

SPA

Spa Body Treatments

HYDROACTIVE MINERAL SALT SCRUB - Mineral salts gently buff away dry skin followed by a friction massage leaving skin silky smooth. **70 min £55**

ENZYMATIC SEA MUD WRAP - A seaweed and mineral mud wrap exfoliates and nourishes skin whilst detoxifying your body. **70 min £55**

CONDITIONING BACK TREATMENT - The back and upper arms are gently exfoliated using a buffing cloth followed by a mudpack and masque to soothe tight muscles and smooth skin. **30 min £25**

Packages

WEDDING PACKAGE - A luxurious range of treatments designed to ease away pre-wedding stresses. Includes a Dermalogica Full facial, Conditioning Back Treatment, Spa Manicure and Spa Pedicure. **180 min £130**

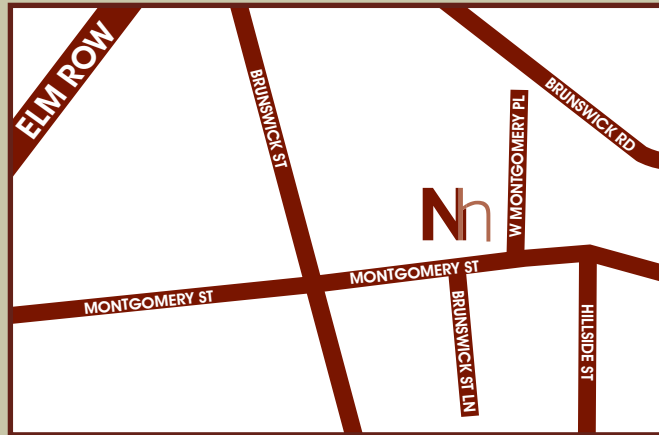
MINI SPA DAY - Spa Pedicure, Dermalogica Mini facial and 30 minute Aromatherapy Massage. **150 min £80**

FULL SPA DAY - Our premier selection of treatments including Spa Manicure, Spa Pedicure, Dermalogica Full facial and Full-body Aromatherapy Massage. **240 min £150**

TOP-TO-TOE TREATS - Choose two or three of the following treatments and your therapist will combine them to create a wonderful relaxing package: Facial reflexology, Reflexology, Indian Head Massage, Reiki or CranioSacral Therapy. **120 min £75**

DETOX PACKAGE - Choose a combination of three complementary therapies or one-hour massages to kick off a healthy new you over the course of a week or two. Our staff are available to advise you and assist in tailoring the package to your needs. **180 min £120**

Find us



Nevo Health

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Gift Vouchers Available

Vouchers are available for all items on this leaflet or any cash amount toward treatments or products. An ideal gift for friends and family - why not treat someone today? Valid for 12 months from the date of purchase.

Cancellation policy

24 hours notice of cancellation required or 50% of the treatment cost will be charged. Less than 12 hours notice will incur full payment.



Nevo Health

Complementary Health
& Beauty

T: 0131 556 0432

Our professional staff offer a wide range of services to help you achieve a more balanced lifestyle.



Relax, unwind & enjoy

Complementary Therapies

ACUPUNCTURE – Traditional Chinese medicine involving the insertion of fine needles to incite the body's own healing abilities. Treatments may also involve massage, cupping, moxibustion and acupressure. **50 mins £45**

COLONIC HYDROTHERAPY – A warm internal bath cleanses the colon of gas, accumulated matter and mucus deposits. Fit and healthy people can benefit from this gentle cleanse quickly observing improved bowel function, clearer skin and mental clarity. Colonic treatment is particularly useful in treating IBS, chronic constipation, bloating, ME and skin disorders. **60 min £65**

CRANIOSACRAL THERAPY – Gentle, relaxing and powerful way of working supporting holistic self-healing through very light touch. Suitable for all ages, including babies. **1st app. 90 mins £55 subsequent apps. 60 mins £40**

