



TREATMENT LIST





Hello & Welcome to Fi'Dest Wellness.

My name is Amy and I am your local Wellness & Selfcare Specialist for LADIES in and around Uttoxeter.

My aim is to help you on your journey of pouring into your own cup and living the life you really deserve.

FOLLOW ME ON-

INSTA- @Fi.dest

FB-@Fidestbeauty

BOOK ONLINE



MASSAGE TREATMENTS



Massage Treatments

30 Min Back Massage	£30	<i>Hot Stone Back</i>	£35
45 Min Back Massage	£35	<i>Hot Stone Full body</i>	£45
Back & Scalp Massage	£35		
Full Body Massage	£40	<i>Indian Head Massage-</i>	
Deluxe Full Body	£45	30 mins	£30
<small>**includes face & scalp massage aprox 80 mins</small>		45 mins	£35

Add a Face or Scalp massage to ANY treatment for £5 (10 mins)

Luxury Packages

Signature Stress Relief (70 mins) £50

Back massage, back of legs, feet & express facial massage

Mini Facial & Back Massage £45

30 minute back massage & 30 minute mini facial

Stay Longer

How many times have you said 'I dont want to get up!' at the end of your massage? Well now you dont have to!! Why not take a little longer being cosy with refreshments

15 minutes- £10

30 minutes- £15

LIGHT TOUCH THERAPY



Come and experience Light Touch Therapy aka ASMR Massage;
Where your mind feels soothed & relaxed & your eyes get heavy
& you can finally just REST.

Light Touch Massage *aka ASMR Massage*

Autonomous Sensory Meridian Response (ASMR) Massage
Using subtle, Soft Contact on the Skin with a range of materials to stimulate
your senses and bring relaxation & comfort

Choice of Scalp, Back, Hands and arms & Face

30 mins	£35
45 mins	£40
60 mins	£45

Luxury Packages

Tranquil Touch

£45

Enjoy 40 minutes of complete inner rest and reset. Combining light touch therapy with deeper swedish body massage.

**Includes feet & legs, back face & mini scalp.*

Sleep Ritual

£60

60 minutes of pure bliss! With a mix of light touch therapy and swedish body massage and a GIFT SET to carry on your self care at home.

**includes face, neck shoulder, scalp, legs, arms and back.*

Don't Forget to add on a Stay Longer for Ultimate you time

FACIAL TREATMENTS



"Take care of your skin, you wear it everyday"

Deluxe Facial

£35

*Aprox 50 mins

Double cleanse, Exfoliation, Face mask, Hot towel, & optional STEAM treatment, Tone & Moisturise...

This treatment includes a face, neck & shoulder massage & choice of SCALP or Hand & Arm Massage

Non-Surgical Facelift

£40

*Aprox 60 mins

Micro current facial, giving your face the ultimate workout. Low voltage electrical currents are used to stimulate facial muscles improving muscle tone, giving you a 'natural facelift' and to improve the appearance of fine lines & wrinkles.

*£35 if booked monthly

Fi'Dest Facial

£50

Choose from-

*Aprox 75 mins

>Lift & Tone > Relaxation >Hydration

The ultimate Facial Treatment!
Unwind with deep cleansing, exfoliation, microdermabrasion & LED light therapy.

Includes Fi'Dest signature Hand & arm massage AND Light touch scalp, face and shoulder massage.....pure Bliss!



TRANQUILLITY TREATMENTS



**Intergrated services to aid, reach & promote
Physical & Emotional Balance**

Intergrating Breathwork, Massage/Touch therapy & Counselling Skills.

*✿ Stress Reduction, Relieve Anxiety, Promote Emotional Balance,
Emotional & Mental Release, Trauma Recovery, Emotional Unload. ✿*

Mindful Moment 30 mins **£30**

Mini breath work & Well-being reflection (*Talk therapy style)

Peaceful Pause 45 mins **£40**

**Breathwork, Grounding, Face & Scalp OR Foot & Leg Massage.
Wellbeing reflection (*Talk therapy style)**
Approx 30 min talk

Therapeutic Renewal 90 mins **£50**

**Breathwork, Grounding, Back & Scalp Massage.
Wellbeing reflection (*Talk therapy style)**
Approx 50 min talk



***These sessions are NOT official counselling. They ARE a Safe, Professional, Confidential, Therapeutic environment using Counselling Skills.**

These sessions are Great to use alongside or for bridging a gap whilst waiting for Counselling sessions.

These Services Do NOT replace medical or professional advice & directions.

BEAUTY TREATMENTS



"Self Care isn't Vanity, It is Sanity"

Lash/Brow Services

Brow Wax	£10
Brow/Lash Tint	£10
Brow Wax & Tint	£15
Brow & Lip Wax	£15
Lip/Chin/Face Wax	£10

*Patch testing may
be required*

Brow Lamination	£25
Lash Lift & Tint	£30
Eye Package	£25
<i>Brow wax & tint & Lash tint</i>	

Deluxe Eye Package	£40
<i>Lash lift & Tint & brow wax & Tint</i>	

Feet Treatments

Gel Polish Toes	£18
Soak Off	£10
Express Pedicure	£18
<i>+£7 with Gel Polish</i>	
Deluxe Pedicure	£32
<i>with Gel polish , Mask & Massage</i>	



PLEASE INFORM ON BOOKING IF YOU
HAVE GEL POLISH ON AS SOAK OFF WILL BE
NEEDED