

# EVN

SPA TREATMENTS

**LOOKING GOOD & FEELING GOOD  
YOU KNOW ITS TIME TO SPA**

## Express Facial 30 mins – £25.00

Express treatment is designed to give the skin an instant pick-me-up.

## Cleanse – Masque – Hydration

Customised to your needs to refresh and revitalise.

## Mens Skin Care Treatment

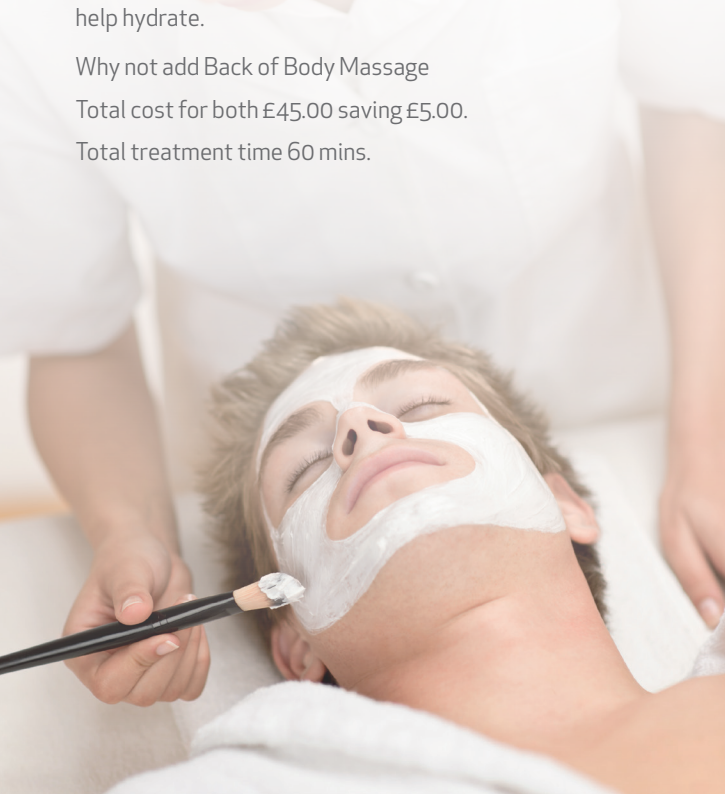
30 mins – £25.00

Designed to soothe, cleanse and refresh. A skin specific treatment mask. This will indulge the skin with vitamins and help hydrate.

Why not add Back of Body Massage

Total cost for both £45.00 saving £5.00.

Total treatment time 60 mins.



## WELCOME

Edmund Vance Nixon

MICHT, MHFS, ISTC, ACTA, FHST REGISTERED

Anyone can benefit from the range of therapies I have studied.

I use my skills to incorporate all techniques I have trained in and offer you an individual treatment tailor made for your requirement.

I have been in the fitness industry since 1983 and got involved with complimentary therapies in 1992.

I trained at the Belfast Institute and have continued to further my studies each year developing skills within my practice.

I look forward to meeting you!

*Edmund.*



# EVN

THERAPIES AND SPA TREATMENTS

Edmund Vance Nixon

MICHT, MHFS, ISTC, ACTA, FHST REGISTERED

Contact Edmund – Tel: 07973 780 951

E-mail: evntherapies@hotmail.co.uk



Gift Vouchers Available

## SWIM LESSONS 1 to 1 Beginner to Improvers

Swimming Lessons  
Cost £20 for 30 minutes

Water Fitness  
Cost £20 for 30 minutes

### NOTE

- For out calls to home or hotel add £25 to your treatment price.
- If notice of cancellation is not given at least 24 hours before appointment time a cancellation fee of up to 50% will be charged.

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THERAPIES AND SPA TREATMENTS



Tui Na (Chinese Medical Massage)

Sports Remedial Massage

Advanced Accupressure

Windsphere Massage

Therapeutic Massage

Bamboo Massage

Hopi Ear Candling

Cupping Massage

Aromatherapy

Reflexology

Reiki

**Tel: Edmund 07973 780 951**

## Aromatherapy 30 mins – £25.00

This is an increasingly popular form of massage, using the ancient art of essential oils to help improve your physical and emotional well-being.

