



inner sense wellbeing

By appointment only

Tel: 07792 840450

www.innersensewellbeing.co.uk

367 Bury Road Tottington

Bury, Lancashire BL8 3DS

About Me & My Practice

“Be glad of life because
it gives you the chance
to love, play and to look
up at the stars.”

Henry Van Dyke



“By taking elements of the Earth’s most natural sources and using them in synergy with your unique self, my aim is to help you to take steps towards a balanced life in Mind, Body and Spirit...”

This is not just a job to me. This is a passion and a way of life... Since qualifying in the Eighties I have gathered over twenty years of practicing in the industry of Health, Beauty and Wellbeing. During this time I have continued to study, research and develop upon various methods and techniques as well as lecture in the field of Complementary Therapies. I feel committed to introducing beautiful, luxurious Organic products and therapies wherever possible, considering and caring for you, assessing lifestyle and health and treating you as a whole person. Each product is uniquely developed and bespoke to you...

Enjoy the Menu...

Kind Regards,

Liz

IIHHT, C&G, VTCT, MCAR, FHTM, ATL, CERTED



After many years as a qualified Therapist and Aromatherapist, formulating essential oil blends is a passion. I have always been interested in how well essential oils work alongside our Holistic Wellbeing.

So after many years of thought and research here at Innersense Wellbeing I am pleased to offer a range of Natural Pure Aromatherapy Candles. Made from a blend of odorless rapeseed and coconut these waxes are both environmentally sustainable

and “greener” sources. Each oil is made with high quality Therapeutic Grade Essential Oils, chosen with specific wellbeing benefits in mind, whether it is time to relax, to recharge, re-energise or to quieten the mind.

I invite you to find a quiet corner, light a lovely candle, read a book, practice yoga, meditate, or whatever is good for the soul...

“Quiet The Mind And The Soul Shall Speak” **Buddha**

Beauty

Eye Treatments

Waxing

“Go confidently in
the direction of your
dreams: Live the life
you have imagined.”
Henry David Thoreau



To enhance and define giving a fresh look to the eyes

(Please note that a skin test is required prior to any tinting of 24/48 hours)

Eyebrow shape (Tweezers only)	£8.00	Relaxing Eye Treatment;
Eyelash Tint	£12.00	Include gentle cleansing of the eye area,
Eyebrow Tint	£12.00	an eye, cheek and forehead massage using
Full Eyeworks;		therapeutic acupressure and Swedish
Includes all of the above	£28.00	lymphatic draining techniques £30.00
		The Exclusive Eyeworks;
		Includes the Full Eyeworks and the
		Relaxing Eye Treatment £45.00

Using “Cetuem” Aromatherapy based wax.

For effective removal of unwanted hair for up to 4-6 weeks

Full Leg	£26.00
Full Leg and Bikini	£37.00
Half leg and knee	£18.00
Half leg and bikini	£30.00
Bikini (any style)	£16.00
Underarm	£15.00
Forearms	£15.00
Upper Lip	£9.00
Chin	£9.00
Upper Lip and Chin	£16.00

Using herbal, plant extracts and essential oils throughout the Treatments, ensuring it is just as good for the soul.

Shape and Polish £13.00

Shape with French polish £16.00

Manicure;

Includes nail shaping, cuticle care, a massage to the hand and arm and finally a nail enamel application £26.00

Manicure with French polish £27.00

Pedicure;

Include nail clipping and shaping, cuticle care, removal of excess hard skin, a massage to lower legs and feet and finally a nail enamel application (please bring with you flip flops for your journey home if at the salon) £26.00

Shape and polish for the feet £13.00

Hot Stone Pedicure;

An indulgent and very relaxing treat for those with tired, overworked legs and feet.

A full pedicure is performed to follow with a massage performed using Basalt hot stones which is deeply warming, soothing and penetrating deep into the muscles £37.00

Beauty

Hands, Nails & Feet

“A journey of a thousand miles begins with a single step.”

Lao Tzu



Beauty

Facials

“Be happy in the
moment that is enough.
Each moment is all we
need - not more”
Mother Theresa



To enhance the inner and outer health of your skin, these beautifully relaxing treatments promote radiance, tone and improve texture as well as encourage fresh oxygen and nutrients to the skin.

