

Holistic treatments to heal and rebalance the body

In addition to the wide variety of massage therapies provided by our excellent staff across the week, Michelle Mottram also offers a range of lifestyle treatments for men and women on Mondays, Wednesdays, Fridays and alternate Saturdays.



Reflexology Massage

Reflexology is based on the principle that the feet and hands provide a reflection of the organs, glands and structures of the body. Working on these reflexes by using specific techniques of holds and pressures has a direct effect on the functioning of the body as a whole. It is a precise form of treatment where healing is both initiated and accelerated in the corresponding area of the body.

Price: 1 hour £38 ½ hour £25

Invigorating Head Massage

Originally used in India over 1000 years ago, this massage involves pressure techniques applied to points on the scalp and face to reduce stress and enable relaxation as well as stimulation of the circulation and nourishment of the hair root.

Price: ½ hour £25

Deep Tissue Back, Neck and Shoulder Massage

A massage applied around the upper spine area to open up and relax the muscles in this often tense area of the body using calming oils.

Price: ½ hour £28

Full Body Massage

This massage covers all major areas of tension and provides the perfect one stop shop for all over relaxation. Blended oils are used that enhance the lymphatic and circulatory systems, eliminate toxins and create a deep sense of relaxation

Price: 1 hour £38 ¾ hour £34 ½ hour £24

Foot and Leg Massage

Provides relief for the stresses and tensions that build up in the feet and legs. When the feet and legs are calm the body as a whole feels the benefits. This massage also stimulates the lymphatics and circulation to promote blood flow and drainage.

Price: ½ hour £25

Hands and Feet

Mini Manicure / Pedicure

A simple combination of nail filing, shaping and polishing with choice of colour from our professional Essie range.

Price: £15



Maxi Manicure / Pedicure

Builds on the mini manicure/pedicure to include filing, shaping, cuticle treatment, smoothing of rough skin, relaxing hand/foot massage and choice of colour from our professional Essie range.

Price: £25



Maxi Man-e-cure

As Maxi above, but for men, and incorporating Essie's 'Man-e-cure' matt finish for a subtle, natural look.

Price: £25

Waxing for Women

Michelle is a highly skilled practitioner in waxing treatments. Starting with a gentle cleansing of the skin, she then applies warm tea tree cream wax. A soothing tea tree after-wax lotion is then applied to calm the skin.

Full Leg £24
¾ Leg £17
Half Leg £14

Bikini £12
Half Leg & Bikini £24
¾ Leg & Bikini £27
Full Leg & Bikini £32

Brazilian £20
¾ Leg & Brazilian £35

Hollywood £22

Underarm £10
Half Arm £11
Full Arm £18

Lip or Chin £5
Lip & Chin £8

Eyebrow £7

Facial (cheeks) £12

Waxing for Men

Full Back & Shoulders £25
Full Back £20
Shoulders £12

Chest & Shoulders £26
Chest £15
Abdomen £12
Chest & Abdomen £26
Lower back £12



Michelle Mottram is an experienced ITEC professional who works within the practice supplying

a wide range of massage therapies for health, and for relaxation. In addition to these she also provides facials for men and women or link in the facial treatments with other massages to provide an experience of deep relaxation and sense of well-being.

Recently, Michelle has expanded the services she provides from massage therapies to include a wide range of grooming and beauty treatments for men and women. These include manicures, pedicures and the different waxing treatments you will find detailed within this leaflet. These treatments can be taken individually, or combined with other treatments to provide an overall health and beauty treatment, such as combining reflexology with a pedicure, or a back and neck massage with a facial.

Michelle is with us on **Mondays, Wednesdays and Fridays** and on **alternating Saturdays**.

We also offer **gift vouchers** for any of our individual therapies and treatments, or for a specific amount for people to choose their own treatment. Booking a **Massage Course** and paying in advance can attract a special discount to allow your treatments to stretch further.

At this practice we greatly appreciate your comments, suggestions and feedback. We also hope that you will let us know if you have any thoughts or ideas to improve the service we offer you, the customer.

Practice Information

Rail: Streatham Hill BR
4 min walk

Streatham Station BR
12 min walk

Bus: 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside

Car: Un-metered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road

Limited Parking (for 20mins) directly
outside between 10am-4pm

Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

Tel: (020) 8769 7409

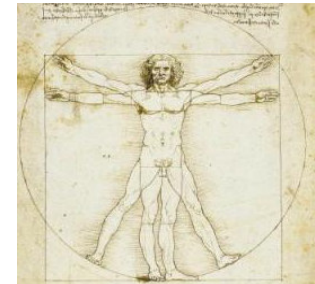
www.leighampractice.com

Other services available include:
Chiroprody / Podiatry, Physiotherapy, Osteopathy,
Acupuncture and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your consideration to our staff and services.



Treatments for relaxing & waxing



With

Michelle Mottram

ITEC Complementary Therapist

**Appointments
(020) 8769 7409**