



THE
Potion
APOTHECARY 

For Your Face

3 Steps to Heaven

A traditional, effective, gorgeous facial for instantly clear, happy, healthy skin. This can be tailored to your skin type whether it feels oily, dry, sensitive or you have concerns about ageing. Allow nature's finest essences to purify and restore your skin.

75 mins

£50

Club Tropicana

Your skin is cleansed, exfoliated and new cells are nourished. A fresh and fruity masque completes this re-freshing facial.

60 mins

£40

Turn Back Time

Specially created for the over-40's, this facial uses modern technology to remove dead skin, high-frequency light therapy to tone slack muscles and is followed by a rejuvenating collagen masque.

60 mins

£45

Course of 3 (taken in 4 weeks)

£120

New Skin, New You

A comprehensive treatment programme especially designed to address the physical and emotional challenge of acne. Involves a 30 day cleanse, nutrition programme, home-care and two facial treatments. Book a free consultation!

£350

Luxury Therapies

Stairway to Heaven

The Ultimate Facial - A glorious back massage is followed by a heavenly facial that allows nature's finest jewels of Rose, Neroli and Jasmine to purify and restore your skin. These powerful oils open the door to ageless beauty, going deeper than mere superficial appearance. Where necessary, a moxa treatment is included.

120 mins

£100

Oriental Dreaming

Inspired by Kwan Yin, the goddess of love and health, this divine ritual for the face and body connects us to our purest, most spiritual essence - increasing our inner and outer beauty, our serenity, and our balance.

120 mins

£90

For Your Body

Reiki and Pranic Healing

Sometimes we may just need to rest for an hour, be still and tune into our inner selves. Using Vibrational Chakra Healing therapy, we can find that space together in peaceful silence.

By Donation

Alchemic Aromatherapy

How are you feeling? Have you a health or emotional issue which needs a helping hand from Mother Nature? Following a thorough consultation, I will personally blend an oil for you according to your needs. You have the option to take it home and use in your daily life or start your healing with a gentle, soothing therapeutic massage.

Oil prescription £40
With massage application £60

Aromatic Reflexology

You don't have to take your clothes off to have a good time! Using Essential Oils with a gentle foot massage, reflex points on the feet are stimulated, helping to alleviate common ailments.

60 mins £35

Symphony of the Cells

A layering of oils on the spine addressing most health concerns of dis-ease. Relaxing, nourishing and energising. This treatment covers a wide range of complaints: Respiratory, Lymphatic, Osteo, Digestive, Inflammatory or Neurological.

60 mins £40

Bali Hai

A Heavenly soothing body massage using gentle effleurage repetitive strokes using exotic oils of Jasmine & Frangipani.

90 mins £60

Hot Stone Therapy

Hot Basalt Stones are used with the finest Essential Oils to penetrate deep into the muscle tissue for a warming, intense massage. It eases tension and stimulates circulation to revitalise muscle tissue and promote deep relaxation.

Back of the Body 60 mins £50

Breath of Life

Breathe new life into your airways. Using a powerful blend of pure Essential Oils and Dead Sea Mineral Mud, this back and face treatment will oxygenate, detoxify and cleanse your body and mind. Great for stuffy sinuses or congested lungs.

75 mins £45
Course of 3 (taken in 4 weeks) £120

Anti-Stress Muscle Melt

This treatment melts away physical and emotional stress - let me take the weight off your shoulders. Includes a Dead Sea Salt and Mud Wrap with a deep back massage to truly banish emotional and physical tension.

75 mins £50

Hopi Ear Candles

Also known as thermal auricular therapy, a hollow candle is used to aid the removal of impurities from the ear and gives a gentle massage effect to regulate ear pressure. Includes a soothing face and scalp massage.

45 mins £30

Crystal and Essential Oil Rebalance

A treatment based on Oriental wisdom, which views health as a state of harmony between three bodies or elements: the physical, the energetic and the mental. This Holistic Ritual helps to rebalance the Body-Mind-Spirit energies through the use of the finest Essential Oils combined with the energy of precious stones and crystals.

60 mins £50

Kinesiology

I use a very simple method of muscle testing to investigate imbalances in the body, which can help with diagnosis and oil recommendations.

- Food Intolerances
- Weight Loss
- Biological Age
- Stress Factors

1 hour consultation £50

*Gift Vouchers and
Hand-Blended Cosmetics
are available for
purchase and mail order*

Bespoke Events and Workshops

The Potion Apothecary hosts small groups and workshops for 2-8 guests in a variety of subjects:

- Baby Massage
- Facial Classes
- Aromatherapy
- Perfume Making
- Massage Lessons
- Oracle Cards
- Pranic Healing
- Reiki Levels I & II

Please enquire for further information.

Treatments for Two

The Potion Apothecary in conjunction with equally qualified Therapists, is pleased to offer most treatments for two together.

Couples, Friends, Mothers & Daughters can enjoy relaxing together in a peaceful setting under the trees.

A 20% surcharge is added to the cost of the treatments and includes light refreshments and a glass of bubbles.



I opened Hornsea's first Beauty Clinic (above Whittles chemist on Newbegin) in 1987. Many countries and thousands of miles later I am settled here again in the town that I love.

Since starting out as a Beauty Therapist, I've progressed into the realm of Complimentary therapy, studying Aromatic and Herbal Medicine, shiatsu acupressure massage, counselling, reflexology, flower remedies, Pranic healing and Angelic Reiki.

My aim is to provide a peaceful space in time where you can escape the stresses and strains of modern life. Whether you are under pressure from a hectic lifestyle, or you are carrying a heavy mental burden, I can help you to get off your roller coaster for a little while, recharge your energy levels and find a bit of peace.

Julie Sharp

*British Association of
Beauty Therapy and Cosmetology (Fellow)
L.T.Bth (ITEC)*

*Institute of Traditional Herbal Medicine
and Aromatherapy (ITHMA)*



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