

# Andrea Noble

## Holistic Therapist

<b>Mondays</b>	<b>9.45am - 1.00pm</b>
<b>Tuesdays</b>	<b>9.00am - 1.00pm</b>
<b>Wednesdays:</b>	<b>7.30pm - 10.00pm</b>
<b>Thursdays:</b>	<b>9.00am - 2.00pm</b>
<b>Sundays:</b>	<b>2.00pm - 7.30pm</b>

### Aromatherapy Massage

A truly indulgent experience! Pure essential oils are blended according to your individual needs. The oils, combined with the massage will help you to relax both your mind and body. The oils can also help with a variety of different conditions and ailments, such as stress, tension, and headaches.

Full Body	75 minutes	£42.00
Neck, Back & Shoulder	30 minutes	£26.00

### Aromatherapy Facial and Scalp Massage

*(Includes arm and hand massage)* 30 minutes £26.00  
An excellent treatment for getting rid of the stresses and strains of the day! It helps improve circulation to the face and head, so is very helpful if you suffer from migraines or headaches. Provides a great sense of well-being and total relaxation. A perfect ‘pamper’ treatment for you, a friend or loved one.

### Therapeutic Swedish Massage

A deep tissue massage to either invigorate or relax you. This massage is excellent for relieving muscular aches and pains. It also helps to eliminate waste products and is good for the circulation.

Full Body	75 minutes	£42.00
Neck, Back & Shoulder	30 minutes	£25.00

### Sports Massage

This is a deep tissue muscle massage using various techniques to improve the condition of the body. Whether you play sport or not, this treatment can benefit you in many ways.

Benefits are:

- Helps to increase range of movement and increases flexibility.
- Relieves muscle soreness.

- It can assist in injury prevention and promotes faster recovery from both training and injury.

- Promotes blood flow to the muscles to remove lactic acid and waste build-up, therefore reducing aches and pains.

After your initial appointment, your needs will be assessed and subsequent treatments can be tailored accordingly.

Initial consultation and treatment	75 minutes	£43.00
Further appointments	45-75 minutes	£38.00-£43.00

**Discounted price available for a course - see Andrea**

<b>Indian Head Massage</b>	45 minutes	£26.00
----------------------------	------------	--------

This treatment involves massage of the shoulders, upper arms, neck, scalp and face. It encourages the body to release ‘feel good chemicals’, creating a feeling of calm. Excellent for helping to relieve stress & tension. Also good for relieving headaches, migraines, muscular tension, sinusitis and insomnia.

<b>Reflexology</b>	60 minutes	£30.00
--------------------	------------	--------

This is a deeply relaxing treatment working on the pressure points on the feet that relate to the organs of the body. It helps to calm and balance the whole system, thereby creating a feeling of well-being and deep relaxation. Reflexology encourages the body to heal itself. It is also excellent for helping certain conditions such as IBS, depression and fertility problems.

### Lymphatic Drainage Aromatherapy Massage

This treatment uses particular massage movements which work towards the nearest lymph nodes of the body. Using pure essential oils, it is an excellent way of ‘detoxing’ the body as any toxins are dispersed quickly. It is good for reducing water retention (e.g. with PMT)

Other benefits are:

- Boosts the body’s immune system, therefore enhancing immunity to illness.
- Helps to reduce cellulite.
- Provides relaxation, emotional balance, feelings of well-being and increased energy.

Full Body	75 minutes	£42.00
Neck, Back & Shoulder	30 minutes	£26.00

### Hopi Ear Candle Treatment

*(including face and scalp massage)* 60 minutes £26.00  
This treatment gets its name from the Native American Indians or ‘Hopi’ Indians as they were known. It is an ancient natural therapy, which is excellent for relieving conditions such as excessive earwax, sinusitis, headaches, tinnitus, rhinitis and snoring. This deeply relaxing, gentle treatment also includes a facial massage, and an optional scalp massage, using pure essential oils.