Fabulously Freshening Facial;

A super skin care top up, ideal for those on the go, includes a superficial and deep cleanse, exfoliation, mask and moisturising treatment

£27.00

Prescriptive Facial;

Includes all of the above but with the soothing addition of a face neck and shoulder massage, using a variety of circulatory boosting techniques

£36.00

Pure Aromatherapy Facial;

A truly relaxing facial, which soothes the mind, body and spirit. Includes a full cleansing treatment but with the addition of a bespoke blend of base and essential oils smoothed onto the skin and massaged into the face, neck, shoulders and scalp using a variety of acupressure and Swedish lymphatic drainage techniques all of which enhance the skin condition. A mask and moisturising therapy completes the treatment

£52.00

To Enhance, Revitalise, Smooth and Create a Radiant Glow

Here at Innersense I offer you the opportunity to redefine your skins tone, texture and appearance using natural light rejuvenation, microdermabrasion and microcurrent.

I am extremely passionate about caring for your skin and to encourage a more more revitalised and refreshed appearance.

I will not however, compromise on my ethos or ethics and will continue to use products and equipment that is chemical and synthetic free, still aiming at reducing the toxin levels in the skin and so continue to work with high quality natural and organic skin care ranges that work in line with harmonising the mind, body and spirit but importantly encouraging radiant, healthy refined glowing skin. I want to help you to feel and look your very best, but constantly maintain the calming, soothing atmosphere you all know and love.

Beauty

Advanced Skincare With
A Holistic Approach

“The only way to make
sense of change is to
plunge in with it,
move with it, and join
the dance”

Alan W Watts



Beauty

Advanced Skincare With A Holistic Approach

“You will never find
time for anything. If
you want the time you
must make it.”

Charles Buxton



To enhance the inner and outer health of your skin, these beautifully relaxing treatments promote radiance, tone and improve texture as well as encourage fresh oxygen and nutrients to the skin.

Microcurrent Non Surgical FaceLift

A non invasive facial procedure using safe gentle and effective micro electrical impulses to the facial muscles which firm, tone and re-educate the facial muscles.

A Full Face Microlift Facial Therapy;

Includes a full cleanse, exfoliation Microcurrent therapy, mask, a massage onto a choice of neck and shoulders, hands or feet, tone and intensive moisture therapy

£55.00

Light and Tone;

Includes all of the above with the addition of Light Rejuvenation Therapy

£75.00

Microdermabrasion Facial Therapy

Using specially designed wands coated with diamond particles, this treatment exfoliates the skins superficial epidermal layer, by stimulating the skin in such a way that the skins fibroblast cells in the lower skin layers are encouraged in promoting healthy cells and collagen and elastin is stimulated. This results in smoother more refined skin. This treatment is effective for skin conditions such as acne scarring, milia, fine lines and wrinkles, dry flaking skin, enlarged pores and pigmentation marks.

Full Face Microdermabrasion Facial Therapy;

Includes a full cleanse, tone, microdermabrasion therapy, mask, massage onto a choice of neck and shoulders, hands or feet, tone and intensive moisture therapy

£55.00

Full Face Microdermabrasion and Light;

Includes the Full Face Microdermabrasion Facial with the addition of Light

Rejuvenation Therapy **£75.00**

Target Microdermabrasion;

Upper Arms **£50.00**

Both Hands **£25.00**

Back **£70.00**

Light Rejuvenation Therapy;

A wonderfully non-invasive therapy using LED using specific colour wavelengths.

Developed by NASA to help with the healing of the skin for astronauts in space. The light absorbs into the skin and transforms it into energy, normalising the skins impurities and imbalances, it also increases oxygen and removes toxins.

Red Light Rejuvenation;

Anti-aging and healing to the skin and plumps out fine lines. The red light energy provided to the cells stimulates the fibroblasts in the skins lower layers promoting the production of collagen and elastin, it reduces hyper pigmentation, superficial scarring, fine lines and especially beneficial for those suffering with eczema and psoriasis. For the mind it promotes energy and strength.

Blue Light Rejuvenation Therapy;

Antibacterial, decongesting and purifying for the skin. The Blue Light is a great treatment for acneic skin, congested skin, sluggish skin, open pores and for regulating an oily skin. For the mind it is calming, soothing and relaxing.

Yellow Light Rejuvenation Therapy;

For a sluggish sallow skin or skin lacking tone. The yellow light boosts the lymphatic system purifying and toning.

