



the spa with the sun

leaf Lifestyle and Beauty invites you to take time out, unwind, relax and experience an exclusive range of natural and organic treatments in the heart of the Cheshire countryside. None of our skin care products or make-up contains any chemicals, parabens or genetically modified ingredients. We also recommend you try our unique health boosting and deeply relaxing sunlight therapy. You will enjoy the heat and health benefits of real sunlight without any of the drawbacks. Combine it with a treatment or try it on its own. See page 14 for details.

So please, park right outside and step inside our luxury barn and let our professional therapists help you to look and feel better, and inspire you to achieve your personal goals.



Ila products are named after the Sanskrit word for earth, all totally natural and mostly organic. Manufactured in rural Oxfordshire, two of the most important ingredients are Himalayan salt crystals, formed 250 million years ago, and argan oil from trees which grow only in Morocco and are harvested by the Berber people. Ila has been voted one of The Times top 10 skin products, Best Organic Range in the GQ Grooming Awards and Best Treatment Concept at the International Spa Awards. The products and treatments are available here at leaf as well as in some of the leading spas in the world such as The Adlon Kempinski in Berlin, The Augustine in Prague, The Four Seasons in the Maldives, Los Angeles and Hong Kong and the Shangri-La in Tokyo.



Annemarie Börlind has been manufacturing certified premium natural skincare products in the spa region of Germany's Black Forest for almost 50 years. The products contain water from the company's own spring, (rich in potassium, magnesium and calcium), and organic or wild-controlled botanical oils and extracts which have been scientifically proven to support and improve the skin. They are market leading products in Germany, (their first non-German flagship store recently opened in Milan) and sold throughout Europe, America and Japan.



Jessica started her own nail salon in the USA in 1969 and is now the world's leading authority on natural nail care. The Jessica Nail Cultivation system is endorsed by clients such as Madonna, Julia Roberts, Hillary Clinton, Scarlett Johansson and even Bridget Jones (aka Helen Fielding)!



Jane Iredale is the world's leading mineral make-up. As minerals react differently to light, it is much easier to find a base shade that looks just like your skin and it's a foundation, concealer, powder and sunscreen all in one. 100% minerals, no parabens, synthetic fragrances, FD & C dyes, fillers or talc - so good, dermatologists recommend it.



Bio-Sculpture Gel is the healthier alternative to acrylic nails and extensions. This non-acrylic gel is applied like polish then dried instantly under a UVA lamp. Your non-chip nails will look totally natural and immaculate for 3 weeks with no damage to your natural nails. Available in a wide choice of colours including clear and French.



St Tropez. This ultimate spray tan is quite unlike any others. The formulations do not dry the skin, go orange or have an unpleasant smell. It has an aloe vera base and gives a wonderful, natural looking tan helping to conceal stretch marks and thread veins.

| For the face

| Treatments

Ananda holistic facial massage

Ananda is the Sanskrit word for bliss. This is a reviving and healing treatment that starts with an energising and detoxifying Himalayan salt foot scrub. The facial is inspired by the technique taught by Shaman women in Mexico which removes blockages, stress and tension to reveal glowing skin and deep feelings of peace and relaxation

60 mins £45

Rejuvenating facial

A specialist facial for poorly moisturised, dry, sun damaged or mature skin with fine lines. The skin is left soft, supple and replenished, ideal after holidays, skiing or long haul flights

60 mins £45

Uplifting facial

A facial to regenerate mature skin - firming, smoothing and revitalising tired skin until it glows with renewed tone and brightness

60 mins £45

Pure calm facial

A wonderful soothing, calming and rebalancing facial to bring quick relief to rosacea, sensitive, stressed, irritated, blotchy and thin skin

60 mins £45

| For the body and mind

Holistic body scrub *choose an energising and cleansing experience or a relaxing experience*

60 mins £50

This exfoliates the skin, removes dead cells and stimulates the lymphatic system, aiding circulation and the elimination of toxins. A course of six treatments is profoundly detoxifying and is recommended if you are suffering from cellulite, stress or exhaustion.

Swedish massage

60 mins £35

incl sunlight therapy 90 mins £45

Eases muscular strains by flushing out lactic and uric acid and keeps ligaments and tendons supple. Also helps to reduce emotional and physical stress.

