



luxury BEAUTY bubble

Beauty Appointments

T: 01425 837557

book online at www.luxurybubble.co.uk

Open Mon to Sat 9AM - 5PM

Lay Back and Relax!

The Luxury Bubble **Lay Back and Relax! Massage menu** offers so many benefits from toning the skin to soothing the mind. Paying regular attention to the muscles of your body benefits your posture. Great posture means that every item you wear is going to hang better on you, so massage benefits your mind, your body and your wardrobe!

Seventh Seal (Swedish Massage)

This traditional massage incorporates varied pressure with Swedish massage moves including kneading, cupping, and hacking. Swedish massage is considered to help with joint pain and stiffness and thought to improve blood circulation.

Bubble Back, neck and shoulder: 45 mins £45

Luxury Full body: 60 mins £60

Rock Your Body (Hot Stone Massage)

This speciality massage uses heated basalt stones to penetrate deeper into the muscles and leave you feeling truly relaxed.

Bubble Back, neck and shoulder: 45 mins £45

Luxury Full body: 60 mins £60

Back, Neck, Shoulder, Scalp and Face Massage 45 mins

£45

Back, neck and shoulders massage, incorporating a soothing scalp and face massage. A deeply relaxing treatment for stress relief and particularly beneficial for the relief of headaches and sinus congestion, this 45 minute treatment will leave you feeling peaceful in mind and spirit.

Body Movin' (Deep Tissue Massage) *This Deep Tissue massage uses specialised massage techniques and stretches to relieve tight, aching muscles. A great choice for those who enjoy an intense and active exercise regime, this massage will leave you feeling renewed.*

Bubble Back, neck and shoulder: 45 mins £55

Luxury Full body: 75 mins £85

Indian Head Massage 45 mins

£45

A truly relaxing holistic therapy based on the ancient art form practiced for centuries. An Indian Head massage will totally balance your mind, body and spirit and has far reaching effects on every system of the body, including elimination of toxins, improved circulation, relief from stress. Deeply relaxing!

Reiki Healing 60 mins

£60

Reiki, meaning Universal Life Force is an ancient Japanese healing art which brings relaxation and balance to the body and spirit. Healing energy is channelled into the body in a system of non-intrusive hand positions encouraging the body to self-heal. As your inner-energy is rejuvenated and your mind reaches new levels of happiness and contentment, so is your body's ability to fight both physical and emotional negativity.

Reflexology Treatments

Reflexologists believe that certain points on the soles of your feet are connected to the organs, glands and energy pathways. Through the application of gentle pressure, a reflexologist can restore and maintain your body's natural equilibrium and encourage healing.

Mindful Reflexology 60 mins

£45

Using thumbs, fingers or knuckles to apply pressure to the feet and sometimes the lower leg or hands. Balms or powders are applied to help with grip and contribute to a sensation of relaxed well-being.

Hot Stone Reflexology 60 mins

£55

The ultimate in relaxation, hot stones are used to apply pressure and to work areas of the feet and lower legs. This induces a state of extremely deep relaxation.

THE SMALL PRINT!

Please arrive in plenty of time for your Bubble. Enjoy a coffee on us in our café while you wait for your treatment.

A non-refundable fee may apply to some bookings.

Can't make your appointment? We're sorry you missed your Bubble but please let us know at least 24 hours before so we can re-schedule your treatment. If you forget to tell us, we can't book anyone else for their Bubble and you will incur a 100% late change fee.

Clients under 16 are welcome for treatments at Luxury Bubble but must be accompanied by a parent or guardian.

A cuddle with a fur baby or your own baby is a Luxury Bubble in itself. However cuddles have to stay at home. Unfortunately we cannot accommodate pets or very young children at Luxury Bubble.

Cash and card payments accepted.



60 High Street • Fordingbridge
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ebo Treatments

Kirstie Garrett has worked in the beauty and wellbeing industry for 25 years, co-founding 'Balance Me' before developing ebo when she moved to South West France.

She's been treating Hollywood A-listers, professional athletes, stressed-out mums, and busy professionals for over 20 years with her legendary aromatherapy and holistic treatments.

We are delighted that Kirstie will offer in-store treatments at Luxury Bubble. These are strictly limited in availability, so please book early to avoid any disappointment.

ebo Reset Muscle Release Massage 60 mins £80

Designed to release tension from the body and stress from the mind.

