

Food Intolerance Tests & The Holistic Food and Life Plan

Skin problems; digestive problems; problems with concentration; headaches; irritable bowel; low energy; bloatedness & inability to lose weight: these can all be signs of body imbalances and possible food intolerances. The Holistic Food & Life Plan works for you to address your current state of imbalance and bring you back into harmony once again. Food intolerance tests without the plan are also available from £50 for a 59 food test.

Recently developed, this 3 month plan incorporates four groundbreaking philosophies in the world of nutrition and self-healing:

- **BLOOD TYPE.** Your blood type (if not known already) is determined at Earth Beauty, and adds to your unique profile. There are 4 different blood types: Type A, Type B, Type O, and Type AB. All human beings belong to one of these 4 blood groups and, according to Pioneer, Dr D'Adamo, are each susceptible to different diseases. This means that we should eat different foods and even exercise in a different manner for optimal health.
- **FOOD INTOLERANCES** you have are determined by a pin prick of blood testing the accurate IGg reaction. Short-term and long term elimination of certain foods may be necessary according to the test results.
- **YOUR AYURVEDIC BODY TYPE.** This ancient Indian healing system is 5000+ years old and gives great insight into the fundamental elements in your body. By understanding the our individual profile and also in knowing that like increases like, we are better able to harmonize the body's fine balance of its own elements, live in synthesis with them and decrease the likelihood of dis-ease in ourselves.
- **INNER CREATIVE INTELLIGENCE.** Perhaps the most important ingredient in the plan? Tapping into this potential can help transform past patterns and behaviours.

The entire 3 month Holistic Food and Life Programme costs £120 and includes follow up phone-calls and queries.

Two appointments are required. The first is 40 minutes and the second is 1 hour 15mins.

NEW: The Star Treatment

- An intense immersion of 90mins deep relaxation and therapeutic healing to your mind/body and spirit through the 5 end points of the body: Scalp/Face/Hands and Feet.
- A culmination of reflexology to the hands and the feet, and also acupressure and nourishing massage to the scalp and face with prescriptive aromatherapy oils.
- Ending with reiki/intuitive healing ... and a new rejuvenated and revived you. £59

"Since coming to Maria, I have gone down 2 dress sizes to a size 8 and my skin, which was once very spotty is clear. I am so much happier now I know which foods I need more of and which I need less of. I feel in control and confident about this way of eating which has now become a lifestyle rather than a diet." Miss D Seymour

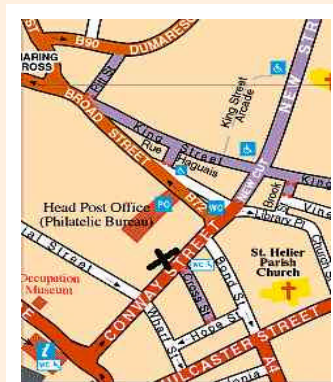
"Thank you Maria, that was the best massage I've ever had." Miss H Nolan

"I Have felt healing in my body, mind and heart through your skilful hands and your caring touch" Mrs G Speed

Earth Beauty

12 Conway Street, St Helier, Jersey
JE23NT

Fully Qualified and Insured
Beauty Therapist, Massage Therapist,
Make-up Artist, Reiki Therapist
Aromatherapist, Reflexologist



Maria Barnicoat BAPTAC

Tel: 01534 722768 & 07797 832400

www.earth-beauty.com

maria@earth-beauty.com



Beauty Treatments

Swedish/Holistic Body Massage

Prescriptive Aromatherapy

Miessence Organic Facials

Ear Candling

Reflexology

Reiki

Food & Life Empowerment Programme

Food Intolerance Testing

Professional Wedding Make-Overs

Healing Dance Classes

Kali-Ma Raw Organic Chocolates

Corporate Well-Being Presentations

Please email/telephone for more information on the services above not inside this brochure

Gift Vouchers Available

www.earth-beauty.com

Hands and Feet

Earth Beauty Manicure **£22.00**

Includes shaping; cuticle softening, tidy and repair; buffing; aromatherapy hand massage and polish. (45 mins)

French Manicure **£25.50**

As Manicure above, with special French polish finish. (60mins)

Mini-Manicure (30mins) **£15.50**

Gets those hands looking pretty again

Earth Beauty Pedicure **£35.00**

Includes relaxing spa bath; shaping; cuticle soften, tidy & repair; dead skin removal; aromatherapy foot massage & polish.

