



# CITY RETREAT

LUXURY BEAUTY SALON & DAY SPA

Best British Beauty Salon 2008



British Beauty & Spa  
Awards

Our high standards and dedication to beauty therapy have been officially recognised in numerous awards that we have achieved including being recognised as the 'Best British Beauty Salon 2008'.

Best British Beauty Salon with four rooms or more 2010: finalist (one of the top six in the UK)

Best British Beauty Salon with four rooms or more 2009: finalist (one of the top six in the UK)

Best Regional Beauty Salon North East & Midlands 2009: finalist (one of the top six in the region)

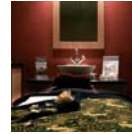
Best British Beauty Salon with four rooms or more 2008: **winner**

Best Regional Beauty Salon North East & Midlands 2008: finalist (one of the top six in the region)

Best Regional Beauty Salon North East & Midlands 2007: finalist (one of the top six in the region)

Best British Day Spa's 2007: (one of the top three day spas in the UK)

Best Regional Beauty Salon North East & Midlands 2006: finalist (one of the top six in the region)



In the heart of Newcastle's busy city centre is a haven of tranquillity, a place to escape the stresses and strains of urban living, a place to leave the world behind and indulge all of your senses.

From the moment you step into our award winning salon and spa, your cares and worries will start to melt away. Wrap yourself in one of our luxurious robes, choose from a wide range of relaxing and rejuvenating treatments and enjoy the calming and sensual environment of City Retreat.

As well as our range of specialist treatments, we also have a collection of spa rituals and packages which combine indulgent treatments with refreshments and time to unwind in our beautiful relaxation room and spa area. Whether alone or with a partner or friends, City Retreat offers a soothing and peaceful place to just let go.

We believe that happiness and personal confidence come from taking the time and space to relax and devote yourself to looking and feeling your very best. Our award winning team of highly skilled therapists is dedicated to elevating you to a higher state of wellbeing and giving you a memorable spa experience.

So why not browse through our full range of treatments and packages and then call us to arrange a visit – we look forward to hearing from you.

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





## TREATMENTS AT CITY RETREAT

City Retreat is an independently owned salon which has proven itself as one of the best beauty salons in the country. We have carefully researched and chosen four skin care houses to meet all individual needs and requirements. Chosen for their effectiveness, for their use of the finest ingredients and luxurious treatment techniques, each range works to completely nourish, rebalance and repair the face and body.

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

**Aromatherapy Associates** – Aromatherapy at its best. A selection of products and treatments to help revive, relax, de-stress, support and renew your equilibrium. Using pure 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.

**Guinot** – Guinot are renowned for their quality and effectiveness throughout the industry and have gained much acclaim for their innovative Hydradermie Treatment (formerly Cathiodermie), an electrical treatment which utilises both the galvanic and high frequency currents for optimum results for face and body.

**CACI** – Our latest investment is the CACI Ultimate Face and Body Lifting machine. This new technology offers an amazing combination of non surgical procedures to make you look visibly younger, brighter and slimmer (as seen on TV's 10 Years Younger). As the name suggests this technology offers the ultimate in face and body lifting, crystal free microdermabrasion and LED photo therapy stimulation for both male and female clients.

We also offer Jessica Natural Nail Care, Creative and Calgel Nail Enhancement Treatments. I.D. Bare Minerals make-up – so pure you can sleep in it and Fake Bake False Tanning.

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

**Elemis**

AROMATHERAPY  
ASSOCIATES

**GUINOT**  
INSTITUT • PARIS

**CACI**  
NON SURGICAL SOLUTIONS

*Please inform us of any medical conditions you have when booking your appointment.*



## 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.

### Elemis Aromatherapy Facial Treatments

**Elemis Skin Specific Prescription Facials** (30 minutes) **£32.00** (1 hour) **£49.00**

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 Modern Skin Facial** (30 minutes) **£38.00** (1 hour) **£55.00**

Designed for challenging skin that is reacting to the stress of modern living. Bursting with rich minerals, vitamins and amino acids, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance oil production. This facial also calms, soothes, and hydrates the skin leaving it clearer, radiant and more balanced.

