

Inspiration Beauty & Holistic Centre

'Retreat from the Street'



8 Market Street
Bradford on Avon

01225 866470
www.inspirationonline.org.uk

Welcome to Inspiration



We invite you to experience our concept of total relaxation and wellbeing. The word holistic means "Mind, Body and Spirit". In turn this means for us that your visit to the centre will always be one of wholeness, to be seen as a whole and not just to treat the part.

The most important thing to us is that your visit, be it for a leg wax or a day of pampering, should be the best salon experience you've ever had and we strive hard to make sure this is always the case.



Our concept goes as far as to make sure that the products we use in the centre for your treatment, plus the washing of our towels, the candles we burn, the refreshments we serve, the cleaning products we use, are all to highest standards, free of chemicals where possible, environmentally friendly and fairly traded.

Laura and the team at Inspiration will always welcome you to the centre and you are free to come in at any time to take a look around and chat about what is on offer and how we can help you.

Inspirational Therapists

Laura Brennan: Owner, beauty and holistic therapist. Laura is a highly qualified and experienced therapist. She is able to offer all the treatments listed in our price list and is very nurturing and caring in her approach to all therapies.

Laura has gained a wealth of knowledge and experience since training over 15 years ago. Her work has taken her to many parts of the world including the Middle East, where she learnt from working with different cultures in one of the world's top spas.

Laura opened Inspiration with her husband Andrew in September 2004 and the business is proving to be a great success. Laura is also responsible for hosting many holistic events in the town, including the well attended Health and Wellbeing weekend in the summer.

Each month we are fortunate to be joined by a wealth of local therapists, each highly talented in their field.

- Vicki Pitman offering Ayurvedic consultations, treatments and iridology.
- Margaret Christison offering Aura photography.
- Miranda Falconer offering one-to-one structural and chakra yoga sessions.
- Sheila offering The Emerald Fire, a divination system that affirms the beauty and truth of women.

For more information about events, check out our new website or give Laura a call on 01225 866470. Alternatively, add your name to our mailing list to keep in touch.



Holistic Therapies

Reflexology

Reflexology is the name given to the form of treatment which involves specific massage of the feet, promoting healing and health of the systems of the body. Forms of Reflexology have been in use for at least 3,000 years. The therapy works on the principle that the body is divided into ten zones that run lengthwise from head to toe, where the reflex areas for all the organs, glands and body parts are found. Energy runs through these zones. When the constant flow of energy becomes blocked that is when illness can occur. As reflexologists we use a constant rhythmic pressure on the reflexes, usually in the feet, although we can work on the hands too. This breaks down the blockages, allowing the return of free-flowing energy and deep relaxation to occur, thus enabling the body's own healing mechanism to take effect. This therapy is a great relaxer and stress reliever – and you don't have to be unwell to benefit from treatment. Your first treatment will include an in-depth consultation, which will help your therapist to ascertain the areas that require specific attention if any. We recommend a course of six treatments to gain maximum benefits.

1 hour	£40.00
Course of six	£200.00

Aromatherapy

'Medicines out of the Earth'

The art – and science – of using essential plant oils in treatments, Aromatherapy is a truly holistic therapy, taking into account the mind, body and spirit of the person seeking help, as well as their lifestyle, eating patterns, relationships etc.

Aromatherapy has its roots in the most ancient healing practices of mankind, for the plants from which we now derive essential oils, have been used for thousands of years before the technique of distilling oils was discovered.

Here at the centre, Laura uses essential oils in a number of ways. Having been a qualified aromatherapist for 15 years, her knowledge of oils is extensive and she will happily mix oils specifically for your use at home.

Within the centre, Laura will use essential oils when necessary in the majority of treatments, not just when carrying out a massage, but also in waxing, manicures, facials, and also in the shop.

If you would like to book for a consultation to have an oil mixed for your use at home, please give us a call.

There is a nominal charge of £10.00 for your consultation which will take around 30 minutes, and then a charge made for the product depending on its contents.

Aromatherapy massage:

30 Minutes	£30.00
45 Minutes	£35.00
60 Minutes	£40.00
75 Minutes	£45.00
90 Minutes	£50.00



Hopi Ear Candling

Ear candles have a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the ear candle, generating a massage-like effect on the ear drum. This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses.

