

BEAUTY

LASHES & BROWS

lash lift & tint, with brow tint	£40
lash lift & tint	£30
lash lift	£25
lash & brow tint	£14
lash tint	£10
brow tint	£6

WAXING

upper lip	£5
eyebrow	£5
face (cheeks, forehead, chin)	£8
half leg	£18
full leg	£24
underarm	£8
forearm	£10
chest	£15
back	£15
stomach	£15
basic bikini line	£10

ABOUT ANNALISE



Massage is an amazing tool for reducing pain and relaxing the body and soul. I know this from personal experience.

As a professionally trained dancer, I suffered a series of injuries. Each session with my excellent sports therapist eased my constant discomfort, brought relief and increased movement. This started my journey as therapist.

I later qualified as a fitness instructor and personal trainer, specialising in a wide variety of massages. Since then I have worked with private clients, here in the U.K. and also in the U.S. where I lived for 13 years.

During my pregnancies, I received treatment for pain and sciatica. These massages were a joy for my aching body; so, expectant mamas, I know how you feel!

As well as my own experiences, my daughter suffers with Fibromyalgia so I know first hand how massage can also ease chronic pain.

So I am delighted to welcome you to the Anew Therapies treatment room - an oasis of calm I have created in my own home, the perfect place for you to relax and make self-care a priority.

I offer beauty treatments and facials, as well as massages so you can look as good as you will feel after your treatments. Book today!



A N E W T H E R A P I E S

REVIVE RENEW RESTORE

MASSAGE
BEAUTY
NAILS
FACIALS
WAXING
LASHES & BROWS

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monday and wednesday

9.30 - 10.30am
10.45 - 11.45am
12.00 - 1.00pm
4.30 - 5.30pm
5.45 - 6.45pm

MASSAGE



60 minute session £40
(longer treatments available)

100% pure essentials oils used to create a personalised spa experience

hot stones

sports massage

swedish massage

deep tissue massage

reflexology

lymphatic massage

prenatal massage

indian head massage

NAILS

MANICURE

express file and shape, cuticle tidy, soothing hand massage, polish £20

luxury 'express' plus hand scrub and paraffin mask £30

file and polish £10
under 12's £8

GEL

full set file and shape, cuticle tidy, gel polish £20

removal £10

removal & new set £25

PEDICURE

express file and clip, cuticle tidy, mini foot massage, polish £22

luxury 'express' plus foot scrub and paraffin mask £30

file and polish £10
under 12's £8

PACKAGES

express mani/pedi £38

luxury mani/pedi £58

FACIALS



mini skin cleanse, exfoliation, tone, hydrate and facial massage £20

deluxe skin cleanse, exfoliation, tone, face mask, steam treatment, hydrate and facial massage £40

indulgent skin cleanse, exfoliation, ton, face mask, steam treatment, hydrate, facial massage and full back massage. 90 minutes £66

ear candling a hollow tube made from fabric dipped in paraffin, is placed in your ear and heated at the outside end. £20

As the candle burns, it creates a vacuum and pulls the excess moisture out of your ear, ridding your ear canal of bacteria and toxins which can cause fatigue and headaches. May also assist with draining the lymphatic system