



## **Kernewek Therapy Treatments**

Run by Sarah Quintrell who offers a unique range of beauty and holistic therapies taken either in your Cottage or our tranquil therapy room.

Immerse yourself in a cocoon of pure relaxation and much needed time out with treatments at Bosinver Cottages tailored to your specific needs. Using only natural products adding that touch of luxury to nurture and care for your skin to give you that feeling of total wellbeing.

### **Massage**

|                          |     |                         |     |
|--------------------------|-----|-------------------------|-----|
| Full body massage (1hr)  | £55 | Back massage (30min)    | £35 |
| Destress massage (45min) | £45 | Pregnancy massage (1hr) | £55 |

### **Holistic**

|                             |     |             |     |
|-----------------------------|-----|-------------|-----|
| Reflexology (1hr)           | £55 | Reiki (1hr) | £50 |
| Indian head massage (30min) | £35 |             |     |

### **Facials**

|                                         |     |                     |     |
|-----------------------------------------|-----|---------------------|-----|
| Bosinver Relax Facial (1hr)             | £55 | Mini Facial (30min) | £35 |
| Maharlika Deep cleansing facial 75 mins | £65 |                     |     |

### **Nails**

|                            |     |                 |     |
|----------------------------|-----|-----------------|-----|
| Manicure or pedicure (1hr) | £28 | File and polish | £18 |
| CND Gel nails (Shellac)    | £30 | Gel removal     | £20 |

## **Waxing**

|          |     |             |     |
|----------|-----|-------------|-----|
| Underarm | £12 | Lip or chin | £12 |
| Half leg | £18 | Bikini      | £12 |
| Full leg | £30 | Eyebrow     | £12 |

To make an appointment please contact Sarah on 07962187933 or by email [saz.quintrell@talk21.com](mailto:saz.quintrell@talk21.com).

I am flexible with times and days and need at least 24hrs notice when making an appointment.

Payment is either by bank transfer or with cash (which must be paid on the day of treatment)

Treatments can be either in your cottage or in the therapy room located in the Gym.

Cancellation of your appointment must be at least 24 hrs prior to your treatment, otherwise full payment will be taken.

