

CITY RETREAT

HAIR & BEAUTY: GATESHEAD



2008



2007 & 2008



British Beauty & Spa Awards
2006, 2007 & 2008

City Retreat Gateshead is our sister salon on the Team Valley – it has a stylish and lively atmosphere and is located in the vibrant FX Leisure gym. City Retreat Newcastle has been officially recognised in the numerous awards that we have won for our quality of care and our excellent service provision. We can now offer you the same level of service and quality at City Retreat Hair & Beauty Gateshead.

Best British Beauty Salon with four rooms or more 2008: winner

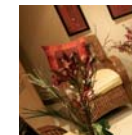
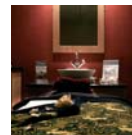
Best Regional Beauty Salon North East & Midlands 2008: runner up

Best Regional Beauty Salon North East & Midlands 2007: runner up

British Day Spa's 2007: placed in the top three by the British Professional Beauty Awards

Best Regional Beauty Salon North East & Midlands 2006: finalist

Members of FX Leisure receive 10% discount off all our brochure prices.



We have carefully researched and chosen three of the highest quality hair and skin care ranges to ensure the highest level of skin and hair care for you. Each range targets your individual needs and requirements in order to achieve maximum results.

Elemis Spa Therapy – A truly holistic range of treatments and skin care products, an aromatherapy based skin care range containing natural plant extracts and pure essential oils. Elemis offer beautiful relaxing treatments to restore your equilibrium and re-awaken your senses. More than just a treatment, ELEMIS offer a wonderfully uplifting experience with every visit.

Aromatherapy Associates – Aromatherapy at its best. A selection of products and treatments to help revive, relax, support and renew your equilibrium. Using the purest essential oils with a higher than average strength to ensure you feel wonderful from the inside out. Aromatherapy Associates also offer a blissful selection of treatments specifically tailored for the mother to be.

Redken – Discover a new point of view with the Redken styling range. Four decades of ground breaking research has led to an inspiring and exciting collection of products with benefit-driven shampoos, conditioners, and treatments that will deliver what they promise. A mix of highly specialised ingredients with proteins and amino acids transforms the inner structure of the hair while dramatically improving the outer appearance, leaving your hair in superb condition with a super shine.

Jessica Natural Nail Care, Calgel Nail Enhancements, Eye Treatments, Waxing, I.D Bare Minerals Make up, Fake Bake False Tanning, Xtreme Lashes and ear piercing are also available.

Many of our treatments are suitable for male clients and these are indicated with this symbol 

Please see the back of this brochure for our cancellation policy as we may have to charge for late cancellations or non arrivals.





ELEMIS SPA THERAPY TREATMENTS

Elemis have a strong belief in the power of touch and the use of absolute essential oils, making these aromatherapy based top quality treatments the ultimate in caring for the mind, body and soul. Elemis treatments are completely holistic; the hands-on approach to all treatments helps you to find a pathway to inner peace, and enlightenment. A sensory space for women and men; our therapists will help you to enjoy these ancient rituals and re-discover your senses, free your mind and rest your spirit.

Elemis Aromatherapy Facial Treatments

Elemis Skin Specific Prescription Facials (1 hour)

£45.00

Maintenance Facials

Whether your skin needs a powerful recharge, is in need of a moisture boost, or requires restoration of skin balance, this facial can be prescribed to suit your skin's specific needs. Your skin is deeply cleansed and stimulated by specialist eastern massage techniques in order to hydrate, refine and add vital radiance.

Elemis Tri-enzyme Facial (1 hour)

£58.00

A three stage re-surfacing facial for fine lines and wrinkles, acne and superficial scarring, skin texture or pigmentation problems. The powerful natural enzymes visibly resurface the skin by 75% and improve skin smoothness by 32% in just one treatment. A course of three is recommended over a 6 to 9 week period.

Elemis Advanced Performance Facials with eye treatment (1 hour 15 minutes)

£58.00

All Elemis Advanced facial treatments are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment, and include a luxurious eye treatment for the ultimate in advanced skin therapy.