Using deep tissue stimulations of acupressure points on the body combined with intense head and scalp massage, this treatment ensures that even the tightest of backs and necks will find some tension relief.

ebo Reset and Relax Detox Massage 60 mins £80

A luxurious and completely relaxing treatment to meet the specific needs of your mind as well as your body. A full body massage using the ebo blend of Detox essential oils designed to boost circulation, fight cellulite and eliminate toxins from the body, leaving you glowing.

This is a serious shot of TLC - delivering skin enrichers to nourish your skin whilst tension and stress knots are eased away.

ebo Seasonal Rejuvenation Facial 60 mins £80

A facial to restore a youthful complexion and natural glow to the face. This incredibly relaxing treatment includes a lavender steam flannel, lymphatic drainage and massage of the face, shoulders, décolleté and head. Working with the skin's own amazing biology and using the all natural ebo range - Kirstie works with plant ingredients the body is able to recognize. This treatment delivers instant visible results - smoothing, lifting and plumping. Beautiful ingredients designed specifically to give your skin exactly what it needs through the changing seasons. ebo Seasonal Facial Oils provide shots of essential fatty acids, nutrition and hydration for soft, supple skin whilst massage techniques plump, lift and smooth the appearance of fine lines. A 'Must Try'!

Contouring Detox Body Wrap 60 mins £85

Following body brushing, warmed clay with stimulating aromatic pure essential oils of geranium, marjoram and ylang-ylang is massaged over the skin to eliminate toxins, reduce water retention, boost circulation and lymphatic flow. The body is then wrapped in a thermal blanket to intensify the deep detoxifying effect, whilst you drift away with a head massage. A full body application of Essential Detox Oil ends your treatments leaving you feeling fresh, recharged and revitalised. Your body will appear more svelte and defined. Everyone is amazed by this treatment!

GIFT VOUCHERS

Gift vouchers available! The ultimate Luxury Bubble for a friend or loved one.

Legology Signature Leg-Contouring Treatment 60 mins £85

Legology®

A vigorous massage incorporating effleurage, kneading, knuckling, wringing and silicone cupping techniques, along with the 'S' thigh technique, meridian clearing and deep

draining. Legs are treated with the Legology range, including Cellu-Lite Salon Secret For Legs (a blend of detoxifying and stimulating oils to aid contouring), Air-Lite Daily Lift For Legs (a rejuvenating cream designed to combat heavy legs, fluid retention and puffiness, and Exfo-Lite Stimulating Salts For Legs (an invigorating scrub with deep drainage benefits). This unique treatment, a black book secret among beauty editors, leaves legs looking more contoured and feeling lighter and energized.

Try this treatment, and you'll understand why Legology founder Kate Shapland calls her blog 'Happy Legs'...

Medical Aesthetics

Cathy Wallwork is a Registered General Nurse and Independent Nurse Prescriber who graduated from St. Bartholomew's Hospital in 1984. She has 20 years experience as a medical aesthetic practitioner.

Cathy helped develop the current competencies for aesthetic nurses at The Royal College of Nursing and was a consultant trainer for Q-Med (now Galderma).

We are very excited to bring her high standards of hygiene, care, skill and experience to Luxury Bubble. She will be offering facial rejuvenation & cosmetic improvements in the form of dermal fillers, and chemical denervation.

Fillers £290

Fine lines, wrinkles and skin folds can now be successfully improved with Juvéderm or Restylane, giving immediate results. Whether you're looking for defined facial contours, fuller lips or softened facial lines, these dermal fillers bring out the best in you — instantly and naturally. A simple injection replenishes the lost volume and improves your looks by enhancing your facial profile, creating fuller lips, and smoothing out lines and wrinkles. The effect will typically last 6 months to over a year.

Wrinkle Relaxing Injections from £225

Facial lines are caused by the repeated use of the facial muscles in a particular manner. Just as a freshly ironed shirt will become severely creased, in a similar way our facial lines form whenever we frown, squint or smile. Our 'Hibernation' Treatment is a preventative approach. Injections are given, usually to the forehead frown area, which temporarily weakens the frown muscles and thus puts them to sleep for a period of 3 to 6 months.

Prophilo £300

Winner of the most innovative treatment at the Aesthetic Awards in 2016, Prophilo is a real game changer. Neither a mesotherapy treatment or a filler, Prophilo is a bioremodelling treatment which works to cure wrinkles from within rather than just fill them. Prophilo deeply hydrates the skin whilst adding weightless volume for a youthful look. In addition, it has a unique lifting and tightening effect to remodel sagging and aging tissue. We can use this treatment on the face, neck and hands.