Lomi Lomi Hawaiian massage

90 mins £45

This is a full body massage where the therapist uses hands, forearms and body weight to work the oil gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing the body. The therapist works very intuitively so there is no set format or sequence and no two massages will ever be identical. It is followed by 30 minutes of intensely relaxing sunlight therapy.

| For the body and mind

Bio-energy mud wrap**90 mins £60**

The therapy begins with a body scrub but is a much more powerful treatment as the mud wrap draws deeper toxins from the body. Coupled with the mini facial, the treatment deeply revitalises the skin, lymphatic system and bio-energy field and can promote profound healing in the energy body

Manipura full body massage**60 mins £50****incl sunlight therapy 90 mins £60**

The essential oils used in this unique massage have been chosen for their synergistic effect on both mind and body. Juniper stimulates the lymphatic system and releases negative energy while geranium, lemongrass, lavender and patchouli heal and cleanse the whole body. The treatment starts with a Himalayan crystal scrub to purify, detox and stimulate the lymphatic system, freeing you from fatigue. Himalayan salt poultices infused with lavender and marigold are used on the back of the legs and the stomach to relax and deeply energise the solar plexus. The body massage that follows allows a positive flow of energy to restore balance and leave your mind, body and spirit sparkling.

Aromatherapy massages**full body £35, back, neck and shoulders £25. Include sunlight therapy for £10**

Using 100% natural oils blended to your personal requirements to ease problems such as tension, melancholy, insomnia, lack of energy, muscle aches or just to relax

Kundalini back massage

60 mins £45

incl sunlight therapy 90 mins £55

This starts with an energising and detoxifying foot soak followed by a deeply soothing and relaxing massage. Hot herb poultices containing an exquisite blend of orange blossom, cardamom and jasmine oils are placed along the spine. The combination of essential oils and ancient techniques of massage and healing strengthens and balances the nervous system relieving stress, insomnia, exhaustion and muscular back tension.

Anti-cellulite and firming body treatment

60 mins £45

A specialist body treatment to improve circulation, counteract cellulite, support connective tissue and firm problem areas. A course of four - six treatments are recommended.

Indian head massage

40 mins £25

This massage can relieve headaches and stress, scalp and hair problems, localised blood and lymphatic circulation, eye strain and muscle tension. It can also boost the immune system, and help restore joint movement. It is particularly good for people in wheelchairs or the partially immobile.

| For the body and mind

Reflexology**£35**

This is a holistic, intense foot massage which can alleviate disorders such as migraine, sinusitis, hormonal imbalances, breathing, digestive, circulatory and back problems, tension and stress

Reiki**£35**

Reiki was developed in Japan over 100 years ago. It can accelerate physical healing, balance the emotions, relieve stress, induce calmness and support personal change such as improving the diet, having more rest or exercise. Reiki is a gentle energy and may be used safely on the newborn, pregnant mothers, surgical patients, the frail and the elderly. Regular sessions help to ward-off illness and fatigue

Hopi ear candles**£35**

The Hopi Indians of north-east Arizona lend their name to this treatment which gently massages the eardrum and auditory canal. Combined with a gentle face massage, the candles can ease stress, tinnitus, ear wax, glue ear, sore throats, hay fever, headaches, sinusitis, rhinitis, catarrh, asthma and neuralgia

Jessica file and polish for fingers or toes**30 mins £15**

When time is short or if you wish to alternate between full manicures or pedicures

Jessica manicure**£20**

Relax with an anti-ageing arm and hand massage followed by a prescriptive treatment on your nails and cuticles, a file and finished with a colour of your choice, French polish £3 extra

Jessica deluxe manicure**£30**

A more intensive moisturising and restorative treatment for neglected nails, cuticles, hands and arms using heated mittens. Your nails are then shaped and finished with a colour of your choice, French polish £3 extra

Bio-Sculpture Gel nails

The healthier alternative to acrylics as there is no damage to your natural nails. Applied like nail varnish and instantly dried under a UVA lamp. Raved about by Harper & Queen and the Daily Mail. Your non-chip nails will look totally natural and immaculate for at least 3 weeks. Perfect for special occasions, holidays and nail biters. Nail lengthening also possible. Wide choice of colours.

Bio gel treatment in choice of colours:**£35****Gel extensions: £1.50 each or full set****£48****Back fill after approx 3 weeks****£25****Removal of gel:****£4.95**

Jessica pedicure

£25

Enjoy a luscious foot soak, exfoliation, removal of hard skin, a moisturising foot mask, relaxing leg massage and a prescriptive treatment on your nails and cuticles. Your nails are then shaped and finished with a colour of your choice, French polish £3 extra

Jessica deluxe pedicure

£35

A more intensive moisturising and restorative treatment for neglected feet, toe nails and cuticles using heated booties. Your toenails are then shaped and finished with a colour of your choice, French polish £3 extra

Bio-Sculpture Gel toe nails

Perfect for holidays and special occasions. Nail lengthening also possible. The gel is applied like nail varnish and instantly dried under a UVA lamp. Raved about by Harper & Queen, the Daily Mail and The Sun which reports Charlotte Church, Jessica Alba and Jordan all love Bio-Sculpture Gel. Your non-chip toe nails will look totally natural and immaculate for at least 3 weeks.