# Louisa Muston

## Head to Toe

<b>Thursdays</b>	<b>4.00pm-9.00pm</b>
------------------	----------------------

### Facial Treatments

<b>Revitalising Deep Facial</b>	60 minutes	£33.00
---------------------------------	------------	--------

Cleanse, tone and total relaxation massage of face, neck & shoulders. Finished with a deep cleansing mask and moisture.

### Body Treatments

<b>Hot Stone Therapy (Full Body)</b>	60 minutes	£45.00
--------------------------------------	------------	--------

An extremely relaxing and intense massage using specialist volcanic stones from South America. The combination of heat and massage encourages the blood flow to surrounding tissues thus improving the elimination of toxins and waste. Hot Stones focus on re-energising and balancing the body, mind and spirit.

<b>Neck, Back and Shoulder Massage</b>	30 minutes	£23.00
--	------------	--------

A quick but extremely effective and relaxing deep tissue massage working on the back, neck and shoulders where many of us hold tension.

<b>Full Body Massage</b>	60 minutes	£40.00
--------------------------	------------	--------

An extremely relaxing deep tissue massage designed to work away all of the aches and pains that our busy stressful lives bring. This massage also includes gentle Lymph drainage, which encourages the removal of waste products in the body. So not only will you feel relaxed you will also feel rejuvenated.

<b>Indian Head Massage</b>	30 minutes	£23.00
----------------------------	------------	--------

A deeply calming massage working on the shoulders, neck, scalp, face and arms. Extremely good for relieving stress and tension and very beneficial for helping to alleviate headaches, sinus problems, severe migraines and insomnia.

<b>Reflexology</b>	60 minutes	£30.00
--------------------	------------	--------

A therapy that treats the feet in order to balance the whole body. By applying pressure and massage techniques to parts of the feet known as reflex areas, other connected and corresponding areas of the body will feel the benefits. It encourages both relaxation and stimulation, helping the body with its own natural healing and energising process.

### Hand and Foot Treatments

<b>File &amp; Nail Paint</b>	20 minutes	£10.00
------------------------------	------------	--------

<b>Mini Manicure</b>	30 minutes	£18.00
----------------------	------------	--------

Cuticles nourished, the nail shape perfected and finishing with a lasting colour application.

<b>Luxury Manicure</b>	60 minutes	£25.00
------------------------	------------	--------

The Luxury alternative, incorporating all of the above with extras, including hand and arm massage with heated mittens.

<b>Mini Pedicure</b>	30 minutes	£18.00
----------------------	------------	--------

Feet soaked, nails shaped, cuticles tidied and polish application.

<b>Luxury Pedicure</b>	60 minutes	£25.00
------------------------	------------	--------

Again, all of the above treatments, with the extra care and attention your feet need, with perfectly polished and shaped toenails. Suitable footwear is advised i.e. flip flops.

<b>Gellish mini Manicures</b>	45 minutes	£25.00
<b>Gellish mini Pedicure</b>	45 minutes	£25.00
<b>Gellish Soak off</b>	15 minutes	£5.00

Gellish nail polish lasts for up to 14 days, chip proof with a high gloss shine.

### Waxing

Full leg	60 minutes	£25.00
Full leg & bikini	60 minutes	£30.00
½ leg	30 minutes	£15.50
½ leg & bikini	30 minutes	£25.00
Bikini line	15 minutes	£13.00
Underarms	15 minutes	£10.00
Eyebrows	15 minutes	£ 7.50
Upper lip	10 minutes	£ 6.50
Upper lip & chin	10 minutes	£11.50
Lip, eyebrows & chin	15 minutes	£16.50

---

*For that perfect gift  
Treatment Room Gift Vouchers  
are available*

---

*The Treatment Room*  
The Club at Mapledurham, Chazey Heath, Mapledurham,  
Reading, Berkshire RG4 7UD  
Tel: 0118 946 3353 Fax: 0118 946 3363  
www.theclubcompany.com



# The Treatment Room at The Club at Mapledurham

# a guide to treatments

*for appointments call  
0118 946 3353*

*www.theclubcompany.com*



*assisted by Eleanor*

**Mondays:** 1.30pm - 7.30pm  
**Tuesdays:** 2.00pm - 9.00pm  
**Wednesdays:** 12.30pm - 6.00pm  
**Fridays:** 9.30am - 6.00pm  
**Saturdays:** 9.00am - 4.00pm

Alternative appointments may also be available on request.

