



# *a slice of* green apple

## Express Treatments

We've created a number of treatments that's the perfect solution for when your pushed for time or just need that quick pick me up or treat. In as little as 20 minutes you can recharge your batteries, unwind and de-stress.

**20 mins £20.00 or book three for £50**  
(this offer cannot be split between clients)

### | Stress Relief Back Massage

This stress relief massage, uses a series of stroking, kneading, pushing, manipulating, rubbing and other types of pressure related movements to the body. This type of massage is meant as a natural healing technique for stressed bodies and we'll ease away the tensions of the day in no time.

### | Foot and Leg Massage

An incomparable pleasure, which not only relieves fatigue, leaves leg muscles and the body in tone, but also is a unique relaxing and de-stressing procedure. The difference is that foot and leg massage stimulates not only the muscles, which are directly rubbed, but also gives a positive effect on the whole body.

### | Scalp Massage

A truly heavenly way to quickly yet gently ease away any tension and stress you might feel in your head and neck, lie back and close your eyes let us take away the strain in no time at all.

### | Back Exfoliation

A totally de-stressing and indulgent experience that leaves the skin gorgeously soft and glowing. Your dead skin will be buffed away, and the scrub removed with steaming hot mitts, then your back will be treated to a gorgeous rich body cream that will leave your skin glowing.

### | Mini Dermalogica Facials

Get maximum results in minimum time! Using professional Dermalogica products specially chosen for your skin type, your skin is given an extra boost through the fast working products.

You'll walk out with glowing and radiant looking skin, ready for anything!

### | Reflexology

Is a holistic therapy which accesses the body's natural healing processes by working on specific points on the feet, by massaging an applying pressure to reflex areas. The body is returned to a state of balance and deep relaxation, resulting in improved circulation whilst boosting the immune system.

# Mini Treatments

## | Eye Enhancements

\* Patch tests are needed 24 hours prior to tinting treatments.

|                                      |        |
|--------------------------------------|--------|
| Eyebrow Wax or Threaded              | £10.00 |
| Eyebrow Tint*                        | £10.00 |
| Eyelash Tint*                        | £13.00 |
| Eyebrow Shape, tint* & eyelash tint* | £30.00 |

## | Hands and Feet

Using award winning products we'll ensure that you will look your best anytime. The hardest thing you'll have to do is choose a fabulous colour.

|   |        |        |
|---|--------|--------|
| Express Paint                           | 25mins | £20.00 |
| Nails are shaped and polished to finish |        |        |
| Add £2.50 for French                    |        |        |

Using only certified product brands:



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No discounts or offers can be used with any of the above treatments.

### Best Western Centurion

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Charlton Lane, Midsomer Norton  
Radstock Somerset BA3 4BD

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