



CITY RETREAT

BEAUTY SALON & DAY SPA

Awarded Best British Beauty Salon in the British Professional Beauty & World Spa Awards 2017

LEAVE THE CITY BEHIND YOU and indulge yourself in the luxury of City Retreat

WINNER OF THE BRITISH PROFESSIONAL BEAUTY & WORLD SPA AWARDS

Best British Beauty Salon with Four Rooms or More

Finalists 2006, 2007, 2008 (Winner), 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016 & 2017 (Winner)

Beauty Salon of the Year: North East 2016 (Winner)

British Beauty Employer of The Year

Finalists 2011, 2012, 2013, 2014, 2015, 2016 & 2017 (Winner)



Elevate your health, beauty and wellbeing
@ City Retreat



In the heart of vibrant Jesmond, within walking distance of the city centre is a haven of tranquility, 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 sumptuous robes, pop on your complimentary slippers and enjoy a truly relaxing spa day or simply choose from our wide range of treatments to enjoy the calm, relaxing environment of City Retreat.

As well as our range of specialist treatments, we offer 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 relax, unwind and truly nurture your wellbeing.

A decorative interior scene featuring a large, ornate chandelier with many small lights, set against a wall with a subtle floral pattern. In the foreground, there are out-of-focus purple flowers, possibly orchids, adding a soft, elegant touch to the composition. The lighting is warm and ambient, creating a relaxing atmosphere.

Relax

RENEW

Breathe

NOURISH

Enjoy

CITY RETREAT POLICIES & GUEST INFORMATION

Please take a moment to read.

Arrivals

We ask that all clients arrive 10 minutes prior to your appointment time as you may be required to fill in a questionnaire relating to your treatment and you will be offered a complimentary drink on arrival. If you arrive late for your appointment, then we may have to reduce the time of your treatment accordingly so please arrive in good time to avoid disappointment.

Medical conditions

Please advise us upon booking if you have any medical conditions as this may have an effect on the suitability of your treatment. Some medical conditions are contraindicated to certain treatments. Our therapists can advise you whether your condition will affect a particular treatment.

Deposits

Upon booking you will be asked to pay a 50% booking deposit for your treatment or spa package. Your credit card details will be stored securely in our system until your appointments have been completed. Thereafter the card details are automatically removed.

Cancellation policy

We kindly ask for 24 hours notice to allow other clients to book in your place. Any appointments cancelled within 24 hours will be subject to a 50% cancellation charge. Course items missed without 24 hours prior notice will be automatically deducted from a course.

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

Mobile telephone policy

In order to be courteous to our other guests we kindly ask that you switch off or put on silent your mobile telephone when you enter the spa.

Children in the salon

We kindly ask that you leave young children at home whilst you are having your treatments. Young children could be put at risk from solvents, hot waxes and sharp instruments etc. We cannot be held responsible for young children at any time within the salon.

Anyone entering the salon under the age of 16 years must be accompanied by an adult.

Please be advised that some of our treatment times are inclusive of consultation and changing times.

We work passionately to ensure you enjoy your time here at City Retreat - please feel free to offer constructive feedback on your experience with us. Feedback forms are available in reception or on our website.

CITY RETREAT LIFESTYLE MEMBERSHIP

REDEFINE YOUR WELLBEING WITH REGULAR MASSAGE THERAPY AT CITY RETREAT.

EXCELLENT FOR MIND, BODY AND SOUL. MASSAGE IS SO MUCH MORE THAN JUST A LUXURIOUS 'ME TIME TREAT'.

The benefits of a good massage are endless. Regular massage can help balance emotions; relieve stress, anxiety, insomnia and headaches; ease joint and muscle pain; strengthen the immune system and so much more. Improved circulation of the blood and lymphatic systems hastens the delivery of oxygen and nutrients to all areas of the body and removes toxins more efficiently, leaving our bodies feeling cleansed and nourished. Massage increases the production of melatonin, an essential hormone which regulates our sleep patterns and ensures a good nights rest, which is essential for a healthy mind.

