

Based in Lagos, Naomi and her team of beauty, massage and holistic therapists offer a full treatment list that is second to none.

Naomi, 17 years experience in the beauty & body health industry, owner, teacher and therapist with a big love of all body work and healing the body naturally.

Marisa, beauty and massage therapist and receptionist.

Owain Harris, B.S.c Podiatry. NHS experience, specialises in nail surgery and biomechanics.

Tom Wilson, Acupuncturist, Cupping & Shiatsu practitioner.

Ana Calvino BSc Hons. Herbalist.

Please find below a full list of treatments and prices. Call or **text** 00 (351) 913 211 797/ 282 762 606 or email naomi@algarvebeautyschool.co.uk to book.

Facials

Aromatherapy Associates with an unrivalled reputation among the world's leading spas for its premium therapeutic products. All products contain high levels of active ingredients and no synthetic colour, fragrances or petro-chemically derived ingredients. They use only the finest quality essential oils, extracted from organically grown, original single species plants. No mineral oils, GM products or animal products – with the exception of Beeswax – are used and Aromatherapy Associates products are not tested on animals.

Renew Rose Radiance: 60mins 55€

A luxurious, relaxing treatment using organically grown rose preparations to soften and soothe the skin with stress relieving massage to release tension in the scalp, neck, shoulders and face.

Renew Rose Anti-Age Facial: 75mins 60€

Uses the age-old properties of rose and frankincense to smooth and revitalize skin texture, encouraging skin renewal. Includes hydrating and rejuvenating gel and mud masks interspersed with a relaxing facial massage.

Balance Steam Facial: 75mins 65€

Designed for problem skin. This pore refining facial works deep using steam, with or without ozone,

along with a drawing natural clay mask and lavender and tea tree oils, for a highly effective balancing and antiseptic effect.

Extra Relaxing Facial: 90mins 75€

A enjoyable treat starting with a 30 minute back, neck and shoulder massage, followed by a stress relieving and deep cleansing facial treatment.

Express Facial: 30mins 40€

This taster facial will leave your skin cleansed, polished and nourished.

Stress Relieving Eye Treatment: 30mins 40€

Drain away puffiness and dark circles, reduce the appearance of fine lines, soothe and hydrate with specialist products and lymphatic and pressure point massage.

Massage

Back, Neck & Shoulder Massage 25mins 40€

Back, Neck, Decollete & Scalp 45mins 45€

Full body

Massage: 55mins 50€

Full Body Massage: 75mins 55€

As above including face and scalp

Full Body Massage: 90mins 65€

Indian Head Massage: 25mins 40€

Including the Ayurvedic principles and chakra balancing, this treatment is performed sitting up and works on the top of the back, upper arms, neck, shoulders, scalp and face.

Hot Stone Full Body Massage: 90mins 70€

Massage with hot stones for deeper relaxation of the mind and body.

Hot Stone Back, Neck & Shoulder Massage: 40mins 50€

Hot Poultice Massage 90mins 110€

A poultice is a cotton or linen bundle, filled with herbs or flowers, warmed and used for massage with warmed oils and deep tissue techniques. Covering the back, back of legs, decollete and arms.

Reiki: 75mins 45€

Combines the power healing energies of Rei and Ki – Universal life force energy – with gentle balancing of

the body's subtle energies, to release blocked energy on many levels.

De-Stress Muscle Release: 55mins 55€

Using warming oils and deep tissue with drainage techniques to work on tight or fatigued muscles and joints after sports or a day of physical stress and strain.

Conditioning & Relaxing Back Treatment: 55mins 60€

A treat for this hard to reach area. Treatment starts with a cleanse and exfoliate, a mask is then applied while foot and leg tension are eased with soothing massage. Concludes with a de-stressing back massage to improve skin condition.

Body Scrub: 25mins 25€

Great on its own or before any massage treatments to remove dead skin cells and encourage cell renewal.

Bowen Therapy: 60 mins 30€ - 55€

A dynamic fascial and muscle release body treatment. Ideal for work on traumas, injuries and the frail. Treatment time and cost may vary.

Neurokinetic Therapy movement system is a sophisticated bodywork modality used as both an assessment and rehabilitative technique for pain and injury. Precise muscle tests are used to reprogram the movement patterns in the motor control centre of the cerebellum.

Acupuncture / Shiatsu / Cupping

With 20 years experience Tom Wilson offers health solutions using Acupuncture, Shiatsu, Cupping, Gua Sha and Neuro muscular pain relief techniques to ensure the resolution of chronic and short term health issues.

