
NATURA

Welcome...

Welcome to NATURA. I am Ashleigh, your Holistic Therapist.

I help people regulate their nervous systems through holistic therapies.
The therapies I offer at NATURA. are described as 'Experiences' and this is because they really are more than a facial, massage or energy healing they are so much more.
The experiences have been carefully designed to be perfect for those who suffer with stress, anxiety and pain.

When our nervous system becomes unstable it can cause us to have poor sleep, poor digestion, struggle to make decisions, our immune system deteriorates, we can become stressed, fatigued and so much more...and half the time we don't realise we are living our lives in fight or flight mode because we've made it the 'norm' with excuses like 'I'm just a busy person'.

Through regular treatments I have been able to take people from having high levels of stress and anxiety to being much calmer, being able to manage their stress, relating the environment at NATURA. as a healing and safe space to be able to switch off and heal.

I am very proud of NATURA. and it's safe space it offers people along with being a safe business for our planet.

NATURA. is a eco-friendly company that helps wherever it can to minimise our Carbon footprint, recycle, refill and we are a natural company which means majority of our products are Vegan Friendly and our products contain natural ingredients from plants, fruits etc therefore, we support giving back to nature through World Earth Days.

I have created this brochure for you to accessibly see our Experiences and learn about NATURA. I hope you love it as much as I do.

Ashleigh x



The Natura Promise

NATURA: Your Path to Natural, Eco-Friendly, and Ethical Beauty

At NATURA, our mission is crystal clear: to embody natural, eco-friendly, and ethical values in every aspect of our beauty and wellness experiences. We are dedicated to paving the way for a greener, more sustainable future, and here's how we're turning our vision into reality:

1. Naturally Derived and Ethically Sourced Products: At the heart of NATURA lies our commitment to using naturally derived, ethically sourced ingredients. We firmly believe that beauty should never come at the expense of our planet's resources. Our products are carefully selected to ensure they meet the highest standards of ethical sourcing, making them a conscious choice for you.

2. Vegan-Friendly and Cruelty-Free: Animal welfare is a core part of our ethos. We proudly offer a range of vegan-friendly treatments that have been meticulously curated for quality and compassion. You'll spot these options easily on our price list, marked with a distinctive leaf symbol. Even our brow tinting products align with our cruelty-free stance.

3. Reducing Single-Use Plastics: NATURA is dedicated to minimizing our environmental footprint. Over 80% of our products are refillable, reducing the need for single-use plastics that contribute to pollution and waste. We believe in the power of reusing to protect our planet.

4. Biodegradable Products: Wherever possible, we opt for biodegradable products. These sustainable alternatives gracefully return to the earth, leaving minimal impact on our environment. NATURA is committed to making eco-conscious choices, even in the smallest details.

5. Eco-Friendly Cleaning: Our commitment to eco-friendliness doesn't stop with our treatments. We extend our principles to our cleaning practices. Our soft furnishings and spaces are maintained using eco-friendly cleaning products, including washing tablets and sprays. These choices ensure that no harm befalls wildlife or marine life when these products find their way back into the natural world.

6. Sustainably Sourced Materials: We partner with suppliers who share our commitment to sustainability. The materials we use, such as card and paper, come from sustainably managed forests, reducing the strain on our delicate ecosystems. Additionally, we contribute to carbon-cutting efforts, playing our part in mitigating climate change.

7. Education and Giving Back: Every tailored facial you experience at NATURA contributes to something beyond beauty. We believe in giving back, especially in the form of education. By choosing NATURA, you're helping provide children with the tools they need to create a brighter, more sustainable future for themselves and our planet.

8. Support for Nature: At NATURA, we stand with nature on special World Days and every day. We support various nature-related charities and organizations, directing our efforts towards protecting and preserving the natural world that inspires us. Your patronage makes a real difference in our shared mission to safeguard our planet's beauty.

Join us on this transformative journey at NATURA, where your pursuit of beauty aligns seamlessly with a dedication to the Earth. Together, we can make the world a more beautiful and sustainable place.





"I can’t believe I fell asleep"





Moroccan Moments

£50 - 35 minutes

MOST BOOKED EXPERIENCE

Moroccan Moments is a Choreographed Back, Neck & Shoulder Massage taking you through Morocco through drum music and massage techniques.

