

Feeling good starts on the inside
and shines on the outside

Holistic & Beauty Therapist
specialising in Elemis and Neom



by Yvette Greenway

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C.I.D.S.E.C.O, ITEC HONOURS, BTEC NAT DIPLOMA, I.I.S.T.
INTERNATIONAL INSTITUTE OF AROMATHERAPY & REFLEXOLOGY

OVER 20 YEARS EXPERIENCE



Treatment Studio



St Tropez Tanning Treatment

FULL BODY £20.00

Be glowing all year round. This hand applied St Tropez treatment will create a golden glow within 3 hours and last up to 5 days. Perfect to bring out your sparkle at any time of year for any occasion. Please exfoliate and remove hair before this treatment. Wear loose dark clothing, with ideally a strapless bra and sandals.

Spend £50.00 on treatments and receive 10% off any products you purchase that day. Does not include products in the sale or products on promotion.

Male clients are welcome at the Feel Good Therapy Studio when booked in at the same time as a female friend or partner.

If you have enjoyed your treatment please spread the word for me. Your friend will enjoy 10% off her first treatment and you will receive 10% off your next treatment.

I kindly ask that you give me at least 24 hours notice for cancellation or I will need to charge you 50% of the full treatment price to cover my costs.

I take payment by card or cash.

If you would like to know my seasonal promotions, please get involved and follow me on social media (links via my website) or join my mailing list – email me your address to: yvette@feelgoodtherapy.co.uk



Eyes

Bring the sparkle to your eyes with these eye catching treatments.

EYELASH TINT £10.00

EYEBROW TINT £5.00

EYEBROW TINT & SHAPE £9.00

EYEBROW SHAPE – WAX OR TWEEZE £6.50

LVL Eyelash Enhance

60 min £40

This is the original Lash Enhance treatment created by Nouveau Lashes, delivering optimum results. LVL stands for Length, Volume and Lift. It is a stunning alternative to eyelash extensions and has been designed to dramatically enhance your natural lashes.

The treatment involves lifting, rather than curling the lash and usually incorporates a tint. Together with the lift, this creates the fabulous illusion of longer, thicker lashes. Results are expected to last 6-8 weeks. Nurturing your lashes with the conditioning homecare serum will enhance our results.

**Please note for new clients a patch test is required 48 hours prior to any tinting or the LVL Enhance.*

Waxing

Remove unwanted hair and be as smooth as silk ...

1/2LEG £14.00

3/4LEG £18.00

FULL LEG £20.00

BIKINI £8.50

UNDERARM £7.00

LIP OR CHIN £3.00

LIP & CHIN £5.00



**Please do not use any heat treatments or sunbeds before or after waxing for 24 hours.*

Welcome to the Feel Good Therapy Treatment Studio where treatments are centered around peace, tranquillity and calm. The studio is a quiet, personal and private treatment zone where you can enjoy a treat with no noise interruption from other salon users. Your time at the studio will be focused purely on you and your treatment needs that day. Located within the picturesque Yorkshire Dales hamlet of East Marton, approximately 4 miles outside Skipton.

I am a holistic and beauty therapist. I love what I do and I feel lucky to have found this wonderful profession, which I have been practicing since I qualified in 1995.

Living in this modern, fast paced and busy world, I am a passionate believer in making time for yourself to focus on your wellbeing. I believe massage and holistic treatments are as important to you as eating healthy and being active. Technology and gadgets surround us but I believe that the hands-on approach outweighs any machine. The intuitive touch is much more healing for the body than any machine could ever be.

I have always worked with active product ranges using the finest plant ingredients the world can offer. The power of first extraction essential oils and the hands-on touch combine to make the most effective results-driven treatments.

I look forward to helping you Feel Good soon,

Yvette x

Elemis Face



These hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. Active product is applied using a combination of ancient and modern massage techniques from around the world. This is where intuition meets expertise with clinically proven results.

All 60 minute Facials include an optional complimentary eyebrow shape.

ELEMIS ANTI-AGE FACIALS – ALL 60 minute treatments – £59.50 EACH

These cutting edge anti-ageing Facials include precision layering of products with an eye treatment and two face mask applications.

PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles for beautifully nourished, younger looking skin.

PRO-DEFINITION LIFT AND CONTOUR

The lifting and contouring facial that delivers a profoundly sculpted effect.

DYNAMIC RESURFACING PRECISION PEEL

The powerful resurfacing treatment to target dull skin tone and the signs of ageing.

SUPERFOOD PRO-RADIANCE

The nutritional boost that packs stressed, dull skin with powerfully energising and detoxifying actives.

SENSITIVE SKIN SOOTHER

Fragile skin is calmed and boosted with a combination of soothing ingredients and gentle techniques.

Nails

Look Good and Feel Good with CND Nails.

Make your hands and feet feel loved. Active products are used to treat your individual nail concerns, conditioning and strengthening the nail, cuticles and skin.

CND Shellac

Long lasting gel polish CND Shellac has zero drying time, set under a lamp. Super shiny nails for at least 14 days!

CND Vinylux

Regular nail polish, chip resistant, can last up to a week.

SHELLAC MANICURE – £21.00

Includes cuticle work and conditioning treatment.

