Josephine Blackburn

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Mind & Body Wellness Therapist

HYPNOTHERAPY
BEAUTY & HOLISTIC THERAPY



Supporting you through life stresses to emerge as the person you wish to be

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BABTAC

SOLUTION FOCUSED HYPNOTHERAPY

Hypnotherapy is a powerful tool to help you take control of those things in your life you'd like to change. Using a technique of hypnosis, similar to daydreaming, we access your subconscious mind to focus awareness on positive solutions. This is a relaxing, safe, and powerful psychotherapeutic treatment, which will help you overcome negative patterns and behaviours, replacing them with positive outcomes and achieving your goals.

As a clinical hypnotherapist I can help with any number of issues including:

• Stress & anxiety • Low confidence & self-esteem • Depression • Poor sleep • Panic attacks • Addictions • Fears & phobias • PTSD & trauma • Bereavement • Irritable bowel syndrome • Weight control • Pain management • Tinnitus • Improve your sport performance • EBSA • Exam pressure and many more…

FEES & PACKAGES

The 30minute consultation is always free, allowing us to establish your needs and wants to determine how I can help you.

Sessions are either in person, or online over Zoom. Subsequent sessions are **£65**

MIND REBOOT® BUTTERFLY PROGRAM
for Transformation & Growth **£468**

A supportive 8-session hypnotherapy program designed to help you release anxiety, emotional overwhelm, and limiting patterns. Through the Mind Reboot® Program, it supports emotional healing from past traumas, improves sleep, greater confidence, and a calmer, clearer mindset. Helping you move forward feeling lighter, stronger, and more empowered.

BUTTERFLY BRIDGE PROGRAM **£370**

A 6-session program supporting emotional regulation, confidence, and anxiety reduction. Helping young people experiencing EBSA with reintegration into education, while also supporting adults seeking improved sleep, calmer thoughts, and emotional wellbeing.

MANAGE YOUR FEARS AND PHOBIAS **£185**

In 3 sessions we work through to help you overcome your fears and phobias.

RESTORATIVE RELAXATION **£41**

A truly restorative treatment, with gentle guided hypnosis, incorporating modalities such as HypnoReiki®, sound, crystal healing. A lovely introduction if you are curious about hypnotherapy, or a peaceful treatment on its own.

HOLISTIC THERAPY

REFLEXOLOGY

Reflexology, an ancient healing therapy practiced for over 3,000 years, promotes relaxation, reduces stress, and enhances well-being. While not a diagnostic or cure-all, it provides relief for many conditions. The treatment is performed on the feet and lower leg. **£41.00**

INDIAN HEAD MASSAGE

Indian Head Massage, a 5,000-year-old healing practice, treats mind, body, and spirit, boosting immunity and well-being. It helps relieve pain, stress, anxiety, headaches, insomnia, sinus congestion, and more. For the treatment you remain clothed and you will be sitting in a chair. **£41.00**

HOPI EAR CANDLING

The Hopi tribe used ear candling in rituals and healing. This natural therapy clears impurities, relieves pressure, and restores balance. Hollow organic cotton candles infused with essential oils, honey, and beeswax soothe the senses, while easing sinus congestion, ear wax buildup, headaches, vertigo, and more. Face and scalp massage are included after the candling. **£41.00**

AROMATHERAPY

Aromatherapy is a therapeutic massage using personalised essential oils to balance the body and mind. It promotes relaxation, reduces stress, and enhances overall well-being. A full consultation ensures the perfect blend for your needs.

FULL BODY AROMATHERAPY MASSAGE
Includes facial cleanse face and scalp massage **£49.00**

AROMATHERAPY BACK MASSAGE **£36.00**

BAMBOO MASSAGE

Bamboo massage is a unique, powerful treatment that relieves stress, improves circulation, detoxifies, and reduces muscle tension. Smooth bamboo canes with nutrient-rich oils restore balance mental and physical well-being. Full body massage includes face. **£49.00**

CRYSTAL HEALING

A 30-minute gentle, non-intrusive therapy designed to promote deep relaxation and wellbeing. Using carefully selected crystals placed around or on the body, this calming treatment may help release stored emotions, encourage clarity of thought, restore balance to your chakra energy, and leave you feeling cleansed, re-energised, and more aligned both emotionally and physically. **£36.00**

Hours: By appointment only.
Monday to Thursdays 8.30am- 6.30pm
Fridays 8.30am-1pm Satrudays 9am-1pm

Where possible, please give 24 hours notice of cancellation or a charge may be requested. Full Ts &Cs on my website.

BEAUTY THERAPY

FACIAL TREATMENTS

Facials are carried out using MONU products created only from natural sources that provide gentle and caring solutions that can clean, moisturise, nourish, form and protect every skin type.

All products are made from only the finest, natural, locally sourced ingredients, manufactured in the UK. None of our products are tested on animals and are vegan friendly.

An optional eyebrow tidy included with every facial.

EXPRESS FACIAL

Cleanse, scrub, pre-mixed mask and moisturise.