Our Lifestyle Membership Scheme allows you to take advantage of the many benefits of regular massage at a reduced cost in order for you to redefine your wellbeing, maintain good health and wellness and elevate yourself to a healthier, more balanced lifestyle.

LEVELS OF MEMBERSHIP

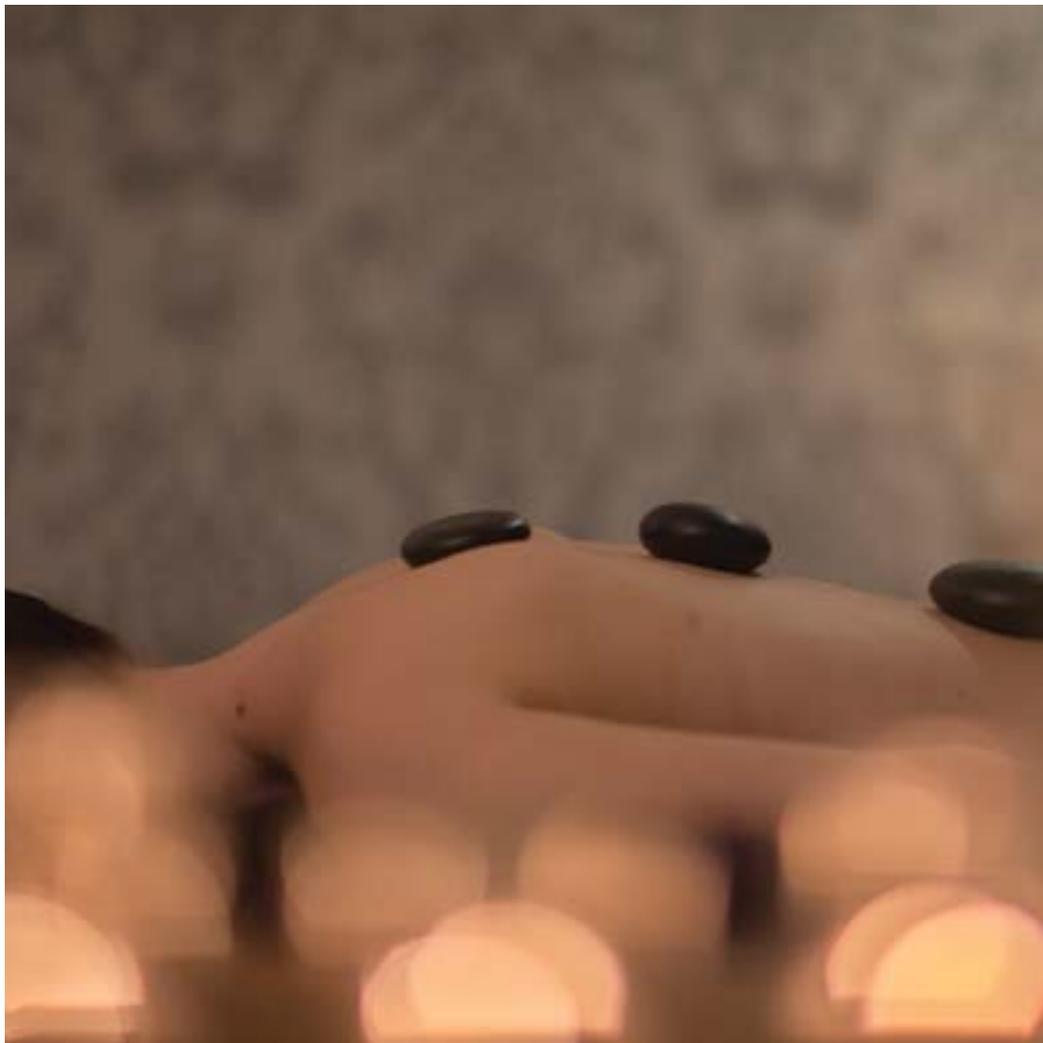
Level One	30 Minutes (Back, Neck and Shoulder)	£30 per month
Level Two	45 Minutes (Back, Neck, Face & Scalp Massage)	£40 per month
Level Three	60 Minutes (Full Body Massage)	£50 per month

Each Massage is tailored to your individual needs by our expert team of therapists utilising both Swedish and Deep Tissue Massage Techniques, combined with the use of Pure Aromatherapy Essential Oils to balance and strengthen your inner health and wellbeing.

