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## The Pamper Party Treatments Menu

Most parties include both beauty therapists and massage therapists so that guests can choose from a wide range of treatments .

Some massage and beauty therapists also offer complementary therapies or speciality treatments. If you select a speciality treatment as your preferred choice then please also select a treatment from the Main Menu as an alternative.

If you are having a small party with just one therapist then all guests should choose one type of therapy (Massage / Beauty / Complementary).

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### Main Menu:

(Standard treatments available from most therapists)

#### Massage Treatments:

Swedish Massage (also known as body massage or holistic massage)

Full Body Massage	45 mins / 60 mins
Back, Neck & Shoulder	30 mins / 45 mins
Neck & Shoulder Massage	15 mins
Leg / Foot Massage	15 mins / 30 mins

#### Beauty Treatments:

Luxury Facial	45 mins
Mini Facial	30 mins
*Mini Pedicure	30 mins
Luxury Pedicure	45 mins
*Mini Manicure	15 mins
Express Manicure	30 mins
Luxury Manicure	45 mins

\*Please note that the mini manicures & pedicures are taster treatments only. It is advisable to ensure your nails are in good clean condition prior to receiving treatments.

### Specialised Menu:

(Specialised treatments available according to allocated therapist)

#### Beauty Treatments:

Additional beauty treatments are available subject to the qualifications and expertise of individual therapists. These may include Eyebrow Shaping, General Make-up or Make-over, Specialist Nail Treatments & Nail Art, Henna Tattoos....

#### Complementary Therapies:

In addition to the treatments available in the Main Menu, your allocated therapist may also be qualified to provide some of the following complementary therapies:

Indian Head Massage	Sports Massage
Aromatherapy	Shiatsu
Reflexology	Chinese Massage
Reiki	Acupressure

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