**Facial Treatments**

**Prescription Facial** 75 minutes £40.00  
 The ultimate experience of all treatments. Facial especially adapted for you. This includes a neck, back and shoulder massage prior to the facial.

**Revitalising Deep Facial** 60 minutes £35.00  
 Cleanse, tone and total relaxation massage of face, neck and shoulders. Finished with a deep cleansing mask and moisture.

**Mini Facial** 45 minutes £27.00  
 Cleanse, tone, exfoliate, mask & moisture.

**Men's Prescription Facial** 75 minutes £40.00  
 Especially adapted to men. Starting off with a back and shoulder massage, then moving on to a deep cleansing facial.

**Body Treatments**

**Therapeutic Swedish Massage**  
 Relieves muscular tension, improves circulation and aids lymphatic drainage.  
 Neck, Back & Shoulder 30 minutes £24.00  
 Full Body 75 minutes £42.00

**Aromatherapy Massage**  
 The ultimate treatment in relaxation, using essential oils blended for the individual experience.  
 Neck, Back & Shoulder 30 minutes £26.00  
 Full Body 75 minutes £43.00

**Full Body Exfoliation & Moisture** 45 minutes £26.50  
 Ideal treatment for pre-holiday or special occasions.

**Indian Head Massage** 45 minutes £22.00  
 (subject to availability)  
 Massage to relieve tension on the head, neck & shoulders.

**Hand & Foot Treatments**

**File & Nail Paint** 20 minutes £10.00

**Mini Manicure** 30 minutes £18.00  
 Cuticles nourished, the nail shape perfected and finishing with a lasting colour application.

**Luxury Manicure** 60 minutes £24.00  
 The luxury alternative, incorporating all of the above with extras including hand and arm massage with heated mittens.

**Mini Pedicure** 30 minutes £22.00  
 Feet soaked, nails shaped, cuticles tidied and polish application.

**Luxury Pedicure** 75 minutes £30.00  
 Again, all of the above treatments, with the extra care and attention your feet need. With perfectly polished and shaped toenails. Suitable footwear is advised i.e. flip flops.

**Men's Manicure** 45 minutes £15.00  
 Nails shaped and tidied up, cuticles nourished, hands and arms massaged and nails buffed to reduce ridges.

**Shellac Nails**  
 A new revolutionary nail treatment that will guarantee your polish application will last for upto 14 days without chipping or losing shine. Applied just like a polish, Shellac does not cause any damage to the natural nail, dries instantly, and has an easy removal.

**Shellac Mini Manicure**  
 Cuticles nourished, the nail shape perfected and finishing with a lasting Shellac colour application.  
 Colour 45 minutes £27.00  
 French Polish 60 minutes £30.00

**Shellac Luxury Manicure**  
 The luxury alternative, incorporating all of the above with extras, including hand and arm massage with heated mittens.  
 Colour 60 minutes £32.00  
 French Polish 75 minutes £36.00

**Shellac Mini Pedicure**  
 Feet soaked, nails shaped, cuticles tidied and Shellac polish application.  
 Colour 45 minutes £30.00  
 French Polish 60 minutes £34.00

**Shellac Luxury Pedicure**  
 Again, all of the above treatments, with the extra care and attention your feet need, with perfectly polished and shaped toenails.  
 Colour 75 minutes £45.00  
 French Polish 90 minutes £48.00

**Shellac Soak-Off** 15 minutes £5.00  
 When you are ready for the polish to be removed, simply book another appointment with us.

*Please note that if you are having either a Manicure or a Pedicure, and need existing Shellac polish removed, you will need to add 15 minutes extra onto your initial appointment time.*

**Callus Peel** 45 minutes £25.00  
 A treatment that quickly removes callus areas on the feet without the need of a blade. Includes toenail file & polish.

