

Massage

Bespoke Aromatherapy Full body massage - 1hr	£55
Bespoke Aromatherapy Back, Neck, Shoulder and Scalp massage - 35mins	£35
Swedish Full body massage - 1hr	£50
Swedish Back, Neck, Shoulders and Scalp massage - 30mins	£30
Hot Stones Full body massage - 1hr	£55
Hot Stones Back, Neck, Shoulders and Scalp massage - 30mins	£35
Full Body Sports/ Deep Tissue massage - 1hr	£55
Back, Neck and Shoulders Sports/ Deep Tissue massage - 45mins	£45
Back, Neck and Shoulders Sports/ Deep Tissue massage - 30mins	£35
Relaxing Leg and Foot massage - 30mins	£30
Oncology Full Body massage - 45mins	£40
Oncology Back, Neck and Shoulders massage - 25mins	£25
Pregnancy Full Body massage - 45mins	£40
Pregnancy Back, Neck and Shoulders massage - 30mins	£30
Thai foot massage - 30mins	£30
Thai yoga table massage - 1hr	£55
Traditional Seated Indian Head, Neck and Shoulders massage - 30mins	£30

Holistic Treatments

Luxury Reflexology including Foot scrub, Massage, Mask and Heated booties - 1hr 5	£50
Reflexology - 45mins	£40
Reflexology Lymphatic Drainage - 45mins	£40
Fertility Reflexology - 50mins	£40
Reflexology Add On - 30mins	£25
Reiki - 45mins/1hr	£40/£50
Crystal Healing - 45mins	£40
Hopi Ear Candling - 35mins	£28
The Energy Healer Package	£79
An energy balancing combination of a 30-minute crystal healing reiki treatment, a 30-minute Indian head massage, followed by 30-minutes of soothing reflexology.	1hr 30

Facials

Luxury BeautyLab Anti-ageing pro-radiance Facial with Hand Treatment - 1hr 15	£55
Luxury BeautyLab Anti-ageing pro-radiance Facial - 1hr	£50
Gents and Ladies Express Skin Tailored Facial - 30mins	£30
BeautyLab Glycolic Facial Peel - 50mins	£40
Signature Prescriptive Facial - 50mins	£45

Pamper Packages

The Bespoke Healer package	£139
Pick 2 x 60 minute treatments plus 1 x 30 - minute treatment or 5 x 30 minute treatments. Free gift included.	2hrs 30
The Top-to-Toe Indulgence package	£94
An hour long luxury anti-ageing facial followed by an hour long full body Swedish massage with aromatherapy oils.	2hrs
The Recovery package	£79
A pick 'n' mix 90-minute treatment. 3 x 30-minute treatments, choose from hot stones massage, leg and foot massage, reflexology, Thai foot massage, reiki and Indian head massage.	1hr 30
The Pause package	£65
A deeply soothing holistic pairing of traditional seated Indian head massage followed by healing reflexology.	1hr 15
The Detox package	£63
A 30-minute back, neck, shoulders and scalp massage followed by 45 minutes of healing reflexology.	1hr 15
The Time Out Treat package	£53
A 30-minute aromatherapy back, neck, shoulder and scalp massage to suit your mood followed by a 30-minute skin maintenance facial.	1hr
The Harmony package	£53
A tension busting seated Indian head massage followed by an aromatherapy back, neck and shoulder massage.	1hr
The Cloud 9 package	£53
This package includes a 30-minute Aromatherapy back, neck, shoulders and scalp massage followed by an soothing 30-minute Thai foot massage.	1hr



We are a multi-award winning therapy centre, providing massage, luxury facials and holistic therapies from a luxury log cabin.

Situated in Upton, in a very quiet area, we have created a mini haven of tranquillity. A luxurious, soothing and calming space where you will be treated to a 5-star service.

Switch off, relax and enjoy a range of gorgeous treatments.



@lifestyleholisitctherapy



Lifestyle Holisitic Therapy



07886668355



www.lifestyleholistictherapy.com



24 Brooke Ave, Upton, Chester CH2 1HQ

Book your treatment here



lifestyleholistictherapy.book.app/book-now

Opening hours

Monday	10am - 7.30pm
Tuesday	10am - 7.30pm
Wednesday	10am - 6.30pm
Thursday	10am - 7.30pm
Friday	10am - 4.00pm
Saturday	Occasionally open
Sunday	Closed



Lifestyle Holistic Therapy

Escape to a place of calm and tranquillity where you can experience a range of holistic treatments, luxury facials and well-being retreats in our beautiful garden therapy suite...