**Elemis Advanced Performance Facials with eye treatment** (1 hour 15 minutes) **£65.00**

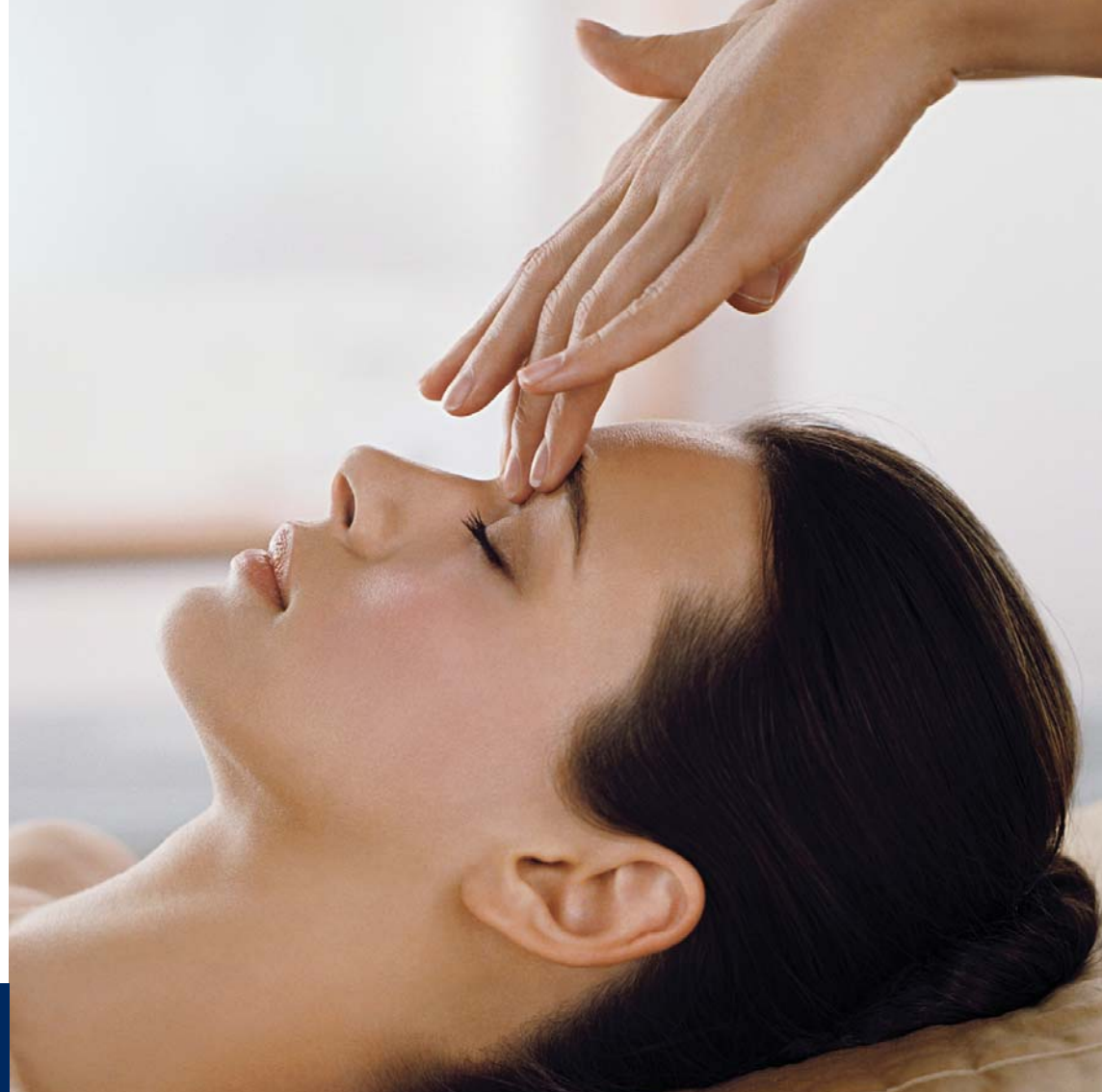
All Elemis Advanced facial treatments are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment, and include a luxurious eye treatment for the ultimate in advanced skin therapy.