**Eye Treatments**

*A skin test is required 24 hours prior to tinting*

Eyelash tint 30 minutes £13.00  
 Eyebrow tint 10 minutes £ 8.00  
 Lash & brow tint 30 minutes £19.00  
 Eyebrow shape 15 minutes £ 7.00

**Individual eyelash extensions by Nouveau**

State of the art semi-permanent individual lash extensions that give longer, thicker and very natural looking lashes.

90 minutes £65.00  
 Maintenance & Infills 60 minutes £30.00

**Waxing**

Using warm tea tree wax with pre and after care products leaving your skin soft and fresh.

Full leg 60 minutes £27.00  
 Full leg and bikini 60 minutes £32.00  
 Full leg and Brazilian 60 minutes £36.00  
 ½ leg 30 minutes £16.50  
 Top ½ leg and bikini 30 minutes £29.00  
 Bottom ½ leg and bikini 30 minutes £26.00  
 Bikini line 15 minutes £15.00  
 Brazilian 15 minutes £19.00  
 Hollywood 30 minutes £25.00  
 Underarms 10 minutes £11.00  
 Full arm 30 minutes £18.00  
 ½ arm 20 minutes £14.50  
 Eyebrows 15 minutes £ 7.50  
 Upper lip 10 minutes £ 7.00  
 Upper lip and chin 10 minutes £13.00  
 Lip, eyebrows and chin 15 minutes £16.50  
 Back 30 minutes £24.00  
 Chest 30 minutes £18.00

**Conditions**

- Please inform the therapist of any medical conditions you may have including pregnancy, before making your appointment. Certain medical conditions may preclude you from having some of the treatments available.

- We advise that prior to any depilation i.e waxing, you do not use any form of chemicals, heat or usage of the spa. This also includes the swimming pool.

- For your comfort we suggest you arrive 10 minutes prior to your booking. Regretfully, late arrival may constitute in a reduced treatment time.

- If you need to cancel or re-schedule your appointment, please make sure you give at least 24 hours notice. Cancellation charges are as follows:

- Less than 24 hours given – 50% cost of treatment charged
- No notice given – full price of treatment charged

- At the end of the treatment, payment must be made directly to Louise, cheque or cash, only.

- Gift vouchers are valid for 6 months from date of purchase and are non-refundable; they must be presented prior to treatments.

- If you are booking more than 2 hours of treatment time, you may be asked to pay 50% deposit at the time of booking.

**Gift Vouchers & Pamper Packages Available on request – ask Louise for details**

*Philippa Seymour*

*Bowen Therapy*

**Wednesdays 9.00am-12.00pm**

The Bowen Technique is a relatively new form of Complimentary medicine, originating in Australia in the 1980s.

The Bowen Technique is a hands-on treatment, using rolling moves over soft tissue. It is effective in freeing up the connective tissue (deep fascia). When parts of the body are injured or have areas that become painful, other parts of the body take over, protecting the injured tissue. As a result, the body becomes unbalanced and out-of-line, with the connective tissue tightening up and often muscle spasm occurring. This results in asymmetric posture, abnormal movement patterns, and pain.

- The whole body is treated at a session, because, for example, some abnormal tightness in the connective tissue around the foot can be responsible for pain further up the body in knees, hips, pelvis or spine.

- During the treatment, there will be a series of short breaks, when you will be left resting, to allow the body to respond to the moves that have been performed.

- Treatment will be given through light clothing of t-shirt and loose trousers or jogging bottoms.

- The Bowen Technique is becoming widely used for preventing injury, preventing recurrence of injury, and addressing many types of conditions. It is equally effective on both acute and long-standing pain.

- More often than not, only 2-4 treatments are required to solve a problem.

Frequent conditions that respond well to Bowen Therapy:

- Low back pain, Sacroiliac pain
- Upper body tension and stiffness
- Frozen shoulder
- Common Sports injuries – hamstring strains, tennis elbow, shin splints, sprained ankle etc.
- Asthma, hay fever, sinusitis

Philippa is a retired Chartered Physiotherapist and is now practising as a Bowen Therapist

45 minutes £25.00