Elemis Oxygen Skin Calm Facial – for sensitive skin

This face and eye treatment is pure soothing heaven for sensitive skin. Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skin, reduce redness and offers immediate comfort to stressed skin.

Elemis S.O.S. Purifying Facial – for oily, problem and congested skin

This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin, whilst helping to repair scarring. Purifying massage techniques combined with the unique Japanese Sulphur Mask impregnated with vita c booster serum helps to calm irritated skin and rebalance oil rich pores, leaving a beautiful matt skin.



Elemis Deluxe Advanced Anti Ageing Facials

with Anti Ageing eye treatment (1 hour 15 minutes)

£60.00

Includes a luxurious hand and arm massage and de-stress scalp treatment.

Elemis Visible Brilliance Facial – for ageing, stressed and slackened skin, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just one treatment.

Elemis Pro-Collagen Quartz Lift Facial – an anti-wrinkle facial with proven results

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance. Recommended: 1 treatment every 3 weeks – course of 6. *Independent Clinical Trials 2007

Elemis Skin Intelligence for Men

Specialised Men's Treatments & Time Out Packages

Elemis Skin Specific Facial for Men (1 hour)

£45.00

Prescribed to suit your skins specific needs. Your skin is deeply cleansed and stimulated by specialist Eastern massage techniques in order to hydrate and protect.

Elemis Urban Cleanse Facial for Men (Including specialised eye treatment)

£58.00

Deep cleanses and decongests to rapidly accelerate skin repair and hydration, calming irritation caused by shaving and reducing sensitivity to leave the skin visibly clear, youthful and improved.

Elemis skin IQ Facial for Men (Including Specialised Eye Treatment)

£60.00

Designed to recharge and energise tired skin, whilst relieving tension in the shoulder and neck area. This professional treatment uses advance scientific formulations, specifically targeted to men's skin.

Why not combine your choice of men's facial with the dynamic effects of the Elemis Deep Tissue Muscle Massage for immediate tension-relief with an Elemis Total Time Out Package.

Elemis Total Time Out

£98.00

Choice of men's facial with eye treatment and deep tissue muscle massage.

Elemis Body Treatments for pure and ultimate relaxation

Elemis Deep Tissue Aromatherapy Back Massage (30 minutes)

£28.00

Focusing primarily on the back, shoulders and neck area, this massage will help to relieve tension, stress and aching muscles. Can be combined with an Elemis facial as a pre-facial relaxer, the perfect way de-stress.

Elemis Back, Neck, Shoulders, Face & Scalp Massage (45 minutes)

£38.00

An extension of our back massage focussing more on the back, neck and shoulders as well as a relaxing scalp and facial pressure point massage.

Elemis Deep Tissue Aromatherapy Full Body Massage (1 hour 5 minutes)

£50.00

Much more than just a massage, your body is lightly brushed, before being warmed with pure massage oils. Focused to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils this treatment can be tailor made to suit your needs.

Exotic Lime & Ginger Salt Glow (30 minutes)

£32.50

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime & Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Elemis Exotic Lime & Ginger body bliss (1 hour 30 minutes)

£80.00

A delightful body exfoliation followed by a personalised full body massage

Elemis Body Sculpting Cellulite & Colon Therapy (1 hour)

£50.00

Redefine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.



Elemis Ocean Spa Wrap (1 hour 30 minutes)

£60.00

These seaweed wrap treatments detoxify and deep cleanse the body, combining the riches of sea plants and marine algae with aromatherapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting foil wrap. Let your thoughts drift away, whilst you are also treated to a pressure point massage of the face and a de-stress scalp treatment.

Musclease Aromaspa Ocean Wrap – A warming blend of pine and rosemary essential oils help ease the pains of rheumatism, arthritis, muscle spasm and fatigue

Cellutox Aromaspa Ocean Wrap – A detoxifying blend of juniper and lemon essential oils decongest and stimulate the body systems. Excellent for improving the appearance of cellulite and reducing fluid retention.