**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)

**£69.00**

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 Tri-enzyme Facial** (1 hour)

**£65.00**

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 Skin Intelligence for Men

### **Specialised Men's Treatments & Time Out Packages**

**Elemis Skin Specific Facial for Men** (1 hour)

**£49.00**

**Elemis Urban Cleanse Facial for Men (Including specialised eye treatment)** (1 hour 15 minutes) **£65.00**

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)** (1 hour 15 minutes) **£69.00**

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.

**Elemis Total Time Out for Men** (2 hours)

**£110.00**

A combination of a men's Advanced Performance facial with eye treatment and deep tissue full body massage.

**Combined with 1 hour spa experience for the ultimate in relaxation**

**£130.00**



## Elemis Body Treatments for pure and ultimate relaxation ♂

### **Elemis Deep Tissue Aromatherapy Back Massage** (30 minutes) **£32.00**

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) **£44.00**

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 Back, Neck, Shoulders with Hot Stones** (45 minutes) **£48.00**

A delightful relaxing back, neck and shoulder massage with the use of volcanic basalt stones to evoke an aura of warmth whilst the deep penetrating heat from the stones releases deep muscular tension.

### **Elemis Deep Tissue Aromatherapy Full Body Massage** (1 hour 5 minutes) **£56.00**

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) **£38.00**

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 45 minutes) **£92.00**

A delightful body exfoliation followed by a personalised full body massage.

### **Elemis Body Sculpting Cellulite & Colon Therapy** (1 hour) **£60.00** **£300.00**

Course of 6  
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) **£70.00**

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 20 minutes) **£75.00**

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 Face & Body Sensation** (1 hour) **£65.00**

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) **£105.00**

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.

### **Indian head massage** (40 minutes) **£42.00**

Specialist ayurvedic massage techniques to relieve tension in the head, neck and shoulder area. Improves muscle tension and promotes health and well being.






## 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.

### Body Treatments

**Real Aroma Experience** (1 hour 30 minutes)   
Relax, de-Stress, revive, support and renew

**£75.00**

Ease away the day's stresses and strains and bring body and mind back into balance. The real, traditional aromatherapy full body massage, fusing the best of massage practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

**Rose Hydration Cocoon** (1 hour)

**£69.00**

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.

### Facial treatments

**Renew Rose Radiance Facial** (1 hour 15 minutes)

**£65.00**

Pure hands-on therapy. More than just a facial, this is an experience, incorporating a delightful face, scalp and hand and arm massage. This facial softens and moisturises leaving your skin toned, polished and radiant.

**Rose Renew Total Indulgence** (1 hour 30 minutes)

**£85.00**

Relaxation at its best. This combines the benefits of the rose radiance facial with a blissful back massage using carefully applied pressures to stimulate the nervous system, and induce deep relaxation.



