



Pamper Night

St Luke's Primary School PTA is hosting a **Pamper Night** on **Friday 17th May** from **7.30pm to 10.00pm** at the school. The evening will be a relaxing night for all who come along with: pamper treatments, craft stalls, a fashion show by Girls and Curves and a lots of demonstrations. Stalls on the night will include: Jewellery, Body Shop, hand crafted gifts, perfume and make up, clothing, photography, children's toys and gifts, sweet trees, cards, candles and lots, lots more.....

Tickets are £5 and include lots of fantastic refreshments, fashion show and beauty and fitness demonstrations during the evening. There is no alcohol license, so why not bring your favourite tipples to enjoy with friends during the evening.

Pamper treatments are available in advance and on the night, so book early to avoid disappointment. Pamper treatments on offer to you include: foot, leg and back massages, reflexology, nail file and polish, gel nails, Indian head massage, facial, make over and hot stone massage. Full details of treatments and prices can be found below.

Tickets can be bought from St Luke's school office on Spire Hollin, or Fieldings Jewellers and Bay Tree Books on the High Street.

To book your treatment please email tomandjane@sky.com with your choices. If you do not have email access please call 854293 and please also leave your phone number. We will then confirm your treatment and pamper appointment time.

Looking forward to seeing you at a great evening!





Treatments



Treatment		Description
Reflexology	£5 15 mins	Reflexology is a wonderfully soothing and healing experience. Reflexology is based on the principle that the feet and hands contain 'mini-maps' of the whole body, and that by applying pressure, reflexology can have a positive effect on the corresponding parts of the body
Seated chair massage	£5 15 mins	A pressure point and compression massage performed 'through the clothing'. This massage helps to relieve tension and muscular aches in the back, shoulders, hands and face. Energy flow is also improved, as is a sense of well-being
Reiki	£5 15 mins	Reiki is deeply relaxing, healing, and energising; it is the ultimate relaxing experience.
Indian Head Massage	£3 10 mins	Enjoy a relaxing head massage, with scented oils. Designed to help you relax and unwind
Seated Back Massage	£3 10 mins	Help ease daily tensions, aches and pains, with this wonderful back massage
Aromatherapy Back Massage	£7 15 mins	A wonderful and relaxing back massage with aromatherapy oils
Hot Stone Massage	£7 15 mins	A relaxing massage using hot stones, designed to work on muscle tension
Mini Facial	£3 10 mins	short skin care treatment; used to clean and moisturize the face
Mini Makeover	£3 10 mins	Try out a new look
Nails Hands or Feet	£5 10 mins	File and polish
Gel Nails	£10 20 mins	Want a longer lasting polish, try some gel nails
Hand or Foot Massage	£3 10 mins	Relaxing hand massage using oils and creams

