

Friday 29th March 2019

LADIES Pamper Night

& DINNER SOCIAL

'Treat a special lady with this Mother's Day gift'

Free glass of fizz/wine/non-alcoholic drink
Beauty, Holistic, Life coaching, Nutrition, Fitness
Taster sessions £7-£13
Local fresh and hot food served at affordable prices
Socialise in our calm waiting area
Excellent raffle prizes to be won
Gifts, Fitness and Nutrition Stalls

**£5
ENTRY**
IN ADVANCE WITH
COMPLETED SLIP

*Each therapist should be paid directly after the treatment at a cost of £7-£13 as advised on the ticket.

*Confirmation will be returned in your child's bag (or directly), on a first come first served basis. Feel free to call Shahana to see what's available.

FRIDAY 29 MARCH 2019 Teacher/Carer/Other (please indicate) _____ **FORM RETURNED IN CHILD'S BOOK BAG**
 Full Name _____ *Phone no. _____ Child's name/class (if applicable) _____
 Please tick a max of 3 treatments and preferred time slot: 6.30pm – 8.15pm 8.15pm – 10pm Any
 I have included my phone number I have included £5 for Ladies Pamper Night

For multiple tickets, please photocopy form for friends/family to complete and return to office (Shahana 07985194064)

PLEASE TRY TO BRING CORRECT CHANGE AND ARRIVE 10 MINUTES BEFORE FIRST TREATMENT

Facial (15 mins)	£7	<input type="checkbox"/>	Indian head massage (15 mins)	£7	<input type="checkbox"/>
Wax/Threading u/lip, u/arm, eyebrows	£7	<input type="checkbox"/>	Reflexology (25 mins) <i>Relaxing holistic massage techniques used to correct imbalances and release blocked energy.</i>	£12-	<input type="checkbox"/>
Wax ½ arm	£7				
Wax ½ leg	£10				
(please specify _____) (each up to 15 mins)					
Callous foot peel (30 mins)	£11	<input type="checkbox"/>	Shellac nails (30 mins) <i>Long lasting gel nails</i>	£13	<input type="checkbox"/>
Back, neck & shoulder or legs/feet massage (20 mins)	£8	<input type="checkbox"/>	Hot stone back massage (20 mins)	£11	<input type="checkbox"/>
Paraffin Hand wax – (20 mins) <i>with exfoliation hand scrub, hand and lower arm massage, paraffin wax treatment and cuticle oil</i>	£10	<input type="checkbox"/>	Mini mani/pedi (30 mins) <i>nail shape & cuticle tidy, scrub, cream & paint (Don't forget flip flops for your toes)</i>	£12	<input type="checkbox"/>
Aromatherapy back and shoulder massage (20 mins) <i>Therapeutic massage using blended essential oils, promoting a feeling of well-being and relaxation</i>	£10	<input type="checkbox"/>	Life coaching (45 mins) <i>fulfilling your potential</i> https://www.lifecoach-directory.org.uk/lifecoaches/sara-wrightman	£5	<input type="checkbox"/>

PLEASE BRING EXTRA CASH FOR RAFFLE PRIZES, STALLS, FOOD & DRINK

Supported by:



DISCLAIMER: Please note that all treatments are undertaken at the risk of the individual & neither Handsworth Primary or the Friends of Handsworth will be responsible as a result of those treatments received on the night.