







Daoyin Tao®

Chinese Face, Neck & Shoulder massage

A synergy of Eastern & Western massage techniques harmoniously blended to create a powerful yet subtle therapy.

Ideal for:

-  Relaxing
-  Revitalising
-  Rejuvenating
-  Rebalancing
-  Pain & discomfort
-  Decongesting




Daoyin Tao® (1/2 hr) £28.00

Daoyin Tao® & Back, Neck & Shoulder massage (1 hr) £46.00

Join the experience of Daoyin Tao® with a standard or Hydrotherm back massage.

Reflexology £30.00

Reflexology is a pressure therapy applied to reflex points on the feet and hands. It helps the body's natural healing process by alleviating the effects of stress, reducing tension, allowing the body to gently detox, bringing relief to a wide range of acute and chronic conditions. It can benefit many common ailments and conditions such as:

-  Back Pain
-  Migraine/Headache
-  Stress Related Conditions
-  Asthma
-  Digestive Disorders
-  Depression
-  Insomnia
-  Bronchitis
-  Anxiety
-  and more

Reiki £26.00

Reiki is of Japanese origin and means Universal Life Force. This energy is channelled through the practitioner's hands to the recipient. This helps to relieve stress and tension so the body can repair itself. Reiki works on all levels physical, emotional, mental and spiritual. This gentle and subtle therapy is suitable for anyone.

Hopi Ear Candles £21.00

(Thermo-Auricular Therapy)
A natural and ancient therapy which is soothing, effective and pain relieving for ear, nose and throat problems. It can help relieve irritated ears, sinuses, catarrh, glue ear, colds, flu, sore throats, tinnitus, headaches, migraine, rhinitis, hayfever, meniers, vertigo and more....

Chakra Balancing £26.00

Chakra balancing is the cleansing of energy blocks from the chakra energy centres in the body thus aiding physical, emotional, mental & spiritual well-being bringing the body back into balance.

 **Free Consultation**

If you would like advice on what treatments include or what may be most suitable for you, please book a free consultation to discuss your individual needs.

 **Cancellation**

24 hours notice is respectfully requested for cancellation of appointments or a fee of 50% will be incurred.

 **Gift Vouchers**

Gift Vouchers available for that special gift. Valid for 6 months

 **Appointments**

Wednesday 9.30am - 8pm
Thursday 9.30am - 8pm
Friday 9.30am - 6pm

Also available at Lavender court, 15 Montpellier Parade, Harrogate, HG1 2TG on Mondays 10am – 6pm By Appointment Only
M: 07736 546683

**ITEC Qualified
Credit Cards Accepted**



Based at:
Alethea's Hair and Beauty,
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"All your Holistic Beauty Therapy needs for any occasion, relaxation & well being"

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Mind



Facial treatments

Darphin offers a full range of balancing facials to meet specific skincare requirements. Each facial lasts approximately 1 hour which includes a shiatsu pressure point massage and phyto-drainage to detoxify the lymphatic system.

Extraordinary feeling, extraordinary results.

Darphin Prescription Facial **£37.00**

Darphin offers the most efficient facial to nourish protect, detoxify, stimulate and moisturise. Your individual skin type will benefit from the synergistic re-balancing properties.

Darphin Vital Facial **£47.00**

Prescription facial including Vital Mask, deep cleansing, purifying, hydrating and lifting. Leaves skin revitalised and refreshed.

Darphin Haute Couture Facial (1 hr 45mins)

The crème de la crème of facials. This treatment focuses on achieving harmony & total well-being whilst delivering true skin care benefits and results. Haute Couture facial is firming, lifting, 3 massages, shiatsu, lymphatic & deep tissue, 2 masks followed by tridimensional skin care regime which can be continued at home. The ultimate experience!

Darphin Beauty Package **£65.00**

Darphin Prescription Facial, Back, neck & shoulder massage, and Manicure. (Allow 3 hours)



Eye Treatments

Eyebrow shape (15 mins)	£6.50
Eyeshadow Tint* (20 mins)	£9.00
Eyebrow Tint* (10 mins)	£7.00
Eyeshadow & Brow Tint, Eyebrow shape	£20.00

* Patch test required 24 hours prior to first treatment

Body



Waxing

Using warm, cream wax to remove unwanted hair lasting 4-6 weeks.

½ Leg (including knee) (30 mins)	£13.50
Full leg (45 mins)	£24.00
Full leg & Bikini (1 hr)	£29.00
Bikini	£9.00
Underarm	£ 7.00
Lip or Chin	£ 5.50
Lip and Chin	£ 9.00
Forearm	£11.00
Back wax	£13.50
Back & Chest	£20.00



Hand & Nail Care

Nailtiques is a therapeutic system proven to help nails that are inclined to peel, break, or split. Nailtiques promotes natural nail growth with a unique combination of protein and conditioners.

Nailtiques Manicure (45 mins)	£15.50
Includes shape, cuticle work, hand massage & polish	
Luxury Manicure (1 hr)	£20.50
Includes warm paraffin wax mask helping to soothe inflamed, stiff joints and nourish dry skin.	
File & Polish	£10.00
French Polish extra	£2.00
Pedicure (1hr)	£20.50
Luxury Pedicure	£25.50

Includes warm paraffin mask helping to soothe inflamed, stiff joints and nourish dry skin.

Spirit



Body Treatments

Massage aides circulation, soothes muscles and promotes a feeling of well being. Indulge yourself and relax easing away your daily tension and stress.

Back, neck & shoulders (1/2 hour)	£22.00
Back, neck & shoulders (3/4 hr)	£28.00
Full body massage (1 hr 15 mins)	£40.00



Hydrotherm Massage

The entire massage treatment is carried out with the client laying face up on warm, water-filled Hydrotherm cushions, encouraging perfect spinal alignment, supporting the joints, giving great comfort & warmth during treatment. A unique, relaxing therapy.

Hydrotherm Back, neck & shoulders (1/2 hr)	£26.00
Hydrotherm Back, neck & shoulders (3/4 hr)	£30.00
Hydrotherm Full Body Massage (1 hr)	£46.00

Darphin Back Treatment (3/4 hr) **£30.00**

Indulge your back with an exfoliation, back massage and application of nourishing body cream to leave your back silky, soft and smooth.

Darphin Body Exfoliation **£30.00**

Exfoliation to remove dry/dead cells and moisturise with body lotion, to leave the body silky smooth. Ideal treatment before and after a holiday.

Darphin Self Tanning **£35.00**

Using Darphin Skin Bronzer, giving an all over natural golden tan, includes exfoliation and tanning application.