

SUE CALVERT

Health Beauty & Healing

LET THE RADIANT YOU SHINE THROUGH



“If you don’t have time to be ill then you must take time to be well”
75% of all visits to Your Doctor are for stress related ailments

As featured in The Local and National Press and on BBC Television

- Member of international Institute of Reflexology
- Diploma of Merit in Advanced Aromatherapy
- Champneys Beauty Farm Diploma
- Rene Guinot Hydradermie Diploma
- Member of the Faculty of Physiatrics
- International C.I.D.E.S.C.O. Diploma
- Certified Arvigo Therapy® Practitioner & Teacher
- Reiki Healing Master/Teacher

| ABOUT



GUINOT
INSTITUT • PARIS

Susan M Calvert
M.I.F.R., M.I.I.R.,
M.A.B.Thc, C.I.D.E.S.C.O.,
Reiki Master / Teacher
Arvigo Practitioner / Teacher®

Welcome. I have always had an avid interest in health and well being. I look forward to inspiring you to improve your Health, Well-Being and Skin Care by guiding you along a new path of Tried and Tested Treatments.

Sue Calvert gained her qualifications at the renowned Champneys Henlow Grange Health Farm in 1976. Now a highly experienced Complementary Therapist, Sue has over 40 years experience in Health and Healing. Sue studied Reiki Healing to Masters level in Florida U.S.A. She is a counsellor for the Dr. Edward Bach Foundation and has studied Clinical Medicine in London with Dr Christine Page.

Sue has been featured in Woman's Own and Take a break magazines for her growing reputation of helping many couples from around the world to achieve their dream of becoming parents, over 200 Successes to date giving Sue her nickname "The Babymaker"

Sue has appeared on BBC T.V. On The Kilroy Show, and is a regular guest on local radio talking about her complementary therapies. She has had many articles written about her work in both the local and National press and in the Well known Magazine Here's Health, who commented " Everyone with Cancer should have Reflexology" During his visit to Sheffield Arena, Sue treated Michael Flatley, the famous dancer and choreographer of Riverdance.

Sue enjoys helping clients to improve a range of skin care problems such as Acne, Rosacea & Eczema, using the clinic only based range of skin Care and home Care products from Guinot Paris, researched by Jean Daniel Mondin, Doctor in Pharmacy. Sue also specialises in fertility, digestive & menstrual irregularities, helping issues such as P.C.O.S. Endometriosis. I.B.S. and problems generally with getting Pregnant.

Sue's website can be found at
www.thebabymaker.co.uk

| THE ARVIGO TECHNIQUES OF MAYA ABDOMINAL THERAPY®

Massage to support fertility and conception bridging traditional healing and modern medicine. Helps to balance digestive issues, and gently realign the tilted womb. Restoring balance to the internal organs, aiding their oxygenation and circulation and restoring life force to this area, helping the body to perform at its best. If the uterus is out of position this can lead to digestive and fertility problems. Sue travelled to the rain forests of Belize in 2008 to study with Dr Rosita Arvigo D.N. The founder of this amazingly effective therapy.



Please enquire about self care classes and workshops to aid Fertility and Digestion.

Arvigo Therapy® may help up to 36 gynaecological and digestive issues including:

- Chronic Indigestion or heartburn
- Painful periods and ovulation
- Miscarriages, difficult pregnancies
- Headaches and Migraines
- Digestive Disorders
- Irritable Bowel Syndrome
- Displaced or prolapsed uterus and/or bladder
- P . C . O . S .
- Endometriosis
- Uterine Fibroids
- Low Energy
- Crohn's Disease
- Low Back Ache

1st Appointment | 120 mins.....£99.00
Consecutive Appointments | 60 mins.....£60.00

| COMPLIMENTARY THERAPIES

Indian Head Massage
30 minutes£30.00
Holistic Hypnotherapy
40 minutes£40.00

| HOT STONE THERAPY

Founded in Arizona, USA...

