

Living Health

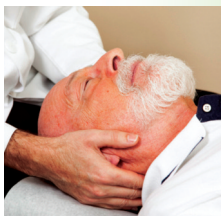
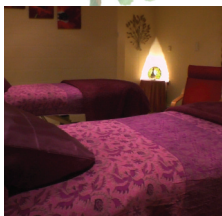
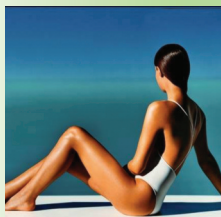
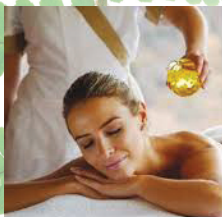
Chiropractic, Beauty and
Natural Therapies

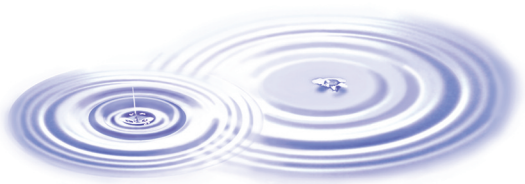


2-6 North Parade, Grantham, NG31 8AN

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www.livinghealth.co.uk





Living Health

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Grantham, NG31 8AN

Tel: 01476 400 100

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Living Health was established in 1994 as a chiropractic clinic and has grown into a centre for chiropractic, natural therapies, relaxation and beauty treatments.

Our aim is to help relieve pain, to soothe, relax and de-stress in a calming, friendly and relaxed atmosphere. All of our treatment rooms are designed for comfort and ease of use and our ground floor twin suite is ideal for family, friends or couples looking to share some relaxation time.

Almost all of the treatments we offer are possible in ground floor treatment rooms and free consultations are available upon request.

Opening Times
Monday to Friday:
9.00am-7.00pm
Sat: 9.00am-2.00pm



Chiropractic

Chiropractic is a primary health-care profession that specialises in the diagnosis, treatment and overall management of conditions that are due to problems with the joints, ligaments, tendons and nerves, especially related to the spine.

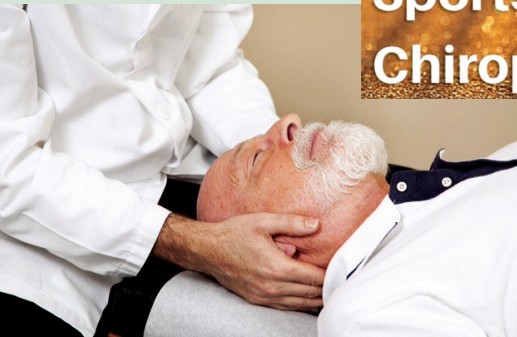
Although chiropractors are best known for treating back and neck pain, which they do very well, patients also consult chiropractors regarding a range of other related conditions.

Adult:

Initial consultation, evaluation and treatment	£55
Follow up visit	£32

Children:

Initial consultation, evaluation and treatment	£ 38
Follow up visit	£20



Holistic & Specialist Therapies

Fully qualified specialist therapists offer the following services in our clinic. **To book an appointment or for more information please ask for their details at reception.**

Five Element Acupuncture
Sports & Remedial Massage
Nutritional Therapy
Herbal Medicine
Hypnotherapy
Counselling
Mindfulness
Chiropody/Podiatry - Orthotics & Cryosurgery





Holistic Therapies

Hopi Ear Candling	45 minutes	£36
Course of 3 treatments £99		

Hopi Ear Candling (also known as Thermal Auricular Therapy) is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. The ear candles induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes. A soothing sinus and facial massage concludes this relaxing treatment.

Reflexology	60 minutes	£38
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Reflexology has been used for centuries. Reflexology stimulates points on the feet to alter muscle tone, promote relaxation, alter posture and create better mechanics. This treatment includes a foot soak and is completed by a deep, relaxing foot massage.

Reiki	60 minutes	£38
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Reiki is a non-invasive holistic therapy helping to release stress, tension and pain, inducing relaxation, strengthening the immune system, detoxifying the body and creating balance and harmony. Reiki's gentle healing energy is easily adapted to most medical conditions and may be used safely by people of all ages.

Massage & Relaxation

Living Health massages are customised to help relieve muscle tension and ease nagging pains. They are ideal for anyone suffering from muscular strains as well as aches during pregnancy, arthritis, circulation problems and oedema, depression, exhaustion, insomnia, tension headaches and joint or muscle stiffness.