## Hands & Feet

- Luxurious treatments for hands or feet** (30 minutes) **£32.00**  
Exfoliation and intense conditioning with layers of deeply nourishing gels and oils combined with delightful massage techniques to leave your hands or feet feeling pampered and refreshed. A must for those neglected areas to support circulation and re-invigorate.
- With file & polish (45 minutes) **£44.00**

## Pregnancy Treatments

- Real Nurturing Experience for the mother to be** (1 hour 15 minutes) **£65.00**  
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) **£65.00**  
Treat yourself to total bliss and relaxation during your pregnancy while your skin is cared for with highly conditioning natural plant oils. After a gentle exfoliation, your skin is smoothed over top to toe with rich softening creams. As you lie wrapped in a comfortable aroma cocoon, a relaxing scalp massage carries you off to the land of your dreams.
- Rose Radiance facial for the mother to be** (1 hour) **£65.00**  
Our beautifying and luxurious facial softens, moisturises and nourishes your skin, perfect relaxation for the mother to be or during breast feeding. A beautiful treat for the skin giving you radiance and a glow from the inside out.
- Renew Rose Leg and Foot Refresher** (45 minutes) **£40.00**  
Ease away the physical stresses and strains on your legs and feet while you are carrying extra weight during pregnancy. A soothing treatment on lower legs, ankles and feet encourages effective circulation and elimination in the areas needing it most. Legs feel lighter and refreshed, leaving you with that extra spring in your step. (1 hour with file & polish) **£52.00**



# GUINOT FOR LIFE

A unique and professional skin care brand with results based therapies, 'the philosophy of Guinot is to combine the best of science and nature... to bring you the best in beauty'. Utilising both holistic and advanced electrical therapies, with specialised massage techniques and extremely effective skin care products.

## Guinot Facial Treatments

**Hydradermie** (1 hour 15 minutes) ♂ **£52.00**

A superior deep cleansing, regenerating facial that keeps your skin in optimum condition. Prescribed to suit your skin type, the Hydradermie is an advanced beauty salon treatment which utilises both galvanic and high frequency currents to repair and maintain a balanced skin. This facial offers immediate and lasting results: effects include improved hydration, reduced oiliness & congestion, reduction of fine lines, and a brighter and more luminous complexion.

With monthly maintenance your skin will become clearer, healthier and radiantly beautiful all year round.

Course of 3 includes a selection of free trial size Guinot products.

**Hydradermie Plus** (1 hour 45 minutes) ♂ **£80.00**

A deluxe facial treatment offering all the benefits of the Hydradermie, with added firming and toning serums to revitalise and firm the skin. Special attention is paid to the eye, neck and décolleté area, with specialist massage techniques and essential oils.

**Hydradermie Lift** (55 minutes) ♂ **£55.00**

With age and fatigue the skin becomes less defined and signs of ageing appear. This lifting treatment lifts, tones and firms the face deep down by exercising the muscles. Cellular activity is reactivated and the features are lifted to spectacular effect making the skin look brighter, smoother and firmer.

A course of 3 is recommended to look visibly younger with no injections. Also includes a special selection of free trial size Guinot products.

**Hydradermie Lift Express** (40 minutes) ♂ **£42.00**

Don't have much time? Then this express lift provides the benefits of the Hydradermie lift in just 40 minutes. Course of 6 recommended which also includes a special selection of free trial size Guinot products.

**Hydradermie Lift Deluxe** (1 hour 45 minutes) ♂ **£89.00**

A Hydradermie lift including the general Hydradermie treatment. Combining the benefits of both the lifting facial and Guinots star treatment, the Hydradermie.

**Hydra Lift for the Eyes** (30 - 35 minutes) ♂ **£32.00**

For younger looking eye contours, this treatment focuses on the muscles around the eyes to tone and give them new firmness. Helping to reduce fine lines and crows feet, smoothing the eye contour making them look younger.

**Beaute Neuve** (55 minutes) ♂ **£49.00**

A double peeling facial that gently removes the dull skin cells, revealing healthy new cells. Fruit acids help to remove dead skin cells and vitamin C regenerates the elastic fibres and lightens pigmentation marks, leaving skin radiant. One treatment will restore a radiant complexion, while a course of 3 will reduce pigmentation and eliminate superfluous cells allowing the skin to breathe again.

A course of 3 includes a special selection of free trial size Guinot products.