For the mind it promotes optimism, positivity and strength. Great for those who suffer with Seasonal Affective Disorder.

Green Light Rejuvenation Therapy;

for a vaso-constrictive effect on the skin, reduced redness calming balancing and soothing. Great for dilated capillaries, rosacea, highly reddened skin types. For the mind it is calming and soothing.

Full Treatment with a Bespoke Assessment;

With therapy provided to suit your needs includes a fabulously freshening facial with 20 mins of light therapy **£45.00**

Beauty

Advanced Skincare With
A Holistic Approach

“Breathing in, I calm
body and mind.
Breathing out, I smile.
Dwelling in the
present moment I
know this is the only
moment.”

*Thich Nhất Hạnh,
Being Peace*



Beauty

Advanced Skincare With A Holistic Approach

“Nothing can dim the
light that shines
from within.”

Maya Angelou



Three Element Beauty Facial;
Treat yourself to this powerfully
revitalising therapy for the skin,
improves texture, tone, and
appearance by incorporating all three
fabulous skin enhancing therapies into
the one facial. Beginning by fully
cleansing the skin, a full
microdermabrasion therapy is
provided followed by Microcurrent,
then Light Rejuvenation Therapy, a
full mask application with a soothing
neck and shoulder massage. Finishing
off with a moisture boosting
treatment. This 2 hour facial will leave
your skin looking and feeling amazing

£130.00

Lactic Acid Peel facial

This facial acts a gentle deeper
exfoliating treatment, useful for
complexions that feel a little dull,
lacklustre, uneven texture and tone.
Unlike other AHA acids this is much
milder so has very little redness or
sensitivities on the skin. The skin will
feel smooth radiant and revitalised, a
high SPF is required after use for 2
weeks. Includes full cleanse, shoulder
massage and moisture treatments.

£55.00

For all of the Advanced Skincare Therapies a Loyalty Card will be provided on your first treatment. Purchase 6 exact same Facials and have your loyalty card stamped every visit and get your 7th facial free with my compliments.

The principle behind all of the treatments listed is to balance and restore health and harmonise the spirit. All products used are ethically produced, naturally organic, free of synthetic perfumes, petrochemicals, preservatives and parabens, ensuring that your skin and internal health is highly maintained. Approved by the Soil Association, 100% vegetarian, many are vegan, none are tested on animals.

Reflexology;

An ancient therapy that has been developed upon over thousands of years, using pressure points to specific points of the foot that then relate to a particular part of the body. This treatment is a great relaxing and rebalancing therapy, restoring energy to the organs, boosting the circulation and ridding the body of waste toxins

£42.00

Thermal Auricular Therapy using “Hopi Ear Candles”;

The candles contain elements of Camomile, Sage and St. Johns Wort oil therefore encouraging, a deeply relaxing treatment. It also assists in reliving a dry itchy ear, impacted wax, hay fever, headaches, sore throats, sinus pressure, boosting blood flow and releasing toxins

£40.00

Guided Meditation;

Perfect as a little dose of inner peace and rebalance. Meditation is an excellent therapy to connect you to your soul, to remove stress, to help you to find a calm and a peaceful state of mind.

Whilst on your own meditation may require some effort, if performed for you it can assist you to deeply relax, feel cocooned and simply be in the moment

£20.00

Reiki;

A very powerful relaxation treatment that assists in the rebalance and inner healing of oneself. It uses natural healing energy that is found all around us that is directed through me to you. It can assist in acceptance of change, the release of old habits, and emotional negativity. The treatment is performed over clothing ensure that your clothes are not restrictive

£40.00

Complimentary Therapies

Mind, Body & Spirit

“I count only the hours
that are serene.”

Maurice Maeterlinck



Complimentary Therapies

Mind, Body & Spirit

“If we are not fully
ourselves, truly in the
present moment, we

Thich Nhat Hanh
Zen Master



Thai Foot Massage;

Following the same practices as above and similar to reflexology, uses a wooden therapy stick to work deeply into sen and accupressure points to allow for healthy energy and blood flow to remove toxins and cleanse through the body's systems. Very energising and invigorating. **£42.00**

Bespoke signature Balancing Treatment

This is for those who just wish for some time, this a 2 hour session for those who wish me to work more intuitively, to work with a variety of modalities to cater specifically to your needs, It may be we use some time just to sit and talk for a while and for me to hold space as well as using Reiki, massage, crystals, acupressure and or sound. **£70.00**

Massage has been used for thousands of years for its ability to encourage the body towards health and harmony. Used for a variety of reasons, for general relaxation, muscle tension relief, anxiety and stress reducing, providing encouraged flow of oxygen and blood supply to the organs and muscles.