HOLISTIC KINESIOLOGY – An effective and non-intrusive hands-on therapy that uses a wide range of powerful treatments and corrections to help you structurally, nutritionally, energetically and mentally back into balance. **60 min £50**

NUTRITIONAL MEDICINE – Rebalances nutrients, maximising their absorption and ridding the body of toxins, a contributing factor in ill health. Your individual programme will restore health and vitality. **30mins £40, 60 min £70**

PSYCHOLOGICAL THERAPIES – One to one sessions using various techniques including EFT, EmoTrance and NLP. **90 min £70, 60 mins £50**

REFLEXOLOGY – Stimulation of reflex points on the feet to promote health and well-being. **60 min £40.**

FACIAL REFLEXOLOGY also available **30 min £25**

REIKI – Reiki practitioners channel energy to harmonise body, mind and spirit to aid the release of stress and promote relaxation. **60 min £40** Also available aura cleansing and healing attunement. **120 min £75**

THERMO-AURICULAR/HOPI EAR CANDLES – A calming session using traditional specialised candles. **60 min £45**

WESTERN HERBAL MEDICINE – The use of plants in a wide range of conditions and situations for support and promotion of well being. Suitable for all ages. **60mins £40, 30mins £25, Herbs £5-8 per week, Concessions available for Low Income**

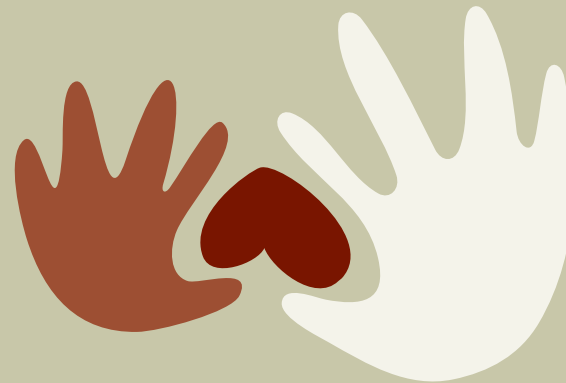
Massage

	30min	60min	90min
Aromatherapy	£30	£45	£65
Deep Tissue and Myofascial	£30	£45	
Hot Stone/LaStone		£50	£70
Indian Head	£25	£45	
Pre/Post Natal Massage		£45	£65
Swedish/Therapeutic	£25	£40	£60
Sport/Remedial/Rehabilitative	£30	£50	

Maternity Treatments

Our team of pre – and post-natal therapists offer anything from blissful relaxing time out to advanced massage techniques. These therapies combat the stresses and strains of pregnancy, and can assist in recovery and strengthening of both mum and baby after birth.

Maternity Reflexology	60 min £40
Maternity Acupuncture	50 min £45
Pre/Post Natal Massage	60 min £45 / 90 min £65
CranioSacral Therapy for babies	60 min £40



You are in good hands

Beauty

Facials

DERMALOGICA FACIAL - A pampering facial using products appropriate for your skin type to purify, moisturise and tone. This facial includes a blissful lymphatic massage to tone and relax. **MINI FACIAL 30 min £27, FULL FACIAL 60 min £50.** Full range of products stocked.

MD FORMULATIONS - A results-based facial including a remarkably gentle glycolic acid peel. This treatment erases fine lines and scars, refines enlarged pores and evens skin tone. **45 min £55.** Full range of products stocked.

Beauty Essentials

Eyelash tint	£10
Eyebrow tint	£8
Eyebrow shaping	£9
Manicure/Spa Manicure	£18/£25
French Manicure	£20
Pedicure/Spa Pedicure	£35/£42

Waxing

Full leg	£27
Half leg	£17
Bikini or Under arm	£9
Back/Chest	£24
Eyebrow	£9
Lip or Chin	£8
Brazilian	£19
L.A.	£24
Waxing Package	£40
includes half leg, bikini, eyebrow and underarm	
OR full leg, bikini and underarm	

