

About Serenity Natural Health

Serenity Natural Health brings together a wide range of traditional and complementary health and beauty treatments with the convenience and comfort of treatments in your own home.

Serenity Natural Health was founded by Rachel Bowen in 2007 to offer both traditional beauty treatments as well as complementary therapies.

Rachel is a qualified beauty practitioner holding certificates from VTCT (Vocational Training Charitable Trust) and the ANM (Association of Natural Medicine). She is also a Reiki Master who not only offers reiki treatments but also teaches reiki to others.

Rachel is based in Sudbury, Suffolk.
Appointments within 15 miles travel is free.

Contact and Appointments

Please call Rachel on [07841 652237](tel:07841652237) to book your appointment and discuss your requirements.

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Appointments within 15 miles travel is free.

Details of our treatments and therapies can be found on our Web site at:
www.serenitynaturalhealth.co.uk

Rachel can also be contacted via email at:
rachel@serenitynaturalhealth.co.uk

Serenity
Natural Health



Beauty Treatments

Holistic Therapies



Manicure

Hands and nails that say elegance and beauty.

60 minutes

Price £25



Pedicure

Walking on air - Indulge in beauty treatment for your feet.

70 minutes

Price £30



Reiki Session

Relaxation for mind, body and soul.

40 minutes

Price £20



Facial

Fresh face, natural treatments.

40 minutes

Price £22



Makeup

For Day, for Night, for Special Occasions. Also makeup lessons.

45 minutes. Price £20

Wedding makeup
60 minutes. Price £30



Indian Head Massage

De-stress - Relaxing massage of the head, neck and shoulders.

40 minutes

Price £20



Aromatherapy Body Massage

Go ahead, indulge yourself.

1 hour 20 minutes

Price £45



Bridal Package

Preparation for your special day. Facial, pedicure, manicure and Wedding makeup.

Call for details



Holistic Facial Massage

Soothing, relaxing facial massage of the face, neck, shoulders and scalp.

30-40 minutes

Price £20