## Guinot Body Treatments

**Hydradermie Back Treatment** (1 hour) ♂ **£50.00**

An ideal deep cleansing treatment for clearing blocked pores and improving skin texture. This special back treatment purifies and re-hydrates the skin.

**Body Polisher** (30 minutes) **£30.00**

A zingy full body exfoliation treatment that revitalises the skin, leaving it beautifully soft and smooth. Ideal before holidays or the application of self tan.

**Body Bien Etra Plus** (1 hour 30 minutes) **£75.00**

For pure indulgence and a treat for the skin. An invigorating body scrub with a relaxing full body massage, using a unique blend of citrus oils to invigorate and relieve tension. The unique sauna mask tones and re-hydrates the skin leaving a natural radiance. A blissful gift to yourself.





## CACI ULTIMATE ♂

The CACI Ultimate provides four stages of anti-aging: Microcurrent that softens fine lines whilst toning and firming the face and body; the LED and Wrinkle Comb helps to plump out lines and wrinkles, soothes skin blemishes and softens stretch marks; Microdermabrasion which provides deep innovative crystal free exfoliation to help with skin blemishes, acne scarring and sun damage; and finally the Hydratone Gel Mask which is enriched with collagen, rose water, vitamin C and D to give the skin a final boost. All combined to give you the ultimate aesthetic treatment for the face and the body.

### CACI Ultimate ♂

CACI Ultimate Facial, a combination of the four treatments (1 hour 30 minutes) ..... **£75.00**

### The Non Surgical Face Lift ♂

The Non Surgical Face Lift (1 hour 15 minutes) ..... **£52.00**

Course of 10 ..... **£468.00**

CACI Eye Lift ..... **£32.00**

Course of 10 ..... **£288.00**

### Microdermabrasion ♂

Deep exfoliation to help scar tissue, acne scarring, fine lines and sun damaged skin followed by the application of the Hydro Smoothing Gel Mask to hydrate, soothe and calm the skin (40 minutes) ..... **£50.00**

### Body Treatments ♂

Microcurrent treatments help tone and firm, reduce cellulite, fluid retention or puffiness whilst strengthening and contouring the body (with concentrated padding on the stomach at advanced level this treatment is equivalent to 360 perfect sit-ups). Exfoliation recommended and no body lotions or creams prior to treatment.

Body toning treatments (20 - 30 minutes) Tailored to meet your personal needs ..... **£28.00**

Course of 10 ..... **£252.00**

Cellulite treatment (45 minutes) ..... **£35.00**

Course of 10 ..... **£315.00**

Lymphatic drainage (30 - 45 minutes) ..... **£45.00**

Body toning and lymphatic drainage (1 hour 15 minutes) ..... **£60.00**

Body toning and cellulite treatment (1 hour 15 minutes) ..... **£60.00**

Other combinations of treatments available ..... **£POA**

Ultimate can treat the face and body at the same time, bespoke packages are available to suit individual requirements. A consultation may be advisable in order to tailor make your individual programme.

Consultation, redeemable against course (30 minutes) ..... **£15.00**



## FOCUS ON EYES

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

Eyebrow Shape (15 minutes) .....	<b>£11.00</b>
Eyelash Tint (20 minutes) .....	<b>£15.00</b>
Eyebrow Tint (15 minutes) .....	<b>£9.00</b>
Eyelash & Brow Tint (20 minutes).....	<b>£22.00</b>
Eyelash Perming (including eyelash tint) (1 hour 15 minutes) .....	<b>£49.00</b>
Focus on Eyes (Eyebrow Shape, Eyelash & Eyebrow Tint) (40 minutes) .....	<b>£30.00</b>

## FALSE EYELASHES

Semi permanent lash enhancements that last up to two months (without top ups) or indefinitely with regular maintenance. **One on one** application ensures a totally natural look, without causing damage to the natural lashes. Weightless and natural, this painless and relaxing application procedure, lengthens and thickens natural lashes without the need for mascara.