Excellent for any type of Muscle Fatigue, aching shoulders or a bad back. This wonderfully relaxing deep heat massage treatment is one of the most sought after treatments in the Spa & Beauty Industry today. The heated volcanic basalt stones used to massage the skin are well known for their Heat and Cold retention properties, encouraging enhanced muscle tone, improved circulation, reduced inflammation and lymphatic drainage.

- **MENTALLY** - the client reaches a state of deep relaxation within minutes.
- **PHYSICALLY** - the circulation and metabolism is stimulated.
- **SPIRITUALLY** - the client is balanced and healing takes place.



Hot Stone Therapy- full body massage.....	£60.00
Hot Stone Therapy- facial.....	£60.00

| REFLEXOLOGY

A World renowned treatment giving amazing, often spectacular results where conventional medicine has failed. By putting the body back into balance, the body can begin to start healing again. This treatment works entirely through the reflexes of the feet where all glands and organs of the body are found.

First appointment (includes an in depth consultation)	£60.00
60 minute treatment	£50.00
30 minute treatment (if combined with another treatment)	£30.00

| REIKI

60 minutes.....£50.00

An ancient Tibetan form of 'Hands on' Healing at which Sue Calvert is a Master and teacher.

Profoundly relaxing both physically and emotionally. Anyone can learn Reiki. Relax, unwind and experience a deeply unique treatment.

"Treatment comes from outside you, The Healing Power within you is already there. It's yours. Why not find it and use it now?"



Learn to heal yourself and others!

For more information on Reiki Training courses please contact: **Sue Calvert** (Reiki Master/Teacher)

on **(0114) 236 8559**

| THE CHI MACHINE



Keeping fit & Healthy! If you have a condition making it hard to exercise, it can be difficult, but not impossible!... **The Sun Ancon Aerobic Exerciser** - elevates both your physical and mental energies (Chi) lie down, do nothing, feel fantastic

Do you suffer from...

- Stress, anxiety, depression
- Tired, sore muscles
- Sports injuries
- Insomnia or restless sleep
- Poor digestion
- Pain, tension and stiffness in back, neck or shoulders
- Fluid retention - lymphoedema/venous oedema
- Lack of exercise
- Poor circulation
- Weight problems
- Constipation
- Low immunity

Using the Chi Machine to create this motion for 15 minutes is the equivalent of approximately 90 minutes of walking exercise in terms of oxygenation of the blood.

Chi Machine session Per Session.....	£10.00
Chi Machine rental Per Week.....	£70.00

| TOP TO TOE LUXURY BODY INDULGENCE

The HEIGHT of Relaxation. Treat yourself or your partner to the ultimate gift. An Aromatherapy Facial. Aromatherapy Body Massage. Mini Manicure and Express Pedicure.

180 minutes.....£150.00

Gift vouchers available!

ALL MAJOR CREDIT/DEBIT CARDS ACCEPTED

| BODY TREATMENTS

Techni-Slimming Anti Cellulite Treatment and Techni-Firming Toning Treatment

Introduced in 2015 to The Guinot Range. A full body treatment incorporating an invigorating massage and wrap using ISO Slimming or ISO Firming products. Achieve visible Slimming & Firming Results from the very first treatment. Whilst the wrap is working choose a **taster** of Indian head massage, an arm massage or a reflexology foot treatment to complete the experience.

60 mins... £60.00

Aromatherapy Body Massage

Individually blended Tisserand

Aromatherapy oils to balance your emotional and physical wellbeing.

60 mins.....£50.00

Aromatherapy Back Massage

Wonderful to combine with Reflexology Hydraclean facial or Indian Head Massage.

30 mins.....£30.00

If taken alone.....40 mins £40.00

G5 Gyrotory Body Massage

This deep massage machine is recommended in Rosemary Conley's Hip and Thigh Diet for mobilising the fat on those stubborn areas. Improves lymph flow and general circulation.

