

## Food Detective Testing For Food Intolerances

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. Maria uses the Food Detective Test by Cambridge Nutritional Sciences which tests the following foods and gives you the results in an hour. You only need come into the studio for a 10min appointment and are given the results later that day by telephone. Cost £70

### FOODS TESTED:

**Cereals** Corn, Durum Wheat, Gluten, Oats, Rice, Rye, Wheat. **Nuts & Beans** Almond, Brazil Nut, Cashew, Cocoa Bean, Peanut, Legume Mix (pea, lentil, haricot), Soya Bean, Walnut. **Meats** Beef, Chicken, Lamb, Pork. **Fish** Freshwater Fish Mix (salmon, trout), Shellfish Mix (shrimp, prawn, crab, lobster, mussel), Tuna, White Fish Mix (haddock, cod, plaice) **Vegetables** Broccoli, Cabbage, Carrot, Celery, Cucumber, Leek, Peppers (red, green, yellow), Potato. **Fruits** Apple, Blackcurrant, Grapefruit, Melon Mix (cantaloupe, water melon), Olive, Orange & Lemon, Strawberry, Tomato, Egg (whole), Cow's Milk, Garlic, Ginger, Mushroom, Tea, Yeast.

## Food Transformation Programme

This 3 month individually tailored programme for you includes recipes, optimum digestion information and is a revolutionary combination of eastern and western wisdom that addresses your current state of health to bring you back to harmony and wellbeing. It incorporates 4 groundbreaking philosophies to ensure your success:

- Blood Typing
- Food Intolerance Test (as above)
- Ayurvedic Body Type Profiling
- Life Coaching

Cost £170 - please see website for more packages

## 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. (90mins) £69

*"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

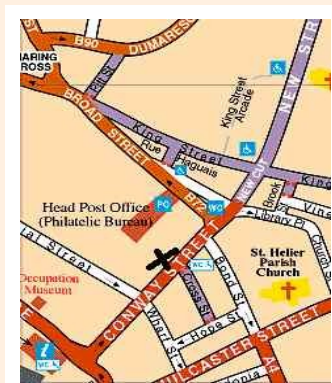
*"Thank you Maria, that was the best massage I've ever had."* Miss H Nolan

*"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

Qualified and Insured Life Coach,  
Beauty Therapist, Massage Therapist,  
Make-up Artist, Reiki Practitioner  
Aromatherapist, Reflexologist



**Maria Barnicoat BABTAC**

Tel: 01534 744022 & 07797 832400

[www.earth-beauty.com](http://www.earth-beauty.com)

[maria@earth-beauty.com](mailto:maria@earth-beauty.com)



"Caring for our wellbeing and healing processes whilst following our dreams are imperative for a happy and fulfilled life. Call me today to support you on your journey to harmony"

**Swedish/Holistic Body Massage**  
**Prescriptive Aromatherapy**  
**Life Coaching**  
**Miessence Organic Facials**  
**Tinting and Ear Candles**  
**Reflexology and Reiki**  
**Food Intolerance Testing**  
**Professional Make-Overs**  
**Food Transformation Programme**

Please email/telephone me for more information on the services above

[www.earth-beauty.com](http://www.earth-beauty.com)

01534 744022

## 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, Maria blends** prescriptive therapeutic oils to purchase to heal imbalances in the body.

<b>Full Body</b> (1 hr) Tailored to your needs	<b>£55.00</b>
<b>Luxury Head Massage</b> (30mins)	<b>£35.00</b>
<b>Back Massage</b> (30mins)	<b>£37.00</b>
<b>Neck, Back and Shoulder.</b> (40mins)	<b>£40.00</b>
<b>Back, Feet and Scalp.</b> (1hr 15mins)	<b>£65.00</b>
<b>NEW Scalp and Face Acupressure</b> (20mins)	<b>£25.00</b>

## Waxing

<b>Full Leg Wax:</b> £28.50	<b>Lip Wax:</b> £7.50
<b>Bikini Wax from:</b> £14.00	<b>Eyebrow Wax:</b> £11.00
<b>Half Leg Wax:</b> £19.50	<b>Underarm:</b> £12.00
<b>Full Leg and Bikini:</b> £38.00	<b>Chin Wax:</b> £5.50

## Ear Candling

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

## Eyes

<b>Eyelash Tint</b>	<b>£22.50</b>
<b>Eyebrow Tint</b>	<b>£8.50</b>
<b>Eyelash and Brow Tint</b>	<b>£24.00</b>
<b>Eyebrow Shape/wax from</b>	<b>£9.50</b>
<b>Semi-Permanent Individual Eyelashes</b> (For a dramatic or a natural effect, perfect for a wedding, special occasion or holiday).	<b>From £8 to £19</b>

## Make-up and Weddings

### Bride's Wedding Day and Rehearsal

Using ArtDeco cruelty -free 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	<b>£35.00</b>
Wedding Day (With Home Visit)	<b>£51.00</b>
Wedding Day (Without Home Visit/at Salon)	<b>£35.00</b>
Special Occasion Make-up	<b>£35.00</b>

## Organic Facials

**Organic Deluxe Facial (75min)**  
This is a deeply relaxing & nourishing facial with acupressure, reiki, shoulder, arm & hand massage, incorporating into the skin the finest, therapeutic & natural MIESENCE and SUKIN botanical products. Includes the firming treatment and Manuka Honey Mask which helps transform skin problems.

**Organic Beautifying Facial (30min)**  
SUKIN and MIESENCE products are used to beautify and refresh the skin. Includes the Manuka Honey Mask

## Reflexology

This ancient, holistic therapeutic treatment is performed on the feet (or hands). Through stimulating specific points, imbalances are observed in the reflex points and energy lines, and are massaged and treated to bring about healing on a deep level to short-term or long-term physical, emotional or mental issues. A consultation takes place to ensure the most effective treatment possible for you. Ailments such as **depression, anxiety, back problems, insomnia, infertility, headaches, digestive issues, exhaustion & stress** are helped by this soothing and deeply relaxing treatment. First appointment lasts 1hour and 15 mins. Book 6 to receive 20% off.

**£51 (60mins) or £31 for a mini-treatment (30mins)**

## Hands on Healing

**Seiki and Reiki Healing (60min)**  
A deeply relaxing intuitive hands on healing session using aspects of the Japanese traditions of Seiki and Reiki to guide you to harmony. **£40.00**

## “Living Beautifully” Life/Wellness Coaching

**Life coaching is an empowering and holistically supportive process that brings balance, fulfillment and happiness into your life!**

I can enable you to achieve goals and live your true potential. I work on ALL aspects of life including career, health, wealth, love, self esteem, confidence, weight loss, leisure and uncovered dreams yet to be realised. A full money back guarantee is offered if you aren't completely happy with the results! A 20min initial telephone consultation is offered for FREE.

<b>Individual Session of 45mins:</b>	<b>£60</b>
<b>Individual Session of 60mins:</b>	<b>£70</b>
<b>Diamond Package:</b> 6 x 1 hour sessions	<b>£350</b>
<b>Ruby Package</b> 6 x 45min sessions	<b>£300</b>
<b>Emerald Holistic Package</b> 3 x 1 hour sessions + 3 x 1 hour Massage	<b>£315</b>
<b>‘Gold’ Food Transformation Programme and Coaching</b> Complete Food Transformation Programme as overleaf plus 6 x 1hr life coaching sessions	<b>£450</b>

Book 6 x 1 hr or + body treatments & receive 20% off!

With all Earth Beauty services, payment plans & reductions are available if cost is an issue. Please call or email for details about this.