Full set (2 hours 30 minutes).....	<b>£140.00</b>
Top-ups (45 minutes).....	<b>£36.00</b>
Top-ups (1 hour).....	<b>£48.00</b>
Top-ups (1 hour 15 minutes).....	<b>£56.00</b>

We can also offer a more subtle, tailor made set for those who do not require the drama of a full set. Perfect for brides-to-be or special occasions.

Tailored Set (each 30 minutes).....	<b>£30.00</b>
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Homecare and aftercare advice should be followed carefully to maintain the safety of the natural lashes and longevity of the enhancements.

Temporary Eyelash Extensions ideal for parties and special occasions when a more permanent effect is not required (30 minutes) .....	<b>£28.00</b>
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## EAR PIERCING

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



## 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.

Make-up (30 minutes) .....	<b>£35.00</b>
Make-up Lesson (45 minutes) .....	<b>£45.00</b>
Touch of Colour (add on to a facial for a touch of colour).....	<b>£9.50</b>

**Bridal Make-up** (in salon – travelling costs will apply if necessary) .....

**£80.00**

Includes pre-wedding make-up, wedding day make-up and professional advice on colours and application.

A bridal package can be arranged to include: make-up, nails, skin and hair for that special day ..... **£POA**



## HAIR REMOVAL

### Waxing, using the purest organic wax for gentle hair removal

Half Leg Wax .....	<b>£19.00</b>
Three Quarter Leg Wax .....	<b>£25.00</b>
Full Leg Wax.....	<b>£27.00</b>
Full Leg and Bikini Line.....	<b>£35.00</b>
Full Leg and Brazilian Bikini Line .....	<b>£46.00</b>
Full Leg and Hollywood Bikini Line .....	<b>£48.00</b>
Bikini Line Wax.....	<b>£12.50</b>
Brazilian Bikini Line Wax .....	<b>£25.00</b>
Hollywood Bikini Line Wax.....	<b>£28.00</b>
Under Arm Wax.....	<b>£12.50</b>
Lip Wax .....	<b>£9.50</b>
Lip & Chin Wax .....	<b>£16.50</b>
Eyebrow Wax.....	<b>£11.00</b>
Forearm Wax.....	<b>£22.00</b>
Part Back or Chest Wax .....	<b>£20.00</b>
Full Back Wax .....	<b>£28.00</b>

### Holiday Waxing Package

(half leg, underarm and bikini line)..... **£35.00**

### Electrolysis

Say goodbye to unwanted hair with the Apilus® Senior permanent hair removal system. This is a technically advanced system that offers all the benefits without the pain and discomfort normally associated with this treatment. The Apilus® offers comfortable permanent hair removal and is suitable for even the most sensitive skins. We offer a free consultation and patch test to assess suitability for treatment.

10 minutes .....	<b>£16.50</b>
15 minutes .....	<b>£20.00</b>
20 minutes .....	<b>£23.50</b>
30 minutes .....	<b>£30.00</b>
45 minutes .....	<b>£39.00</b>
60 minutes .....	<b>£50.00</b>



## CHAMPAGNE NAIL BAR

Tidy up those fingertips at our state of the art Champagne Nail bar while enjoying a complimentary glass of bubbly or refreshing fruit juice. Our manicurists and 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.

### Manicures

Prescription Manicure (30 minutes) .....	<b>£20.00</b>
Prescription Spa Manicure including hand & arm massage (40 - 45 minutes) .....	<b>£28.00</b>
Deluxe Spa Manicure with heated mitts (1 hour) .....	<b>£40.00</b>
Men's Hand & Nail Grooming (30 - 40 minutes) ♂ .....	<b>£26.00</b>
Manicure with gel overlay .....	<b>£30.00</b>
File & re-polish (15 minutes) .....	<b>£14.00</b>
French polish supplement .....	<b>£5.00</b>