For more information on why massage should be much more than an occasional indulgence: Visit the membership page of our website and see why a good, regular massage is a necessity, not a luxury!!

**Enjoy the power of a regular massage plus additional benefits
by joining our Lifestyle Members Club Today!**

For more information visit our website
www.city-retreat.com/lifestyle-membership



ELEMIS SPA THERAPY TREATMENTS

ELEMIS therapists make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin. A healing hub where touch and technology are turbo-charged by the power of minerals, plants and active natural aromatics.

All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same, and no two bodies are the same. Every spa therapy is shaped and moulded around you. Personalised for a results-driven, personalised experience.

Please be advised that our treatment times are inclusive of consultation and changing times.

ELEMIS Hands on Skin Solutions Facial Treatments

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

ELEMIS Skin Solutions Prescription Facial (35 minutes) **£35.00** (60 minutes) **£60.00**

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

ELEMIS Superfood Pro-Radiance Facial (1 hour) **£65.00**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. **Clinically proven* to leave skin plumper, radiant and lit up with good health.**

*Independent Clinical Trials.

ELEMIS Sensitive Skin Soother (1 hour) **£65.00**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. **Skin is left supremely soothed, comfortable and calm.**

ELEMIS Anti-Blemish Mattify and Calm (1 hour) **£65.00**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. **A deeply detoxifying treatment for clear, bright skin.**

ELEMIS Hands on Anti Ageing Facial Treatments

ELEMIS Pro-Collagen Age Defy Facial (1 hour)

£69.00

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. *Independent Clinical Trials

ELEMIS Pro-Definition Lift and Contour Facial (1 hour)

£69.00

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel Facial (1 hour)

£69.00

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

*Independent Clinical Trials

ELEMIS Skin Intelligence for Men

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands.

ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

ELEMIS Skin Solutions Prescription Facial (35 minutes) **£35.00**

(60 minutes) **£60.00**

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

ELEMIS High Performance Skin Energiser (1 hour)

£65.00

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS BIOTEC Super-Charge Facial for Men (1 hour)

£70.00

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

Total Time Out for Men (2 hours)

£115.00

A combination of men's High Performance Facial and Deep Tissue Full Body Massage.

Combined with 1 hour spa experience for the ultimate relaxation

£150.00

ELEMIS BIOTEC HANDS EMBRACING TECHNOLOGY

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

ELEMIS BIOTEC Anti-Ageing

ELEMIS BIOTEC Firm-a-Lift Facial (1 hour 15 minutes) **£75.00**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Line Eraser Facial (1 hour 15 minutes) **£75.00**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. *Independent Clinical Trial.



ELEMIS BIOTEC Skin Resurfacer Facial (1 hour)

£70.00

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. **The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.** *Independent Clinical Trials.

ELEMIS BIOTEC Anti-Pigment Brightener Facial (1 hour)

£70.00

This illuminating treatment **dynamically tackles the appearance of uneven skin tone, discolouration and age spots.** A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

ELEMIS BIOTEC Skin Solutions

ELEMIS BIOTEC Radiance Renew Facial (1 hour)

£70.00

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current **restores moisture for instantly clearer and visibly brighter skin.**

ELEMIS BIOTEC Sensitive Skin Soother Facial (1 hour)

£70.00

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. **The result is calm and soothed skin.**

ELEMIS BIOTEC Blemish Control Facial (1 hour)

£70.00

A deep cleansing facial that **detoxifies** and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly **decongest and exfoliate.** Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

A course of treatments may be recommended.