This massage has been described by clients as THE MOST RELAXING EXPERIENCE EVER

&

LIKE A SPORTS MASSAGE WITHOUT ANY PAIN



Natura. Hydro

£105 - 70 mins

MOST BOOKED EXPERIENCE

The 70 minute NATURA. Hydro will specifically target your skins appearance and feed it the nutrients it needs using electrical technology to clean, exfoliate, hydrate, tighten and heal

Whilst also being a retreat for your mind & body

Whats included?
Double Cleanse
Steam
Topical & Electrical exfoliation
Extraction suction
Tailored face mask
Neck & Shoulder Massage
Quartz Crystal facial massage
Collagen Infusion
Pressure point massage
Lympathic Drainage facial massage
Targeted serums
LED Light Therapy
Head massage with Jade Combs



Reiki Healing

£45 - 45 minutes

A Japanese form of alternative therapy called energy healing, Unblocking energies that are affecting our mental, spiritual, emotional and physical well-being.

The Japanese believe that pain we feel whether this is Physical, Emotional, Spiritual or Mental is all due to blocked energy within the body. Once we release this energy the body will start to heal and feel better.

Everyone's experience with Reiki healing is unique to them. Some people may feel simply deep relaxation, some people may feel emotional, lighter, feel less pain or simply feel nothing in the moment.

Some people will feel the benefits during and some feel it after the experience.

During the experience, you will lay on the heated treatment bed and relax. With relaxing sound healing music on, you are encouraged to switch off as much as you can and be open to the experience.

I will hover my hands over the different Chakra areas to release any blockages and pick up on any pains you may have or any healing that needs to be released within the body.

At the end of the experience I will discuss what areas have come up for me and chat them through with you.

This is a great time for yourself to delve into areas you may need to visit, or to talk through any problems you may have.

All information is confidential within the experiences.




INTENSIF MOISTURE
MASSAGE CREME
FACE'N'WORLD



Journey to Serenity

£60 - 45 minutes

The Journey to Inner Peace is a Multi-sensory, Choreographed facial that takes you on a journey around the world through music, massage and the products. Each place you visit will take you on it's own sensory journey.

This experience includes;
Cleanse
Skin Polish
Gua Sha Facial Massage
Neck & Shoulder Massage
Clay Mask
Thai Foot Massage
Moisture Infusion

This Experience includes Sound & Thermal Healing.

This is a MIND, BODY AND SOUL EXPERIENCE



Auricular Therapy

£30 - 25 minutes

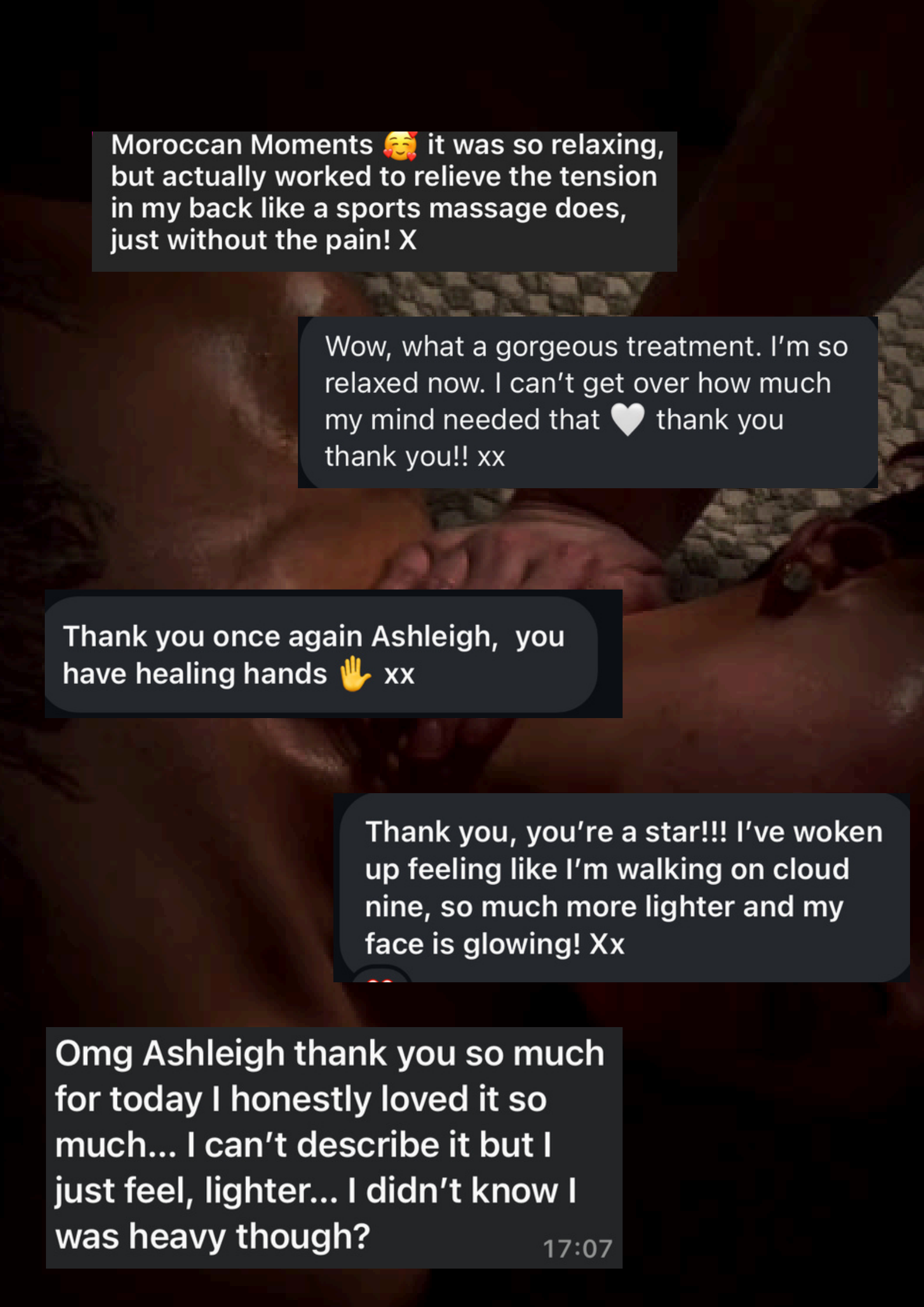
Hopi Ear Candling is a unique auricular therapy that involves the use of special candles to create a gentle suction action. The subtle movement of the flame generates a soothing air vibration within the ear candle, working its magic to remove toxins, excess ear wax, and debris, paired with a blissful aromatherapy lymphatic drainage facial massage.

This treatment is perfect for those struggling with:
Anxiety
Stress
Tinnitus
Sleep Deprivation
Feeling Unbalanced
Dizziness Colds/Flu
Headaches
Excessive Ear Wax
Itchy Ears

Find your balance, clear your mind, and rediscover tranquillity through the power of Hopi Ear Candling.






Moroccan Moments 🥰 it was so relaxing, but actually worked to relieve the tension in my back like a sports massage does, just without the pain! X
Wow, what a gorgeous treatment. I'm so relaxed now. I can't get over how much my mind needed that 🤍 thank you thank you!! xx
Thank you once again Ashleigh, you have healing hands 🖐 xx
Thank you, you're a star!!! I've woken up feeling like I'm walking on cloud nine, so much more lighter and my face is glowing! Xx
Omg Ashleigh thank you so much for today I honestly loved it so much... I can't describe it but I just feel, lighter... I didn't know I was heavy though?
17:07





Tailored to You

£55 - 45 minutes

This facial is for those who want a relaxing experience whilst focusing on skin health. Your current skin health will be assessed and the following will be applied based upon the results you wish.

This includes:
Cleanse
Steam
Exfoliation
Tone
Face Mask
LED Light Therapy
Targeted Skin Treatments
SPF
Moisturiser



Bamboo Massage

£55 - 35 minutes - back, neck and shoulder

The bamboo bliss experience uses bamboo to massage the body. Known for it's healing properties, this holistic therapy works to calm and energise. Bamboo is used to knead the muscles and loosen aches and pains.

This is a great experience for those who use the gym regularly, play sports, have minor injuries and have intense pain.



Teen Facial

£25 - 25 minutes

Created for an introductory to skincare for your teen. Using all natural products to give them a simple but effective skincare routine and clear their skin.

This includes:
Cleanse
Steam
Exfoliation
Tone
Face Mask OR Targeted Skin Treatments
SPF
Moisturiser



Add on treatments

These can be added to any of the full experiences above for a discounted price

Indian Head Massage - £5.00

Hand Massage - £5.00

Reiki Healing - £20.00

Hopi Ear Candling - £20.00



DON'T FORGET WE DO THE BEST GIFTS

I am always stocked up on LOTS of gift vouchers and experience menu's ready for helping someone gift the BEST GIFT there is!.



GIFT VOUCHERS AVAILABLE





Vouchers can be for a monetry value or can be for a specific treatment!
You can purchase your gift vouchers in the salon or drop me a message & they will be available for collection when it is convenient for you!

If you are a last minute Larry you can even get a E-voucher so you can print it off yourself!

OPENING TIMES:

MONDAY - CLOSED

TUESDAY - CLOSED

WEDNESDAY - 11:00 - 16:00

THURSDAY - 12:00 - 20:00

FRIDAY - 10:00 - 16:00

SATURDAY 9:00 - 15:00

SUNDAY - CLOSED

Dedicated to your healing Journey

Based at:

Hairs & Faces Salon

Bank Street

Accrington

BB5 1HP

How to book

Instagram: @natura.beauty.al

Facebook: @ashleighlaurenmua

Text: 07738085770