

## Treatments offered:

### Ultimate Utopia Nourishing Facial - £85 - 75 minutes

Double cleanse, tone, exfoliate, mask, face & scalp massage, moisturise, and LED Light Therapy.

### Utopia Facial - £50 - 45 minutes

Cleanse, tone, exfoliate, mask, moisturise, and scalp massage.

### Utopia Back Brush and Polish - £45 - 45 minutes OR

### Utopia Full Body Brush and Polish - £85 - 75 minutes

An invigorating body brush to increase circulation and aid removal of dead skin cells. Followed by a bespoke warm oil massage which leaves the skin feeling hydrated, nourished, and glowing. Great for lymphatic system.

### Utopia Massage (£50 - Consultation & Treatment up to 60 minutes. Follow up - £40 - up to 45 minutes)

Massage is a complementary therapy that aims to treat muscle problems. It is an excellent treatment to aid sleep, healing, and lymphatic drainage.

#### Optional Treatment:

**Dry Needling** - This can be added to your massage treatment if you wish to focus on a specific area of concern. This addition will be at no extra cost and will not affect the duration of your treatment.

### Vitamin Injection (B12 OR C) single £35 - double £60

OR add onto any £40 or over treatment for only £25 each.

## Treatments cont...

**LED Red Light Therapy Mask** - Not to be conducted with any other treatment. Minimum treatment time is 10 minutes.

60 minutes of treatment	£150
100 minutes of treatment	£225
140 minutes of treatment	£280

**Anti-wrinkle therapy – BTX** From: £95

## Supporting People to Thrive!

### Fat Dissolving Injections

Used to target stubborn pockets of fat on the face & body.

Small area	£95
Medium area	£130
Large area	£160

(Package prices which include 4 essential lymphatic drainage massages, start from £195).

**Micro-needling:** From: £85



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## Treatments cont...

### PICK & MIX

1 x Treatment = £30 - (up to 30 mins)

2 x Treatments = £43 - (up to 45 mins)

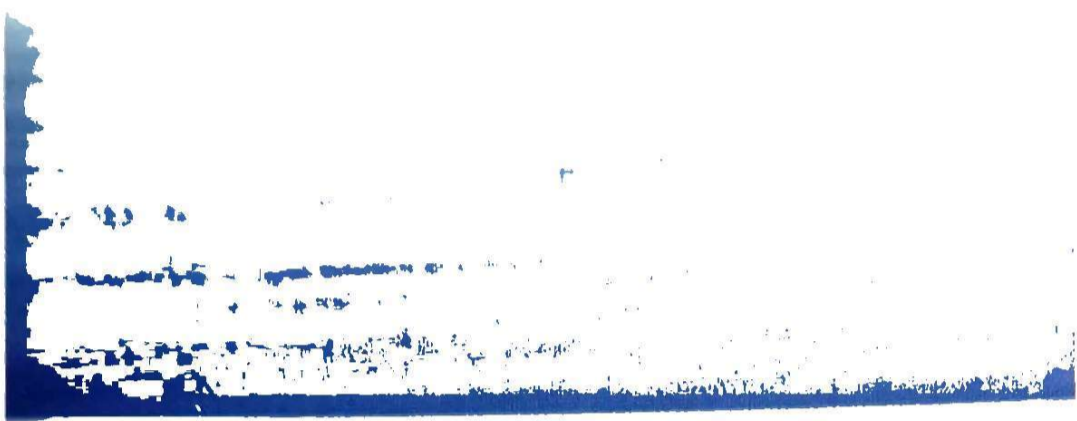
3 x Treatments = £55 - (up to 60 mins)

4 x treatments = £66 - (up to 75 mins)

(Individual treatment may last up to 30 minutes. If opting for more than one treatment, some may be conducted at the same time)

Ultra Facial - Back Massage - Shoulder & Neck Massage - Lower Leg Massage - Scalp Massage - LED Light Therapy





*Tranquility supports wellbeing!*

**Nutrition Therapy:** Fueling the body and mind with good nutrients is the key to thriving! By analyzing what you typically eat and drink over a few days. I can support you by identifying where changes need to be made, what changes you are able to make and how to make them. Living well is not just about eating food but also how we feel about food. Using behaviour change techniques, I will support you in making sustainable changes with your nutrition and lifestyle.

Initial Consultation: up to 120 mins

**£145**

Follow up Consultation: up to 90 mins

**£75**

Ongoing support: up to 30 mins

**£40**

**Personal Training Advice:** With nutrition advice I incorporate ways to improve physical activity in a way that fits in with individual lifestyles. Enabling improvement in both strength and cardiovascular health.