

Gel Manicures, Pedicures, Brows & Lashes

Gel Mani or Pedi Shape & Polish with removal £22
Gel Mani or Pedi Shape & Polish without removal £20

Gel Mani & Pedi Shape & Polish with removal £36
Gel Mani & Pedi Shape & Polish without Removal £32

French Gel Manicure or Pedicure without removal £26
French Gel Manicure or Pedicure with removal £29
French Gel Manicure & Pedicure without removal £44
French Gel Manicure & Pedicure with removal £47

Gel Manicure with nail art £35

Deluxe Manicure 1hr No Removal £32
With Removal £36
No Polish (45min) £27

Includes Hand Soak, Cuticle work, Mask, Shape, polish, hand & Arm massage

Deluxe Pedicure 1hr No Removal £32
With Removal £36
No Polish (45min) £27

Includes Relaxing Foot Soak, hard skin removal, mask, shape, polish, foot massage

Gel Removal Only on Fingers or Toes £12
Gel removal Only on Fingers & Toes £17

Natural Gel Overlay with removal £32
Natural Gel Overlay without removal £30

LVL Lash Lift & Tint 60mins £38
LVL Lash Lift No Tint 45mins £33
Eye Brow or Lash Tint 15mins £11



Buy a Gift Card or eVoucher online

Valid for 6months from date of purchase

Book your appointment online

www.naturallyheaventherapy.co.uk
or call 0191 2662634

Spa Policy

Attendance

We request clients to attend appointments on-time, not late or early - We do not have an operational reception area to wait, additionally by being late this may mean your treatment time is reduced. Clients are requested to wait outside until greeted by their therapist.

Face

Face coverings are no longer mandatory for clients. You have the right to request your therapist to wear a face mask if preferred.

Space

In order to ensure your safety and comfort, our work areas only permit 1 therapist and 1 client at all times.

Peace & Tranquility

Our environment is one of tranquility and relaxation. Please respect all guests' right to privacy and serenity. Please maintain all conversations at a considerate volume in all areas and please turn off your mobile phone. We kindly request that you **do not** bring children with you to your appointment.

Aftercare advice

After massage treatments, we advise clients to bring & drink plenty of water or herbal teas and recommend you take it easy. For all other treatments your therapist will advise on the best aftercare advice.

Cancellation Policy & Deposits

For bookings over £50 we will require a 50% deposit in order to secure your booking which should be paid at least 48 hours prior to the scheduled appointment.

Whilst we appreciate that sometimes unforeseen circumstances can occur. Appointments at Naturally Heaven Therapy are precious, therefore, please contact us within 24hours by telephone, email or text to cancel or re-arrange your appointment or a charge of 50% will be payable. A 100% fee will be payable for any 'no show' appointments and we will insist on prepayment for future appointments. We send email and text reminders to clients 24hours prior in order to prompt you. We reserve the right to request prepayment for any booking.

Undergarment Policy

Required for both male and female clients. We reserve the right to refuse treatment for any breach of this policy.

Under 16's

Parental consent is required in advance for any under 16s' treatments. We offer gel polish to clients aged 11+.

Gift Vouchers

Valid for 6 months from date of issue unless otherwise shown.

Payment

We accept all credit & debit cards, Applepay, Googlepay and Cash. Gift Cards & eVouchers are also valid as per the terms of each voucher. Gift Cards must be presented as payment and e-vouchers must be shown either electronically or printed to be valid as payment



naturally
heaven therapy

Inside Four Lane Ends Metro & Bus Interchange,
Benton, Newcastle Upon Tyne, NE7 7UJ
(Opposite Bus Stand 'C' & 'D')



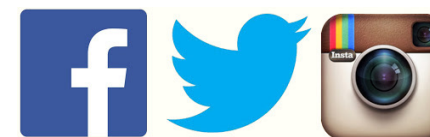
Opening Hours

Monday 10am-7pm; Tuesday 12pm-7pm*; Wednesday
11am-7pm; Thursday 10am-7pm; Friday 10am-7pm; Satur-
day 11am-4:30pm

*Hours subject to change

Parking Available in Four Lane Ends Multi Storey Car Park

Find us on



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Holistic & Wellbeing Treatments