Elemis Aromastone Therapy (1 hour 15 minutes)

£65.00

Since the birth of time many ancient cultures have used the healing power of stones for medicinal and spiritual purposes. Harnessing the properties of the volcanic basalt stones, we bathe them in warm water and anoint them with spicy sensual aromas of the orient. Small stones are placed on key energy points on the body evoking an aura of warmth whilst the deep penetrating heat from the stones are used to massage the body using traditional techniques to release muscular tension and balance the spirit.

Elemis Hot & Cold Stone Ritual (1 hour)

£60.00

Pure body indulgence with exceptional anti ageing facial results in just 1 hour. Our Therapists will customise a unique ice cool thermal muscle massage to your specific problem areas to alleviate stress and ease aching muscles. Whilst your body is in a pure state of blissful relaxation you'll receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

Elemis Absolute Spa Ritual (1 hour 45 minutes)

£98.00

From the soles of your feet to the crown of the head this customised face and body treatment is the ultimate skin therapy, combining the benefits of a full body massage and a deluxe Elemis Advanced Performance Facial.



AROMATHERAPY ASSOCIATES

Aromatherapy Associates use only the purest essential oils with a higher than average strength to work on physical as well as emotional levels to improve health and well-being. Beautifully relaxing treatments to help relax and de-stress, along with the finest skin care products to promote a healthy, glowing and radiant complexion.

Rose Hydration Cocoon body treatment (1 hour) **£60.00**

After a gentle body exfoliation, your skin is smoothed over from top to toe. Lie in a bed of roses and indulge in this nourishing and thoroughly moisturising treatment. Rich oils and creams with Damask Rose are layered into freshly exfoliated skin leaving it glowing, silky soft and revitalised. Includes Ayurvedic scalp massage to support circulation and promote healthy hair growth.

Pregnancy Treatments

Real Nurturing Massage for the mother to be (1 hour 15 minutes) **£55.00**

Rest at your leisure as your body is soothed and your skin is pampered with the nourishing properties of rose oil. This full body massage is designed to answer the developing needs of a mother and baby and to give you the nurturing treatment you both deserve.

Rose Hydrating Cocoon for the mother to be (1 hour 15 minutes) **£60.00**

As above with a little added time for your comfort.

Rose Radiance facial for the mother to be (1 hour) **£55.00**

Our beautifying and luxurious facial softens, moisturises and nourishes your skin.

Renew Rose Leg and Foot Refresher (45 minutes) **£35.00**

A soothing treatment on lower legs, ankles and feet encourages effective circulation and elimination in the areas needing it most. (1 hour with file & polish) **£42.00**

HANDS & FEET

Our manicurist/nail technicians offer a full range of nail treatments to suit all requirements, from a quick lunchtime fix to a truly relaxing luxury spa treatment or full set of nail enhancements. We use only the finest products to ensure perfect results every time and our suppliers ensure optimum health and safety with products that care for and protect the natural nail.

Natural Nail Care

| | |
|--|---------------|
| Prescription Manicure (45 minutes) | £22.50 |
| Prescription French Manicure (1 hour) | £26.00 |
| Deluxe Manicure with heated mitts (1 hour 15 minutes) | £30.00 |
| Deluxe French Manicure with heated mitts (1 hour 30 minutes) | £34.00 |
| Men's Hand & Nail Grooming (30 - 40 minutes) ♂ | £20.00 |
| Classic Pedicure (45 minutes) | £26.00 |
| Classic French Pedicure (1 hour) | £29.00 |
| Deluxe Spa Pedicure with heated boots (1 hour 20 min) | £36.00 |
| Deluxe Spa French Pedicure with heated boots (1 hour 30 min) | £40.00 |
| Executive Footcare for Men (30 - 40 minutes) ♂ | £25.00 |
| File & re-polish | £10.00 |
| File & French re-polish | £14.00 |

