

Other Treatments

Manicure	£25.00
Pedicure	£25.00
Eyelash Tint	£9.50
Eyebrow Tint	£8.50
Lash and Brow Tint	£16.00
Ear Piercing	£10.00

Waxing

Half Leg	£15.00
Full Leg	£20.00
Bikini Line	£10.00
Full Leg and Bikini Line	£25.00
Forearm	£10.00
Underarm	£8.50
Eyebrow Shape	£7.50
Lip	£4.50
Chin	£5.00
Lip and Chin	£8.50

Gift vouchers are available for all treatments.
Other combinations of treatments are available on request.

Time Out

Treatment Price List



The Cottage, Bath Street, Cheddar, BS27 3AA
01934 744886

Info@timeoutcheddar.co.uk
www.timeoutcheddar.co.uk

Massage

After an initial consultation, your massage will be tailored to your specific needs, using a combination of aromatherapy oils, hot and cold stones, and massage techniques suitable for your requirements. Treatments are suitable for both men and women.

30 minute treatment	£25.00
45 minute treatment	£30.00
1 hour treatment	£35.00
1½ hour treatment	£45.00

Pregnancy massage is suitable from the early stages of pregnancy. It will treat your muscular aches, fluid retention, stress and fatigue, whilst being supportive for your bump. It can also be used after birth and throughout breastfeeding.

Pregnancy Massage	£45.00
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Indian Head Massage is a relaxing treatment which, as the name suggests, concentrates on massaging the head. Head and scalp massage can be used alongside simple meditative techniques to provide a simple and effective way to relax.

Indian Head Massage	£25.00
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Holistic Therapies

Reflexology is the physical act of applying pressure to areas of the feet. It is based on a system of zones and reflex areas that map an image of the body on the feet to effect a physical change to the body.

Reflexology	£35.00
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Thermal Auricular Therapy (also known as Hopi Ear Candles) is a pleasant and non-invasive treatment of the ears used to treat a variety of conditions. The ear candles generate a revitalising heat upon the head and ears which soothes, relieves and relaxes.

Hopi Ear Candles	£28.00
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The Bowen Technique is a soft tissue remedial therapy involving manipulation of muscles and ligament tendons in the body. The work is very subtle, relaxing and gentle involving no hard or prolonged pressure – perfect for areas of injury.

The Bowen Technique	£30.00 individual treatment
	£75.00 course of three

Spa treatment requires you to put your feet up in a specially designed foot-spa of warm salty water. Sodium ions from the water are taken up by your body, re-balancing, re-energising and giving it the strength to let go of toxins.

Ionic Detox Footbath	£25.00
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Facials

After an initial consultation, your facial will be tailored to your specific needs, using a combination of products personalised to your skin type. A longer treatment time allows for deeper treatment with more detoxifying properties.

30 minute basic facial	£25.00
45 minute facial	£30.00
1 hour facial	£35.00
1½ hour facial	£45.00

Non-Surgical Face Lift reduces wrinkles and forms the facial contours. The combination of 4 exclusive stages offers visible results. Suitable for all skin types including sensitive skin.

Non-Surgical Face Lift	£42.00
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The Crystal Eye Treatment is designed for all who would like to restore a twinkle in their eye! This complete treatment targets all problems in the eye area.

Crystal Eye Treatment	£25.00
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