ALUMIERMD FACIAL PEELS

AlumierMD Peel Treatments are the next generation of clinical exfoliation. With a variety of peels, each with a unique complex of ingredients, we can customise your program of treatments to target your specific skin concerns whether it be ageing, pigmentation or acne. This unique experience includes an exfoliating peel treatment, brightening enhancement followed by prescriptive targets serums with reveal a more radiant, soft and luminous skin.

Vitamin A Boost Peel Treatment (40 minutes)

£89.00

Vitamin A boost is a potent and pure retinal and lactic acid resurfacing treatment. It reduces the appearance of fine lines, wrinkles and hyperpigmentation by boosting collagen production and speeding cell turnover, creating a more radiant and even-toned complexion. Ideal for mature or sun damaged skin.

Detox Clear Peel Treatment (40 minutes)

£89.00

Detox Clear contains salicylic acid and lactic acid for excellent pore penetration and exfoliation. Salicylic acid penetrates into the pore and exfoliates dead skin cells and excess sebum. Lactic acid exfoliates dead skin cells and hydrates. Eucalyptus provides strong astringent properties. Together, they work to smooth skin, minimise pore size experience, reduce acne and prevent new pimples from forming.

Radiant 20/10 Peel Treatment (40 minutes)

£89.00

With lactic and salicylic acid, radiant 20/10 resurfacing peel contains a powerful combination of them both which improves skin tone and texture by exfoliating dead skin cells and speeding cell turnover. The multipurpose resurfacing peel reduces acne pimples and minimizes the appearance of fine lines and wrinkles, large pores, hyperpigmentation and sun damage.

Radiant 30 Peel Treatment (40 minutes)

£89.00

Radiant 30 is an alpha hydroxy acid resurfacing peel containing lactic acid to exfoliate dead skin cells. Boost cell turnover and stimulate collagen, improving skin texture and tone. This multifunctional peel targets multiple skin conditions, including fine lines and wrinkles, discolouration, sun damage and large pores.

Glow Peel Treatment (40 minutes)

£99.00

Glow Peel combines lactic acid, salicylic acid and resorcinol, creating a multipurpose resurfacing solution effective in minimizing the appearance of fine lines, wrinkles and hyperpigmentation issues like age spots, discolouration and uneven skin tone. This formula exfoliates dead skin cells and stimulates cell renewal. To suit individual needs, Glow Peel can be customized by strength and by a number of layers. Ideal for Dry, Normal, Oily, Dehydrated, Acne, Hyperpigmentation & Ageing skin.



ELEMIS Body Treatments for Pure and Ultimate Relaxation

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

30 Minute Back Massage	£35.00
45 Minute Back, Neck, Shoulders, Face & Scalp Massage	£48.00
60 Minute Full Body Massage	£60.00
75 Minute Full Body Massage	£75.00
90 Minute Full Body, Face & Scalp Massage	£90.00

ELEMIS Deeper Than Deep Hot Stone Massage

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

45 Minute Back, Neck & Shoulder Massage	£58.00
60 Minute Full Body Massage	£70.00
80 Minute Full Body, Face & Scalp Massage	£90.00

ELEMIS Poultice-Powered Muscle Release (1 hour) **£75.00**

The unique Amber poultice dissolves tensions and elasticises the skin. Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Using a uniquely designed amber poultice, and combining the power of eucalyptus and juniper each area of tension is specifically targeted. Painful knots are eased.

ELEMIS Hot Mineral Body Boost (1 hour) **£89.00**

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS Body: Scrubs and Wraps

ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani Wrap (45 minutes) **£60.00**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Combined with massage (1 hour 45 minutes) **£110.00**

ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani (30 minutes) **£45.00**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS Intensely Cleansing Body Massage - Lime & Ginger Body or Frangipani (1 hour 45 minutes) **£95.00**

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

ELEMIS Targeted Toning Tightener (1 hour 30 mins) **£85.00**

A powerful blend of massage and a detoxifying clay for targeted toning and improved circulation.

