



# 3ness & Soul Network



*Fitness & Soul Mansion Party Weekend 2021*

*Wokefield Estate, Reading, Goodboys Lane, RG7 3AE  
26<sup>th</sup>-28<sup>th</sup> November 2021*



## INFORMATION BOOKLET

The Event Where Your Fitness Touches Your Soul

# EXCLUSIVELY AT 3ness Fitness Weekend Reading

## AVAILABLE TREATMENTS:

- Sports Massage
- Deep Tissue Massage
- Physiotherapy
- Medical Acupuncture



## Fees:

- Sports massage: £25 for every 30 minutes
- Physiotherapy: £35 - 30 minutes
- Medical Acupuncturist: £35 - 30 minutes

Contact Shaz to book in:

Tel: 07809 537 339

Email: [shaz@ondemandphysio.com](mailto:shaz@ondemandphysio.com)



# 3 Ness Pamper Price List

## Mix and Match Your Treatments

(SO 4 X 15 MIN TREATMENTS TO GIVE YOU AN HOUR'S SLOT OR 2 X 30MINS ETC)



### 15 Minute Treatments £15

• File and Polish Nails or Toes • Mini Facial • Mini Massage:

Choose from Indian Head, Reflexology, back/neck & shoulders, Hand & Arms, Foot & Legs  
• Eyebrow Thread/Wax • Underarm Wax • Lip & Chin Wax • Eyelash Tint • Eyebrow Tint

### 30 Minute Treatments £30

• Gel Polish Hands or Toes • Manicure or Pedicure • 3D Brows • Callus Foot Peel • Deluxe facial  
• Natural Facelift Massage • Massage Choose from Pregnancy, Swedish Body Massage, Indian Head  
Massage, Reflexology, Aromatherapy, Hot Stones or Sticks and Stones • Cluster Eyelashes • Bacial  
• Body Scrub with oils and massage • Reiki • Hopi Ears • Paraffin wax hands or feet

### 40 Minute Treatments £40

• Massage Choose from Pregnancy, Swedish Body Massage, Indian Head Massage, Reflexology,  
• Aromatherapy, Hot Stones or Sticks and Stones • Body Scrub • Bacial • Lash Lift and Tint  
• Full Face Make Over • Hair Styled Curled/Straightened or Updo • Reiki  
• Hopi Ears including facial massage

### 60 Minute Treatments £60

• Body Scrub • Deluxe Facial • Massage Choose from Pregnancy, Swedish Body Massage, Indian Head  
Massage, Reflexology, Aromatherapy, Hot Stones or Sticks and Stones

\*50% Non-Refundable Deposit needed at time of booking

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