

HOURS OF BUSINESS

Monday 11am – 7.30pm

Tuesday 9am – 3pm

Wednesday 9.30am – 5pm

Thursday 9am – 3pm

Friday 10am – 7pm

Saturday 9am – 3pm (Just one a month, often booked well in advance by regulars)

PLEASE NOTE: Appointments usually need to be booked 2 weeks in advance and evening appointments 1-2 months in advance. We appreciate your co-operation.



Studio Owner - 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



Children under the age of 12 are not allowed in the Studio for health and safety reasons. Children aged 13 and above can be given treatments with parental permission and the parent or guardian must remain present.

If you have any health concerns or are under medical supervision please state when you are booking your appointment. If you feel unwell on the day of your appointment please get in touch to rearrange.

Word of mouth is the most effective form of advertising. If you have enjoyed your treatment please spread the word for us.

We kindly ask that you give us at least 24 hours notice of cancellation otherwise we will have to charge 50% of the full treatment price to cover costs.

Payment can be made by card, cash or online.

Your loyalty when purchasing homeware products or gifts for friends and family is greatly appreciated and supports the business. Loyalty is rewarded with a treatment voucher scheme. Receive 1 point for any full priced products you purchase worth £15.00. 10 points = £10.00 treatment voucher.

Need a gift? Please get in touch to arrange a time to call in to browse the many Environ and Neom products in stock. Products can also be posted for a small postage fee (depending on the size of the parcel). Gift vouchers also available.

If you would like to know our latest news and promotions, please get involved and follow the social media sites or sign up to the mailing list

FEEL GOOD THERAPY STUDIO T&C's

To book an appointment please get in touch. Advance notice is required for appointments. Deposits will be required for high value treatments, or when booking for longer than two hours.

All messages will be responded to as soon as possible on the same day. It may be as soon as we have finished our client appointments that day.

Book a course of any five treatments and get the sixth free. Payment must be made in full at the first appointment.

Book any Facial, Massage or Reflexology treatments together and save £5.00

Treatment times listed include time for pre and post treatment consultation, dressing and refreshment. If you turn up early for your appointment please let yourself in and relax in the waiting area until your therapist is ready.

You are also welcome to stay and have a drink after your treatment, relax for as long as you wish then let yourself out. Please be courteous to other Studio users while they are having their treatment by being quiet and peaceful.

Consultations are compulsory for every treatment. This is so that your treatment can be performed safely and effectively. All information is held confidentially and securely and will not be shared with any third parties.

It is recommended that you turn off your mobile phone and any other electronic devices while you are at the Studio.

Celebrating 15 years in business

Feeling Good starts on the inside and shines on the outside.

Welcome to the Feel Good Therapy Treatment Studio where time is left at the door and a new journey to Feeling Good begins....

The Studio was created to be a quiet, personal and private treatment zone. Enjoy a treat with no noise interruption from other salon users. Treatments are centered around peace, tranquillity and calm, welcoming female clients only.

Your time at the Studio will be focused purely on you. Following a lifestyle consultation, we will personalize your treatment by looking, listening and tuning in to your well-being needs that day. We will respond to the ever-evolving rhythm of your life and ever-changing nature of your skin and body needs.

Located within the picturesque Yorkshire Dales hamlet of East Marton, approximately 4 miles outside Skipton.

We look forward to welcoming you to the Studio soon,

Environ Face

RESULTS DRIVEN TREATMENTS FOR HEALTHY BEAUTIFUL SKIN

Environ is a South African professional skincare brand that uses highly active vitamins, peptides and anti-oxidants to deliver real results. These effective treatments and homecare products treat every skin concern; acne, rosacea, sensitivity, pigmentation and scarring. Softening fine lines and wrinkles whilst significantly reducing frown lines.

