

## Reflexology

Our Reflexology treatments are carried out in our Halo Therapy room, heightening the benefits and allowing deeper relaxation. Reflexology focuses on applying pressure to specific parts of the feet to rebalance mind, body and soul. Used to aid the body's natural healing process and help it to function more efficiently and effectively, it can treat a wide range of conditions including tension, stress and anxiety, migraine and insomnia. Add this to the benefits of Halo Therapy for a truly soul searching heavenly experience.

Choose from one of our five alternative reflexology treatments:

### Jet Lag

A rejuvenating and energising treatment, to help adjust the mind and body to the ideal time zone. Perfect for those returning or planning a long haul trip.

**50 mins | £65.00**

### Peace & Calm

For complete stress reduction and total relaxation, this treatment will help to slow you down, sooth away tension and aid restful sleep.

**50 mins | £65.00**

### Rise & Shine

Feeling tired or lacking energy? This treatment will help lift your mood and boost energy levels.

**50 mins | £65.00**

### Immune Booster

Help boost your natural defences, strengthen your metabolism and assist your immune system to fight toxins and pollutants.

**50 mins | £65.00**

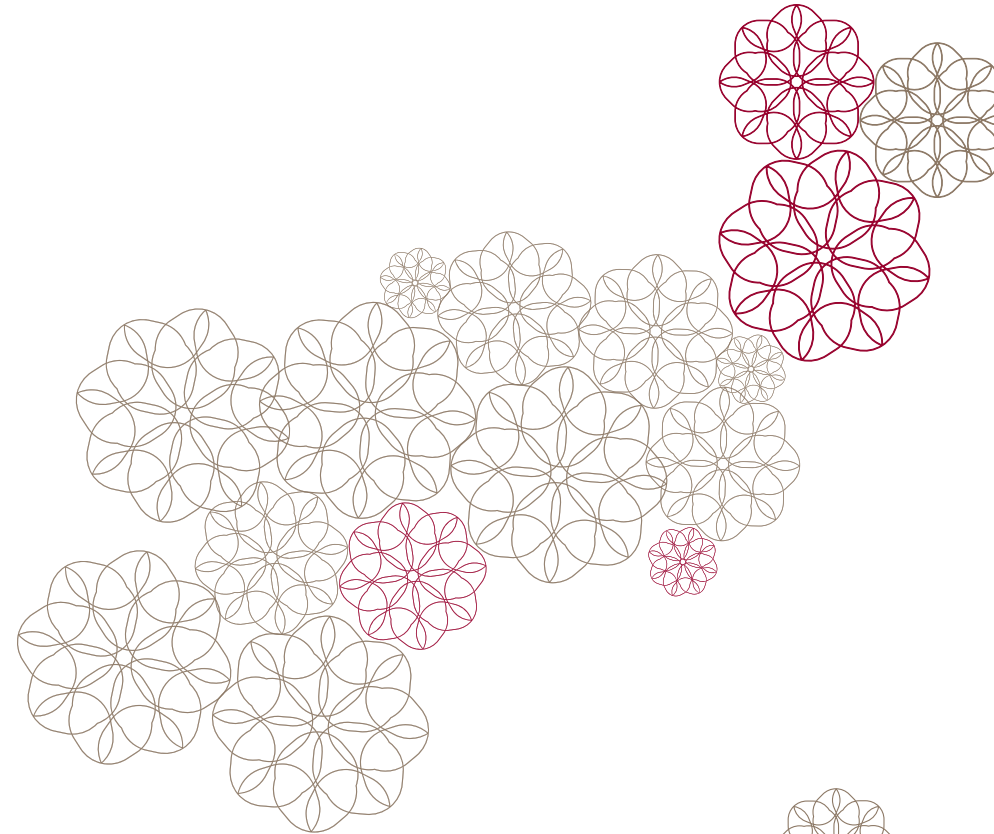
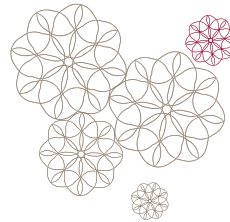
### Fresh Start

For those feeling sluggish, slow or heavy, release unwanted toxins with this treatment to truly cleanse your soul and start afresh.

**50 mins | £65.00**

# 'Creators of healthy, beautiful feet'

*Sole Spa at Liberty – Price List*



**Margaret Dabbs Sole Spa at Liberty**

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# Welcome to the Margaret Dabbs Sole Spa at Liberty

The perfect place to relax and unwind in the bustling metropolis.

## Foot Clinic Treatments

All our foot clinic treatments are carried out by specialist trained and qualified podiatrists.

### Margaret Dabbs Medical Pedicure at Liberty

Our defining Margaret Dabbs Medical Pedicure is renowned for creating the perfect sole. It is carried out by professional podiatrists who will give your feet a thorough overhaul and address all aspects of foot health.

The pedicure is performed on a dry foot to ensure exceptionally long lasting results and uses the award winning Margaret Dabbs product range. A perfect thorough pedicure, popular with both men and women.