Nail Enhancements

| | |
|--|---------------|
| Full Set of Gel Nails | £40.00 |
| Re-balance | £25.00 |
| Re-balance with Polish | £30.00 |
| Replacement tip | £6.50 |
| Soak off | £10.00 |
| Soak off with tidy up & conditioning treatment | £25.00 |
| Overlays | £30.00 |
| Re-polish | £7.50 |

EAR PIERCING

A completely safe and effective system with a choice of studs, includes aftercare productfrom **£18.00**





FOCUS ON EYES

(Please note that a patch test is required 24hrs prior to any tinting, perming, or eyelash extensions. Please call in for a free patch test)

| | |
|---|----------------|
| Eyebrow Shape..... | £9.50 |
| Eyelash Tint..... | £12.50 |
| Eyebrow Tint..... | £7.50 |
| Eyelash & Brow Tint..... | £18.00 |
| Eyelash Extensions..... | £22.00 |
| Eyelash Perming (including eyelash tint)..... | £45.00 |
| Focus on Eyes (Eyebrow Shape, Eyelash & Eyebrow Tint)..... | £28.00 |
| Xtreme Lashes – full set of semi permanent eyelashes (2 to 2 hours 30 minutes)..... | £135.00 |
| Xtreme Lashes – infills within 2 to 3 weeks from..... | £35.00 |

MAKE-UP TREATMENTS

Make the most of your looks with our highly skilled team of make-up experts. We use the I.D. Bare Minerals, make-up so pure you can sleep in it. Suitable for even the most sensitive skins and can be used immediately after surgery, waxing, electrolysis etc.

| | |
|---|---------------|
| Cleanse & Make-up..... | £38.00 |
| Make-up Lesson..... | £42.00 |
| Touch of Colour (add on to a facial for a touch of colour)..... | £8.50 |

Bridal Make-up see the Bridal Packages further on in this brochure.

ALTERNATIVE THERAPIES

| | |
|--|---------------|
| Indian head massage (40 minutes) Specialist ayurvedic massage techniques to relieve tension in the head, neck and shoulder area. Improves muscle tension and promotes health and well being. | £38.00 |
| Reflexology with consultation (1 hour) | £42.00 |
| Reflexology follow up session (45 minutes) | £38.00 |



HAIR REMOVAL

Advances in technology have made it possible for us to remove superfluous and unwanted hair temporarily or forever. At City Retreat we offer various methods of hair removal to suit all needs and requirements. Electrolysis only available at our Newcastle Salon.

Waxing, using the purest organic wax for gentle hair removal

| | |
|---|--------|
| Half Leg Wax..... | £18.00 |
| Three Quarter Leg Wax..... | £22.00 |
| Full Leg Wax..... | £25.00 |
| Full Leg and Bikini Line..... | £32.00 |
| Full Leg and Brazilian Bikini Line..... | £42.00 |
| Full Leg and Hollywood Bikini Line..... | £45.00 |
| Bikini Line Wax..... | £11.00 |
| Brazilian Bikini Line Wax..... | £20.00 |
| Hollywood Bikini Line Wax..... | £25.00 |
| Under Arm Wax..... | £11.00 |
| Lip Wax..... | £8.50 |
| Lip & Chin Wax..... | £13.50 |
| Eyebrow Wax..... | £9.50 |
| Forearm Wax..... | £19.00 |
| Part Back or Chest Wax ♂..... | £22.00 |
| Full Back Wax ♂..... | £30.00 |

Holiday Waxing Package

| | |
|---|--------|
| (half leg, underarm and bikini line)..... | £32.00 |
|---|--------|



FAKE BAKE FALSE TANNING ♂

Fake bake gold is a complete salon professional system, from preparing and nourishing your skin through to the legendary fake bake tan itself.

