

S E R V I C E S M E N U

PENNY'S BEAUTY RETREAT

Penny's Beauty Retreat, home based in Claverham.

I have been practicing beauty therapy for over 25 years and I must say there's not a day that goes by where I think I'd rather be somewhere else.

I started out when I left school completing a 3 year apprenticeship in hair and beauty and from there realised I preferred one on one in beauty. I have 2 lovely children and working at my designated home salon allows me the time to be here for them which is something I know I am very lucky to be able to do.

I also qualified as an assessor and can teach too, so I have a mind of knowledge and love to share that with you.

I love all things holistic and making a difference to your well being.

I set up from home around 13 years ago and have never looked back.

Much Love

Penny x

To book an appointment WhatsApp or call me on 07776 304 430

Gift vouchers available and can be gift wrapped, just ask. I'm on Facebook for promotions each month, so please follow me and enjoy.

MONU FACIALS

MONU Skincare, believe that what you put on your body should be as healthy and natural as what you put into it. Utilising the powerful properties of natural ingredients. Including plants, herbs, minerals and essential oils, each and every one of our products has been lovingly designed to help bring out the best in your skin.

Aromatic Signature Facial 35.00
The signature MONU facial treatment will let you experience the truly incredible results MONU has to offer. Mask therapy and exfoliation are combined to promote skin radiance. Whilst a soothing massage to the face, neck and shoulders will leave you feeling calm and relaxed. MONU products individually selected to suit your skin type.

MARY COHR FACIAL TREATMENTS

Mary Cohr facial treatments have been carefully designed incorporating natural aromatic oils and active plant extracts to enhance each and every skin type to it's full potential. A perfect blend of natural aromatherapy and technology to give outstanding results.

Mary Cohr Flash Facial (40 mins) 35.00

Mary Cohr Catio Lifting Facial (non surgical)

Catio Lift works deep down by stimulating facial muscles restoring the skins tone, improving firmness, muscle tone and stimulates lymphatic circulation eliminating toxins.

Express Catiolift 42.00

Deluxe Catiolift with full facial 50.00

(Courses are recommended - please ask for details)

Mary Cohr Catiovital 46.00

A personalised deep-cleansing skin care treatment for all skin types. Deep cleanses the skin with 'sauna effect' of a thermal mask. Catiovital allows for penetration of high performance ingredients i.e. hyaluronic acid. Hydrolysed DNA and vitamin C. The treatment is tailor made and available in 6 different versions based on the clients beauty goals. Treatment leaves the skin rested with a glowing complexion and new found radiance.

Mary Cohr Caticlean 38.00

Deep cleansing 30 minute facial suitable for all skin types and ages. Ideal for clients when time is limited. Deep cleansing action with heating electrified and purifying gel with an option of a 10 minute facial massage or mask. Result = beautiful clear radiant skin.



SE R V I C E S M E N U

ALL ABOUT YOU HOLISTICS

Back Massage (35 mins)	32.00
Full Body Massage	50.00
Cupping Therapy Placement (35 mins)	35.00
1 Hour Full body Massage With cupping placement	45.00
Hot Stone Back Massage For deeper relaxation and muscle release	38.00
Reflexology Pressure Point Massage To the feet to aid ailments and relax your body and mind	38.00
Hopi ear candling 1 set 25.00 2 sets	30.00
Indian Head Massage To include shoulders helps to release tension, headaches, stress, anxiety, improves posture, rebalances the body's energies and nourishes the hair	38.00
Reiki A fully clothed experience to re align the body's healing abilities to the soul stresses are eased and you leave feeling in a state of calm	40.00
Relaxation Room Days Available for 2/3 people	from 60pp

Ask for details on treatment packages available.

SIGNATURE TREATMENTS

Signature Reflexology & Hot Stones	50.00
Calm Facial And Foot Massage (1 hour) A therapeutic facial to calm the skin great for sensitised skin, sensitive skin and menopausal skin too going through changes.	45.00
Winter Warmer (1 hour 15 mins) Full body massage complete with warm stone back massage and express facial to end your experience.	60.00
Skin Brightening Facial with Hot Towels	35.00
Express Back & Signature Facial (1 hour) A shortened back massage version with a signature facial journey.	45.00
Back Massage With Stones & Express Facial (1 hour) You'll start your relaxation journey with warm stone back massage followed by a flash facial and foot massage.	50.00
Massage Time 30 min back massage, 20 min flash facial, 10 min scalp massage to complete.	48.00

ALL ABOUT THE EYES, WINDOWS OF YOUR SOUL

Eyebrow Wax & Tidy	8.50
Eyebrow Tint	7.50
Eyebrow Shape, Tidy & Tint	15.00
Eyelash Perming/Lifting	40.00
Eyebrow Lamination	35.00

GLAMOUR & GLITZY NAILS

Lux Manicure	26.50
Lux Pedicure	31.50
Gel Polish To Fingers or Toes (add)	7.00
French Polish (add)	2.00
File & Polish Fingers or Toes & Cuticle Work	20.00
Soak Off & Nail Tidy	15.00
Nail Repair	FREE

HAIR NO MORE - WAXING

1/2 Leg Wax	16.50
Upper Leg Wax	18.50
Full Leg Wax & Bikini High Line	32.00
Full Leg & Hollywood (all)	39.50
Underarm	8.50
Back Wax	18.50
Standard Bikini	15.00
Brazilian (strip)	21.50
Hollywood (all)	23.50
Lip or Chin	8.00
Lip & Chin	12.50
Face Wax Included (add)	2.50

FOR THE TEENS - UP TO 16 YEARS

1/2 Leg Wax	14.00
Teen Bikini	11.50
Teen Eyebrow Wax	7.00
Inc. Tint	10.00
Teen Back Massage	25.00
Teen Manual Facial (45 mins)	30.00
Teen Facial & Eyebrow Wax	35.00

