



Equilibrium
restore the body's balance

**ONLY £10
FOR 15
MINUTES**

GARRA RUFA FISH PEDICURE

The Garra Rufa Fish, fondly known as the 'Doctor Fish', were discovered in the early 1800's in coastal rivers in southern Turkey. Their medicinal benefits were discovered by chance by a shepherd with an injured foot who stumbled upon a hot spring and proceeded to bathe his foot. The little fishes surrounded his foot and nibbled at his wound. Later, when he discovered his wound had healed word began to spread about the wondrous tale and flocks of people began visiting the hot springs of Garra Rufas to seek treatment for their skin disorders.



Have no fear....the doctor fish do not have any teeth. During a treatment these clever little fish gently nibble away and their painless sucking removes the dead skin off your feet with their delicate mouths, leaving them soft, smooth and amazingly refreshed; once you experience the doctor fish pedicure, your feet will never be the same. These experts can also stimulate acupuncture points helping to regulate the nervous system, relax the body and release fatigue.

Repeated Garra Rufa fish therapy has proven benefits to eczema and psoriasis sufferers. It is also becoming the hottest treatment since the Brazilian bikini wax and Botox. Now, having smooth, sexy feet is as easy as dipping them into the tank and letting the doctor fish do all the work.



Not only can you indulge in much-needed pampering, you can experience proven health benefits with a doctor fish massage. If you suffer from eczema or psoriasis on your feet, and get no relief from the itchy dry skin with conventional, topical medications, you can now get relief with repeated sessions of fish massage. Doctor fish therapy has been in use for hundreds of years, providing a natural, pain-free, non-medicinal alternative to treat skin disorders of the feet.

There's no need to be apprehensive, you will feel completely relaxed and rejuvenated by the end of your session. You may feel tickly for the first couple of minutes but it's all part of the experience which we're sure you'll want to repeat.

Take advantage of our
Loyalty Card. After Six
sessions we'll give you
one free!

Everyone's talking about it so
why not try it for yourself now.

Visit us today and get pampered
by your new best friend!

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