



Member of CTHA



Complementary Therapists Association

[www.facebook.com/innerbeingtherapy](http://www.facebook.com/innerbeingtherapy)

Last min offers will be posted on the page

## Beauty Treatments

### Facials

Relax and unwind with a therapeutic facial - perfect for after a week at work or a well deserved treat.

Treatment consists of:-

- Cleanse
- Tone
- Exfoliate
- Mask
- Moisturise

£35

### Indulgence Facial

With an Indulgence Facial you will receive all of the above along with hot mitts on your hands whilst the mask is setting followed by a massage of the head, neck, shoulders and face.

£45

### Manicure/Pedicure

Many of us take for granted our hands and feet. Hard skin and blisters become a way of life. After this treatment your feet will feel like they are in heaven.

Mini Manicure £25 Indulgence £35

Mini Pedicure £35 Indulgence £40

Gellux £25

Indulgence £45

1 Town Barn Road  
West Green  
Crawley  
West Sussex  
RH11 7XG



### Taster Treatments

Combine two treatments together for a tailored pampering experience

- Facial with Aromatherapy/Deep Tissue/Swedish/Hot Stones or Reflexology
- Indian head Massage with Facial or Reflexology
- Reflexology with Facial/Aromatherapy/Deep Tissue/Swedish Massage/Hot Stones

90 mins - £70

### Bulk Buys

Buy 3 save 15%

Buy 5 save 20%

Buy 10 save 25%

Buy 15 save 30%

Has to be the same treatment. Offer valid for six months of purchase.

Every treatment you receive at Inner Being will be specifically designed to your needs. No experience will be the same.

A thorough consultation will be carried out before every new treatment to ensure that the treatment is right for you.

Follow up consultations will be carried out on any recurring treatments to make sure the treatments are still suitable for your needs.

Check the website and FB  
regularly for Offers of the Month!

Contact Inner Being Today!



Inner Being Therapy

Alison Smoker

07500 293 441

[www.inner-being.co.uk](http://www.inner-being.co.uk)

[alison.smoker@inner-being.co.uk](mailto:alison.smoker@inner-being.co.uk)

### Massage Therapies

Aromatherapy Massage  
Deep Tissue  
Hot Stones

Indian Head Massage  
Prenatal Massage  
Reflexology  
Sports

Swedish Massage  
Therapeutic Abdominal Massage

### Indulgence Therapies

Reflexation  
Revitalize  
Tired Legs

### Beauty Treatments

Facials  
Indulgence Back Treatment  
Manicure/Pedicure  
Gellux

## Massage Therapies

### Aromatherapy

Relaxing therapeutic massage using pure essential oils. Stimulates blood supply and lymphatic drainage.

25 Mins -£35 / 40 mins-£45 / 55 mins-£50 /  
1hr 10 mins £60 / 1hr 25 mins £70

### Deep Tissue

Similar to Swedish Massage but firmer pressure perfect for aches and pains

25 Mins -£35 / 40 mins-£45 / 55 mins-£50 /  
1hr 10 mins £60 / 1hr 25 mins £70

### Hot Stones

Melt away tension with the heat of the hot stones. Helps increase circulation, relieves pain and discomfort, helps increase flexibility and reduced stress.

Back 40 Mins £50 Full Body 1hr 10 mins £70

### Indian Head Massage

Received sitting up or lying down, powerful and relaxing massage. Helps relieve tension within the upper body.

40 mins - £40 55 mins £45

### Legs and Feet Massage

45 mins £40

### Prenatal Massage

Relaxing therapeutic massage adapted for the individuals needs perfect for reliving tension and relaxing muscles.

40 Mins-£40 / 55 Mins- £45 /  
1hr 10 mins £50 / 1hr 25 mins £60

### Reflexology

Massage incorporating pressure points on the feet and hands. Helps balance and encourage the bodies natural healing process.

55 mins - £40

## Sports Massage

Perfect for those involved in sports or lead hectic lives. Combination of specialised massage movements and stretches.

25 mins £40 / 45mins £50 / 55 mins £55  
1hr 10 mins £65 / 1hr 25 mins £75

### Swedish Massage

Relaxing therapeutic massage Stimulates blood supply and lymphatic drainage.

25 mins £30 / 40 Mins-£40 / 55 Mins- £45  
1hr 10 mins £55 / 1hr 25 mins £65

### Therapeutic Abdominal Massage

Mini Back massage followed by a gentle massage of the abdomen helps relieve congestion, symptoms of Constipation and Irritable Bowel Syndrome.

25 Mins - £35

### Indulgence Therapies

Working too hard? Looking after others and want someone to look after you? If so then the indulgence packages are just what you need. Perfect for a treat for yourself or a loved one, whether it's for a special occasion or just to let them know you care.

### Head & Shoulder above

The perfect combination for those who have tension in their neck, shoulders and head. Ideal for those who suffer from migraines. Consisting off IHM & Facial

1hr 15 mins £60

### Head to Toe

55 Min Indian Head Massage consisting of Neck/ Back/Shoulder Massage then pressure points over the scalp before turning over for arms, chest, neck, face and Scalp massage ending with Reflexology - Pressure points on the feet.

2 hrs £80

## Heaven Sent

The ultimate pampering experience using hot stones to leave the body feeling relaxed before finishing off with an indulgence facial. Perfect for those in need of rest and relaxation.

2hrs 15 min - £85

### Mum to Be

Perfect for both before and after pregnancy to relax and pamper new or expectant Mums and allow time to concentrate on themselves before taking care of others.

2hrs - £80

### Indulgence Back Treatment

Pamper yourself with the ultimate back treatment. You will leave feeling completely relaxed, refreshed and ready for the day ahead

1 hr 25mins £80

### Reflexation

Reflexation is a combination of Reflexology and Foot Care. The treatment will start with a relaxing foot spa followed by reflexology treatment. Once the reflexology treatment has been carried out any findings will be discussed and areas requiring treatment will be treated

1 hr 25mins £60

### Revitalize

Revitalize your mind body and soul by coming to Inner Being for the ultimate relaxation package.

2hrs 40 mins of pampering heaven.

Package deal £125

### Tired Leg and Feet Package

If you have tired aching legs, spend all day standing up or running around then this is the therapy for you. Great for mums who spend all day running round after their family, gardeners or sporty types.

55 Mins - £60