



green apple

revive | restore | renew

day spa treatments

welcome

Green Apple is the perfect place to take time out for yourself, to Revive, Restore and Renew your inner self. We encourage relaxation and balance in your inner body which will ultimately nourish your mind and soul, leaving you feeling relaxed and reinvigorated.

It is our philosophy to provide a total experience for you, rather than just a treatment. We work with you to create your experience, ensuring we deliver your individual needs and requirement allowing you to have some 'me time', switch off and relax in our calm surroundings.

ITEC qualified and BABTAC registered

gift vouchers

Gift vouchers available for treatments and products.

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appointments

Call **07970 290385** or email info@greenappletherapies.co.uk

Please give 24 hours notice to cancel or re-arrange your appointment.

payment

Payment by credit/debit card, cash or cheque. 10% discount available to all Centurion Club members (excludes products).

opening hours

Monday	closed
Tuesday	9.30 - 2.30
Wednesday	9.30 - 9.30
Thursday	9.30 - 2.30
Friday	9.30 - 2.30 6.30 - 9.30
Saturday	9.00 - 5.00
Sunday	closed

packages

60 min Hot Stone therapy massage with an express facial to suit your skin type:

90 mins £60.00

30 min back, neck and shoulder massage followed by an express facial to suit your skin type:

60 mins £40.00

Half leg, bikini line, underarm wax and eyelash tint:

90 mins £36.00

Classic manicure including a file and polish for the feet:

90 mins £33.00

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mens grooming

Pure Bliss Facial

Re-hydrate your skin and reduce roughness from shaving with a cleanse, exfoliation, face, neck and shoulder massage, finishing with a mask and moisturiser.

45 mins £22.00

Express Nail Treatment

30 mins £14.00

Massage Therapy and Hot Stone Therapy – see over leaf

Waxing

Shoulder and back

30 mins £22.00

Back and chest

45 mins £27.00

Please call or visit the website for information on twilight, half and full day spa packages.

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Using only certified product brands:

bliss **essie** **XEN-TAN**



Tel: **07970 290385**

www.greenappletherapies.co.uk

Green Apple
Best Western Centurion Hotel Charlton Lane Midsomer Norton
Radstock Somerset BA3 4BD



prescriptive facials

Pure Bliss Facials: A completely organic product, bursting with gorgeous plant extracts and essential oils. The latest natural ingredients for improved performance and professional results.

Prescriptive Facial: This deeply relaxing and rejuvenating treatment begins with a cleansing and polishing routine to warm, enliven and refresh the skin. Stress and tension are massaged away using techniques sculpt and regenerate the facial muscles helping improve texture and tone. A neck and shoulder massage is also included, a treatment mask is applied whilst massage continues over the arms and hands. The treatment concludes with a moisturiser, eye and lip cream leaving you feeling fresh, calm and balanced.

60 mins £33.00

Express Facial: Perfect for those working to a tight schedule, includes cleanse, tone, exfoliation and mask. Your skin is left energised, revived and bursting with radiance.

30 mins £22.00

massage therapy

Massage Therapy: Massage helps to relieve both stress and tension, stimulates and loosens tight muscles. The massage can be tailored either for relaxation or firmer deep tissue, working deep into muscle layers.

Full body including scalp and face 60 mins **£33.00**
Back, neck and shoulder. 30 mins **£22.00**

Hot Stone Therapy: The ultimate treatment for pure relaxation. The warmth of the Basalt stones stimulates the body producing alternating sedative and energising responses. The therapeutic and physiological benefits of this treatment are beyond measure.

Taster Treatment: Includes Spinal layout, toe stones, head, face, scalp, neck and arm massage.

30 mins £25.00

Back Treatment: Head, face, back, neck and shoulders.

30 mins £25.00

Full Body: Includes head and face.

60 mins £45.00

Pure Luxury: The complete package including all placements.

90 mins £55.00

hands and feet

Using award winning Essie products.

Express Manicure: This treatment includes nail shape, replenishing hand cream and polish to finish.

30 mins £16.00

Treatment Manicure: Nail shape, buff, cuticle treatment, replenishing hand cream, heated mitts and polish to finish.

45 mins £18.00

Luxury Manicure: Nail shape, buff, cuticle treatment, hand and arm massage, heated mitts and polish to finish.

60 mins £25.00

Express Pedicure: Foot spa, file, refreshing foot cream and polish to finish.

30 mins £20.00

Treatment Pedicure: This treatment includes foot spa, exfoliation, file, cuticle work, foot massage and polish to finish.

60 mins £25.00

Luxury Pedicure: A real treat for the feet using thermal booties to nourish and hydrate the skin. Includes footbath, exfoliation, file, cuticle work, lower leg and foot massage and polish to finish.

75 mins £33.00

Recommended you bring open toe shoes to wear after foot treatments.

tanning

Get a great natural looking tan all year round with the new revolutionary XEN Tan, Americas latest and hottest tanning product.

Full body **£27.00**
Upper Body **£16.00**
Legs **£15.00**

eye enhancement

All tinting requires a patch test 24 hours prior to the appointment.

Eyelash tint **30 mins £11.00**
Eyebrow tint **15 mins £9.00**
Eyelash/Brow tint **30 mins £16.00**
Eyebrow tidy **£8.00**

waxing

Using HOT WAX - the wax that sticks to your hair not your skin, no strips involved, much less painful!

Bikini Line **£8.00**
High leg Bikini **£13.00**
Brazilian **£22.00**
Underarm **£8.00**
Top lip **£7.00**
Chin **£7.00**
Top lip and chin **£11.00**

Using Cool Wax

Half leg **£14.00**
Full leg **£20.00**
Full leg and Bikini **£25.00**
Full leg and high leg Bikini **£30.00**
Forearms **£10.00**

make-up

Using Jane Iredale "the skin care make up" Jane Iredale pure mineral cosmetics captures the nurturing effects and light diffusing quality of minerals. Sensitivity tested with spf 20, these skincare cosmetics create a smoother appearance and glowing tone whilst minimising the appearance of pores and wrinkles. Voted "Best mineral make up" by professionals and consumers, further more is highly recommended by plastic surgeons and dermatologists.

Make up consultation: Have a one to one consultation to try our make up and look at our extensive range of products.

30 mins £11.00 - which is redeemable against any products purchased on the day.

Make up lesson: A step-by-step guide to create your individual look for any occasion.

60 mins £25.00

Special Occasion make up: Sit back and relax while your make up look is created especially for you.

60 mins £33.00

Bridal make up: Includes consultation, trial make up and make up on the day.

90 mins consultation and trial
60 mins for the day
£90.00

To book an appointment call: **07970 290385**

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