Mini-Pedicure **£24.00**

Bring the feet back to life. (45mins)

Nails Shape and Polish **£11.00**

Toenails Shape and Polish **£14.50**

Waxing

Full Leg Wax: **£26.50** Lip Wax: **£5.50**

Bikini Wax from: **£13.00** Eyebrow Wax: **£8.50**

Half Leg Wax: **£17.50** Underarm: **£10.00**

Full Leg and Bikini: **£33.00** Chin Wax: **£5.50**

Ear Candling

This soothing, relaxing and therapeutic treatment **£32** for helps unblocks ears and can improve sinuses. Add **30mins** a face massage to aid the effectiveness. (+£10)

Eyes

Eyelash Tint **£17.50**

Eyebrow Tint **£6.50**

Eyelash and Brow Tint **£21.00**

Eyebrow Shape/wax from **£9.50**

Semi-Permanent Individual Eyelashes **From**
(For a dramatic or a natural effect, perfect **£8**
for a wedding, special occasion or holiday). **to £19**

Wedding Make-up

Bride's Wedding Day and Rehearsal

Using ArtDeco Professional Make-up, Earth Beauty offer a trial before hand to ensure that you are completely thrilled with your look for your big day. Home/hotel visits are also available.

Trial price **£29.00**

Wedding Day (With Home Visit) **£48.00**

Wedding Day (Without Home Visit/at Salon) **£29.00**

"What a lovely experience on my Wedding morning. Maria listened and gave us exactly what we wanted. I felt like a million dollars."
Andrea Moores



Rebecca Treacy made over by Maria & wearing semi permanent eyelashes. Photo by CKP Weddings.

Reflexology

This ancient holistic therapeutic treatment is performed on the feet (or hands). Through stimulating specific points, imbalances are observed and treated to bring about healing on a deep level to any short-term or long-term problems. A full consultation takes place to ensure the most effective treatment possible for you. Ailments such as **depression, back problems, insomnia, infertility & stress** are helped by this soothing and deeply relaxing treatment. First appointment lasts 1hour and 15 mins.

£46 (60mins) or £28 for a mini-treatment (30mins)

Make-up

Make-over/Lesson

Using the famous Art Deco range, to achieve **£29.00** the look you want (www.earth-beauty.com to see looks created by Maria).

Organic Facials

Miessence is the first ever 100% Certified Organic range of products, and Earth Beauty is proud to be the first in Jersey to offer such a natural and also luxurious facial treatment.

It is a medically recognised fact that our body absorbs significant amounts of what we put on our skin. With Certified Organic food rapidly becoming the nutrition of choice by the health conscious amongst us, why would you accept any less for your skin?

Miessence Organic Renewing Facial (45min)

A beautifying and renewing facial, incorporating **£38.00** a rich manuka honey mask. Using the highest quality miessence products

Miessence Organic Deluxe Facial (75min)

£49.00
A deeply relaxing and nourishing facial with acupressure, reiki, shoulder, arm and hand massage incorporated and the finest and most therapeutic botanical ingredients. Includes the manuka honey mask which helps transform skin problems.

Therapeutic Massage

Experience a deeply relaxing & therapeutic massage. Maria is a very experienced massage therapist and incorporates various massage and acupressure techniques learnt from all over the globe including Swedish, Thai, Deep Tissue and Ayurvedic. Also a qualified **Aromatherapist**, Prescriptive therapeutic oil blends are available to purchase from Maria to heal imbalances in the body.

Full Body (1 hr) Tailored to your needs **£48.00**

Luxury Head Massage (30mins) **£30.00**

Back Massage (30mins) **£30.00**

Neck, Back and Shoulder. (40mins) **£37.00**

Back, Feet and Scalp. (1hr 15mins) **£60.00**