LUXURY MANICURE – £5.00 EXTRA TO THE ABOVE

Make your hands feel loved with this extra treat. Includes hand exfoliation and conditioning treatment with hot mitt therapy.

SHELLAC REMOVAL & CONDITION – £10.00

or £4.00 before Shellac Reapplication

SHELLAC SPA PEDICURE – £25.00

Includes hard skin removal, cuticle work, conditioning treatment.

LUXURY SPA PEDICURE £5.00 EXTRA TO THE ABOVE

Make your feet feel loved with this extra treat. Includes foot spa, exfoliation, foot mask and heated booties.

SHELLAC NAIL ART £1.00 per nail

VINYLUX MANICURE – £18.00

VINYLUX SPA PEDICURE – £22.50

NEOM HAPPINESS TREATMENT

30 min – £29.00 includes back exfoliation and back massage, or just full body exfoliation

60 min – £49.00 includes full body exfoliation and back massage

90 min – £65.00 includes full body exfoliation and massage to the back, face and scalp

This treatment will leave you feeling uplifted and the best version of you. Your skin will be lightly buffed head-to-toe using the Great Day Body Scrub, with its potently invigorating oils of wild Mint and Mandarin. By applying purposeful massage techniques this reduces stress levels and releases endorphins, leaving you feeling relaxed and happier.

NEOM MOTHER TO BE

60 min – £49.00 includes back exfoliation and full body massage

90 min – £59.00 (only suitable in the second trimester) includes full body exfoliation and full body massage

This is a very special and exciting chapter of your life, and a time to look after your mind, body and soul. Using a luxurious large body cushion you will feel supported and comfortable while you enjoy a full body massage, targeting every part of your body including your back. Using the therapeutic benefits of Ylang Ylang, Mandarin and Chamomile you will feel comforted, uplifted and calm. Suitable in the second and third trimesters.

***Please note that this treatment can also be of benefit to clients who cannot turn over easily in a full body massage to lie face down.**

Also beneficial when you feel fragile – i.e. following surgery or an accident.

Elemis Skin Specific Facial

30 min £29.00 – 60 min £45.00

Perfect for maintaining a glowing complexion. Tailor made to suit your skin type following a lifestyle consultation.

YOUNG SKIN FACIAL – 50 min – £35.00

For young skin aged 13–21. Working in perfect synergy with our highly effective products to rebalance, revive and renew the skin during this hormonal period of your life.

Make your facial last longer
with these extras

ALL 25 minute TREATMENTS

MASSAGE TO THE FACE, SCALP, DECOLLETE, NECK & SHOULDERS £15.00

NEOM WELLBEING REFLEXOLOGY & BACK MASSAGE £18.50

ELEMIS BACK, NECK & SHOULDER MASSAGE £18.00



ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

NEOM
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Elemis Aromatherapy & Deep Tissue Massage

Choose your area of concern and your treatment time:

Back, Neck & Shoulder or
Face, Shoulders & Scalp or
Full Body

30 min £25.00 45 min £34.00 60 min £44.00 90 min £55.00

Book a course of five and get the sixth free

Alleviate high stress levels, ease aching muscles and revive the senses with these powerful Deep Tissue and Aromatherapy massages. Using Elemis Aromatherapy Oils with deep rhythmic pressure to help you to relax, recharge and re-energise, whilst tension melts away.

Add the OPTIONAL healing powers of hot volcanic basalt stones to create deep comfort and warmth through your muscles giving the ultimate massage experience.

Reflexology

50 min – £38.50

Book a course of five and get the sixth free

This therapy is as ancient as history itself. Using stimulation points in the feet, each area of the body corresponds to a reflex point on the foot. A healing and decongesting treatment for a range of complaints. Strengthens the immune system, relieves stress and tension.

Neom Wellbeing Full Body Treatments

These Neom treatments use guided meditation/ mindfulness with the power of massage. Your mind and body will switch off allowing you to enjoy every second of these treatments.

Using exquisite 100% organic and natural ingredients with proven therapeutic benefits. Incorporate 6 therapies – guided breathing/meditation, shiatsu, cranio, Thai massage, trigger point and reflexology.

NEOM
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NEOM SLEEP TREATMENT

60 min £49.00 or 90 min £59.00 includes full body massage

Prepare to be lost in a blissful state ready for a deep night's sleep. Using a luxurious skin treatment candle which is drizzled onto your skin, with the essential oils of Lavender, Sweet Basil and Jasmine.

NEOM DE-STRESS TREATMENT

30 min £29.00 includes back of leg and back massage

60 min £49.00 or 90 min £59.00 includes full body massage

Melt away your daily stress and focus your mind. Using a luxurious skin treatment candle which is drizzled onto your skin, with the essential oils of Lavender, Sweet Basil and Jasmine.

NEOM ENERGISE TREATMENT

90 min – £65.00

This treatment uses the Great Day Body Scrub with its potently invigorating oils of wild Mint and Mandarin combined with the Neom energising cream clay wrap. Stimulating essential oils of Rosemary, Lemon and Grapefruit penetrate the skin and allow for detoxification. Changes in temperature, speed-of-touch and different textures will leave you feeling recharged and revived.