It is soothing and helpful for earache and headache, ear noise, stress and nervousness. This physical effect is often described directly after the treatment as a soothing, pressure and pain relieving sensation, mainly in the ear and head area. Includes a face and scalp massage.

45 Minutes	£30.00
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Healing

Here at the centre we are great believers in the world of healing, and bringing it to you in a way that is not scary or weird.

We are all healers in one form or another and we look to nurture in whatever way we can. Everyone has access to Universal Life Force Energy: it is with us and around us at all times. Have you ever felt that warm, tingly feeling for no apparent reason, or the hairs that stand up on the back of your neck? That for us is what energy is all about.

When you come to the centre for a specific healing treatment, we will endeavour to work with the skills we have been attuned to in helping you get the most out of your session, be it moving through blocked energy, finding your way on your path, passing through a stressful time or helping you with an illness – whatever the problem is, we will help you to recognise it. Our skills in the centre are varied and that helps when treating YOU as an individual.

When you have a healing session at the centre we will start with a consultation, a short chat about medical history and lifestyle, we will then embark on your treatment where you will remain fully clothed either laid down or sat in a chair, and your healing will commence when you are comfortable. The session may be hands on or hands off, we may use crystals, essences, essential oils to benefit you during your healing.

1 hour session

£30.00



Laura is currently training to become a practitioner with the Sanctuary of Angels. From November, she will be offering Angel Healing and Angel Card Readings. At a later stage, she will be offering adults' and children's Angel Workshops – ask for more details.

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Body Massage

We at Inspiration believe that every treatment you receive will be different from the last. This is because every day your body will change and so should your treatment. With this in mind, we book by time for massage instead of treatment. After a brief consultation, coupled with experience and intuition, we will decide on the best approach for you today. Your massage may include hot stones, aromatherapy, Thai techniques, healing and balancing, sports or remedial work.

30 Minutes	£30.00
45 Minutes	£35.00
60 Minutes	£40.00
75 Minutes	£45.00
90 Minutes	£50.00

In general a back massage would be 45 minutes and full body 75 minutes. This gives plenty of time for a consultation and enhanced treatment.



Indian Head Massage

This lovely treatment is carried out in either a seated position or lying on the couch for the benefit of your relaxation. It originates from India, where it is a family tradition for people to perform head massages on each other.

The treatment includes the shoulder and neck areas, upper arms, scalp and face, and can be carried out fully clothed or with the use of oils to benefit you. The feeling from Indian Head Massage is one of relaxation, but with an element of mental clarity and stimulation – leaving you physically relaxed and mentally alert.

30 Minutes	£25.
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Natural Elements Skincare

We at Inspiration believe passionately that the majority of allergies and skin complaints are the direct result of the harsh and synthetic chemicals found in cosmetics and toiletries.

This is backed up and reinforced by the scientific data available from university studies. The products that we retail at the centre and use in our facials have been chosen for their purity and effectiveness. They are certified organic, vegan and free of harmful chemicals.

The harsh chemicals used in many of today's cosmetics and toiletries are, at their least, drying and prematurely ageing to the skin and at worst potentially carcinogenic (cancer-inducing).

The potentially harmful chemicals used include:

- Propylene Glycol – a wetting agent and solvent used in hair care, mascara, and baby lotion; it is also one of the main ingredients in brake fluid and anti-freeze.
- Polyethylene Glycol (PEG): a caustic agent found in many skin cleansers as well as oven cleaners.

These are just a couple of basic ingredients but the truth is that your 'NATURAL' skincare product may not be as natural as you first thought.

If your product is not certified organic, then it is likely the plants used for the plant extracts and essential oils have been sprayed with a cocktail of chemicals in their growing phase.

Also, unless your product is certified vegan, you cannot be sure that no bunnies have been harmed during the testing of the ingredients in your product, nor that it doesn't contain any animal derivatives.