Full Body Swedish Massage £55.00

Swedish Back Massage £35.00

Aromatherapy;

Using the essence of nature, extracting oils from petals, flowers, fruits, berries, bark and leaves, the oils blended are bespoke to your requirements and needs, used with deliciously nourishing base oils. They work in ultimate synergy to enhance and harmonise the body and mind.

Full Body Aromatherapy Massage £65.00

Aromatherapy Back Massage £35.00

Aromatherapy Face, Neck and Scalp Massage £43.00

Back Bliss Massage;

A huge favourite with many, this is a tailor made 45 minute back massage incorporating a variety of techniques and bringing in the use of hot stones £43.00

Indian Head Massage;

A traditional Ayurvedic treatment to promote healthy circulation, loosen tight tense muscles, relax and rejuvenate the head, neck, scalp and upper body £43.00

Pregnancy

Reflexology;

An ancient therapy that has been developed upon over thousands of years, using pressure points to specific points of the foot that then relate to a particular part of the body. This treatment is a great relaxing and rebalancing therapy, restoring energy to the organs, boosting the circulation and ridding the body of waste toxins £42.00

Gentle Orange Blossom Full Body Massage £70.00

Soothing Back Massage £36.00

Complimentary Therapies

Massage

“Calmness of the mind
is one of the beautiful
jewels of wisdom.”

James Allen



Complimentary Therapies

Health & Spiritual Wellbeing

“It is worth remembering
that in the times of
greatest gain in terms of
wisdom and inner
strength is that of the
greatest difficulty”

Dalai Lama



Cancer, Arthritis, Fibromyalgia, Migraine and Pain Management Therapy Reflex Lymph Drainage (RLD)

An award winning reflexology technique which focuses on the lymphatic system, in particular Lymphodema, a side effect caused by difficulties with the Lymphatic system which leads to swollen limbs which can cause emotional and psychological issues. RLD is also very useful for Arthritis, ME, Fibromyalgia, Migraines, Headaches, Asthma, Chronic Fatigue, Muscular aches, pains, muscular tension and also Premenstrual Tension.

£42.00

Innersense Wellbeing Nurture Circle

These are a gentle cocooning space, which can be held on a 1:1 or in a group setting. During this deeply nurturing experience you are guided through a journey inwards beginning with a Cacao Ceremony alongside poems, readings, meditations and discussions to self reflect and journal are shared. Being in circle being held, supported, heard has deep resonance with our ancestral past, connecting us back to each other as well as with Self also giving opportunity for deep rest.

1:1 £60.00

Group Setting £40.00

And for your Totally Indulgent, Glorious Self...
Specially designed packages that are sublime as a gift
or for your beautiful self!

Blissfull;

Pure Aromatherapy Facial along with the Back Bliss Massage leaves you feeling refreshed, calm, relaxed... Bliss **£80.00**

Glow;

A full body brush and exfoliation to cleanse the skin and improve circulation followed by a full body oil moisturise to leave the body silky smooth. **£50.00**

Two steps to Innersense Wellbeing;

Choose from two of the following 20 minute treats to make the ideal package just for you..

- Reflexology
- Reiki
- Fabulous Freshening Facial
- Aromatherapy Back Massage
- Lower Leg and Foot Massage
- Soothing Scalp Massage

£50.00

Reconnection to your Soul;

This allows you time to connect with your inner self and indulge the senses in an array of luxury treats. Pure Aromatherapy Facial followed by Hopi Ear Candling and Reiki Therapy **£100.00**

A Moment Of Peace;

A bespoke treatment to allow you to surrender and fully be in the moment. Perfect in allowing you to slow the pace down if life is feeling hectic.. This wonderful package includes a gently calming Guided Meditation, an Aromatherapy Back Massage and followed by either a Fabous Freshening Facial or target Reflexology. **£80.00**

Gift Vouchers are also available to buy for a loved one as a gift.

Signature Packages

“Peace... It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of all those things and still be calm in your heart.”

Unknown





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