

THE SECRET OF KARMA

Karma therapy business was set up in November 2004 by Michelle Nash. After leaving Reading Football Club as their Sports Masseur.

My Qualifications I Completed a Beauty & Hair course in 1988 I then went on to work for Chanel Ltd as a Beauty and Makeup consultant. After realising I didn't get job satisfaction and missed the need to help others on a more personal level, I finally ended up going back to college in 1998 to continue my studying which began with Reflexology then Sport Therapy Studies & Nutrition, completing Meditation in 2009. I am a humanitarian and perfectionist and insist that all the therapists that work for Karma will have the same passion as me about their work.

My aim is to offer you (Our clients) a complete wellness package at an affordable price. **Everyone should be able to have an opportunity to have relaxation treatments that don't cost the Earth.** Karma have been providing affordable luxury high quality treatments to the hotel, hospitality, private & corporate industry since 2004. **Karma Therapy Events** A team of off site therapists offering you treatments to any of your events or can do office visits.

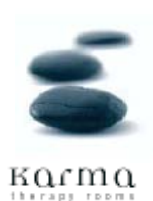
My policy is to ensure that the therapists I choose uphold this exceptional level of service. I really do care and take your wellness seriously.

Karma Therapy Rooms – Millennium Madejski Hotel –

Reading We are open seven days a week to the public. Located in the Leisure department within Millennium Madejski Hotel Reading. Built onto the Madejski Stadium Football Club complex. The hotel has a modern & contemporary style with a fully equipped gym, Pool, Sauna & Spa. A park and ride system operates into Reading. Only 2 minutes from Junction 11, M4. Free parking

Our Philosophy has always been based on complete rejuvenation for the physical, mental and emotional level, our hope is a calm serenity will glow from you.

This is the foundation of which our reputation is built on. The secret of maintaining this is ensuring the therapists all have the same ethos. We are here to help you switch off and restore your senses. Stress is the biggest causes of disease so the benefits to your health, is of the main importance to us. The body works as one whole part.



Millennium Madejski Hotel
Madejski Stadium
Junction 11, M4
Reading
Berkshire
RG2 0FL

Bookings & Enquires

Karma Therapy 0844 800 5268
E-mail – karmatherapy@aol.com
www.karma-therapy.com

Opening Times
Mon & Tue - Pre-booked treatments only
Wed-Thurs-Friday
9am until 8pm
Sat 9am – 6pm
Sun 9am - 3pm

Method of Payment

We currently are unable to accept credit or debit card payments direct unless booking directly through hotel..

We accept cheque's personal/ business & cash.

Please make your cheques payable to (Karma Therapy Rooms). Treatments can be charge to your room if you have left a credit card at the reception.

Cancellation & Late Policy

We require 24 hours notice of cancellation. If within 24 hours and the booking is not reallocated, A 50% charge will be made against your room. If you fail to arrive for an appointment, the full price will be charged. If you are late for a treatment the therapist will perform as much of the treatment as possible in what time remains.

Treatments



O.P.I Nail Care Products
St Tropez Tanning

Hen/ Groups Start from - £45.00pp*

Spa Days Start From -£50.00pp

Day & Overnight Pamper Packages
Pool – Spa – Sauna – Gym – Bar – restaurant- Accommodation

Free Parking

Current Treatments & Prices from Sept 2009
*Please contact us for quotes on group bookings



PRICES & TREATMENT MENU

Stress is one of the biggest causes of disease

10% Discount For-NHS/Police/ Fire /John Lewis Partners & Gym Members only. Not transferrable.

We are the ideal Gift Choice

MESSAGE TREATMENTS

- Back/Head/Neck/Shoulders Massage £30.00 30mins
- Remedial Deep Tissue Back Massage £45.00 60mins
Relieves aches and pains
- Aromatherapy Full Body Massage £42.00 60mins
- Swedish Full Body Massage £40.00 60min £60.00 90mins
- Sports Deep Tissue Massage £65.00 60mins

HOT STONES MASSAGE

Hot stones therapy offers a deep relaxing heat that induces a totally relaxed state of mind & body the warmth of the stones offer s great relief for a stressful mind & body. Peace & rebalancing.

- Hot Stones Full Body Massage £55.00 60mins
- Hot Stones Face Massage only £30.00 30mins
- Hot Stones with Reflexology £55.00 60mins

KARMA HOLISTIC HEAD & NECK MASSAGE

Removes head and neck stresses, reduces stress levels, very similar to Indian head massage. We apply a blend of gentle massage movements which soothes your head and neck area you will float on air after this treatment.

- Karma Relaxation Head Massage £40.00 40mins
- Karma Relaxation Head Massage £30.00 25mins

INDIAN HEAD MASSAGE

Are you a stress head? Releases tension held in the head and face area, this treatment works on the area that hold the tension said to help decongest the body from stresses and give overall wellbeing. Lifts away worries and stresses and restores balance & peace.

