

HOLISTIC THERAPY

All our treatments are grounded in the ancient principles of balance and harmony, thus creating the perfect space to re-awaken and rejuvenate body, mind and soul

HOLISTIC AROMATHERAPY

This uniquely individual treatment involves a consultation to create the most appropriate blend of 100% pure essential oils to treat the whole person, body, mind & spirit.

See Body Care Treatment

Reflexology An holistic healing technique using gentle but firm pressure upon specific points on the feet. These areas correspond to different parts of the body. A soothing & relaxing treatment to relieve stress and create balance **£56**

Hopi Ear Candling - ears are treated to the warm, calming effects of honey, herbs & the pure bees wax of the Hopi candles. Sinuses are benefited by pressure point massage of the head **£50**

Holistic Facial tailored to your skin's individual needs, encouraging equilibrium and repair... transporting you into a world of calm **45 minutes £60**

Bush Flower Essences During consultation these Flower essences, described as vibrational medicine, are chosen to serve your individual & changing needs. One's emotional well-being is a major component of optimum health and the use of these essences assists in restoring wholeness. **£70**
Includes personal Bush Flower Remedy

Vortex Healing Vortex healing is incredibly powerful yet subtle. It works on all levels of a person's being & may be applied at the end of any other holistic treatment bringing the healing to a much deeper level.

EXCLUSIVELY FOR MEN - See Separate Treatment Menu

Men's grooming includes CACI, Microdermabrasion face & body massage Aromatherapy, Reflexology, manicure, pedicure, waxing & muscle toning

INSURANCE insurance arranged by SME

CANCELLATION OF APPOINTMENTS

We request your kind consideration & regret that appointments will be charged for if a minimum of 24 hours notice is not given but 48 hours notice is greatly appreciated should you need to cancel

COURSES - Simply b offers a discount on courses of treatments payable on commencement of first treatment.

Valid for three months

RETAIL PRODUCTS

We are happy to advise on our extensive range of Matis skincare We supply OPI nail & hand care Neom Organic for bath & body, & natural wax candles with pure essential oils, Sixtus Foot Care

GIFT VOUCHERS for every occasions valid for three month

OPENING HOURS

Monday & Thursday

9.15am - 5.30

Saturday

9.15am - 1pm



Beauty & Holistic well-being

for men and women



Matis 2015 Awards

Matis 2016 Awards

Matis 2017 Awards

Matis 2020 Awards

Simply b

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SKIN CARE TREATMENTS

Microdermabrasion using the highest quality medical grade 100% pure crystals. Skin is gently resurfaced, cellular regeneration stimulated, resulting in a smooth, clear skin. Incorporates massage & hydrating mask 75 minutes **£80**

Rose Quartz Facial tension evaporates with this blissful facial. Up-lifting effects of Rose otto soothes the emotions, releases congestion, nourishes the skin & improves elasticity. Rose Quartz crystals assist in re-sculpting facial contours and are specifically placed to balance the Chakras 75 minutes **£80**

Collagen Facial provides moisture rich ingredients for the visible reduction of wrinkles. Re-hydrates skin. Spectacular results can be observed from first treatment 75 minutes **£80**

Lifting & Firming Vitamin C Facial recommended for tired skin in need of a lift but enhances all skin types. Gives a fine translucent appearance, softening lines & recovering the skins tonicity. Relaxing massage sculpts facial, neck & shoulder muscles & pressure point massage of the scalp eases tension 75 minutes **£80**

MATIS Facial Treatments

Premium Activ' Kaviar Pearls with Anti-Ageing Hand Care Treatment - the ultimate luxurious anti-ageing facial Premium ingredients including Caviar pearls have a miraculous effect on mature, dry & dehydrated skin. Signs of ageing are diminished, skin is re-charged & replenished following this intensive, nourishing treatment 90 minutes **£93**

Expert Densifying Treatment this exceptional treatment will assist mature skin regain it's firmness & tone. Synergistic action offers redensifying & lasting results 60 minutes **£85**

Cell Expert Facial Collection

Facial tailored to individual skin type. Each treatment is designed to give an immediate burst of radiance that restores the skin's energy and vitality resulting in a natural healthy glow 60 minutes **£70**