Aromatherapy can help alleviate the symptoms of many common ailments and more typically stress-related illnesses. It is uniquely suited to self-care and can easily be incorporated into your personal health maintenance.

I use high quality essential oils from aromatic plants individually blended to suit your needs to provide a deeply penetrating, relaxing and uplifting massage.

## Reflexology 30 mins – £25.00

The healing art of applying pressure to reflex points on the feet and hands that correspond to every organ and gland in the body. Gentle pressure is applied to these points to stimulate the body's natural healing process and encourage the person to achieve physical and emotional well-being.

Reflexology can be used to help relieve various conditions including Stress, Depression, Insomnia, Digestive disorders, Menstrual/Menopausal problems, Headaches/Migraines, Back/Joint pains, Allergies, Fluid retention.

## Tui Na Massage 30 mins – £25.00

Tui Na can help ease aches and pains. It triggers the release of the body's NATURAL painkillers and give a sense of wellbeing.

Widely used for stress, anxiety, aches and pains, Tui Na is similar in its beneficial effects to acupuncture but it is a hands-on treatment.

60 minute treatments – all £40.00

## Therapeutic Massage 30 mins – £25.00

This form of massage is gentle and soothing to the body and mind.

The manual manipulation of the body's tissues increases joint mobility, improves muscle tone, relieves tightness in the muscles. Improves circulation, reduces stress and enhances the body's self healing process.

## Sports / Remedial Massage 30 mins – £25.00

This massage involves firm, deep tissue work. This is a helpful treatment for recuperation and many types of injury, including over-training, muscle fatigue or post-operative conditions.

So don't let your body get to breaking point. Sports massage helps prevent potential injury and assists in the body's overall recovery.



## Hot Stone Therapy 30 mins – £25.00

A deeply soothing massage that involves heated stones that are worked continuously over the body. Helps eliminate the stress and tension of a busy day.

## Bamboo Massage 30 mins – £25.00

A feeling of well-being is diffused in the whole body and reaches the spirit: Bamboo Treatment reduces tension, stimulates senses, reactivates circulation, restores the silhouette and smoothes the skin. Because of its draining, relaxing and calming effects it's indicated both for women (particularly in presence of cellulite) and men (ideal for sportsmen).

## Reiki 30 mins – £25.00

A gentle, non-invasive therapy using Universal Life Energy. This energy is channelled through the therapist to recipient.

## Hopi Ear Candling 30 mins – £25.00

A pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. A sage remedy ideal for relieving pressure, fighting infection and gently removing toxins and excess wax from the inside of the ear.

## Windsphere Massage 30 mins – £25.00

This new massage uses soft spheres of different sizes. By using the spheres in the right way the therapist can reproduce the effect of the wind over the skin.

Windsphere massage is an anti-stress treatment. I was trained in this original massage method by Alessandro Paoletto.

## Advanced Accupressure 30 mins – £25.00

Sometimes called needle-finger therapy, uses manual pressure to stimulate points on the body, instead of the insertion of needles. Used to help release pain and tension in the tissues.

## Indian Head Massage 30 mins – £25.00

This ancient art of Ayurvedic Healing is based on the Indian theory of energy pathways.

A powerful touch therapy of the head, neck, upper back and arms. It balances the central nervous system, promotes mental clarity while relaxing the body.



## Wraps & Scrubs 60 mins – £45.00

Exfoliating Body Scrub Treatment.

A treatment designed to remove dead skin cells restoring vital nutrients to the skin with aromatherapy essential oils. This treatment will help relax stressed muscles, promote cell renewal, leaving the skin feeling smooth and refreshed.

### Body Scrub – Shower – Body Firming – Cream Massage

Why not add Express Facial for £20.00

Total Treatment Time 90 mins – Cost £65.00 saving £5.00

## Body Wrap Liquid Seaweed

90 mins – £65.00

With this unique formula no showering is needed during treatment time.

Seaweed Liquid Therapy Wrap – The Benefits

### Detoxification – Skin Hydration & Nourishment

Many experts believe it can help with fluid retention promoting a feeling of good health and well being.

Includes Light Body Massage and Express Facial