### Pedicures

Classic Pedicure (45 minutes) .....	<b>£30.00</b>
Aroma Spa Pedicure (1 hour) .....	<b>£42.00</b>
Deluxe Spa Pedicure with heated mitts (1 hour 15 minutes) .....	<b>£48.00</b>
Executive Footcare for Men (30 - 40 minutes) ♂ .....	<b>£28.00</b>
File & re-polish (15 - 20 minutes) .....	<b>£15.00</b>
French polish supplement .....	<b>£5.00</b>
Luxury Thai foot Ritual, the ultimate treat for your feet (45 minutes) ♂ .....	<b>£44.00</b>
Luxury Thai foot Ritual, with file & polish (1 hour) .....	<b>£56.00</b>

### Nail Enhancements

Full Set of Liquid & Powder .....	<b>£42.50</b>
Re-balance .....	<b>£30.00</b>
Re-balance with Polish .....	<b>£38.00</b>
Replacement tip .....	<b>£6.50</b>
Full Set of Gel Nail extensions .....	<b>£42.50</b>
Soak off & tidy .....	<b>£15.00</b>
Soak off with tidy up & conditioning treatment .....	<b>£28.00</b>



## 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 and E, a blend of powerful anti-oxidants 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 – manual application (45 minutes) .....	<b>£34.00</b>
Part Body Tan (20 - 30 minutes) .....	<b>£20.00</b>
Luxury Tan Package (includes full body exfoliation, shower and tan) (1 hour) .....	<b>£45.00</b>

Please ensure you have exfoliated prior to your tanning appointment, paying particular attention to dry areas (ie feet, knees, elbows etc). Dark loose clothing should be worn afterwards to prevent streaking.

Disposable underwear provided.

Development time is 6 to 8 hours.



## HAIR TREATMENTS

Why not visit our hair and beauty salon in Gateshead where we specialise in hair treatments including: cut, style & finish; colour treatments; highlights & lowlights and men's hairdressing.

City Retreat Hair & Beauty is located within FX Leisure only 2.5 miles from our Newcastle salon: FX Leisure, Maingate, Team Valley, Gateshead, Tyne & Wear, NE11 0BE

Why not make an appointment today? Call us on 0191 491 5635



# CITY RETREAT

HAIR & BEAUTY

## SPA EXPERIENCES ♂

**Invigorating Spa Retreat** (approx 3 hours) per person **£98.00**

Full use of well-being suite  
Deep tissue aromatherapy back massage  
Elemis Skin Specific prescription facial  
lunch and refreshments.

**Luxury Spa Retreat** (approx 4 hours and 30 minutes to revitalise and relax) per person **£139.00**

Full use of well-being suite  
Deep tissue aromatherapy back massage  
Elemis Skin Specific prescription facial  
Hands & feet retreat  
lunch and refreshments.

**Deluxe Spa Retreat** (approx 5 - 5 hours and 30 minutes of sheer relaxation) per person **£175.00**

Full use of well-being suite  
Full body deep tissue muscle massage  
Deluxe Advanced performance facial  
with eye treatment & de-stress scalp massage  
Hands & feet retreat;  
lunch and refreshments.

**Ultimate Spa Retreat** (a full day of total indulgence) per person **£230.00**

Full use of well-being suite  
Aroma spa ocean wrap  
Full body deep tissue muscle massage  
Deluxe Advanced performance facial with eye treatment & de-stress scalp massage  
Hands & feet retreat  
lunch and refreshments.

### Private use of our well-being suite

Our well-being suite can be reserved for up to 4 people and includes use of our Steam Room, Sauna and Relaxation Area.

Price for 1 to 2 persons (per person per hour) **£30.00**

Price for 3 to 4 persons (per person per hour) **£25.00**

Price includes the use of a towel, robe and slippers, fresh fruit, fruit juices a selection of teas or coffee and chocolates.