Expert Response Radiant Light

Treatment specifically dedicated to transforming dull, pigmented or skin irregularities 75 minutes **£80**

Initial Purity Decongestion Facial Gentle targeted treatment has incredible impact on clarity & purity of the skin **£75**

CACI Micro-current facelift tightens and tones muscle whilst smoothing the appearance of lines and wrinkles. Improves collagen & elastin production

Super Caci Anti-Ageing Lift 75 minutes **£70**
Course of 10 with 11th as complimentary treatment **£700**

CACI Hydra-Tone bathes the skin with intensive hydrating actives including hyaluronate & rose. Leaving skin quenched & hydrated, lines smoothed & skin plumped **£20**

EYE CARE TREATMENTS

Matis Eye Treatment tones & regenerates the delicate skin around the eyes removing all traces of tiredness, dehydration dark shadows **£40**

Matis Eye Treatment combined with one of our luxury facials **£35**

Eyebrow shape for brow definition **£12**

Eyebrow Tint (patch test required) **£12**

Eyelash Tint (patch test required) **£21**

Care of Hands and Feet

Luxury OPI Manicure Exfoliation, cuticle work, mask, massage serum. Shapes & polishes the nail. Conditions & beautifies even the most neglected hands (65 min) **£40**

Simply b Manicure for well groomed hands and nails **£35**

Recommend when less intensive treatment required (55min)

French Manicure A Classic for elegant hands **£45**

Shellac Manicure Instant High Gloss finish (French **£45**) **£40**

Express Spa Manicure Nail Tidy and varnish **£28**

Warm Paraffin Wax for hands in need of extra care. **£26**

Foot Care

Luxury OPI Pedicure for utter pampering Nail cutting & failing cuticle care, exfoliation, treatment mask & massage **£52**

French Pedicure A Classic for well groomed feet **£55**

Simply b OPI pedicure Nails, Exfoliation & Varnish. Ideal foot grooming maintenance when less intensive treatment required **£48**

Shellac Pedicure the ultimate lasting shine and flawless finish **£55**

Express Spa Pedicure - File, Nail tidy & Varnish **£40**

Please remember your open toe shoes!

HAIR REMOVAL - WAXING TO LEAVE SKIN SILKY SMOOTH

Half leg Wax	£22	Arm Wax	£20
¾ Leg Wax	£30	Underarm Wax	£13
Full Leg Wax	£35	Lip & Chin & Wax	£20
Bikini - Panty-line	£16	Eyebrow Shape	£12
Extended Bikini	£21	Back Wax	£30
Brazilian	£30	Chest Wax	£30
Hollywood	£33		

Danné Montague King Alkaline Skin Wash

Gentle system for reducing fine downy facial hair **£35 - £95**

Patch test required

BODY CARE TREATMENTS

Slimming and Toning

Simply b will design a programme suitable to your needs including advice on vitamin and herbal supplements, diet exercise, Personal Training on PowerPlate and Endermologie

ENDERMOLOGIE

Endermologie is the only F.D.A. Approved cellulite reduction treatment for reshaping the body. Utilising the most advanced technology Endermologie restructures the skin's connective tissue, stimulates blood and lymph circulation and facilitates the elimination of toxins, resulting in smooth skin and defined body contours

Individual treatment **£58**

Course of 12 includes one complimentary session **£638**

BODY MASSAGE Simply b cocooned in a blissful haze of serenity & calm - reduces stress

Therapeutic Body Massage One hour 30 minutes **£85**

Therapeutic Body Massage One hour 15 minutes **£75**

Therapeutic Body Massage One hour **£65**

Neck Back, Shoulder & Head Massage 50minutes **£60**

Neck Back & Shoulder massage 35 minutes **£45**

Neck back & shoulder massage with back exfoliation **£56**

LAVA SHELL MASSAGE Drift into a blanket of warmth - feel yourself falling into a state of utter relaxation. Joint and muscle tension eased away, knots released, energy flow restored. **£90**

MATISPA CANDLE MASSAGE

Retreat for an hour and a half of bliss in a warm candlelit room. Tension melts away, stiff joints and aching muscles are eased. Your skin feels as soft as velvet following this fragrant "candle massage" with its beeswax-like quality

AROMATHERAPY MASSAGE **£85**

Pure essential oils chosen for the individual 90 mins **£90**