

PriyaSpa

natural solutions to health and well-being

Tanya Bradbury MIFA, MFHT, MICHT, APA Assoc.
Natural Health Practitioner & Aesthetician

Consultations in Ayurveda with Tanya Bradbury

Ayurveda, the ancient Indian science of life and well-being.

1st appointment 1hr 30mins £78.00

Includes pulse diagnosis; body-type assessment; dietary, daily routine and home-care recommendations

Follow-up appointments 45mins £40.00

Ayurvedic Marma Massage

A rejuvenating warm-oil massage (includes full body & head) which stimulates vital energy points, leaves you feeling refreshed and relaxed. Helps reduce joint pain, muscle stiffness and strengthens the whole

body. 1hr 15mins £70.00

1hr 45mins £85.00

2hrs (includes Ayurvedic herbal face mask) £95.00

Shirobhyanga

Ayurvedic head massage with warm herbalised oils.

Deeply relaxes, nourishes and revitalises the mind and senses. 45mins

£40.00

Aromatherapy massage

A truly divine experience, combining healing massage with heavenly fragrant oils. All treatments include consultation with hand blended oils.

Aromatherapy Massage 1hr £58.00

Aromatherapy Massage 1hr 30mins £73.00

Aromatherapy Massage luxury treatment 2hrs £92.00

Includes soothing herbal foot bath, full body, head and facial massage with nourishing face mask.

Dr Hauschka

Holistic Facial Treatment 1st appointment 2hrs £90.00

A unique and deeply relaxing restorative treatment, which brings a natural glow to the skin and an inner sense of calm. Recommended every 6-8 weeks.

Dr Hauschka Facial treatment 1hr 15mins £60.00

A therapeutic follow-up treatment which can be taken every 4 weeks to keep the skin looking radiant.

Dr Hauschka Facial Firming Treatment 2hrs £95.00

Supports and harmonises the skin's natural ageing process. Includes all of the holistic facial, with specialised neck and ampoule treatment.

Dr Hauschka Facial Gymnastics Programme 1hr £40.00

Active strengthening and training of the facial muscles. Best taken as a course, after initial facial treatment.



Dr Hauschka Rhythmic Body Treatment 1hr 45mins £83.00

Deeply relaxing lymphatic massage, detoxifying and healing, boosts immune function. Includes consultation, warm foot-bath massage with herbalised oils and rest.

Dr Hauschka Natural Colour Cosmetics

- Day Make-up 45mins £38.00
- Evening Make-up 1hr £48.00
- Make-up lesson 1hr 30mins £65.00

Wedding make-up package

Add a professional look to your special day, trial make-up and wedding make-up included. Home visit if required, price on application.

The full Dr. Hauschka range of products is available from the clinic.

Beauty therapies

- Natural manicure 30mins £26.00
- Improves appearance and condition of nails and hands.
- With colour varnish 45mins £30.00
- French manicure 1hr £35.00
- Re-varnish & file 20mins £18.00

Revitalising pedicure 1hr £40.00
Restores tired and worn feet, includes,herbal foot bath, exfoliation, nail & cuticle work, soothing foot massage & varnish.

Revitalising manicure & pedicure 1hr 45mins £64.00

- Eye lash tint 20mins £18.00
- Eye brow tint 15mins £15.00
- Eye lash & brow tint 30mins £26.00
- Eye brow re-shaping 20mins £18.00
- Eyebrow tidy 10mins £13.00

If you need to cancel or change a scheduled appointment, we respectfully ask that you give a minimum of 48 hours notice. Otherwise the full fee will be charged. We accept payment by cash or cheque.

PriyaSpa Gift Vouchers available here. All courses & gift vouchers are valid for 6 months. Authorised Dr. Hauschka stockist. Maharishi Ayurveda products & Himalaya Ayurveda products available.

The Swan Hotel
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For appointments call Tanya on 07779 583 123
or email tanya@priaspa.co.uk
Opening hours: Tuesday to Saturday 9am - 5pm.