Bio gel treatment in choice of colours:

£28

Gel extensions: £1.50 each or full set

£40

Back fill after approx 3 weeks

£15

Removal of gel:

£4.95

| Waxing

| tel 01829 77179

We use natural waxes and the most hygienic system on the market.

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| Half leg | £15 |
| Full leg | £22 |
| Bikini/underarm | £10 |
| Full leg, bikini & underarm | £35 |
| Brazilian | £26 |
| Lip or chin | £7 |
| Lip and chin | £12 |
| Lip, chin & eyebrows | £18 |
| Eyebrow shape | £10 |

| For the eyes

Eyebrow tint

£8

Eyelash tint

£10

Eyebrow & eyelash tint

£15

We need to carry out a patch test at least 24 hours prior to tinting

| Make-up

| tel 01829 771797

We stock Jane Iredale natural 100% mineral cosmetics, so good dermatologists recommend it. It is a foundation, concealer, powder and sunscreen all in one and totally free of parabens, synthetic fragrances, FD & C dyes, fillers and talc. It is the only make-up you can use immediately after a facial.

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| Skin preparation and make-over | £30 |
| Make-up lesson | £45 |
| Bridal or special occasion make-up including trial | £65 |
| Skincare workshop for small groups up to 8 people covering skincare regimes for different skin types, a skin care demonstration and product samples | £80 |

| Spray tanning

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| St Tropez full body spray tan | £20 |
| St Tropez full body spray tan with exfoliation | £32 |

Sunlight therapy

1-2 people £10 each

4 people £5 each

Please ask about group rates and room hire rates for meetings and corporate events

Remember how good you feel after a day in the sun? We can now replicate the heat and health benefits of real sunlight using our unique Swedish sun simulator. Scientists agree 30 minutes of sunlight a day triggers the production of vitamin D and boosts the immune system to protect against and alleviate problems such as depression, SAD, acne, eczema, high blood pressure, cholesterol, osteoporosis and some menopause symptoms. The real sunlight concept was invented in Sweden and is used in spas and clinics throughout Scandinavia. The built in UVA and UVB filters reduce the harmful effects of the sun's rays creating a safe sunbathing environment.

Here at leaf, you can stretch out on your own or with a group of friends and a few drinks. Imagine the deck of an ocean liner bathed in sunlight, the temperature a steady 28 degrees and the gentle splash of the waves. You will even experience the beauty of a sunrise and the calming effect as the sun slowly sinks over the horizon.

Executive facial

60 mins £45

A specialised treatment of cleansing, exfoliation and moisturising to combat ageing and revitalise stressed and tired skin. It is especially beneficial for frequent flyers and after skiing or intensive sunshine.

Sensitive skin facial

60 mins £45

A deep cleansing, soothing, calming and rebalancing treatment to bring quick relief to sensitive, sore, razor burnt or irritated skin

Kundalini back massage

60 mins £45

incl sunlight therapy 90 mins £55

This starts with an energising and detoxifying foot soak followed by a deeply soothing and relaxing massage. Hot herb poultices are placed along the spine and this combination of essential oils and ancient techniques of massage relieves stress, insomnia, exhaustion and muscular back tension. The ilā products we use won the GQ award for best organic products.

Aromatic de-stressing back, neck and shoulder massage

30 mins £25

A traditional massage to ease muscular tension and mental fatigue and aid relaxation

Swedish massage

60 mins £35

incl sunlight therapy 90 mins £45

A deep tissue massage to ease muscular strains by flushing out lactic and uric acid and keep ligaments and tendons supple. Also helps to reduce emotional and physical stress.

Reflexology

£35

This is a holistic, intense foot massage which can alleviate disorders such as migraine, sinusitis, breathing, digestive, circulatory and back problems, tension and stress

Indian head massage

£35

This can relieve headaches, eye strain, scalp and hair problems. It can also boost the immune system

Reiki

£35

Reiki was developed in Japan over 100 years ago. It is a gentle energy and may be used safely in conjunction with medical treatments, on surgical patients and the elderly. Reiki can accelerate physical healing, relieve stress and induce calmness. Regular sessions help to ward-off illness.

