**Touchbygul - Mobile Therapist**

Service & Price Guide

Contact numbers

02077222634 - 07930403884

Touchbygul@gmai.com

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| Facials \*  "I use Thalgo cosmetics for facials. It has been a Beauty and Spa product for 50 years and mains ingredient is Marine algae which are rich in minerals and vitamins.” |  |  |
| *Micro Dermabrasion Facial*  Renew your skin to reveal perfection!  Thalgo's Skin Micro crystal resurfacing cream works perfect on skin to get rid off fine lines and imperfections are visibly smoothed away. | 1 hour | £50 |
| *Detox Facial*  A combination treatment. Deep cleansing, purification and oxygenation of tired skin. A marvellous pamper in anticipation of a high profile event and/or relief following episodes of; excess, stress, ‘the next morning feeling’ or jet lag | 1 hour 15 minutes | £55 |
| *Advanced Facial*  An anti-aging, firming treatment. Highly recommended as; wrinkle control for all age groups, sensitive and/or sun damaged skin | 1 hour 30 minutes | £80 |
| Body Treatments / Massage \* | 1 hour to 1 hour 30 minutes | £50 to £75 |
| *Advance Massage*  *(Myo facial release MET, Trigger points)*  MFR is a soft tissue therapy for the treatment of skeletal muscle immobility and pain.  Therapy relaxes contracted muscles, improves blood and lymphatic circulation.  Trigger Point Therapy can relieve muscular aches and pains in association with these areas. It can also assist with the redevelopment of muscles and/or restore motion to joints.  MET are a broad classification of Manual Therapy techniques directed at improving musculoskeletal function, and improving pain | 1 hour | £50 |
| *Knots and Knobbles*  Deep tissue massage, ideal for working out tension and strain,  Following periods of exertion. A terrific stress buster. | 30 min -1hour | £30-£60 |
| *Simply for You*  Therapeutic massage using pre-blended aromatic oils. This holistic treatment includes a well-being consultation with your therapist, informing how best to adapt the technique ‘Simply for You’. Ideal comfort following episodes of physical, mental or emotional exhaustion. Encouraging recovery, healing and restoring your natural balance | 1 hour 30 minutes | £ 75 |
| Reflexology  A treatment using a massage-like technique on reflex points found in the feet and hands, these areas are also known as pressure points. All parts of the body can be mapped to an individual reflex point and guide specific or general treatments. | 1 hour | £ 40 |
| *Reiki*  Activating the body’s natural ability to self-heal. The therapist shares life-force energy through a gentle hands-on technique restoring spiritual equilibrium and balance | 1 hour | £30 |
| Extreme Make Over |  |  |
| *Make up to wake up*  Casual, Bridal, Modelling Design | 1 hour-2hours | £30 to £60 |

**Bits to Pits \*\***

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| Fingers and Toes \* | 1 hour to 1 hour 15 minutes | £25 - £35 |
| Manicure | 1 hour | £25 |
| Pedicure | 1 hour 15 minutes | £40 |
| Temptingly Tinted \* | 15 minutes to 30 minutes | £5 - £25 |
| Eye brow shape | 15 minutes | £15 |
| Eye brow tint | 15 minutes | £15 |
| Eye lash tint | 30 minutes | £18 |
| Eye Enhance  Brow shape and tint, plus lash tint | 45 minutes | £35 |
| Wax Works | 15 minutes to 40 minutes | £10 - £40 |
| Lip and chin \* | 15 minutes | £10 |
| Half leg \* | 15 minutes | £25 |
| Full leg \* | 25 minutes | £35 |
| Arm \* | 30 minutes | £25 |
| Underarm \* | 10 minutes | £15 |
| Bikini | 15 minutes | £20 |
| Brazilian | 30 minutes | £40 |
| Hollywood | 40 minutes | £45 |

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| \* | Suitable for men and women |
| \*\* | Bits to Pits are only provided in combination of two or more other treatments |