Massage Treatments

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| Aromatherapy Full Body Massage | 60mins | £44 |
| Back, Neck & Shoulder Massage | 45mins | £37 |
| CBD Massage | 60mins | £52 |
| Indian Head Massage | 45mins | £32 |
| Leg & Foot Massage | 45mins | £32 |
| Hot Stone Full Body Massage | 60mins | £47 |
| Deep Tissue Full Body Massage | 60mins | £47 |
| Well Woman Massage | 60mins | £52 |
| Ultimate Head to Toe Massage | 90mins | £62 |
| Manual Lymphatic Drainage | 60mins | £52 |
| Thai Leg & Foot Massage | 60mins | £42 |
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| Combo Treatments | | |
| Choose any 2 30min treatments | 60mins | fr £46 |

All treatment times include consultation & dressing time

Facial Treatments

dermalogica

professional-grade skin care by The International Dermal Institute

Dermalogica Skin Treatments are truly revolutionary as they are customised at every step by your Therapist. Each treatment is unique and individual using a tailored combination of Dermalogica's Skin Systems to make your skin look and feel fantastic.

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| Hydra Oxygen Facial | 90mins | £79 |
| Dermalogica Proskin60 Facial | 60mins | £44 |
| Dermalogica Proskin30 Facial | 30mins | £36 |
| Dermalogica Pro Power Eye Peel | 30mins | £25 |
| Dermalogica Super LED Facial | 60mins | £45 |
| Dermalogica Pro Power Peel30 | 30mins | £35 |
| Dermalogica Pro Power Peel60 | 60mins | £55 |

Our therapists have over 20 years combined experience

Find out more and book online

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Pregnancy & Post Natal Treatments

This specialised, relaxing and nurturing massage uses traditional Swedish techniques to ease out tension and soothe the aches and pains related with pregnancy or post natal. Your therapist will ensure you get the most benefit from your treatment



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| Pregnancy Massage | 60mins | £46 |
| Pregnancy Massage & Indian Head Massage | 60mins | £46 |
| Pregnancy Back Massage & Express Facial | 60mins | £46 |
| Ultimate Top to Toe Pregnancy Massage inc Facial | 90mins | £70 |
| Leg & Foot Massage & Indian Head | 60mins | £46 |
| Pregnancy Reflexology | 45mins | £44 |
| Pregnancy Massage & Reflexology | 60mins | £46 |
| Labour Induced Reflexology | 45mins | £47 |

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| Post-natal Massage | 60mins | £46 |
| Post-natal Massage & Reflexology | 60mins | £46 |

Post natal Massage is tailored to your individual needs to help you adjust physically and mentally to being a new mum.

Reflexology

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| Foot Reflexology | 60mins | £44 |
| Foot Reflexology & Indian Head Massage | 60mins | £44 |
| Foot Reflexology & Well Woman Massage | 60mins | £52 |

“ Did you know our sister company Heaven Therapy in Cullercoats also offer Pregnancy, Massage, Facials, Beauty, Nail Treatments and so much more! Visit www.heaventherapy.co.uk ”

To chat online visit
www.naturallyheaventherapy.co.uk

Fertility & Womb Massage

Fertility Massage Therapy is a deep; yet gentle, non invasive therapy that works by bringing the organs within the abdominal area back into alignment, releasing pressure and strengthening the surrounding muscles and ligaments.

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| Fertility Consultation (Zoom/Tele) | 30mins | £15 |
| Fertility Consultation (in person) | 30mins | £20 |
| Fertility Massage | 60mins | £57 |

Fertility Reflexology

Fertility Reflexology, also known as reprofexology is a gentle, yet extremely effective therapy practiced on the feet. It is non-invasive and totally natural. It is a great treatment for Fertility, Miscarriage, Menopause and all things hormonal.

We have been treating couples facing fertility problems with reproductive fertility reflexology and have seen how natural reflexology treatment enhances well being and, with the right lifestyle choices, may help improve the chances of a happy outcome whether it be natural, IVF or ICSI using natural infertility treatments.

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| Fertility Consultation (Zoom/Tele) | 30mins | £15 |
| Fertility Consultation (in person) | 30mins | £20 |
| Fertility Reflexology | 45mins | £51 |

After your initial appointment, Alanna will advise of your suggested treatment plan which may include a combination of Massage and/or Reflexology

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| Fertility Massage & Fertility Reflexology | 60mins | £57 |
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There is much more information available on our website



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