Please book direct with Tom on 965 131 858

Fingers and Toes

Using 'Jessica', the worlds No.1 Natural Nail Care System, renowned throughout the world.

A choice of colour, French or American Polish is available at no extra charge. Gel Polish can be added as extra.

Express Manicure: 30mins 14€

Nails are shaped and painted, OR shaped and cuticles pushed back.

Manicure: 45mins 18.50€

Nails are shaped, cuticles pushed back and nails are painted.

Indulgent Manicure: 55mins 25€

A treatment Manicure with exfoliation, cuticle work, hand & forearm massage, nails shaped and painted.

Express Pedicure: 30mins 15€

For feet in good condition. Hard skin is filed, nails are shaped and painted OR nails are shaped and cuticles pushed back.

Pedicure: 45mins 20€

Hard skin is filed, cuticles pushed back and nails are painted.

ZenSpa Pedicure: 75mins 33€

Heels are filed, followed by a deep exfoliation, soak and massage of feet and lower legs. Cuticles are pushed back and nails are shaped and polished to finish.

Add Geleration, Jessicas no. 1 Gel-Polish to any manicure or pedicure for long lasting results **+10€**

Podiatry/ Chiropody

With Owain Harris B.S.c. All foot care covered, from simple nail cutting to corrective nail surgery. Specialist in Biomechanics and foot related knee, hip and back pain. Insole prescription and Diabetic care offered.
Please book directly with Owain text or call 911 967 586

Waxing

Half Leg 30 mins 16€

Three-quarter Leg 40 mins 18€

Full Leg 45 mins 25€

Under Arm 15 mins 8€

Forearm 20 mins 10€

Bikini 20 mins 10€

Lip 10 mins 8€

Chin 10 mins 8€

Full Leg and Bikini Line 45 mins 30€

Brazilian / Hollywood Bikini Wax: 45mins 25€

WAX FOR MEN

Back 45 mins 18€

Chest and Tummy 45 mins 18€

Abs (Pecc) 20mins 10€

Shoulders 20mins 10€

Underarms 20mins 10€

Full Arm 30mins incl. hands 20€

Forearm 20mins hands to elbow 15€

Full Leg, Speedo Line and

Feet 50mins 35€

Speedo Line 20mins 15€

Buttocks and Crack 30€

Male 55€

Brazilian: 75mins 55€

Removal of all intimate male hair as requested, includes buttocks, crack, scrotum, shaft, speedo.

Nostril 8€

Ears 8€

Eye Treatments

Skin patch test 12 hours prior to tint is needed.

Eyelash Tint: 20mins 10€

Eyebrow Tint: 10mins 8€

Eyebrow Shape: 20mins 10€

Individual Lashes:

FULL SET: up to 2 hours. 30 – 50 lashes applied individually per eye **75€**

EXPRESS: 30 mins Lashes are placed to create a full look around 20 lashes per eye, not individually applied **30€**

Pregnancy Treatments

Mum-To-Be Full Body Massage: 75mins 60€

Rose Facial For Mum-To-Be: 55mins 55€

Using organic rose products suitable for an expectant mother. Includes arm, hand, face & scalp massage, cleansing, exfoliation & hydrating mask.

Mum-To-Be Pampering

Package: 150mins 115€

Two and a half hours of treatment with a full body massage, express facial treatment & Zen Spa Pedicure. (Don't forget your open toed shoes)

Mini Miss Algarve

Designed to introduce girls under the age of 14 to beauty and skin care.

Mini Miss Manicure: 20mins 17€

Mini Miss Facial: 25mins 38€

Mini Miss Eyebrow Shape: 15mins 8€

Mini Miss Eyelash Tint: 20mins 10€

A patch test 24hrs prior to the tinting is essential.

Herbal Medicine Clinic – Tree of Life

Ana Calvino, BSc Hons. Can help you with all types of concerns. All treatments are 100% natural, plant based and tailored individually, treating the root of the problem using the traditional knowledge of herbs combined with recent scientific research. To see a list of conditions commonly treated see our website.

Additional Information

- If you are receiving any form of medication or medical treatment, or are or could be pregnant, please inform your therapist. Please advise your therapist if any of the above changes. This is for your own well-being and should be notified at time of booking.
- Gift vouchers and products are available for purchase.
- Unfortunately only cash payments can be accepted and correct money would be appreciated.
- Treatment times include a consultation period with your therapist, they do not include set up time.
- We offer a mobile spa service with large groups of therapists, treating > 20 – 30 guests is not a problem. Book early for large bookings. Individual clients are also catered for. Travel costs may vary depending on location.