Therapeutic and Deep Tissue Massage

Back, neck & shoulder massage	30 minutes	£28
Full body massage	60 minutes	£42
Deep tissue massage	30 minutes	£30
Chiromassage	20 minutes	£13

Hot Stone Massage

If you're looking for a stress-busting treatment designed to relax and unwind, there's nothing better than a hot stone massage. Popular for its ability to soothe both mind and body, the hot stone massage uses a combination of gentle oils and natural stones in a bid to ease muscle tension, improve circulation and promote wellbeing

Back	30 minutes	£32
Full Body	60 minutes	£50



Indian Head Massage

45 minutes £36

An ancient form of head massage that uses relaxing oils to release pockets of tension in the upper back, shoulders, upper arms, neck, face and ears. Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches and sinusitis. It is deeply calming and relaxing, leaving you feeling energised and revitalised.



Deep Tissue Massage

30 minutes

£30

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). Good for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness and sore shoulders.

Hot Lava Shell Back Treatment

30 minutes

£36

Heated Tiger Clam shells enable the therapist to achieve a firm deep pressure, treating deep rooted muscle problems, helping relieve tension and stress.



Hot Lava Shell Massage

60 minutes

£55

The original Lava Shell massage using warm smooth Tiger Clam shells expertly guided over the body, reaching the deepest aches and pains, alleviating stress and tension. The heat from the lava shells stimulates blood supply resulting in healthier looking skin whilst the deep tissue pressure point massage eases away muscle tension, releases energy flow and restores a sense of balance.

ProSkin dermalogica®

NEW Dermalogica
ProSkinFacials

Skin Fitness Plan

Powered by Face Mapping

Your skin is unique!

Let's treat it that way!

Discover how to achieve
your best skin ever with
our complimentary skin
fitness plan.



10 minutes free



ProSkin 30 Facial

Our customised treatment for busy people!
Targeting your key skin concern for maximum
impact in minimum time, this treatment is a
firm favourite with those who have just 30
minutes, want visible results and great value.

30 minutes £32

ProSkin 60 Facial

Customised with advanced product, techniques and technology in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin. This facial begins with a relaxing foot soak, foot file and moisturise. The ultimate treatment, different every time.

60 minutes £48

Calming Crystal Facial

Using a combination of Dermalogica products to cleanse, tone and moisturise the skin this facial is followed by healing pressure point meridian touch therapy and lymphatic massage using cooling crystal wands.

Crystals are said to have remarkable energy balancing properties for mind body and soul.

Try this truly relaxing sensory facial experience.

45 minutes £38



Body Therapy

Body Foliation Therapy

30 minutes £30

A gentle oatmeal and rice bran exfoliant removes dead skin cells and brightens skin leaving it smoother and prepped for maximum absorption of rich, smoothing botanical oils. You'll leave this therapy with silky, healthier skin.

Nourishing Sea Mud Bodywrap

90 minutes £55

Natural earth clays draw out impurities whilst essential oils stimulate circulation and smooth the skin. Rest in a warming wrap whilst your therapist carries out a facial and your skin absorbs the nourishing botanical oils.

Nailcare

CND Shellac For fingers & toes

A 14 day polish that doesn't chip or wear.

Shellac Overlay on fingers or toes £25

Soak off & Reapply £32



Bio Sculpture Gel and LCN nail care

Our nail technician provides a full consultation before any Gel application. These gel treatments help promote your natural nail growth.

Gel overlay (Clear) £30

Gel overlay (Colour) £32

Gel overlay (French) £35

Silk repair £5 or 2 for £8

Sculpture repair £7

In-fills £27

Soak-off without reapplication £20

Soak off with reapplication £35



Manicures, Pedicures, Hand & Foot

Revitaliser Treatments

Our customised hand, foot and nail treatments use Dermalogica and Jessica products. They include a combination of a foot soak, exfoliation, massage, thermal gloves or booties and an application of Jessica nail varnish.

Manicure 60 mins £30

Pedicure 60 mins £30

Manicure & Pedicure Together 120 mins £55

Hand OR Foot Revitalise 30 mins £15

Waxing

Waxing- All of our waxing is done with P.H.D. System organic tea tree cream wax, ideal for sensitive skins.



Full leg	£25
Three quarter leg	£18
Half leg	£16
Upper leg including bikini	£16
Back or chest	£18
Underarm	£10
Forearm	£16
Bikini from	£10
Eyebrow wax (or tweeze)	£8
Lip or face	£8
Full leg and bikini	£30



Threading

Threading is a form of temporary hair removal, an ancient manual technique similar to plucking.

Threading is good for individuals with sensitive skin or who have undergone strong acne treatments.

