

# About Me



*Hi, I'm Jodi*

Having worked as a freelance therapist and also within the spa industry, I have always believed it is important to take time out for yourself. In today's environment however, it is not always possible or practical to go to a spa. I wanted to be able to offer this experience to my clients in the comfort of their own homes, with a range of wonderfully relaxing and beneficial treatments designed to leave you feeling 'perfectly pampered'. I hold qualifications in massage, aromatherapy, facials, manicures & pedicures and am a fully insured therapist and a member of the City & Guilds.



## *Neal's Yard Organic Remedies*

I am an independent NYR Organic Consultant and use their natural and organic skincare range in my treatments. Neal's Yard have the UK's largest range of organic products, certified by The Soil Association. They are passionate about our health and therefore have no mineral oils, parabens, GMO, or synthetic fragrances.

For more information and to purchase products, please go to:  
[www.uk.nyrorganic.com/shop/jodichivers](http://www.uk.nyrorganic.com/shop/jodichivers)

*Welcome to Perfectly Pampered x*

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pampered  
by jodi



Call **07931 343 132**

Email [jodi@perfectlypampered.co.uk](mailto:jodi@perfectlypampered.co.uk)

### *Pamper Hampers*

If you would like to purchase a gift, hampers can be made up to your specifications.

**Gift vouchers are also available.**



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*Bringing  
the Spa  
to You*



# Massage

“the professional touch,  
the professional way”

## Body Treatments

### Aromatherapy Massage 60 / 90 mins - £38 / £46

Feel the stresses of the day slip away with this wonderfully relaxing treatment. Choose from three different blends.

### Back Massage 45 / 60 mins - £32 / £36

This relaxing treatment targets tension hotspots and will leave you feeling ready to face the world again.

### Seated Scalp Massage 45 mins - £25

A deeply relaxing and balancing treatment, targeting tension in the neck and scalp.

### Pre-Natal Massage 60 mins - £40 \*available after the first trimester.

A pampering and relaxing treat for Mum To Be, using the essential oils of neroli and mandarin.

### Body Scrub 45 mins - £25

A full body scrub and moisturising cream application will leave your skin beautifully buffed and silky soft. \*add a massage to make it a blissful 90 minute treatment!

### Best of Both! 90 mins - £46

Half massage, half facial...bliss!

### Cellulite Firming Treatment 90 mins / 2 hrs - £60 / £70

A powerful treatment to help target those 'wobbly' areas. Includes body brushing, a cellulite correcting massage to the affected areas and application of firming body cream. (\*2hrs includes firming facial)

### Ultimate Perfectly Pampered Ritual - 3 ½ hrs - £100

Allow yourself to be utterly pampered with this exquisite treatment. Includes body scrub, full body massage, facial, manicure/pedicure or file & paint of fingers and toes. Go on...treat yourself!

### Pampered Bride To Be - 4 ½ hrs - £150

Body scrub, massage, Radiance facial and manicure & pedicure.

### Party Package

This is entirely up to you! A party Package can be between 2 and 4 hours. Whether you're holding a hen night, baby shower, or simply having a girly night in, Perfectly Pampered can tailor to your needs, providing mini treatments for you and your friends.

# Facials

“the professional feel,  
the professional way”

## Fab Face Treats

Experience the beneficial properties of the Neal's Yard Natural & Organic skincare range in these relaxing treats.

Facials include cleanse, exfoliate, face massage, neck & shoulder and hand & arm massage, mask and moisture.

**60 mins - £35 / 90 mins £40** (90 mins includes back massage)

**Anti-Ageing** - this rejuvenating facial is ideal for those who have visible lines, increased dryness, reduced elasticity and dulled complexion.

**Hydration** - leaves skin feeling super soft and re-hydrated.

**Balance** - a deeply cleansing and purifying treatment, for those who have oily / combination skin and/or visible / open pores.

**S.O.S** - a soothing and nourishing treatment that will benefit problem skin.

### Orange Flower Facial Massage 60 mins - £30

Lymphatic drainage massage and pressure points of the face and scalp will leave you feeling deeply relaxed and your skin nourished with this beautiful treatment.

\*please note, this facial massage does not include exfoliation, mask or hand & arm massage.

### Purifying Back Facial 60 mins - £35

Yes, this really is a facial for the back! This often forgotten area is given some TLC with a cleanse, exfoliation and deep cleansing mask. Meanwhile, drift away with a pampering scalp, hand & foot massage.

# Hands & Feet

“the professional look,  
the professional way”

## Treats for the Hands & Feet

### Classic manicure - 60 mins - £22

### Classic pedicure - 60 mins - £25

(includes exfoliation, cuticle work, massage and choice of polish)

### Perfectly Pampered Deluxe Manicure - 90 mins - £27

### Perfectly Pampered Deluxe Pedicure - 90 mins - £30

(as with the Classic but also includes a mask and heated mitts / booties)

### Mini Man & Ped - 75 mins - £27

(file, cuticle work and choice of polish)

### File & Varnish - 30 mins - £12

Please add £2 to the price for a French finish.

### Pampered Hands & Feet Treat - 60 mins - £25

Includes exfoliation, hydrating masks, heated mitts and booties and a luxurious hand and foot massage that will leave you floating! \*why not make this a 90 minute treat by combining with a scalp massage or a file and paint!

### Bride To Be - 3hrs - £60

Deluxe manicure & pedicure with French finish.\* For best results, this should be done either the day before or on the morning of the wedding.

### Bridal Package - 4 hrs - £100

A classic manicure & pedicure for the bride and a file & varnish for the bridesmaids.

All treatments can be upgraded or adapted to tailor for your specific needs.

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If you're ready to be spoilt!..

Then you've come to the right place

call : 07931 343 132 email : jodi@perfectlypampered.co.uk