	9.30 am - 5 pm
Saturday	9.00 am - 2 pm

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Face

ENVIRON®—a beautiful skin for a lifetime

Environ® Skin Care is a premier quality brand offering outstanding results for discerning clients. Formulated by Dr Des Fernandes, a world-renowned plastic surgeon, the range contains a unique combination of active ingredients to protect the skin from environmental aggressors and combat the signs of ageing.

The cornerstone of Environ® treatments is Vitamin A, shown to have a corrective effect on skin, smoothing it and softening and protecting it from the effects of ultraviolet radiation and free radicals. Its most important activity is to normalise the skin. It promotes the production of healthy collagen and elastin and improves the skin's natural moisture, leading to healthy, younger-looking skin. Environ® products are specialised in the treatment of all skin types including acne and scarred skins, pigmented, textural, mature and photo-damaged.

A full skin consultation will be given prior to purchase of home care products and salon facial treatments. Environ® treatments achieve dramatic results in-salon.

Environ® Manual Facial Vitamin Treatment

Using Environ® Vitamin serums prescribed for your individual needs to normalise your skin.

1 hour £40.00

Environ® Ionzyme® Facial Vitamin Treatment

This revolutionary treatment uses the Environ® Ionzyme machine to apply a combination of electrical impulses and sound waves to drive vital skin vitamins A, C, E and beta-carotene into the skin. Penetration is increased by up to 40 times compared with simply massaging creams in by hand. The treatment stimulates maximum thickening of the skin, helps to improve collagen and elastin levels to soften lines and scars, reduces uneven skin tone and increases hydration.

1½ hours £55.00 Course of 12 treatments, pay for 10

Gerard's Skin Care from Italy

Sensydra Facial

Normal to sensitive skin types that have a tendency to dehydrate and redden.

The active ingredients help capillary fragility, strengthen skin and create an anti-oxidizing system to reduce premature ageing, also re-mineralise, balance sebaceous secretions and nourish a dehydrated skin.

1 hour £36.00

Re-Balancing Facial

For oily to combination skin with visible pores and shiny areas

The active ingredients have an antiseptic action to treat bacteria on the skin to help rebalance the excess oil that is produced by our over active sebaceous glands.

1 hour £36.00

Rigenera Facial

For mature skin

An innovative regenerating and firming facial using pure ACE vitamins and a marine DNA soaked mask/Lift mask which supplies the skin with vitality, accelerates tissue regeneration and drastically reduces ageing signs. These two products act in synergy to improve elasticity and firming of facial contours. This facial includes the 'Face Gym'.

The Face Gym is a manual procedure which oxygenates the skin and increases the circulation leaving the skin radiant and translucent. The facial muscles are toned and firmed and most importantly, will smooth and refine lines and wrinkles to help with the effects of ageing.

The muscles are manipulated in such a way that you are working against the usual muscle action causing the muscles to have a physical workout!

1¼ hours £45.00 Course of 4: £150.00

Specialised Facial Toning

Non-Surgical Facelift

This treatment uses a low level micro current technique to stimulate the cells in the skin and the muscles, in much the same way as the body's own signals.

The electrical impulses regenerate the cells, moisturise the lower skin layers and retrain muscles so they become toned and reshaped.

Treatments lift and tone sagging muscles on the face and neck. The skin takes on a healthy glow and fine lines and wrinkles are plumped out and begin to soften. Eye treatments lift drooping soft upper lids.

Non-Surgical Facial **45 minutes** **£32.00**
(Course of twelve - £320.00)

Non-Surgical Eye Treatment **30 minutes** **£22.00**
(Course of twelve - £220.00)

Advanced Cosmetic Procedures (ACP)

Allow your skin specialist to care and support you in a practical sense by removing any unsightly skin blemishes on face or body that may have affected your confidence and wellbeing recently or throughout your life.

Using electrolysis we can treat Facial Thread Veins, Blood Spots, Spider Naevus, Skin Tags, Milia, Warts, Dermatitis Papulosa Nigra and more. Hairs in moles can also be treated with GP's written consent.

Consultation	Complimentary
Up to 15 minutes	£30.00
Up to 30 minutes	£50.00
Up to 45 minutes	£70.00
Up to 60 minutes	£90.00

Your therapist will advise the method to be used and length of treatment. Spacing technique and treatment intervals will be carefully considered in a treatment plan taking into consideration your requirements, needs and wishes.

Advanced Nutrition Programme

When it comes to healthy skin, what you put inside the body can be as important as what you apply topically. Advanced Nutrition Programme products can be combined to effectively target skin health.

The nutritional profile of food has changed in recent years and it is not always possible to obtain optimum levels of nutrition from our daily diet. High-quality supplements can have a role to play in helping to ensure the daily intake and support a healthy, radiant complexion.

Advanced Nutrition Programme products contain only the finest ingredients that are easily absorbed by the body. There are no artificial colours, flavourings or sweeteners and where possible the most natural components are used.

The Mill House is a stockist of the Advanced Nutrition Programme Skin range, Wellbeing range and various packs for pregnancy, sun exposure, party, travel and detoxification.

Please ask for details and free consultation.