**45 mins | £80.00**

**With Director / Principal Podiatrist | £125.00**

### Margaret Dabbs Luxury Medical Sole Therapy Pedicure

This luxury pedicure provides the same core treatment as the Margaret Dabbs Medical Pedicure and utilises the full product range but includes a luxury foot and lower leg massage with Oxygen Therapy – perfect to help relieve stress and rejuvenate the body.

**70 mins | £135.00**

**With Director / Principal Podiatrist | £175.00**

### Foot Acupuncture

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. Foot acupuncture is a quick, safe and effective way of relieving foot and joint pain, as well as being an alternative holistic treatment for verrucae. Sterilised needles are used and manipulated in the various pressure points found in the foot to aid recovery and provide pain relief.

**15 mins | £40.00**

## Nail Spa Therapies

Whether it's for a quick shape and polish or to add some finishing colour to your Margaret Dabbs Medical Pedicure, our nail spa provides professional nail care for both the hands and feet. All nail spa treatments are performed by professionally trained Margaret Dabbs Nail Technicians.

## Nail Spa Pedicures

Nail spa therapies are performed on dry skin to achieve the optimum results.

### Margaret Dabbs Sole Spa Total Pedicure

**40 mins | £45.00**

### Margaret Dabbs Sole Spa Supreme Pedicure

Provides all the benefits and care of the Margaret Dabbs Sole Spa Total Pedicure but with the added indulgence of finishing with a foot bath and wonderful foot massage.

**55 mins | £60.00**

### Shape & Polish Only

**20 mins | £25.00**

### Shape & French Polish

**25 mins | £25.00**

### Podiatry Referral Polish Only

**15 mins | £15.00**

### Podiatry Referral French Polish Only

**20 mins | £20.00**

### Male Pedicure

**30 mins | £40.00**

## Manicures

### Margaret Dabbs Sole Spa Total Manicure

**35 mins | £35.00**

### Margaret Dabbs Sole Spa Supreme Manicure

Provides all the benefits and care of the Margaret Dabbs Total Manicure but has the added indulgence of finishing with a hand soak and relaxing hand massage.

**50 mins | £50.00**

### Shape & Polish

**20 mins | £22.00**

### Shape & French Polish

**25 mins | £25.00**

### Male Manicure

**20 mins | £20.00**

## Aqua Therapy

Simple and effective to replenish and sooth the sole.

### Foot Detox Bath

The perfect way to rid toxins from the body and sole. Our wonderful Lavender / Grapefruit detox bath has been designed to relax and rejuvenate, as well as help to rid the body of everyday toxins that are a result of our high pressured lives. Designed to stimulate the senses our 20 minute foot bath allows you to relax and enjoy this refreshing sole stimulation.

**20 mins | £20.00**

## Salt Room Therapies

Our Halo Therapy room is the perfect place to help alleviate everyday stresses and strains. Halo Therapy room is a space designed for power naps and pure relaxation, as well as benefiting those who suffer from respiratory and allergy conditions. It helps to detox the respiratory system from the effects of everyday pollutants faced by city dwellers. Used by ancient Greeks and popular in Europe, Halo Therapy is a safe, natural and straightforward well-being therapy that uses tiny negative ionized salt particles to unblock the respiratory system, resulting in easier, clearer breathing. We would recommend a course of 5-10 treatments to experience the full benefits that this natural holistic treatment can provide.

**1 power nap @ 45 mins | £35.00**

**Course of 5 power naps @ 40 mins each | £140.00**

**Course of 10 power naps @ 40 mins each | £240.00**

### Foot Massage

A quick treat, enjoy some stress-free foot pampering with our fabulous foot massage, guaranteed to relieve and refresh over tired and worked feet.

**20 mins | £20.00**

### Foot Massage with Oxygen Therapy

**20 mins | £40.00**

### Salt Therapy Session with Foot Massage

**£50.00**

## Beautiful Day Package

For an ultimate perfect day out, why not experience all of our treatments by making an appointment for our Beautiful Day Package? Pure indulgence and relaxation.

We start our Beautiful Day with a full Margaret Dabbs Luxury Medical Sole Therapy Pedicure with one of our podiatrists, followed by rest and relaxation in the Halo Therapy room, plus a full Reflexology and Aqua Therapy treatment. We finish off with a Sole Spa Supreme Manicure and toe nail paint in our nail spa area. Finally enjoy the rest of your day with a touch of retail therapy, in the beautiful Liberty store.

**4 hours | £265.00**

## Corporate Sole Searching Days

The Margaret Dabbs Sole Spa is the perfect venue for ladies' corporate days out.

We can cater for up to 24 people. The Margaret Dabbs Sole Spa is yours for the day and we can offer catering and bespoke treatments. Please ask at reception for further details.

## Perfect Wedding Feet

The perfect gift for all brides, grooms or partners to be. We will put together a bespoke course of weekly treatments on the lead up to your wedding day to make sure the feet, hands and soul are in tip-top condition. Please ask at reception for further details.