30 minutes.....£30.00

60 minutes.....£40.00



MISSED OR CANCELLED APPOINTMENTS

Please consider other clients that are waiting for appointments. It is with regret that we now find it necessary to charge 50% of the full treatment cost for any appointment that is missed or cancelled without 24 hours notice. Please book in advance to avoid disappointment

| GUINOT TREATMENTS

A professional Treatment with a " Beauty Doctor".
Using the pharmacy grade skin care products of Guinot Paris

Hydradermie 2 "Double Ionisation"

The star of facial treatments,your skin comes alive,enhances cellular regeneration gives your skin a youthful healthy bloom. Active ingredients penetrate into the skin Deeper and Faster than with previous machines. Suitable for all skin types,firming toning and hydrating. Deep cleanses, Rehydrates and Regenerates the skin. Cleanse/ Tone/ Firming and Hydrating rollers/Massage/ Mask

60 mins..... £60.00

Recommended as a monthly treatment, or weekly for problem skins.

Hydradermie 2 Age Logic

The luxury Hydradermie. Anti Ageing treatment for Mature Skin. Initial serenity massage around the neck shoulders and décolleté. This facial includes extra luxurious serums for the neck and eye area, finishing with a relaxing hand and arm massage.

90 mins.....£69.00

Hydradermie Lift cleanse/ tone/ drainage/ stimulation (lift)/ massage/ mask

60 mins.....£59.00

Hydradermie lift express cleanse/ tone/ drainage/ stimulation(lift)

30/45 mins.....£45.00

Course of 8 (twice weekly).....£320.00

Hydradermie Lift Deluxe

The ultimate anti ageing facial combines the Hydradermie 2 "Double Ionisation" and Hydradermie lift.

105 mins.....£99.00

Liftosome a youthful boosting treatment

Cleanse/ tone/ heated clay based thermal mask with pro collagen and vitamin C.

60 mins.....£60.00

Course of 3£160.00

Age Summum

The "Summit" in manual, anti ageing facials.Using collagen, Vitamin C and Hyaluronic Acid. Excellent if you have Botox or fillers.Perfect for those that prefer a manual rather than machine based treatment.Incorporates an exclusive 15 point facial massage,and a luxury hand massage. Ultimate relaxation.

60 mins.....£75.00

Hydraclean The deep Cleansing Treatment

The Thermoclean heated electrode diffuses gentle heat removing excess sebum & toxins.Cleanse/ Tone/ Thermal Electrode /Massage or express mask Dynamisant.

30 mins.....£30.00

(if combined with another treatment)

Hydraclean Deluxe Facial

Cleanse/ Tone/ Thermal Electrode, includes Luxury Massage and Mask.

60 mins.....£59.00

Beaute Neuve Facial

Regain a youthful fresh look to your skin using fruit acids, providing a double peeling effect removing dull dead skin cells and revealing your fresh new skin cells. Excellent for Scar Tissue, Ageing, Pigmented & oily skins. Peel In/Peel Out/ Dermanove Massage / Clarimasque.

60 mins.....£50.00

Course of 3.....£140.00

Aromatics Facial

A deeply relaxing customised facial using beautifully scented Guinot Aromatherapy oils chosen to suit YOUR individual skin type. Essential oils energise both internally and externally for added therapeutic benefits.

60 mins.....£50.00

Course of 3.....£140.00

| BEAUTY TREATMENTS

Waxing

Full Leg Wax.....	£40.00
Half Leg Wax.....	£30.00
Bikini Wax or Underarm Wax.....	£15.00
Lip and Chin.....	£20.00
Lip or Chin.....	£15.00
Eyebrow Wax.....	£15.00
Eyelash Tinting.....	£15.00
Darkens lashes which last for 4 to 6 weeks	
Eyebrow Tinting.....	£15.00
A good idea for recent change of hair colour	
Eyebrow Restyle.....	£15.00



| HAND AND FOOT CARE

Millions suffer from painful feet. Our entire well-being depends on our feet. Healthy, active feet are a valuable asset and proper regular footcare is therefore important for our well being and good health.

Luxury Pedicure.....	£40.00
Includes Heated Foot Spa, Exfoliation and Aromatherapy Massage	
Luxury Manicure.....	£40.00
Includes Aromatherapy Hand and Arm Massage	
Re-Varnish.....	£15.00

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