Choose a localised treatment: Arms, Hips & Thighs or Abdomen (30 minutes) **£40.00**

ELEMIS Thousand Flower Detox Wrap (1 hour) **£69.00**

A nutrient-rich detox wrap using the deeply nourishing Green Tea balm for a system that fires on all cylinders.

ELEMIS Garden Of England Rose Restore

Delicious centred full body massage with British botanical oil and rose body balm to lavishly hydrate and relax you from top to toe.

Full body massage (1 hour) **£69.00**

Full body massage, facial and scalp massage (1 hour 30 minutes) **£95.00**

Absolute Spa Ritual (2 hours) **£120.00**

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 an ELEMIS Advanced Performance Facial.

Indian Head Massage (40 minutes) **£46.00**

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



ELEMIS: Mother-to-Be

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently.

ELEMIS Skin Solutions Prescription Facial (30 minutes) **£35.00** (60 minutes) **£60.00**

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

ELEMIS BIOTEC Sensitive Skin Soother Facial (1 hour) **£70.00**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. **The result is calm and soothed skin.**

ELEMIS Peaceful Pregnancy Massage (1 hour - 1 hour 15 minutes) **£69.00**

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ELEMIS Peaceful Pregnancy Face and Body Experience (2 hours) **£115.00**

A combination of the Peaceful Pregnancy Massage and ELEMIS Facial which gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

Mother To Be/New Mum Package (2 hours 30 minutes) **£130.00**

ELEMIS Peaceful Pregnancy Massage for the Mother to Be or New Mum.

ELEMIS Skin Solutions Facial.

Nurturing Pedicure with polish.



CACI SYNERGY NON-SURGICAL SOLUTIONS

USING PIONEERING S.P.E.D™ MICROCURRENT LED TECHNOLOGY, A BREAKTHROUGH NEW ADVANCEMENT. GREAT FOR FACE TONING, AND LINES AND WRINKLES ESPECIALLY WITH WRINKLE COMB - THE ALTERNATIVE TO DERMAL FILLERS.



The CACI Synergy Non Surgical Face Lift (1 hour 15 minutes including CACI Synergy Jowl Lift) **£65.00**

The CACI Synergy Non Surgical Face Lift uses controlled micro-currents to help firm, tone, lift and re-educate facial muscles. The treatment also stimulates blood circulation, which helps improve muscle tone and counteract dryness, leaving the skin toned and hydrated with a more youthful appearance. This highly popular treatment, which is loved by celebrities is the UK's best selling anti-ageing facial treatment.

CACI Synergy Non Surgical Face Lift course of 10 (2-3 times a week) £585.00

CACI Synergy Non Surgical Eye Lift (30 minutes) **£35.00**

Concentrated treatment focusing on the eye area. The eyes are one of the first areas to show the signs of ageing; this quick and targeted treatment helps reduce fine lines and wrinkles around the eye area.

CACI Synergy Non Surgical Eye Lift course of 10 (2-3 times a week) £315.00

CACI Synergy Non Surgical Jowl Lift (30 minutes) **£35.00**

The CACI Synergy Jowl Lift facial uses Quad Probe applicators designed to double the lifting action of the CACI treatment system thereby enhancing results and reducing treatment time. The CACI Synergy Jowl Lift facial has been developed to specifically target muscle laxity around the jawline.

CACI Synergy Non Surgical Jowl Lift course of 10 (2-3 times a week) £315.00

CACI Synergy Wrinkle Revolution (30 minutes) **£35.00**

The wrinkle comb combines photostimulation technology with high frequency to effectively plump out and soften deep lines and wrinkles. Particularly beneficial to treating nose to mouth lines, frown lines and crows feet lines. Provides a needle-free alternative to collagen injections and dermal fillers. A course of treatments is recommended for best results.