Fake Bake gold formula contains the best quality and highest percentages of tanning agents. Combines green tea, pomegranate and vitamins A & E, a blend of powerful antioxidants that take false tanning to another level. As well as achieving a golden self tan your skin will have the added benefit of anti-oxidant protection.

| | |
|--|--------|
| Full Body Tan..... | £30.00 |
| Face, Neck, Shoulders and Arms..... | £16.00 |
| Upper body (hips upwards)..... | £20.00 |
| Legs..... | £15.00 |
| Luxury Tan Package (includes full body exfoliation, shower and tan)..... | £42.00 |

Disposable underwear provided

LEISURE PACKAGES

All packages include full use of gym facilities, swimming pool, sauna and steam rooms

| | |
|---|---------|
| Invigorating Spa Package (4 hours 30 minutes) | £95.00 |
| Deep tissue aromatherapy back massage | |
| Elemis Skin Specific prescription facial | |
| Manicure or pedicure | |
| Lunch and refreshments | |
| Luxury Spa Package (5 hours) | £110.00 |
| Deep tissue aromatherapy back massage | |
| Elemis Skin Specific prescription facial | |
| Manicure or pedicure | |
| Hair style and finish | |
| Lunch and refreshments | |
| Deluxe Spa Package (6 hours) | £130.00 |
| Full body deep tissue muscle massage | |
| Deluxe Advanced performance facial with eye treatment and de-stress scalp massage | |
| Manicure or pedicure | |
| Hair style and finish | |
| Lunch and refreshments | |





BRIDAL PACKAGES

Prepare for that special day with one of our bridal packages or enjoy your own bespoke package where you tell us what you would like in order to prepare yourself for the big day. We will then prepare a bridal plan just for you and work out a special price for you.

Bridal hair (in salon) from **£75.00**
Includes pre wedding trial session and hair styled or put up on the day (price varies with hair pieces and extensions etc.)

Bridal make-up (in salon) **£70.00**
Includes pre wedding trial to ensure the perfect choice of colours and tones to suit your skin tone, hair and wedding costumes, and your make applied on the big day

Hair and make-up combined from **£140.00**

We are more than happy to visit you at home or at your wedding venue with additional charges made for our team to be away from the salon and travel costs, price to be negotiated.

Bride to be Package (4 hours in total) **£135.00**

3-4 weeks before the wedding (1 hour)

Elemis tri enzyme facial

Week prior to wedding (3 hours)

Elemis visible brilliance facial

Eye brow shape/wax

Jessica prescription manicure

Jessica Classic Pedicure

This package offers a saving of £40.00

Other services to help with those big day preparations offered at City Retreat

Fake Bake false tanning, Xtreme Lashes semi permanent eyelash extensions, Cal Gel nail enhancements, Creative acrylic nail extensions with bridal designs available at our Newcastle salon. We also specialise in the perfect hen package, please see one of our team members for full details – prices on application.



HAIR STYLING

Discover a new point of view with the Redken styling range. Four decades of ground breaking research has led to an inspiring and exciting collection of products with benefit-driven shampoos, conditioners, and treatments that will deliver what they promise.

A mix of highly specialised ingredients with proteins and amino acids transforms the inner structure of the hair while dramatically improving the outer appearance, leaving your hair in superb condition with a super shine. Whatever your needs Redken has a solution.

| | |
|--------------------------------|---------------|
| Cut, style & finish from..... | £29.50 |
| Style & finish from..... | £14.75 |
| Style & iron finish from | £17.50 |

Redken treatments

| | |
|--|--------------|
| Protect shot – a booster for colour treated hair..... | £8.50 |
| Anti frizz shot – a booster for very dry unruly hair | £8.50 |
| Soft shot – a booster for dry brittle hair..... | £8.50 |
| Strength shot – a booster for distressed hair | £8.50 |
| Real control..... | £8.50 |

Scalp treatment also available

Colour treatments (not including cut, style or finish)

Permanent

Colour Fusion delivers healthy looking, multi dimensional permanent haircolour results. Used to lighten, darken,match a natural colour or to cover white.

| | |
|----------------------|---------------|
| Full head from | £31.50 |
| Root touch up..... | £23.50 |

Shimmer One

Shimmer One is ammonia free perfect for one level of lift with a permanent finish. Gives long lasting results and superior shine.

| | |
|----------------------|---------------|
| Full head from | £28.00 |
| Root touch up..... | £21.50 |

Shades EQ

Shades EQ has an ammonia free, long lasting semi permanent hair colour. Contains wheat amino acids for healthy, shiny colour with incredible conditioning results.

