



VJW Holistic Therapies
Health & Beauty Spa



SUMMER
AUTUMN
2018

Enter as stranger

We think you're *amazing...*

The team and I feel lucky to have so many wonderful Yorkshire folk to treat each and every day. VJW Holistic's isn't just a spa, Its a place to escape the hassle of everyday life. Our team of therapists truly care and want to get to know you and whats important to you.

This summer take time for yourself and pop in to see us. Wether it's for the essential deep tissue back massage or an indulgent spa day to relax - we can't wait to see you and help keep you and your health on track.

Love, Peace and Joy

Victoria x



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rs • Leave as friends

We're getting social

Fancy being in with a chance of winning a
FREE 30 minute massage of your choice?

Simply take a picture with your VJW brochure and
tag us in on either facebook, instagram or twitter
and we'll enter you into our free prize draw!

Winner announcer 26th August 2018.



Benefits of regular *Massage*

Did you know that around ten million people in England suffer from back pain? Worrying figures from research by Arthritis UK show that people of all ages are struggling with a musculoskeletal problem. It got us thinking. How many of those people represented in these findings are having a regular massage? Massage therapy should be engaged in on a regular basis to feel the full effects, and here is why.



Massage reduces muscle tension and pain

When our body suffers an injury or becomes stiff, we feel an overwhelming tension in our muscles. This build-up of tension needs to be treated over time to ensure a smooth recovery. Your massage therapist will help your muscles to recuperate by releasing trigger points and encouraging blood flow to the tissue surrounding the affected area. A Deep Tissue Massage is a great way to tackle the accumulation of lactic acid, which can make day-to-day activities very uncomfortable.

Massage increases joint mobility

When you sustain a muscle injury or become stiff, your range of mobility is significantly reduced. Your therapist will be able to work on the affected joints by releasing tension in the muscles, which will gradually increase your range of movement. This is why it is important to engage in regular massage therapy, as treating stiffness will help to support your joints and extend your range of mobility.

Massage can reduce stress and anxiety

Massage therapy is very beneficial for the mind. Studies show that a massage heightens levels of oxytocin and serotonin, which are chemicals that can boost our mood and reduce stress and anxiety. Thanks to the relaxing sensation of massage therapy, the body benefits from a lower heart rate, improved breathing and the release of tension that we often hold in our neck and shoulders as a result of anxiety. Regular massage therapy allows the mind and body to feel calm and balanced whilst we tackle the stresses of daily life. You might like to try aromatherapy massage – a treatment that involves the use of natural essential oils with relaxing and invigorating properties to soothe your mind and energise your soul.

Massage can boost the immune system

Do you find yourself becoming unwell in periods of stress? Massage therapy reduces levels of cortisol, the stress hormone, which means the immune system can stabilise and improve. Increased circulation will help by bettering lymphatic drainage, which will boost our immunity. By having a regular massage, you are helping your body to stay in control of its own health and wellbeing to keep you looking and feeling better.





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Spa day of the *Season*

The VJW Day Retreat

Ease tension, awaken your senses, reinvigorate your body and mind

A wonderful array of spa treatments for a single day of deep rest, relaxation and recuperation, in our tranquil spa.

Our leading Spa Package Includes:

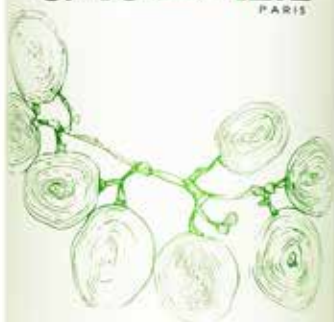
**Heat Experience | Full Body Massage | Vino Perfect Facial |
Afternoon Tea | Deluxe Manicure | Deluxe Pedicure | Relaxation
Time with Coffee & Cake**

***Dressing Gown, Slippers and Towel Provided.
Please Bring Swimwear**

**Allow 7 hours +
£199 per person**



CAUDALIE
PARIS



EAU DE BEAUTÉ
Lissante · Éclat du teint

BEAUTY ELIXIR
Smoothing · Glowing complexion

TOUTES PEAUX
ALL SKIN TYPES

100 mL e - 3.4 FL. OZ.



Products of the *Season*

A real must have item, with a stunning fragrance you won't forget

Beauty Elixer Inspired by Queen Isabelle of Hungary's elixir of youth, this powerful plant based facial mist smoothes away fine lines, tightens pores and gives the complexion an instant boost of radiance. A Caudalie cult product favoured by make-up artists, beauty junkies and celebrities, the elixir also works wonderfully to help set make-up.

- **Smoothes away fine lines**
- **Tightens pores**
- **Sets make-up**
- **Gives a boost of radiance**

30ml - £12

100ml - £32





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Indian Head *with a difference*

A Balancing and Uplifting Retreat

Treat, relieve and ease the tensest of areas – a relaxing yet stimulating treatment for the upper back, shoulders, neck, face and scalp. Extremely effective for reducing stress, and alleviating physical and mental tension stored in the upper body. Release pressure, increase mental clarity and boost energy levels.

Receive a FREE hydrating facial mask treatment within an Indian Head Massage in August to nourish and replenish lost moisture back into your skin.

Allow 50 minutes

£38





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The Sunday *Snooze*

*The Day of Rest has never been so beautiful
– sit back, and relax...*

Only Available on Sundays

Spa Package Includes:

**1 hour Heat Experience | A 45 minute treatment - Choose
from: Organic Facial – Hot Stone Back Massage – Indian Head |
Relaxation time with Coffee/Tea**

***Dressing Gown, Slippers and Towel Provided.
Please Bring Swimwear**

**Allow 2.5 hours
£59 per person**

**Advanced booking is strongly recommended
for this package**



October *Oasis*

Perfect for solo downtime, and just as ideal for two friends, this treatment package will unwind the mind, stir your soul and relax every, last, muscle - you'll be utterly fabulous from top to toe

Spa Package Includes:

1-hour Heat Experience using the Hydro Jacuzzi, Steam Room and Sauna | Traditional Back Massage | Vino Therapy Facial & Therapeutic Foot Ritual | Aromatic Coffee or Tea to finish

***Dressing Gown and Towel Provided.
Please Bring Swimwear & Flip Flops**

**Allow 2.5 hours +
£65 per person - SAVE £35**

This experience is always a sell out – so book early

*Pick the
perfect present*





Gift Vouchers

How does it work?

You'll be glad to hear it's pretty simple..

It can often feel tricky selecting a gift for someone, after all it's an extension of yourself, so you want it to say **WOW!**

In person –

All you need to do is select a treatment(s) or amount at reception and one of our friendly team will happily create an elegant gift voucher ready for you take away and present to the lucky recipient.

Over the Phone –

It's the same process as above, except at the end we take payment over the phone for the voucher and we just need the name and address where you would like us to send it. The p&p is £2.00 per voucher. Please allow up to 3 working days for delivery.

Online –

We have gone modern and made it possible to buy a monetary gift voucher online via our website. Its simple and easy to do, just follow the instructions given on our gift voucher page.

Can't decide what to buy?

Thats OK! You can buy a voucher for an amount of your choice, which allows them to use it towards any treatment they desire.

If your would prefer to buy a specific treatment but you're not 100% sure which to choose, select the one you feel may be appropriate. If it's not right they can use the voucher towards a treatment they do fancy. It's Win-Win!



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MONDAY
12pm - 8pm

WEDNESDAY
10am - 8pm

FRIDAY
9am - 6pm

SUNDAY
10am - 2pm

TUESDAY
Closed

THURSDAY
10am - 8pm

SATURDAY
9am - 4pm

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