

{ WAXING }

Eyebrow Wax 15 Minutes	£8.00
Lip or Chin Wax 15 Minutes	£8.00
Lip & Chin Wax 15 Minutes	£14.00
Back or Chest Wax 30 Minutes	£20.00
Bikini Wax 15 Minutes	£12.00
Underarm Wax 15 Minutes	£9.50
Brazilian/Hollywood Wax 30 Minutes	£22.50
Half Leg Wax 30 Minutes	£16.00
¾ Leg Wax 30 Minutes	£18.00
Full Leg Wax 45 Minutes	£25.00
Full Leg Wax and Bikini 45 Minutes	£30.00
Forearm Wax 30 Minutes	£18.00

{ WAXING PACKAGES }

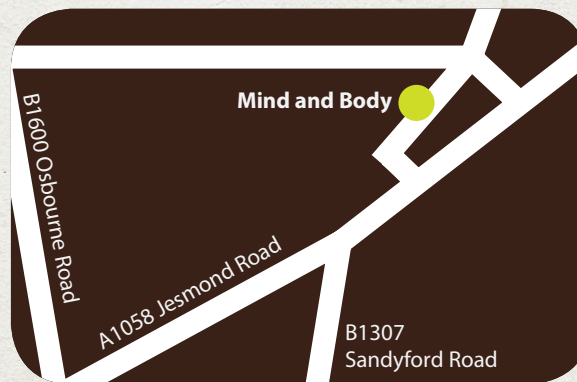
Half Leg, Bikini, Underarm 45 Minutes	£32.50
Full Leg, Bikini Underarm & Eyebrow Wax 60 Minutes	£42.00

{ PAMPER PACKAGES }

Top to Toe 120 Minutes **£75.00**
Prescriptive facial, express pedicure, manicure and eyebrow shape.

Unwind 120 Minutes **£90.00**
Hot stone massage full body massage, mini face glow and sole delight foot massage.

Special Occasion 120 Minutes **£85.00**
Mini face glow, french manicure, revarnish on toes, eyebrow shape, eyelash tint and half leg wax.



Mind + Body

Pinetree Health and Fitness
201 Jesmond Rd, Jesmond, Newcastle upon Tyne, NE2 1LA
Tel: 0191 281 7788

The balance of energy
for face, body & mind

- Holistic Therapies
- Hot Stone Massage
- Chakra Balancing
- Deep Tissue Massage
- Facials
- Eyes
- Spray Tanning
- Nails
- Waxing

{BODY}

Deep Tissue Massage

60 Minutes £40.00
30 Minutes £28.00

An intense deep therapeutic massage working on specific problem areas to eliminate tension and improve muscle function.

Aromatherapy Body Massage

75 Minutes £50.00

The ultimate in relaxation, using a blend of essential oils to suit your needs creating a feeling of harmony and well being.

Hot Stone Face and Body Experience

90 Minutes £60.00

The ultimate holistic face and body massage treatment. The warmed stones are massaged over the muscles releasing any tension, clearing the mind of any stress, creating a balance within the body's natural energies. The treatment combines hot and cold stone therapy, chakra balancing and crystal healing.

Hot Stone Full Body Massage

60 Minutes £45.00

A full body massage using a blend of essential oils combined with the hot stones to further enhance the relaxation of the muscles.

Stress Buster

90 Minutes £65.00

This treatment works out the tight aching muscles first then rewards you with a totally deep relaxing experience. Begin with a deep tissue massage targeting the back, neck and shoulders followed by a soothing massage on the feet. The treatment is completed with a soothing facial. A stimulating but extremely relaxing treatment.

Soothing Back Treat

45 Minutes £30.00

A lovely treat for this much neglected and hard to reach area. The back is exfoliated, calmed and relaxed with a luxurious aromatherapy massage.

Deep Cleansing Back Treatment

60 Minutes £40.00

For the back area an intensive facial, which cleanses, exfoliates and decongests any blocked pores. A Dead Sea mineral mask soothes and calms leaving the skin feeling balanced and refreshed.

Mother To Be

60 Minutes £40.00

Pregnancy often brings with it a host of changes not forgetting the emotional ones. This massage uses oils that nourish the skin and soothes away tension. A perfect time for pampering and relaxation.

Pre Natal Pamper

90 Minutes £45.00

Pedicure, bikini wax, eyelash tint and eyebrow shape. All the essential bits before the baby comes.

Body Sea Salt Scrub

30 Minutes £25.00

Full body exfoliation using sea salt and oil scrub. This complete body exfoliating treatment eliminates the dead skin cells leaving skin smooth and soft.

Naturasun Spray tan

15 Minutes £20.00

Fast and immediate results. A choice of tan to suit all tones of skin.

(pay for two and get 2nd one half price)



{FACE}

Prescriptive Facial

60 Minutes £35.00

The Kaeso product range uses plant extracts and essential oils which can be tailored to suit every skin type. The products are carefully selected to correct any major imbalances in your skin. This deep cleansing facial will leave your skin refreshed nourished and uplifted.

Deep Pore Cleansing Facial

60 Minutes £38.00

A purifying deep cleansing facial designed to balance blemished, oily and spot prone skin. This immediately leaves your skin clearer and more refined.

Thai Skin Therapy Facial

60 Minutes £40.00

This skin ritual cleanses and polishes the skin using a delicate fragrance of orchid, mandarin and rose. A soothing massage on the face and arms using a traditional herbal dumpling leaves the skin feeling refreshed and glowing from within. This facial suits all skin types.

Mini Face Glow

30 Minutes £28.00

An excellent skin booster, which involves deep cleansing treatment and a soothing pressure point massage on the face and scalp.

Aromatherapy Scalp Massage

30 Minutes £28.00

A deeply relaxing massage using firm yet gentle rhythms to unblock tension in the neck, shoulders, face and scalp. It helps relieve headaches and eyestrain and induces a deep sense of calm.

Hopi Ear Candle Ceremony

45 Minutes £25.00

This brings a pleasant feeling of warmth and balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache, headache, sinusitis and stress.

Sole Delight Foot Massage

30 Minutes £28.00

Based on an Asian style pressure massage, a treatment that improves blood circulation, eases tension and relaxes the foot muscles.



Please Note: a 24 hour cancellation notice for all treatments is required or a charge will be made.

{HANDS & FEET}

Manicure

30 Minutes £15.00

French Manicure

45 Minutes £18.00

Intensive Manicure with Paraffin Wax Bath

45 Minutes £25.00

Mini Pedicure

30 Minutes £20.00

Pedicure

45 Minutes £25.00

Intensive Pedicure Treatment with a Paraffin Wax Bath

60 Minutes £30.00

File and Polish on Fingers or Toes

15 Minutes £10.00

For French Polish

15 Minutes £12.00

{EYES}

Eyebrow Wax/Shape

15 Minutes £8.00

Eyelash Tint and Eyebrow Shape*

30 Minutes £18.00

Eyebrow Shape and Tint*

15 Minutes £12.50

Eyebrow Tint*

15 Minutes £7.00

Eyelash Tint*

30 Minutes £12.00

Party Lashes

30 Minutes £18.00

*A patch test must be given 24 hours prior to tint



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