



COMPLEMENTARY HEALTH STUDIO

For a  
**“Walk in Float out”**  
experience

WELLBEING

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FROM HEAD TO TOE

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**Relax – Restore – Rebalance**

Discover BODYZONZ Therapies  
designed to revive your whole self

# 1 TROPIC SKINCARE...

## Relaxing Facial Treatment

An Indulgent facial designed to calm the mind and refresh the skin, complete with a soothing massage of the shoulders, neck, arms, and hands to ease the tension and encourage deep relaxation.

### Includes:

- Deep cleanse
- Hydrating mask
- Vitamin toner
- Targeted serums to suit your skin's needs
- Moisturiser applied to the face, neck & décolletage
- Massage

We use Tropic's award-winning, chemical-free and paraben-free skincare, caring for your wellbeing from the inside out - the **BODYZONZ** way.

At BODYZONZ, we believe it's equally important to be mindful of what we put on our skin as what we put into our bodies—helping you care for your wellbeing from the inside out.

### Duration:

**60 minutes - £50**  
**90 minutes - £60**



## 2 REFLEXOLOGY

Reflexology is a technique that stimulates the body's healing powers, with origins that date back thousands of years. It is a gentle therapy that activates reflex zones in the feet, enhancing circulation, relieving tension, and supporting the body's natural healing process. It effectively addresses a wide range of ailments and promotes overall health.

**DURATION: 90 minutes - £60**  
**Book 6 sessions and receive 7th free**



## 3 REFLEXOLOGY & BACK MASSAGE

The ever-popular treatment...the ultimate in relaxation  
Where you can lie back and relax... enjoy an excellent massage for your back, shoulders, and neck, followed by Reflexology, which works the reflexes of your feet.

**Duration: 90 minutes - £60**



## 4 INDIAN HEAD & BACK MASSAGE – DELUXE

This ancient art originated in India and is now widely practised worldwide. Indian Head Massage stimulates the scalp, enhances blood circulation, and boosts lymphatic flow—an invigorating yet calming deep massage for the head, neck, shoulders, and back.

**Duration:**  
**60 minutes - £50**  
**90 minutes - £60**



## 5 2-HOUR ULTIMATE PAMPERING PACKAGE

Relax and enjoy your choice of treatments for two hours.  
**£80 (must be done as a package)**

## 6 BODY MASSAGE

Massage relaxes and stimulates. It comforts and relieves stress, anxiety, and depression, alleviates pain, and improves emotional and physical well-being. It also helps to break down fatty deposits.

A full-body massage with Tropic massage oil helps relax the body and mind. Body exfoliation can be included by request using the incredible Tropic body smooth.

**Duration: 60 minutes - £50**  
**90 minutes - £60**



## 7 THE GOLFER'S TONIC

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

**Duration: 90 minutes - £60**

## 8 INDIAN HEAD MASSAGE

**On-site massage**

The **"Ultimate quick fix"** treatment or "Executive Stress Buster" Clear your head, relieve shoulder and neck stiffness, promote alertness, concentration, and clear thinking. Excellent for relieving muscular tension and headaches...

Not necessary to remove top or shirt.  
**Duration: 45 minutes - £45**

### ULTIMATE QUICK FIX



**BODYZONZ** promotes holistic wellbeing through complementary therapies that support health, balance, and relaxation because your health is your wealth.

## WELLBEING AND STRESS MANAGEMENT WORKSHOPS

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

## PAMPERING SKINCARE EVENTS

GROUPS OF 6-60 PLUS

Contact Marlene for details

## GIFT VOUCHERS AVAILABLE

Gift vouchers are the ultimate and perfect gift for any occasion: birthdays, anniversaries, Christmas, etc.

*Gift Vouchers are non-refundable.*

**To avoid disappointment, please book in advance.**  
24 hours' notice is required to avoid a 50% cancellation charge.

## For a "Walk in Float out" experience

Therapy Room at Cameron's Store, Ballymena  
For an appointment, please WhatsApp: 07714 955865



BANNSIDE PHARMACY  
Health Hub

Bannside Pharmacy,  
Portglenone  
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Mobile visits available



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Your hygiene and safety are of paramount importance to us. Body hygiene procedures are regularly reviewed and enhanced in the interests of clients and in line with regulations.



Member of Association of Reflexologists