



The definition of a white Christmas in the UK is for a single snowflake to be observed falling in the 24 hours of December 25th.

Christmas Pudding was originally a type of soup with fruit in it.



For every real Christmas tree harvested, three seedlings are planted in its place.

England has only known seven white Christmases in the entire 20th century.



## Christmas Packages

Five Fabulous Christmas Packages For The Month Of December

### Seasonal Spice

Relax & Unwind from Christmas shopping with an hour of total bliss with our **Aromatherapy Massage** using seasonal aromas.

1 hour £40

### Christmas Cracker

Step into the East with one hour **Royal Traditional Thai or Thai Asian Blend Massage**

1 hour £40

### Winter Warmer Wonder

Leave your skin refreshed and revitalised with a **mini facial**, then drift off with a wonderful **Hand & Arm Massage** followed by a warming **Back Massage with our Luxury Hot Stones**

1 hour £40

### Pamper, Paint, Then Party!

An **eyebrow shape and File & Paint on the hands** to get ready for that Christmas Party.

35 mins £15

### Body Brush Bonanza

Leave your body refreshed & silky. This pampering session begins with **body brushing**; an **invigorating salt scrub** then finishes with a **rich application of body moisturiser**.

1 hour £35

Winter, especially Christmas, evokes the senses. Lights decorating the city, the smell of chestnuts roasting, feeling the cold air on your face. A lot of this is missed as people frantically look for presents.

To tempt your senses and help solve the present buying we have a range of luxurious soaps made with essential oils.

Including ginger, lime and lemongrass to warm and stimulate and lavender to soothe and calm. Gift vouchers are also available. Tailor made and beautifully wrapped ready for Christmas. If you need a little time to yourself over the coming Winter months then try one of our warming massages. Hot Stones and Thai Herbal are two massages that make you feel cocooned and pampered ready to face the world again.

Thai Wellbeing would like to wish you a Merry Christmas and a Happy New Year

## Thai Herbal



The herbal compress is made up of a blend of many different herbs, each with their own unique properties. Typical blends include camphor, lemongrass, kaffi, turmeric, among other herbs and spices. These herbs are wrapped in a muslin ball and heated with steam. The compress is then applied to the body using specialised and distinctive movements. Promoting increased blood circulation, energising and balancing the body and helping to relieve muscular aches and pains.

Treatment lasts 1 hour and 15 minutes costing £50

## Hot Stones



Hot Stones Massage therapy has been used in different cultures for many years. Warm stones help relax the muscles and expand the blood vessels allowing the blood to flow faster round the body. The nervous system is sedated reducing stress, anxiety and tension. During a treatment the client lies on a couch and a series of flat hot stones - covered by a thick towel - trace the spine. The therapist applies oil to the skin and glides the stones along the body. Large stones are placed in the palms of the hands, and coin-sized stones are lightly wedged between the toes.

Treatment lasts 1 hour and 30 minutes costing £50.