Hopi ear candles

£35

The Hopi Indians of north-east Arizona lend their name to this treatment which gently massages the eardrum and auditory canal. Combined with a gentle face massage, the candles can ease stress, tinnitus, ear wax, glue ear, sore throats, hay fever, headaches, sinusitis, rhinitis, catarrh, asthma and neuralgia

Just for Men | Hands & Feet

Male manicure

£20

Includes a relaxing and anti-ageing hand and arm massage, nail cutting, shaping and cuticle care

Male pedicure

£25

Includes removal of hard skin, nail cutting and shaping, cuticle care and a relaxing foot and leg massage

Waxing

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| Chest | fr £20 |
| Legs | fr £25 |
| Back | fr £20 |
| Brow tidy | £10 |

Spray Tanning

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| Full body spray | £25 |
| with exfoliation | £35 |

Create your own spa package 1 ½ hrs or 2 ½ hrs

any 3 treatments £49 any 5 treatments £79

back, neck and shoulder massage • head massage • express facial • file and polish for hands • file and polish for toes • eyebrow shape • eyelash tint • half leg wax • mini make-over

Half day package for two

£120 per couple

Your choice of **ONE** treatment from:

a facial, aromatherapy massage, Kundalini back massage, reiki, Indian head massage, reflexology, a manicure, a pedicure

PLUS a Jane Iredale make-up lesson, sunlight therapy, refreshments and a light lunch. Robe and slippers provided.

The New You full day package for two

£200 per couple

Your visit includes: a facial of your choice • Jessica deluxe manicure • Jessica deluxe pedicure • Jane Iredale make-up lesson • sunlight therapy, refreshments and a light lunch. Robe and slippers provided.

Hypnotherapy clinic

60 min session £65

Hypnotherapy treats the subconscious mind and can produce fast and dramatic results for issues such as: anxiety, panic attacks, building confidence, depression, IBS, weight loss, pre and post operative pain management, natural childbirth, phobias, stopping smoking, alcohol problems. Fiona Burman Hopkins who also treats patients in London and Birmingham runs the clinic.

Acupuncture clinic

first consultation two hours: £50 further 60 min sessions: £35

Mandy Laing is able to treat many types of acute and chronic pain, depression, anxiety, digestive complaints, nausea, vomiting, fatigue, low energy, women's health and high blood pressure.

Sports massage clinic

60 mins £35

Sara Blagg offers one to one body stretching exercises and deep tissue sports massage to relieve swelling, improve flexibility and to prevent or relieve pain and injury.

Booking a treatment

Simply telephone 01829 771797 or email: mail@leaf-lifestyleandbeauty.com If you would like to know more about a particular treatment, we would be delighted to advise you.

Payment

Credit and debit cards are accepted. Cheques are accepted with a cheque guarantee card. Please note: We reserve the right to change prices and treatments as required without notice.

Cancellation Policy

As we reserve our therapist's time especially for you, we require at least 24 hours' notice if you need to cancel an appointment. We regret that failure to do so means we will charge the full cost of the treatment booked. This also applies to gift voucher holders.

Arrival

We recommend that you arrive at least 15 minutes in advance of your appointment. This allows you to relax, unwind and to fill out a client profile form if it is your first visit.

Late Arrivals and Appointments

A late arrival may limit our ability to offer the fullest experience possible. Please understand that treatment times cannot always be extended if you arrive late and your treatment may have to be shortened or even cancelled with the full cost being charged. In the unlikely event we keep you waiting for more than 20 minutes after your appointment time, we will not charge you for your treatment.

Client Care

All treatments include a full consultation but please advise us at the time of booking if you are pregnant or have any health problems. We have specially designed treatments for mothers-to-be. Please allow our therapists to guide you in selecting appropriate treatments during this special time. All personal details are kept secure and protected by the Data Protection Act.

Noise

Please respect all clients' right to tranquillity and relaxation and turn off your mobile phone on arrival. Please talk at a considerate volume in all treatment rooms. Our Summer Room is the perfect place for conversation.

Children

We love children but for their safety and to satisfy our insurance cover, we are unable to allow them into the treatment rooms.

Loss or Damage

We regret we cannot be responsible for any loss or damage of personal articles. Please keep all valuables in your locker during your visit.

How to find us

We are situated 6 miles south of Chester just off the main A41 Chester to Whitchurch Road. Turn onto Chester Road, signposted Gatesheath. We are about 1/2 mile down on the right, near to Carriages restaurant.

There is plenty of free parking.

Shire House, Chester Road, Gatesheath,
Tattenhall, Chester CH3 9AH

tel: 01829 771797

email: mail@leaf-lifestyleandbeauty.com

web: www.leaf-lifestyleandbeauty.com

