

## *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 Wednesdays and Fridays



### **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 £36      ½ hour £22

### **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

### **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 £22

### **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 £36      ½ hour £22

### **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 £22

## *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: £12



### **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: £22



### **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: £22

## *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.

<b>Full Leg Waxing</b>	£23
<b>Half Leg Waxing</b>	£13
<b>Bikini Waxing</b>	£10
<b>Half Leg &amp; Bikini Line Waxing</b>	£22
<b>Full Leg &amp; Bikini Line Waxing</b>	£30
<b>Brazilian Waxing</b>	£16
<b>Underarm Waxing</b>	£10
<b>Half Arm Waxing</b>	£11
<b>Full Arm Waxing</b>	£18
<b>Lip or Chin Waxing</b>	£5
<b>Lip &amp; Chin Waxing</b>	£8
<b>Eyebrow</b>	£7

## *Waxing for Men*

<b>Full Back &amp; Shoulders</b>	£25
<b>Full Back</b>	£20
<b>Shoulders</b>	£12
<b>Chest &amp; Shoulders</b>	£26
<b>Chest</b>	£15



We were delighted when Michelle, who used to work with us a few years ago, returned after helping set up

another business. Michelle was extremely popular with our clients and established herself within the practice offering an excellent range of relaxing massages. Now that her other venture is up and running, we had no hesitation in welcoming her back.

Very recently, Michelle has expanded the services she provides from massage therapies to include grooming and beauty treatments for men and women. These include the manicure / pedicure and waxing treatments you find within this leaflet.

Michelle is with us on **Mondays** and **Wednesdays (including evenings)**, **Thursday afternoons**, **Fridays** during the daytime and on **alternating Saturdays** with Grace, another of our other holistic therapists.

We also offer **gift vouchers** for any of our therapies and treatments. We also have some **Special Combinations** of treatments that go well together, and **Massage Courses** (please see additional leaflet or view on-line at our website) for some great ways to get a little more from your favourite therapies.

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.

We look forward to seeing you soon

## 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**

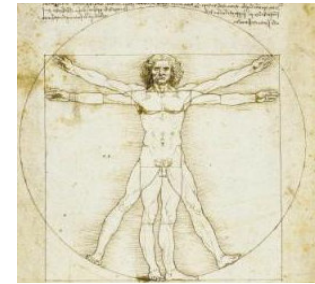
[www.leighampractice.com](http://www.leighampractice.com)

Other services available include:  
Chiroprody / Podiatry, Physiotherapy, Osteopathy,  
Acupuncture, Homeopathy 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**