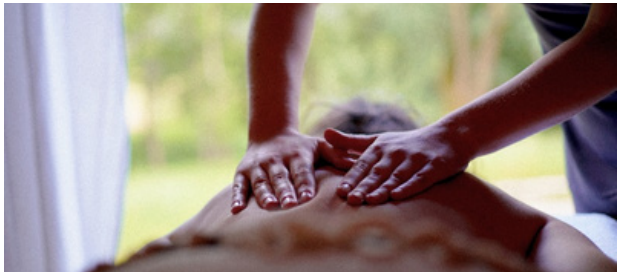


Massage

Swedish

One of the most popular types of massage. Uses light to medium pressure to achieve deep relaxation, relaxes tight muscles and soft tissue and promotes good blood circulation. Great for their overall health, improving mental health as well as everyday pains, muscle, tightness and headaches.

Deep Tissue

This targets the deeper layers of muscles and connective tissue providing relief from strains and tension. A much deeper pressure than Swedish, using more pressure points to help relax and disperse knots.

Manual Lymphatic Drainage

This is an extremely gentle treatment with no oil and no pressure applied. It works to help lymph flow through the sluggish lymphatic system. Great to relieve inflammation due to Lymphedema, fatigue, bloating, skin conditions, headaches, sinus infections and other conditions that are affected by lymph drainage. It is a relaxing treatment that aids in stress management, reducing fluid retention, immune support and general health care.

Massage

Side Lying

Great for those who find it uncomfortable lying face down. It uses similar pressure to a Swedish massage, using nourishing oil to glide over the skin.

Pregnancy can put a lot of pressure on joints, ligaments & organs, often causing pain and discomfort. This massage can help to alleviate this as well as reducing stress. Please note this is only suitable after the first trimester of pregnancy.

Indian Head

This massage uses pressure points along the shoulders, neck and scalp, along with massage strokes to help with headaches and stiffness along these areas.

30 mins ~ £30

★★★★★

"I had a deep tissue massage with Hattie & it was one of the best I've had and I didn't want it to end. Will definitely be booking in again."

Rebecca

Massage

Thai Yoga

A unique form of body therapy; helps to increase flexibility, release tension and helps the flow of the body's natural energy. It uses stretching and rhythmic compression resembling yoga rather than "massage". It's performed on a mat on the floor and there is no oil used. You will remain fully clothed (apart from the feet) and it's best to wear loose clothes.

Prices

All massages are priced on time unless otherwise stated.

Back, Neck & Shoulder

30 mins	£30
45 mins	£45

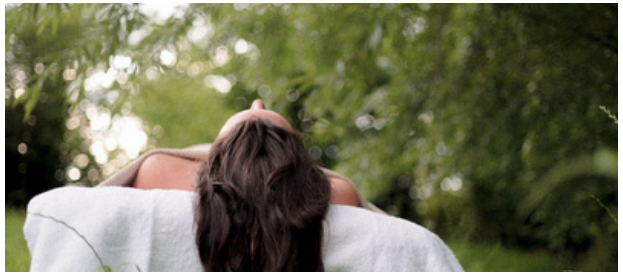
Full Body

60 mins	£60
90 mins	£90

★★★★★

"Amazing service for a fair price! Hattie made sure that I felt taken care of and very relaxed and she was happy to give me feedback after the treament."

Laura



Beauty

Nails

Gel Polish Overlay	£30
Builder Gel (plain)	£35
Builder Gel & Colour	£40
Hard Gel (plain)	£37
Hard Gel & Colour	£42
Full Tip Extensions	£50
Removal	£20
Nail Art	*Priced Individually*
Shape & Polish Mani/ Pedi (Lacquer Polish)	£20
Luxury Pedi	£30
Luxury Mani	£30

Beauty

Brow Tint	£14
Lash Tint	£15.50
Feet - Dead Skin Removal	£30
MD & Paraffin Hand treatment	£50
Body Scrub - Back	£50
Body Scrub - Full Body	£90

Waxing

Waxing

Full Leg	£35.50
Half Leg	£25
Underarms	£15
Lip & Chin	£18
Eyebrow Wax	£14
Forearm Wax	£35
Full Arm Wax	£45
Back Wax	£32.50
Chest Wax	£35

Intimate Waxing

Bikini / Shaping	£22
Brazillian	£25
Playboy	£32.50
Hollywood	£37
Male Intimate Wax	£37

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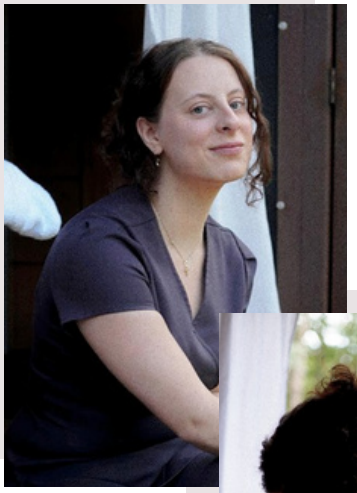
HATTIE HARWOOD

Massage & Beauty



hattieharwood.co.uk