- Indian Head Massage £42.00 50mins
- Indian Head Massage £32.00 30mins

REFLEXOLOGY

This treatment gives deep relaxation and an overall feeling of calm. The philosophy behind reflexology is meridian lines of energy, these energy lines pass through the organs and muscles of the body & end at the feet, therefore showing up imbalances of energy. This is a remarkable treatment and well worth a go, we can tell so much about your body from your feet.

- Reflexology 55mins Course of 4 - £155.00 £49.00 60mins
- Reflexology 25mins £35.00 25mins



PEDICURE TREATMENTS

Have Beautiful looking Feet – New Treatment for feet – Hard skin Callus Peel

- Callus Peel Treatment only - £35.00 15/20mins
- Foot VIP Full Pedicure with Callus Peel £60.00 70mins
Callus Peel – Hot towel wrap – Foot Massage – File – Buff – Cuticle - & Paint – Extra £4.00 for French paint
- Standard Pedicure – £30.00 45mins
Towel Wrap– File –Cuticles – Buff - Paint extra £4.00 for French paint
- Male Pedicure £25.00 30mins
Foot Soak – Foot Massage – File – Cuticle - Buff – Protector

MANICURE TREATMENTS

- French Full Manicure £28.00 60mins
Shape - Soak – Cuticles - Buff – Hand Massage – Paint
- Full Manicure £25.00 45mins
Shape - soak – Cuticles - Buff – Hand Massage – Paint
- Mini Manicure –
File & Paint £18.00 25mins
- Male Manicure £18.00 25mins
Nail file Tidy up - Soak – Cuticle - Hand Massage – Buff –Nail Protector

FACIAL TREATMENTS

- Karma Spa Organic Holistic Facial & Back Massage
Spa indulgence a relaxing flushing lymph back/ neck/ head Massage followed by A Steam towel Facial gently placed throughout your treatment. Warming relaxing restoring treatment. Combination of cleanse – exfoliation – tone – Moisturise of face Neck with a back massage. £50.00 60mins
- Karma Spa Deep Cleanse Mud Rebalancing Facial
Helps to stimulate circulation to the facial skin tissues, draw out toxins, balance the acidity of the skin, and remove dead skin cells for a firm & radiant finish. All skin types. £40.00 50mins
- Karma Organic Peel – Anti-Ageing Facial.
Full facial with steam towels restoring the top layer of the skin giving a smoother colour and finish A potent enzyme peel treatment, exfoliates and gently gives a renewed texture. Not recommended for sensitive skin. £55.00 60mins
- Karma Tried Skin Facial
Lots of stimulating massages techniques combined with organic skincare to bring back a glow to tired skin. £39.00 45mins
- Karma Express Skin Facial - £30.00 30mins



MAINTENANCE TREATMENTS

WAXING TREATMENTS

- Back Wax Upper back £30.00 30mins Full Back £55 60mins
- Chest Wax Small area £30.00 30mins Full Chest £55 60mins
- Full Leg Wax £30.00 30mins
- Half Leg Wax £18.00 20mins
- Bikini Wax £15.00 20mins
- Underarm Wax £12.00 15mins
- Lip/ Chin/ Eyebrow Wax each £12.00 10mins
- Arm Wax £18.00 20mins

ST TROPEZ TANNING TREATMENTS

- Full Body St Tropez Mousse £28.00 25mins
- Full Body St Tropez Crème £28.00 25mins
- Full Body Spa Tropez Crème £40.00 55mins

TINTING TREATMENTS 24hr patch test required.

- Eyelash £15.00 20mins
- Eyebrow £15.00 20mins
- Eyebrow Shape £12.00 15mins

- WEDDING MAKE-UP subject to availability £50.00 60mins
- EYELASHES temporary subject to availability £20.00 20mins

KARMA SPA BODY TREATMENTS

- Body Detoxifying Karma Spa £60.00 65mins

A deep cleansing vigorous treatment followed by the Deep Exfoliation and Mask to restore the skin as well as being a stress relieving treatment, helps remove dirt and blemishes so your body feels and looks smooth and glowing again.

PACKAGES

Group/Hen Packages start from £45pp based on 6 or more persons- includes one 30min treatment /Lunch and use of leisure club. Choose from Reflexology/Back Massage/Indian Head Massage/Manicure/Mini Pedicure/Facial

Bridal Package £85.00 each package

Full Manicure /Full VIP Pedicure/ Eyebrow shape/Under arm Wax/Half leg Wax

Groom package – £90.00

Deep steam facial – Male Manicure Eyebrow tidy up. Swedish Full body Massage including the Karma head distress Massage.

Mother to be Package. £65.00 2hrs

Relaxing foot treatment with a full Pedicure for those aching feet followed by a relaxing Holistic facial. Subject the conditions.

Champagne Couple Package –£90.00 60mins

Enjoy a full body massage at the same time and receive a complimentary glass of champagne in the hotel bar.

There are more packages available in our packages brochure: