

#### 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

### 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 medical pedicure with one of our podiatrists followed by Rest and Relaxation in the Halo therapy room, including a full Reflexology and Aqua Therapy treatment. We finish off with a full 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.

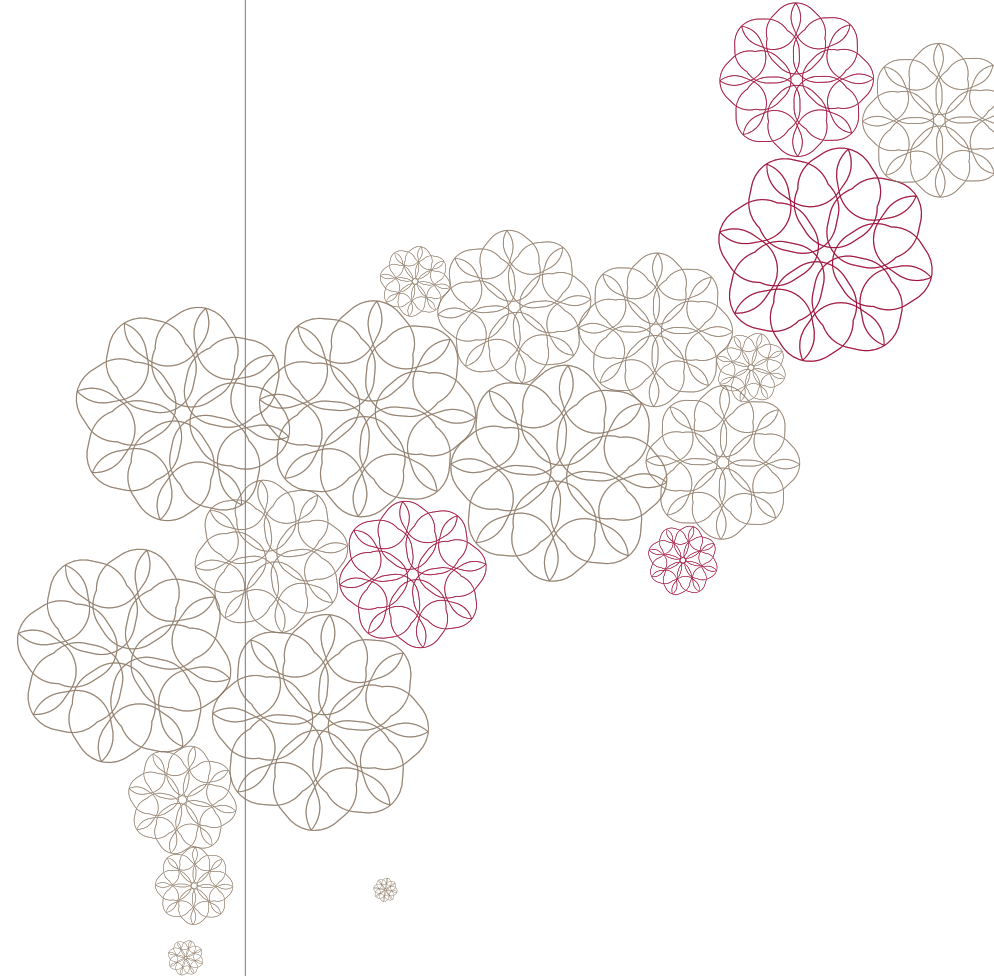
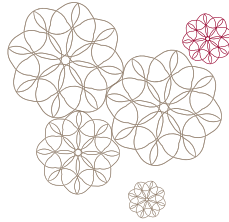
We can cater for up to 24 people. The Spa is yours for the day and we can offer catering and bespoke treatments. Please ask at reception for further details.

### Perfect Wedding Feet

The perfect gift for all brides/grooms/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.

# Margaret Dabbs

## Sole Spa at Liberty



Margaret Dabbs Sole Spa at Liberty  
Great Marlborough Street, London W1B 5AH  
Telephone: 020 7494 4492

# Welcome to the Margaret Dabbs Sole Spa at Liberty

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

## Foot Clinic

All our Foot Clinic treatments are carried out by specialist trained and qualified podiatrists.

### Margaret Dabbs Medical Pedicure at Liberty

Our defining medical pedicure is renowned for creating the perfect sole. It is carried out by professional podiatrists, giving your feet a thorough overhaul and addressing 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 Footcare product range. A perfect thorough pedicure, popular with both men and women.

45 mins | £75.00

### Margaret Dabbs Luxury Medical Sole Therapy Pedicure

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

70 mins | £135.00

### Foot Acupuncture

Foot Acupuncture is a quick, safe and effective way of relieving foot and joint pain, as well as being an alternative holistic treatment for veruccae. Sterilised Acupuncture needles are used and manipulated in the various pressure points found in the foot, aiding recovery and providing relief.

15 mins | £40.00

## Nail Spa

Whether it's for a quick shape and polish or to add some finishing colour to your 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

### Sole Spa Supreme Pedicure

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

55 mins | £60.00

### Shape & Polish Only

20mins | £22.00

### 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 | £32.00

### Sole Spa Supreme Manicure

Provides all the benefits and care of the 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

25mins | £25.00

### Male Manicure

20 mins | £20.00

## Aqua Therapies

Our aqua therapy area offers some unique, simple and effective therapies to replenish and sooth the sole.

### Fish Therapy

Garra Rufa fish are the perfect way to rid the skin of flaky dead skin. These tiny fish have no teeth but feed on dead skin build up, common to all feet. The treatment originates from Asia and provides a gentle, effective and therapeutic massage, leaving the feet soft and smooth.

15 mins | £22.00

### Foot Detox bath

The perfect way to rid toxins from the body & 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 min foot bath allows you to relax and enjoy this refreshing sole stimulation.

20 mins | £20.00

### Full Fish Therapy & Foot Detox Bath

Fish therapy followed by foot detox bath

35 mins | £35.00

## Salt Room Therapies

Our Halo Therapy room is the perfect place to help alleviate everyday stresses and strains. A space designed for power naps and pure relaxation, as well as benefitting 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 this natural holistic treatment can provide.

1 powernap @ 45 mins | £35.00

Course of 5 powernaps @ 40mins each | £140.00

Course of 10 powernaps @ 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

## 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. Reflexology is used to aid the body's natural healing process, helping it to function more efficiently and effectively and 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 sole 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 on for those returning or planning a long haul trip.

50 mins | £65.00