Facial Treats

Using the wonderful products from the Natural Elements Skincare Range

Taster Facial: This is a great way for you to try the products and get some great advice for your homecare routine. A lovely 30-minute facial that incorporates a relaxing scalp massage. £20.00

Prescriptive Facial: This 50-minute facial is tailored to the needs of your skin at the time of your treatment. Oily, dry, combination, ageing – whatever is worrying you or your skin, we will deal with it for you in a treatment of pure relaxation. £35.00

Anti-Ageing Luxury: Who says growing older can't be graceful and chilled out at the same time? Our skin starts to age from 25 years so we could all do with a bit of TLC. This facial incorporates the use of the Ten Years Younger kit and looks after the delicate eye area too. £40.00

Hot Stone Facial: The use of hot stones makes this an extra special treat, suitable for all skin types as we will tailor make it for you. The hot stones aid lymphatic drainage, firm and lift the skin. £45.00



Eye Treats

A skin test must be given 24 hours prior to your first tint.

Eyelash Tint	£12.00
Eyebrow tint	£6.00
Lash & brow tint	£15.00
Eyebrow shape	£7.00
Eyelash tint, eyebrow tint and shape	£20.00

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Body Treats

Deep Cleansing Back Treat: to help refresh the part you just can't reach yourself. A facial for your back including an exfoliation and massage. £35.00

Back, Face and Scalp Treat: A very popular treatment in the centre. Incorporates a wonderful back massage moving on to a prescriptive facial with a heavenly scalp massage. £45.00

Detox: Intensive detox, anti-cellulite therapy using seaweed, Aloe Vera, Tea Tree, Ginger, Peppermint & Cinnamon. £45.00

De-Stress: A wonderfully relaxing body treat, starting with body brushing, an application of warm oil, and a loose wrap whilst receiving an amazing scalp massage. This treat will last an hour. £40.00

Hot Stones Body: using hot stones to enhance your massage you will have an experience like never before. £50.00

Blissed Out: A combination of our de-stress body treat and prescriptive facial. A great two hours. £70.00

Waxing

Using an organic lavender and aloe vera wax, to minimise skin reaction, your treatment will be carried out quickly and efficiently working with your breathing to minimise discomfort.

1/2 Leg	£15.00
3/4 Leg or Upper Leg	£18.00
Full Leg	£22.00
Full Leg & Bikini	£25.00
Bikini/Underarms	£10.00
Forearm	£15.00
Lip, Chin or Eyebrows	£7.00
Chest or Back	£15.00
Torso	£25.00

A discount will be applied when a number of areas are waxed at the same time– e.g. 1/2 leg wax, bikini & underarm £25.00

Nail Treats

Spa hands treat including paraffin wax mask		
75 minutes		£30.00
Spa foot treat including paraffin was mask		
90 minutes		£35.00
Inspiration manicure	45 minutes	£20.00
Inspiration pedicure	60 minutes	£25.00
Mini Manicure	20 minutes	£10.00
Mini Pedicure	30 minutes	£15.00

Packages

Our packages have been specially selected from our extensive treatment lists. If you don't see what you are looking for here then please let us know your requirements and we will put together a package especially designed for you or your loved one.

Pure

Back Massage, Taster Facial, Mini Manicure
1hour 15 mins £55.00

Pamper

Back, Face & Scalp Treat, Mini Manicure & Pedicure
and Eyebrow Shape.
2 hours £70.00

Holistic

A combination of massage, reflexology and healing as
discussed during your consultation.
2 hours £75.00

Luxury

De Stress Body Treat, Prescriptive Facial, Mini
Manicure & Pedicure.
2hours 30 mins £90.00

Indulgence

Hot Stone Body and Facial Treat, Manicure and
Pedicure.
3 hours £125.00

Jane Iredale: The Skincare Make-Up

The most beautiful cosmetic you can wear is a healthy skin. That's why we have chosen this make-up range. It has taken a long while to find the right product that fits our philosophy at Inspiration, and finally after extensive research we have found it. Jane Iredale is not just another make-up, it is a whole new technology that is actually good for your skin.

Developed to not only look good but to help improve and protect your skin, this mineral make-up, free from chemicals, has no need for parabens as minerals are an inert substance, quick and easy to use, giving weightless coverage with chemical-free sun protection of spf 18 and 20.

There is minimum allergy risk as there are no sensitisers such as fragrance, synthetic dyes and preservatives. They also have anti-inflammatory properties which are helpful for acne and rosacea-prone skins.

They use state-of-the-art cosmeceutical ingredients to ensure the finest performance in coverage, application and texture. Their vitamins and antioxidants are of pharmaceutical grade.