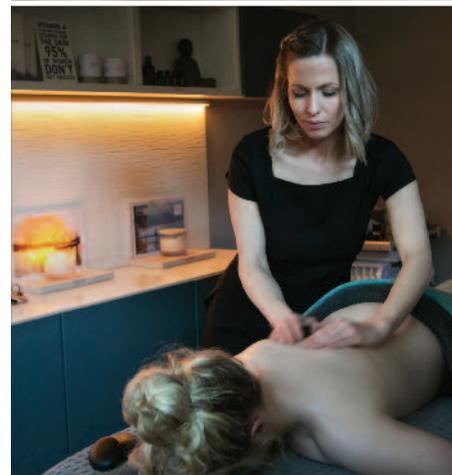
The founder of Environ, Dr Des Fernandes, was a pioneer in the use of Vitamin A in high enough doses to counteract the harmful effects of the environment, pollution, stress and lifestyle choices. Through extensive research he discovered the essential role Vitamin A plays in skin health. Skin has a life and Vitamin A is the "Oxygen" skin needs to look beautiful and healthy for life. Vitamin A must be replaced daily for skin to appear healthier. Repairing the skin to be reborn from a weakened or damaged state into a healthier, more beautiful one.

ENVIRON ACTIVE FACIALS

These powerful facials incorporate the DF Ionzyme Machine, developed by Dr Fernandes. Using highly active ingredients on the skin, this machine uses sound waves to create small channels in the Epidermis allowing the product to penetrate the skin deeply. Small electrical impulses are also used to drive the active ingredients into the Dermal layer (the most active part of your skin).

The stimulation of a one hour Environ Machine Facial creates is equivalent to a 77 hour hands-on Facial massage treatment.

Your skin will feel alive after just one Environ treatment, showing measureable difference.



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 £7.00

LVL Eyelash Enhance

75 min £42.50

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 £15.00

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.*

ACTIVE VITAMIN TREATMENT

75 min £65.00 105 min £85.00

Packed with the freshest, most active forms of vitamin A, C and anti-oxidants. Stimulates collagen to soften lines and improve elasticity, increasing hydration and boosting radiance. Repairs skin cells, restoring healthy skin.

COLLAGEN POWER FACIAL

75 MIN £65.00 105 MIN £85.00

The ultimate anti-ageing facial. This peptide packed facial boosts collagen to soften lines and tighten loose skin. This powerful treatment will leave your skin feeling tighter, firmer and more lifted, leaving you with a more youthful appearance.

HYDRA BOOST FACIAL

75 MIN £72.00 105 MIN £90.00

This powerful hydrating treatment uses Hylauronic Acid, which holds 1000 times its own weight in water, reducing fine lines caused by dehydration. Plumping the dermis, resulting in a more moisturized and glowing skin. Great for dehydrated and sun damaged skin. This treatment is great for brides to be or for special occasions. Leaving your skin plump with a radiant glow.

NO-TOX FROWN TREATMENT

45 MIN £35.00

Available for those who have purchased the home care Frown Treatment. This highly effective treatment uses a special peptide serum to target frown lines and achieve dramatic results. This treatment targets the same chemical complexes as injectables without the associated risks. Relaxes muscle tension in the forehead and "Crows Feet" to prevent new lines from forming.

COOL PEEL

75 min £65.00

This revolutionary approach to peeling achieves incredible results without damaging the skin. The Cool Peel is gentle and effective with no down time needed. Low strength Lactic Acid is used to reduce the skin's pH and trigger the release of growth factors, which creates tighter, smoother skin. It destroys bacteria, boosts hydration and removes the build up of dead skin cells, helping to decongest the surface and smooth its texture. The Cool Peel is ideal for clients with lines and wrinkles, rough or problematic acne skin, sun damage and Rosacea. **Clients must prepare the skin with homecare products prior to having the Cool Peel.**

PURIFYING TREATMENT

45 min £45.00 75 min £65.00

Leaving your skin feeling fresh and new. Created to purify, micro-exfoliate and hydrate your skin. Particularly good for acne, scarring and deep congestion.

PRECISION TREATMENT

30 min £20.00

This time effective treatment targets one specific area of concern to ensure effective results.