Eyebrow Tidy *	£10
Eyebrow Reshape *	£15
Lip	£8
Chin	£8
*Add an eyebrow Tint	£8

Eyebrows and Eyelashes

Eyebrow wax (or tweeze)	£8
Eyebrow tinting*	£8
Eyebrow wax & tint *	£15
Eyelash tinting*	£15
Eyelash & Eyebrow tint *	£18

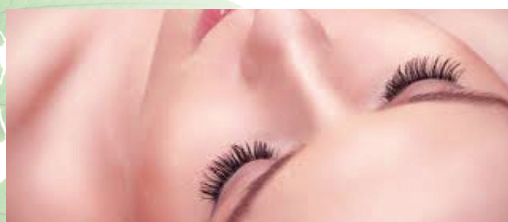
*Patch test required 24hrs prior to treatment

Eyebrows by Mii

Brows tailored perfectly to you

After a consultation your brow specialist uses a combination of tinting, waxing and finishing techniques to achieve your perfect eyebrow shape.

45 minutes £20



Mylash lift is designed to create the illusion of longer thicker lashes without the need for extensions. Our tinting and silicone shield formula straightens, lifts and darkens the natural lashes to help improve the overall definition to the eye. Mylash lift is immediate and you can expect the effects to last for six weeks. No subsequent maintenance is required.

45 minutes £35

Mylash express

A fast semi-permanent eyelash extension treatment which takes only 30 minutes to perform. Individual lashes are applied to more than one natural lash at a time. The look is similar to lash on lash treatments without the two hour appointment.

45 minutes £30

Tanning

St Tropez Spray Tan

This specially formulated UV Free treatment is applied by a St Tropez professional who sprays a fine mist of bronzing solution over your body resulting in an even, streak-free, natural looking tan. It is recommended that you wear dark, loose clothing and flip-flop style footwear and that NO shaving or waxing be done 24 hours prior to this treatment. Aftercare is provided and top up kits are available to purchase.

Full body and face £22

Half body (above or below the waist) £12



20 CLUB



Our 20 Club offers a range of discounted treatments for the under 20s. Register for a card and produce it at each appointment to qualify for 20% discount on certain treatments and 10% off Dermalogica Clearstart range.

Under 16s require parental consent for treatments, under 14s MUST be accompanied by a parent or guardian.

Gift Vouchers –

Gifts of relaxation



Why not give someone special a spa treatment via a Living Health Gift Card. The attractive card comes ready for your own greeting and is valid for 6 months. You choose the treatment or the value and the recipient can use it all in one visit or carry it forward to another treatment.

You can order the card over the phone on 01476 400100 and we will post it for you or if you are nearby call in and it will be waiting for you!



Our Treatment Packages

Retreat for Him – Conditioning foot soak, power cleanse facial and a back, neck & scalp massage.

90 minutes

£48

Revive- Conditioning foot soak and soothing foot massage, full body massage, Dermalogica facial and pressure point facial massage.

2 hours

£55

Tranquility- Full body exfoliation & thermal bodywrap including a Dermalogica facial

90 minutes

£55

Retreat for Her – Conditioning foot soak, luxury manicure or pedicure, 30 minute body massage and a Dermalogica facial.

2 hours

£60

Party or holiday treat – A St Tropez spray tan, Shellac fingers & toes

90 minutes

£65

Luxury Retreat Package – This wonderful pampering treatment begins with a conditioning foot soak followed by your choice of a full body massage or a bodywrap followed by a Dermalogica facial and a touch of Jane Iredale make-up. Your relaxation is completed by your choice of a luxury manicure or pedicure.

3 hours

£85

Pregnancy Retreat – A back, neck and shoulder massage on a comfy pregnancy pillow, a Dermalogica facial, a touch of Jane Iredale make up and a hand and foot revitalise.

3 hours

£85



Retreat for Two –

for friends or couples – Conditioning foot soak, full body massage and a Dermalogica facial. (Treatments will be carried out in our twin therapy suite, subject to availability.)

2 hours

£110 for 2 people

Living Health Sheer Indulgence – A conditioning foot soak and a gentle full body exfoliation prepare you for your choice of body treatment. Select a hot stone massage, Swedish massage or a reflexology treatment. After a break for refreshment your treatments continue with a deluxe manicure and pedicure and a Dermalogica facial. A touch of Jane Iredale make-up completes your Sheer Indulgence.

5 hours

£145

MY WISH LIST
for treatments and products

MY NEXT APPOINTMENT

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Cancellation Policy: If you need to cancel or rearrange an appointment, please let us know as soon as possible, preferably the day before.

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