Make-over session	30 mins	£25.00
Make up Lesson	60 mins	£40.00
Make up and skincare lesson	90 mins	£55.00
Taster Facial and Make-over	60 mins	£40.00



Bridal Packages

With 15 years' experience behind her, Laura will make your wedding day even more special by helping to take the stress out of getting you prepared for the big day, allowing you time to finally sit back, relax and be pampered after all the busy-ness and preparation of the wedding day itself.

Bridal Trial Make-up	£40.00
Bridal Make-up	£35.00
Hair Trial	£30.00
Hair on day	£25.00
Bridal Make-up Package, Trial & Day	£70.00
Bridal Hair & Make-Up Package Trial & Day	£125.00
Bridal Pamper Package	
Hair, Make-up, Manicure & Pedicure	£160.00

We will happily devise packages that are required for your party, including hen packages, bridesmaids', mums' and grooms' packages. Please contact Laura for a specialised quote for your big day.



'A Little Inspiration'

We invite you to visit our new shop, based in the heart of town at 5 Weavers Walk – behind Cottage Wholefoods – where you will find gifts, fairies, crystals, books, jewellery and an abundance of peace and quiet

www.inspirationonline.org.uk

Delighted Customers



The following are just some of the kind comments that we have received.

“It’s always a pleasure to visit Inspiration. The treatment room is thoughtfully laid out and very relaxing. I particularly enjoy the Holistic Facial - an hour and a half of sheer indulgence! It’s also always nice to see Laura who makes you feel quite at home and is happy to offer advice and information.”

Jane, Bradford on Avon

“I received a number of back massages and healing treatments at Inspiration while I was pregnant, which helped to relieve various aches and pains. A massage in the tranquil and friendly atmosphere at Inspiration is wonderful relaxation therapy and is highly recommended (pregnant or not!).”

Tanya, Bradford on Avon

“I come away from Inspiration feeling relaxed and revived – a truly wonderful and not to be missed experience. Laura’s attention to detail and individual service ensures her treatments at Inspiration are superb, and second to none. I have loved every single visit.”

Cindy, Wiltshire

“I am extremely happy with Laura’s service and choice of products at Inspiration. Her attention to being truly holistic is wonderful and her choice of chemical free products is a breath of ‘fresh air’.”

Susie, Bristol

Frequently Asked Questions



Where are you?

You will find us up the hill in Bradford on Avon, from the centre of town at the small roundabout come up the hill and we are the last shop on the left.

Where can I park?

There are a number of car parks in the town, and also one-hour parking opposite the shop. If you don't need to go into town, then just past our shop there is a left turn into Newtown and there you will find two-hour parking bays.

What treatment should I choose?

We are always happy to discuss your needs on the telephone when you book, but if you are still unsure, then we will book you a time space, and discuss with you at your consultation. We will then decide on the best treatment for you at that time.

How do I pay?

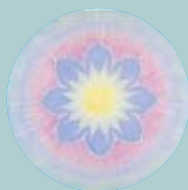
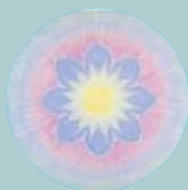
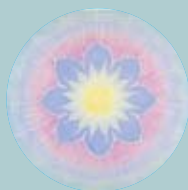
We take cash, cheque, debit and all major credit cards including American Express. If you are paying for somebody else, we can take card payment over the telephone.

What should I wear?

It is ideal to be comfy after your treatment. During most treatments you will be asked to remove clothing, down to underwear, and you will be provided freshly laundered towels, and a heated couch to lie on.

We also offer gift vouchers for all our treatments or for use in the shop, and are happy to work with you on the best gift possible.

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Additional Information

Opening Hours

Shop

Monday to Saturday

9.30am - 5.30pm

Treatments

Tuesday to Friday

9.30am - 9pm

Saturday

9.30am - 5.30pm

If you are unable to make it to the shop during our usual opening hours, please call us to arrange a suitable time and we will endeavour to accommodate you. Why not get a group of friends together and we will open late for you and offer you drinks and nibbles, and Laura will be on hand to tell you about all the products available in the shop.

All our therapists are highly qualified and all have current insurance; certificates available by request.

Group bookings and talks: if you have a group you would like us to offer treatments or a talk to, please contact us and we will happily put something together. Whether it is a large group, a girly get-together, or a skin care and make-up class with friends in your own home, we can help. Call Laura to discuss your requirements.

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