

## Holistic Treatments

### Therapeutic Massage

Calming, soothing and relaxing. Eases stresses and strains of everyday tension. Feel the positive effects immediately.

Full body 35.00  
Back, neck & shoulders 22.00

### Reflexology

A natural therapy using pressure point massage on feet or hands. It helps assist the body's natural healing process. A very relaxing therapy that can help headaches, migraine, insomnia and everyday stresses.

A course of 6 135.00

### Hot Stone Massage

Aromatic, relaxing, warming, detoxifying. Volcanic balsalt stones are heated to a comfortable temperature and used with massage. A real comfort treatment.

Full body 38.00  
Back, neck & shoulders 28.00

### Hopi Ear Candling

Candling is a relaxing treatment for the ears. It helps alleviate symptoms of wax build up, pressure and sinus congestion. Includes a face and head massage.

38.00

### Aromatherapy Massage

Blended together to suit you personally, are aromatherapy oils of the finest quality. Calming and peaceful or invigorating and uplifting, the choice is yours.

Back, neck & shoulders 22.00  
Full body 38.00  
Full body, head & face 45.00

### Indian Head Massage

Treating the upper back, shoulders, neck, head and face. With or without oils. Feel the tension leave and the mind cleared.

22.00

### Reiki

Reiki is deeply relaxing. It calms, balances, energises and gives a sense of well-being to the mind and body. Stay fully clothed as the therapist's hands are placed lightly in a series of positions around the body.

35.00

### Thai Herbal Compress Massage

Steam heated compresses containing a blend of Thai herbs are used to carry out a gentle but deeply effective massage. A therapeutic delight.

Back, neck & shoulders 28.00  
Full body 48.00

## Airbrush Tanning

### Fake Bake tan

Full body 25.00  
top-up 14.00  
Upper body & face 12.00  
Legs 12.00  
top-up 8.00

### Exfoliation

Full body scrub 18.00  
Legs 12.00

### Exfoliate & Tan

Body 35.00  
Legs 19.00

### Summer Sundays!

Appointments for spray tanning on Sundays are welcome. Enjoy a spray tan in a relaxing holiday themed room. Call us for more information.

## For the Gents

### Skin Care

Facial designed for the male complexion with a healthy pressure point massage to head and shoulders 30.00

### Waxing

Back or Chest from 18.00

### Sports massage

Deep massage helps to ease tense, sore muscles, soothing and relaxing.

Shoulder, neck and back 22.00  
Full body 38.00

### Deep cleanse back treatment

Exhilarating herbal back scrub, followed by a warm oil massage 25.00

### Manicure/Pedicure

Nourish and care treatment to condition your nails and skin. Plus a foot and ankle massage or hand and arm massage.

Manicure 20.00  
Spa pedicure 25.00  
Both 40.00

**Telephone: 023 9252 4499**

104 High Street, Gosport, Hampshire PO12 1DS

[www.cometoyoursenses.co.uk](http://www.cometoyoursenses.co.uk)

## Hush - Don't Rush

We offer Pampered People Packages. Create your own package from our wide choice of treatments.

Packages are a great gift idea, a wonderful treat for you. Get holiday ready with a pre-holiday package or ready for your big day with a pre-wedding package.

Take advantage of the **Hush - Don't Rush** atmosphere at YOUR **SENSES**.

Package prices are discounted from full price treatments. Contact us for more information on creating your Pampered People Package.

## Sports Massage

Benefit from faster recovery of damage and trauma to the muscles, reduce injury healing time, increase flexibility, improve circulation and reduce muscle tension, cramping and inflammation

Shoulder, neck and back 22.00  
Full body 38.00



**The 'Hush Hour' Room**  
**Don't Rush - Hush!**

## Facial Treatments

<b>Biological Facial &amp; Mask</b> Refining, stimulating, soothing and nourishing.	<b>35.00</b>
<b>Mature skin facial</b> Benefit from regenerative effects of natural ingredients. Smoothing and toning the skin.	<b>30.00</b>
<b>Your Senses prescription facial</b> Your skin analysed on the day and given the correct balance of blends to ensure the best treatments. Includes head massage.	<b>30.00</b>
<b>Essential lymphatic detox facial</b> Gentle massage techniques are performed to relax the face and help to reduce puffiness and bags under the eyes. Head, neck & shoulder massage included.	<b>30.00</b>
<b>Lash tint</b>	<b>10.00</b>
<b>Brow tint</b>	<b>8.00</b>
<b>Lash &amp; brow tint</b> (24 hr patch test required)	<b>15.00</b>
<b>Individual eye lash extensions</b> from	<b>20.00</b>
<b>Personal make-up advice and lesson</b>	<b>35.00</b>
<b>Special occasion make-up and weddings</b>	<b>45.00</b>
<b>Facial treatments for problem skins</b>	<b>35.00</b>

## Hand & Foot Care

<b>Pedicure</b> Revive tired feet with a lavender spa soak followed by a nail and cuticle tidy then relax with a massage to feet, ankles and lower leg.	<b>25.00</b>
<b>Manicure</b> Rescue dry skin with this luxury conditioning manicure, enjoy a hand and arm massage to finish.	<b>20.00</b>
<b>Manicure &amp; Pedicure</b>	<b>40.00</b>
<b>French Polish</b> add	<b>2.50</b>

Gift Vouchers available for all occasions

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## Products available at YOUR SENSES

Jute Bags	Simmering Granules
Herbal Soap Loaves	Fragrance Diffusers
Massage oils	Guest Soaps
Night Lights	Gifts
Oil Burners	Collectables
Bath Bombs	Scented Jar Candles
Wind Chimes	Bathroom Heaven
Incense	Chill Pills
Bath Potions	Singing Bowls
Dinner Candles	Solid Shampoo
Aromatherapy Oils	Gift Vouchers
Luxury Wheat Bags	

Come and try our fragrant simmering granules



### Opening times

Monday - Saturday 9 - 5

Visit our website or call for late night opening details.

A charge will be made for missed or cancelled appointments unless 24 hours notice is given.



All major credit/debit cards accepted.

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AGAINST ANIMAL TESTING

# YOUR SENSES

Holistic Healthcare



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