ENVIRON HANDS-ON FACIAL 45 min £32.50 60 min £45.00 75 min £55.00

There are certain times when the DF Ionzyme Machine is not suitable to use in the Facial treatment. Experience the relaxation and hands-on benefits of the Environ Active Vitamins, Peptides and Anti-oxidants, Although these ingredients can only penetrate the Epidermal layer in this treatment you will be left feeling relaxed with a skin feeling healthy and restored.

AVAILABLE AS AN EXTRA TO ANY OF THE ELECTRICAL FACIALS

AROMATHERAPY FACIAL MASSAGE

15 min £10.00

PURCHASE A COURSE OF 5 TREATMENTS AND GET A 6TH ONE FREE

For stubborn skin concerns a course is recommended.

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 – 50 min £25.00

VINYLUX MANICURE – 50 min £20.00

Includes cuticle work and conditioning treatment.

LUXURY MANICURE – 75 min £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 – 15 min £10.00

or £4.00 before Shellac Reapplication

SHELLAC SPA PEDICURE – 60 min £30.00

VINYLUX SPA PEDICURE – 60 min £25.00

Includes hard skin removal, cuticle work, conditioning treatment.

LUXURY SPA PEDICURE 75 min £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 APPLICATION 45 min £20.00

Just an application of your favourite colour to fingers or toes.

NEOM MOTHER TO BE

75 min £55.00 105 min £75.00

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 Neom Happiness and Cocoon Yourself Oils with 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.

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.

AROMATHERAPY & DEEP TISSUE MASSAGE

Book a course of five and get the sixth free

Using doTERRA essential oils or Neom Organics Well-being blends. Alleviate high stress levels, ease aching muscles and revive the senses with these powerful massages. Incorporating several massage techniques, including Swedish, deep tissue, trigger point and relaxing aromatherapy. Using the healing powers of essential 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 your back massage to create deep comfort and warmth through your muscles giving the ultimate massage experience.

Back, Neck & Shoulder Massage 45 min £29.00 60 min £40.00

Face, Scalp, Neck & Shoulder Massage
45 min £29.00 60 min £40.00 75 min £50.00

Full Body Massage 75 min £50.00 90 min £60.00 105 min £70.00

doTERRA AROMA TOUCH 45 min £29.00 60 min £40.00

doTERRA are the purest most potent essential oils available on our planet.

This technique applies essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

REFLEXOLOGY

75 min £42.00

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
ORGANICS • LONDON

Neom Wellbeing Body Treatments

NEOM HAPPINESS BODY EXFOLIATION

45 min £35.00 75 min £55.00 105 min £75.00

Organic sugar, wild mint and mandarin, smooth, hydrate and refresh your mind, body and skin with this uplifting full body exfoliation treatment. 75 & 105 minute treatments incorporate a back massage.

NEOM ENERGISE FULL BODY TREATMENT

105 min £75.00

Prepare to feel uplifted, refreshed and recharged. An invigorating full body exfoliation is followed by a skin hydrating clay mask wrap and a massage to relieve tension in the upper body. Using the detoxifying blend of essential oils, Rosemary, Grapefruit and Lemon.

Neom Wellbeing Full Body Massage Treatments

Neom is a British brand with a well-being focus. Using exquisite 100% natural fragrance from essential oils in 100% natural bases. Providing proven therapeutic benefits to work on your mind and body.

These Neom full body massage treatments allow you to switch off and enjoy every second of the treatment. Incorporating guided breathing/meditation, Swedish massage, Shiatsu, cranio, Thai massage, trigger point work and reflexology.

NEOM SLEEP TREATMENT

75 min £55 or 105 min £75.00

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

45 min £35.00 75 min £55.00 105 min £75.00

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

75 min £55.00 105 min £75.00

Stimulating essential oils of Rosemary, Lemon and Grapefruit penetrate the skin and allow for detoxification. Leaving you feeling recharged and revived.

NEOM HAPPINESS TREATMENT

45 min £55.00 75 min £55.00 105 min £75.00

Uplifting essential oils of wild mint and mandarin will leave you feeling the best version of you. Reducing stress levels and releasing endorphins, leaving you feeling happier and relaxed.