30-minute treatment to give a quick pick me up and leave you feeling relaxed and your skin hydrated and beautifully refined. **£33.00**

AROMATIC FACIAL

Cleanse, peel, hot compress, massage using pre-mixed essential oils, pre-mixed mask, moisturise. This luxury signature MONU Facial indulges the senses, protect against life's daily stresses, with ingredients tailored to your skin that will help smooth, repair and create radiance. **£46.00**

PRESCRIPTIVE FACIAL

Cleanse, peel, hot compress, massage using pre-mixed essential oil, MONU Gel Mask with essential oil, moisturise. The MONU Gel Mask contains vitamins and minerals which ensure fine lines are smoothed and boosts moisture levels keeping the skin soft, smooth, fresh and youthful.

Essential oils are selected and mixed in depending on your skins needs revealing a toned, tightened and healthier looking skin. **£49.00**

HYDRA-LIFT COLLAGEN FACIAL

Cleanse, peel, hot compress, ampoule, Active Collagen Bio Mask, shoulder and arm massage, moisturise. This luxury treatment is ideal to treat dry, dehydrated or aging skins in one easy step. Provides instant hydration to the face and neck by 75% and plumps firms improving wrinkle depth by up to 40%. Increased elasticity and cell renewal reveals soft, smooth younger looking and vibrant skin. **£59.00**

EYE CONTOUR TREATMENT

Facial cleanse, ampoule, eye massage, eye mask and face moisturise, 30-minute treatment which smooths fine lines, relieves congestion, calms and refreshes eyes. **£33.00**





STEREX BLEND ELECTROLYSIS

Blend is a progressive, permanent hair removal treatment using new sterile needles for each treatment. Blend is a mixture of Galvanic and Short Wave Diathermy, making the treatment much more effective with minimal re-growth and less discomfort during the treatment.

Up to 10 mins	**£12.50**	15mins	**£17.50**
20mins	**£21.50**	30mins	**£27.50**

WAXING

HALF LEG WAX	**£21.50**
HALF LEG AND BIKINI WAX	**£32.00**
¾ LEG WAX	**£27.00**
FULL LEG WAX	**£33.00**
FULL LEG AND BIKINI WAX	**£42.50**
BIKINI WAX	from **£14.50**
UNDERARM WAX	**£12.50**
LIP, CHIN OR EYEBROW WAX	from **£10.00**
LIP AND CHIN WAX	**£18.50**

BODY TREATMENTS

FULL BODY MASSAGE/DEEP TISSUE MASSAGE

Enhances circulation, reduces tension, and breaks down fatty deposits. Balances relaxation and intensity to improve mobility, reduce inflammation, support muscle recovery, and promote better sleep and mood. **£49.00**

BACK MASSAGE

Reduces tension in the back, neck and shoulders. **£36.00**

LUXURY BACK TREATMENT

Includes an invigorating back exfoliation, warming back mask, and relaxing massage using MONUspa products. **£41.00**

UPPER BODY SERENITY

A deep relaxation back, neck, shoulder, face and scalp massage. **£41.00**

EYE BEAUTY

A patch test will be required 24 hours before tinting or lash-lift. Tinting darkens the lashes or brows to give definition; colours available are black, brown, or blue.

Lash-lift gently lifts and straightens, or curls your natural lashes, providing a significant beauty enhancement to the eye area. The addition of tinting gives the illusion of eyelash length, the eyes appear more open and results in a more awake and youthful appearance. The results can last 6-8 weeks.

EYELASH TINT	**£13.50**
EYEBROW TINT	**£10.50**
EYELASH AND EYEBROW TINT	**£21.50**
EYEBROW SHAPE	from **£10.00**
EYELASH, EYEBROW TINTS AND EYEBROW WAX/TIDY	**£30.50**
EYEBROW TINT AND WAX/TIDY	**£18.50**
LASH-LIFT AND TINT	**£41.00**
LASH-LIFT AND TINT, AND EYEBROW WAX/TIDY	**£45.50**
LASH-LIFT AND TINT, EYEBROW TINT, EYEBROW WAX/TIDY	**£55.00**

HANDS AND FEET

Manicure and Pedicure both include cutting and filing of the nails, cuticle treatment, scrub, hard skin removal on feet, mask, massage and application of polish using Orly products.

RE-VARNISH	**£16.50**
MANICURE	**£30.50**
PEDICURE	**£32.50**
MANICURE AND PEDICURE	**£56.50**

ORLY GEL FX

A gel polish system where the products are packed with a vitamin infusion which nourishes and strengthens nails. The polish is instant drying and will last for up to 3 weeks. Included in the price is cuticle work and the removal of the gel polish as I recommend having it removed professionally to prevent damaging your nails.

GEL FX FINGERNAILS / TOENAILS	**£29.00**
Both together	**£52.00**
GEL FX POLISH WITH FULL MANICURE	**£39.00**
GEL FX POLISH WITH FULL PEDICURE	**£41.00**
Both together	**£72.00**

