

Mosaic Pamper Evening Treatments

Treatment	Price	Time	Therapist
Head/Neck/Shoulder Massage	£5	15 minutes	Tower House Massage & Wellbeing
Mini Manicure	£10	30 minutes	Ideal Image Blandford
Reiki	£5	10/15 minutes	The Reiki Room Wimborne & Mind & Body Blandford
Eyebrow Wax/Thread	£5	15 minutes	TSBeauty Room
Consultation on Cosmetic Tattooing	Free	15 minutes	Ideal Image Blandford
Cluster Lashes	£10	15 minutes	Ideal Image Blandford
Hair Tinsel	50p per strand	15 minutes	Ideal Image Blandford
Tinnitus/Sinusitis Face & Head Treatments	£5	15 minutes	Tower House Massage & Wellbeing
Gel Nails	£15	30 minutes	Ideal Image Blandford
Kinesiology – Touch for Health	£5	10 minutes	Bright Side Holistic Therapies
Facial Wax	£5	10 minutes	TSBeauty Room
Mini Facial	£5	15 minutes	TSBeauty Room
Indian Head Massage	£5	15 minutes	Mind & Body Blandford
Hand Reflexology	£5	10 minutes	The Reiki Room Wimborne
Hand Massage	£5	10 minutes	Bright Side Holistic Therapies

Timing Preference

Along with treatments you would like to book in, please inform us on the times you will be available, to help us allocate the times on your booking.

7pm – 8pm	8pm - 9pm	9pm – 10pm
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Example: "I am available from 7pm – 9pm. I would like to book onto Reiki & a facial wax."

Treatment Information:

Head/Neck/Shoulder Massage

Taster session.

Mini Manicure

Mini manicures generally have fewer steps than a full manicure and are ideal for quick treatments. The results of a mini manicure are similar to that of a full manicure, as the nails and hands will look clean, moisturised and tailored too.

Reiki

Reiki supports the body's ability to heal itself by restoring its energy balance and is also a useful tool for self-awareness and transformation.

Eyebrow Wax/Thread

Unlike tweezing, where single hairs are pulled out one at a time, threading can remove short rows of hair. Threading allows for a more defined and precise shape and can create better definition for eyebrows. The results of waxing tend to last between two to six weeks but varies from person to person. It also prevents hairs from growing back after long term treatment.

Consultation on Cosmetic Tattooing

Learn more about cosmetic tattooing, semi-permanent make-up and what Ideal Image offer.

Cluster Lashes

Cluster lashes are several lashes grouped together in a 'V' shape, stuck on top of your natural lashes, as an extension.

Hair Tinsel

A thin, lightweight ribbon that is tied into your hair parting. The beauty trend has been sported by glitter queens Beyoncé and Ke\$ha.

Tinnitus/Sinusitis Face & Head Treatments

Focusing on specific muscles in the face, neck and jaw, this massage can alleviate sinus pain and relieve tinnitus symptoms by draining fluid and reducing tension built up in these areas.

Gel Nails

Gel nail polish is a liquid gel which usually comes in a bottle or pot. The gel liquid is painted to the nail in the same way that normal nail polish is, and each coat of polish is cured under a LED lamp for 15 to 60 seconds or a UV lamp for two to three minutes.

Kinesiology – Touch for Health

Touch for Health uses the muscle test as a biofeedback tool to assess the state of energy in the acupuncture meridian system and provides a variety of techniques for balancing this energy for reducing pain and stress while enhancing balance and wellness.

Facial Wax

The results of waxing tend to last between two to six weeks but varies from person to person depending on their individual hair growth cycle. Regardless of individual differences, waxing is guaranteed to last longer than the results you'd get from bleaching or shaving where regrowth happens relatively quickly. It also prevents hairs from growing back after long term treatment.

Mini Facial

Mini facials are designed to give you most of the benefits of a full facial in less time. A typical treatment usually consists of cleansing, exfoliation and application of a mask, toner and moisturizer.

Indian Head Massage

It may relieve aches, pains and tension in your neck, back and shoulders, improve the texture of your hair and encourage it to grow. An Indian head massage stimulates the flow of blood, lymph and oxygen in your upper body, and therefore may clear your sinuses, relieve stress and help you sleep better.

Hand Reflexology

Reflexology is the application of appropriate pressure to specific points and areas such as feet, hands, or ears. This treatment will offer Reflexology on the hands. Reflexologists believe that these reflex points

correspond to different body organs and systems, and that pressing them creates real benefits for the person's health.

Hand Massage

A relaxing hand massage.