

ULTIMATE QUICK FIX

8 Indian Head Massage

The "Ultimate quick fix" treatment or "Executive Stress Buster" Clear your head, relieve shoulder and neck stiffness, promote alertness, concentration and clear thinking. A stimulating; yet relaxing deep massage for the head, neck, shoulders and upper back. Excellent for relieving muscular tension and headaches. On-site massage...
Not necessary to remove top or shirt.
Duration: 45 mins £40



Gift Vouchers available

The ultimate present for every occasion
Gift Vouchers are non refundable and must be presented at the time of treatment.

Wellbeing and Stress Management Workshops

Corporate and group events tailored to your requirements.
Price available on request.

Therapy Room at Camerons Store, Ballymena
For appointment please phone **0771 4955865**
Monday - Thursday 9am-5pm

Saturday - Bannside Pharmacy, Portglenone
For appointment please phone
028 2582 1333 or **0771 4955865**
Mobile visits available. Please contact
07714955865 for further information.

Marlene Marcus MAR
Complementary Therapist

T: 07714 955865

E: enquiries@bodyzonz.co.uk

www.bodyzonz.co.uk  

Book well in advance to avoid disappointment.

24 hours notice is required for cancellations to avoid 50% charge

Hygiene and your safety is of paramount importance to us. Bodyzonz hygiene procedures are reviewed and enhanced regularly in the interests of clients and in line with regulations. Please contact us for further information



Member of Association
of Reflexologists



WELCOME TO

BODYZONZ
Complementary Health Studio

Bodyzonz offers a lifestyle philosophy designed to meet the needs of everyday living



For a
"Walk in Float out"
experience

www.bodyzonz.co.uk

MISSION STATEMENT

BodyZonz is committed to promoting wellbeing for the client through complementary therapies with a holistic approach.

"Your health is your wealth"

1 Reflexology

A road to relaxation.

The ideal choice for rejuvenation.

Perfect for all walks of life!

Reflexology is a method for activating the healing powers of the body discovered many thousands of years ago. Reflexology is a gentle therapy, by working the reflex zones in the feet, it stimulates circulation, reduces tension thus encouraging the body to heal itself. It is an effective treatment for a wide range of ailments, and promotes good health. Treatment on a regular basis improves vitality and general well-being and increases levels of energy. Treatment includes salt scrub and foot spa.

Duration: 1 hour £45

Save £30 when you prepay 6 sessions!



2 Reflexology & Back Massage

The ever popular treatment... the ultimate in relaxation...

Where you can lie back and relax...have a wonderful back, shoulder and neck massage followed by Reflexology: - working the reflexes of your feet.

Duration: 1 1/2 hours £55

3 Indian Head and Back Massage - Deluxe

This ancient art originates from India and is now widely practised throughout the world.

Indian head massage stimulates the scalp, blood flow and lymphatic circulation. A stimulating; yet relaxing deep massage for the head, neck, shoulders and back. Excellent for relieving muscular tension, migraines, headaches and eyestrain. This therapy includes a full back massage; after having the upper arms, shoulder, neck, head and face worked, you have the pleasure of lying down to receive the back massage.

Duration: 1 hour £50



4 BODYZONZ 2 hour ultimate pampering package

Enjoy a relaxing 2 hour pampering including: Reflexology, Body massage.

Duration: 2 hours

£65 (must be done as package)

5 Body Massage

Massage relaxes, stimulates, comforts, relieves stress, anxiety and depression, alleviates pain and improves emotional and physical wellbeing. Also helps to break down fatty deposits. *A relaxing therapy massage customised to combat stress, stimulate the circulation, soothe aching muscles and helps the body to relax...* Full Body massage using light oil, which helps to relax body and mind.

Duration: 1 hour £45

Reduced rate for six treatments booked

6 Full Body Exfoliation - Includes Face & Neck

This treatment smoothes the skin by gently removing the roughness caused by persistent impurities; it refines the skin leaving it soft and supple. Hydrating body lotion is then applied which moisturises and nourishes the skin.

Duration: 1 hour £40

7 The Golfer's Tonic

Tee off with a relaxing head and back massage to ease muscle tension and follow with a reflexology treatment to relieve the aches and pains of feet that may be feeling below par...

Duration:

1 1/2 hours £60