Ear Piercing

Choice of a pair of
Stainless Steel or Gold Plated earrings £15.00
(Includes After Piercing Solution)

Body

Dead Sea Salts Body Brush and Scrub

A natural exfoliant and a pure treat for the whole body. This treatment starts with body brushing then using mineral-rich salts from the Dead Sea your body is detoxified, drained and oxygenated. This treatment aids circulation, ridding the body of dead skin cells to leave the skin feeling smooth. This scrub is a great aid against cellulite and an ideal treatment before a holiday to cleanse and invigorate the body.

1 hour £36.00

Shea Bliss Nourishing Therapy

A perfect treatment using 100% shea butter and essential oils. The skin is exfoliated then moisturised and nourished to the highest degree, ideal to prepare the skin for a holiday in the sun or to re-hydrate the skin on return. The shea butter is warmed and used for a relaxing massage then the client is wrapped to maximise penetration.

1 hour £36.00

Honey Glow Body Scrub

Using warm Magic Honey and Dead Sea Salts as a nourishing body scrub, salts are dispersed in marine water and the body is massaged with warm oils and honey and wrapped for maximum penetration. The honey is totally water soluble so it is very easy to remove. A very popular treatment that leaves the body smooth and silky to the touch.

1 hour £38.00

Mother to Be Therapy for Face or Body

For all skin types

An exfoliating and moisturising treatment for the face or body, using safe and natural products for the pregnant and nursing mother, to relax and de-stress, prevent further stretch marks, help the elasticity of the skin during growth. The skin is nourished and left smooth, soft and clear.

Face £36.00
Body £38.00

Body Toning

Universal Contour Wrap

The original sea clay body wrap treatment - detoxifying, contouring, revitalising - with unique double inch loss guarantee of at least 6 inches (see leaflet for full information).

This is an excellent treatment for reducing the appearance of cellulite and stretch marks.

2 hour treatment (excluding rest time) £ 50.00

Course of three treatments £120.00

(7-10 days between each treatment for optimum effect)

Holistic Therapies

Swedish Body Massage

A massage to release tension and stress, increase circulation and enhance muscle tone. A thoroughly relaxing or energising experience.

Full Body Massage:

1 hour £32.00 With hot stones therapy - plus £8.00

Back, Neck and Shoulder Massage

30 minutes £22.00 With hot stones therapy - plus £8.00

A blend of Aromatherapy Oils may be used to enhance your experience.

Indian Head Massage

This simple and effective form of therapy has been around for the last thousand years, is non-invasive and conducted through clothing. The head, neck and shoulders are all energy centres where tension is most likely to accumulate. These areas and the face and arms are gently, firmly and rhythmically massaged until the pressure begins to float away. The benefits include relief from neck and shoulder stiffness, improved circulation, relief from mental tiredness and removal of anxiety, creating a sense of calmness and tranquillity leaving you in a state of total relaxation.

45 minutes £26.00

Reflexology

This treatment is a unique science that works on the feet in the form of massage. Reflex points on the feet correspond to organs, glands and all parts of the body thus the whole body and specific problems can be treated increasing the body's ability to heal itself. A wonderful, soothing and calming experience leaving you dreamily relaxed.

1 hour £32.00

Reiki (Ray-key)

Meaning 'life-force', this non-invasive treatment of channelling universal life energy flow in the body is exceptionally beneficial if you feel drained or burnt out. It works on different levels:

- The physical which reduces pain and increases the body's ability to heal itself
- The emotional which helps to come to terms with life's conditions that we are unable to change

1 hour £32.00

Ear Candling

Using Hopi Ear Candles, this holistic treatment is a wonderful, relaxing experience, working on the physical, psychological and subtle levels and the techniques used represent a cleansing programme for the whole body not just the ears. Helps with the symptoms of tinnitus, sinusitis, hearing & balance, headaches, colds etc

1 hour £32.00

Hands and Feet

Jessica

The JESSICA nail care products contain unique formulations and are designed to cater to the special needs of all nails. Manicure includes file, cuticule treatment, massage, base coat, 2 layers of colour and top coat.

Jessica Treatment Manicure	£23.00
Jessica Treatment Manicure - French	£25.50
File & Polish	£14.00
File & Polish - French	£16.50
Jessica Zen Spa Pedicure	£25.00
Jessica Zen Spa Pedicure—French	£27.50

Hair Removal - Waxing

PHD Waxing using Honey

Full leg	£21.00
Half leg	£13.50
Full leg & Bikini line	£25.00
Bikini line	£10.50
Underarms	£10.50
Upper Lip and Chin	£11.00
Upper Lip	£ 6.25
Chin	£ 6.25
Lower Arms	£12.00

Please ask about prices for other areas requiring hair removal

Permanent Hair Removal - Electrolysis

Complimentary consultation	
Up to 15 minutes	£12.00
Up to 30 minutes	£24.00
Up to 45 minutes	£36.00
Up to 60 minutes	£48.00

Eyes

Eyelash Perming (including Lash Tint)	£32.50
Eye Package (Eyelash & Eyebrow Tint and Eyebrow Shape)	£17.50
Eyelash Tint	£ 8.50
Eyebrow Shape	£ 8.00
Eyebrow Tidy	£ 6.75
Eyebrow Tint	£ 6.25

A 24 hour skin test is required for clients who have no previous tinting or perming record or have not had the treatment within six month at the salon.