A towelling robe will be provided for all spa packages, swimsuits must be worn in sauna and steam areas. Men are advised to wear boxer shorts throughout all treatments or disposable underwear will be provided. Shower caps available.



## TREATMENT PACKAGES AVAILABLE

**Business Express Package** (1hour 15 minutes) **£75.00**

2 Therapists offering an express package for the busy executive  
Elemis Prescription facial  
Prescription manicure  
I.D. Bare Touch of Colour

**Please note:** other express packages can be arranged to suit your personal needs

**Top 2 Toe Essentials** (3 hours – 3 hours 30 minutes) **£120.00**

Elemis prescription facial  
Prescription manicure  
Classic pedicure  
Eyebrow shape  
Make-up

**The perfect pamper** (2 hours 30 minutes) **£100.00**

Elemis deep tissue back massage  
Prescription facial  
Manicure  
Make-up

**Mother to be Package** (Aromatherapy Associates) **£140.00**

Mother-to-be massage  
Rose Radiance facial  
Leg and foot refresher with file and polish

**New Mum Package** (Aromatherapy Associates) **£140.00**

Rose hydrating cocoon  
Rose Radiance facial  
Luxury hand or foot treatment with file and polish

**Bridal Packages** **£POA**

Personalised to suit individual requirements

*Corporate packages available. Please see our website for full details.*

*Please note that all packages require 48 hours notice for cancellation.*

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



## OPENING HOURS

Monday	10.00 am – 6.00 pm
Tuesday	10.00 am – 7.00 pm
Wednesday	10.00 am – 8.00 pm
Thursday	10.00 am – 8.00 pm
Friday	9.00 am – 7.00 pm
Saturday	9.00 am – 5.30 pm
Sunday	10.00 am – 4.00 pm

**The salon may be booked exclusively for private or corporate events by negotiation.**

## CAR PARKING

Car parking is available within walking distance:

- 1 Dean Street:**  
pedestrian exit opposite the 55° North roundabout
- 2 Carliol Square:**  
pedestrian exit from car park onto Pilgrim Street
- 3 Quayside car park:**  
connected to City Retreat via an underpass

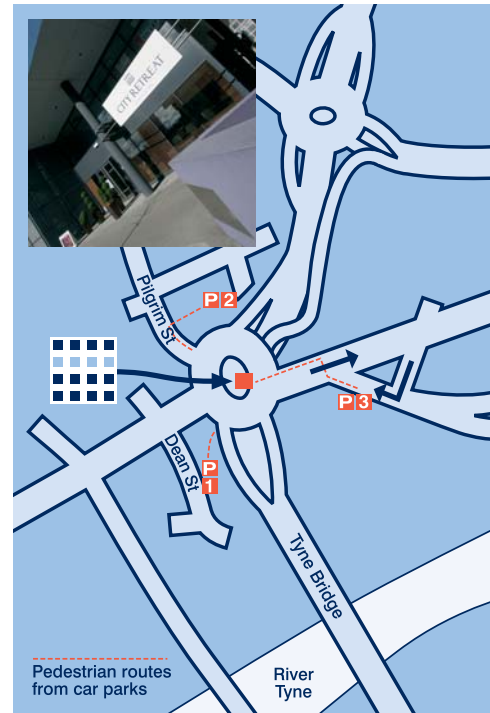
### **Cancellation policy:**

**Please note:** a 50% deposit is required when booking appointments.

We reserve the right to charge for missed appointments or cancellations within 24 hours in which case your deposit is non refundable or transferable.

Course items missed without 24 hours prior notice will automatically be deducted from a course.

Spa packages require 48 hours notice for cancellation.



# CITY RETREAT

LUXURY BEAUTY SALON & DAY SPA

55 Degrees North Pilgrim Street Newcastle upon Tyne NE1 6BL  
0191 230 1055 beauty@city-retreat.com www.city-retreat.com

Salon owner: Lesley Jane Caster (BA)MGPBT