

massage & beauty

body • mind • soul



corps • esprit • âme

massage & beauté

## MASSAGE

The treatment will be tailored to suit your needs – whether it is a deep muscle stretching or spirit pampering that you are after, my years of experience will enable me to create the perfect treatment for you....

BOOK A TIME AND WE CAN DECIDE ON WHAT BEST SUITS YOU

90 mins	CHF 135
60 mins	CHF 90
30 mins	CHF 55

I have experience in the following types of massage treatments

- Deep tissue • Aromatherapy • Manual Lymphatic Drainage • Kiradgee
- Pre and Post Pregnancy • Trigger Point • Deep Relaxation

MASSAGE TREATMENTS CAN BE CARRIED OUT IN THE COMFORT AND LUXURY OF YOUR OWN HOME @ AN ADDITIONAL CHARGE OF 10%.

## FACIAL

### REHYDRATING ROSE FACIAL

Not only a facial but a treatment for body mind and soul. This rehydrating, relaxing and skin revitalizing treatment will leave you feeling utterly pampered, your skin silky smooth and your spirits soothed.

Using Natural Rose Aromatherapy Products this gentle treatment is ideal for all skin types

75mins      CHF 130

For reservations at **The Lodge-Champéry**: [internal Dial: 10 tel: +41 \(0\) 24 494 4424](tel:+410244944424)  
[email: reservations@miggins.ch](mailto:reservations@miggins.ch)

Or contact Belinda Duncan - +41 (0) 79 363 9180  
GROZIBOU (STUDIO), RTE DE CHAVALET 43, CHAMPERY, 1874

## NAILS

Shaping, cuticle work, exfoliation, massage and paint all add to that perfectly groomed appearance.

(please bring your own color)

Manicure CHF 60

Pedicure CHF 80

French Manicure can be done with the additional cost of CHF 40

## WAXING

Full Leg CHF 50

Half Leg CHF 35

Under Arm CHF 25

Lip CHF 15

Eyebrow Shape CHF 20

Combine any 3 areas and receive 10% discount

## TINTING

Eye Brow CHF 20

Eye Lashes CHF35

Lashes and Brows CHF45

(24hr patch test required)

## GIFT VOUCHERS CAN BE PURCHASED FOR THE PERIOD OF WINTER 2008 / 2009

**There will be a charge for cancellations with less than 24hrs notice**

**CONTRA-INDICATIONS - Clients suffering from high blood pressure, heart problems or cancer are kindly requested to consult their GP before treatments**

**Medical permission may be requested should the therapist deem it necessary**

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