Highlights/ lowlights

| | |
|-----------------------------------|---------------|
| Woven full set from..... | £47.50 |
| Parting area/ half set from | £40.50 |
| 'T' section from | £35.50 |

Fashion techniques

| | |
|---|---------------|
| Full head permanent colour & parting area highlights..... | £49.50 |
| Full head permanent colour & full set highlights | £56.50 |
| Roots touch up & parting area highlights..... | £25.50 |
| Roots touch up & full set highlights | £50.00 |
| Shades EQ & parting area highlights..... | £35.50 |
| Shades EQ & full set highlights | £44.50 |

Men's hairdressing

| | |
|--|---------------|
| Clipped cuts from | £10.00 |
| Cut, style & dry from..... | £19.00 |
| FX Leisure members cut, style & dry from (on production of members card) | £12.00 |
| Colouring from | £17.50 |
| Camo – used to camouflage and blend grey, contains protein for strength and shine. Ideal for a man wanting to delay going grey..... | £10.50 |
| Men's hair ritual – luxury treatment, includes: cut, style & dry; head massage & strengthening treatment | £25.00 |



LOCATION

We are located within **FX Leisure** on the Team Valley.

OPENING HOURS

| | |
|-----------------|--------------------|
| Monday | Closed |
| Tuesday..... | 10.00 am – 6.00 pm |
| Wednesday | 10.00 am – 8.00 pm |
| Thursday | 10.00 am – 8.00 pm |
| Friday | 9.00 am – 7.00 pm |
| Saturday..... | 9.15 am – 5.00 pm |

CAR PARKING

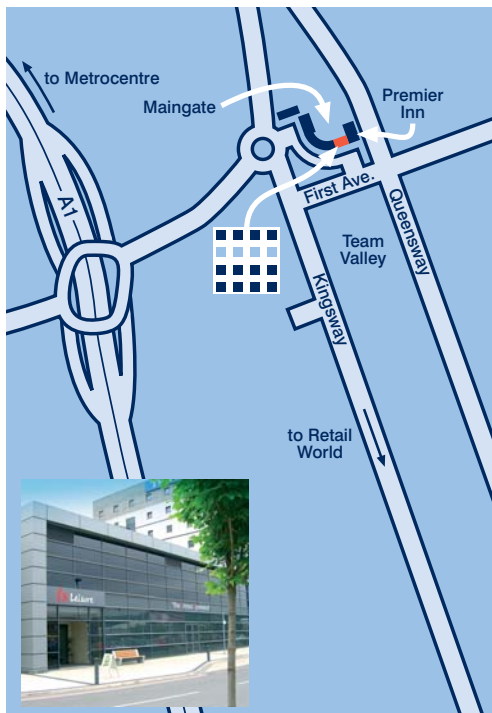
There is plenty of free car parking available directly outside FX Leisure. Please be aware that some bays are limited to 2 hours or 20 minutes parking and wheel clamping is in operation.

Cancellation policy:

Please note: credit or debit card details or a 50% cash deposit are required when booking appointments.

We reserve the right to charge for missed appointments; should you fail to arrive for your appointment the full amount of your treatment will be deducted from your credit card or charged to your account for cash payments.

Any appointment cancelled within 24 hours will be subject to a 50% charge. Course items missed without 24 hours prior notice will automatically be deducted from a course.



CITY RETREAT

HAIR & BEAUTY: GATESHEAD

FX Leisure Maingate Team Valley Gateshead Tyne & Wear NE11 0BE
0191 491 5635 beauty@city-retreat.com www.city-retreat.com

Salon owner: Lesley Jane Caster (BA)MGPBT