CACI Synergy Wrinkle Revolution course of 10 (2-3 times a week) £315.00

CACI Synergy Ultimate

CACI Synergy Ultimate Facial; a combination of all four treatments (1 hour 30 minutes) **£95.00**

The CACI Synergy Ultimate provides four stages of anti-ageing; Microcurrent that softens fine lines whilst toning and firming the face and body; 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 powerful boost of hydration. All combined to give you the ultimate aesthetic treatment for the face and body.

CACI Synergy Ultimate intensive facial course for the ultimate non-surgical face lifting programme.

An intensive four week programme for optimum results.

Programme includes:

4 CACI Ultimate Facials (1 per week)

6 CACI Non Surgical Face Lift Treatments (2 per week)

(We recommend you undertake this programme within a four week period. Our therapists will provide advice and guidance to ensure you achieve optimum results.)

(Total course saving £90)

£680.00

CACI Synergy Microdermabrasion Facial (40 minutes)

£55.00

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. The orbital rotation of the abrasion tips attached to the hand-piece significantly reduce skin imperfections such as discolouration, age spots, small wrinkles, scars and impurities, leaving the skin clear and smooth. At the same time micropulses transmitted by the hand-piece massage the skin, improving circulation and stimulating the formation of new collagen that firm and tone the skin tissue providing a very relaxing treatment.

CACI YOUR WAY

A 15 minute add-on treatment of your choice, which utilises one or more of the CACI technologies specific to your needs. This is a personalised treatment whereby you and your therapist will decide which of the three CACI technologies will work best for you.

ETR

Jowl Lift

Wrinkle Comb

£15.00



HAIR REDUCTION WITH IPL TECHNOLOGY

Utilising the latest evolution in Laser & IPL technologies, Sirius by Ellipse is the most popular method for the reduction of unwanted hair, superfast, safe and approved for use by the NHS.

To achieve long lasting or permanent hair reduction, it is necessary to destroy the hair follicle from which individual hairs grow. Controlled pulses of light penetrate the epidermis and are absorbed by melanin in the hair contained in the follicle.

Melanin converts the light energy into heat. This heat is transferred to the hair follicle, which is destroyed, making it unable to produce a new hair. The treatment is only effective on growing hairs as these are still attached to the follicle. Hair in the resting (telogen stage) are treated later. This technique is called "Selective Photothermolysis". The visible light produced by Ellipse IPL systems is carefully controlled to ensure the correct pulse length, wavelengths and right amount of energy to destroy the follicle.

	Single Treatment	Course of 6
Upper Lip	£29.00	£145.00
Chin	£29.00	£145.00
Half Face	£49.00	£245.00
Underarms	£49.00	£245.00
Arms	£69.00	£345.00
Bikini	£49.00	£245.00
G String Bikini	£59.00	£295.00
Brazilian/Hollywood	£89.00	£445.00
Half Leg	£89.00	£445.00
Full Leg	£139.00	£695.00
Chest and Abs	£89.00	£445.00
Part Back	£89.00	£445.00
Full Back	£139.00	£695.00

Book a course of 6 and only pay for 5 treatments, with the 6th one free.

Combination Packages

Any two areas - save 10% | Any three areas or more - save 15%.

We recommend a minimum of 6 treatments, with some hair types requiring more. The average for a successful program is between 6 - 10 treatments.

AVAILABLE SOON AT CITY RETREAT ADVANCED LASER SKIN REJUVENATION

Using advanced proven IPL Technologies to offer non-invasive cosmetic skin treatments.
Clinically proven, safe and effective and approved by the NHS.

Treatments coming soon include:

Vascular treatments - Thread Veins
Pigmentation Treatments on Hands and Face
Acne Clearance
Vascular Lesions



BEFORE: Thread Veins



AFTER: Thread Veins



BEFORE: Acne



AFTER: Acne

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. 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)	£25.00
Prescription Spa Manicure including hand and arm massage (45 minutes)	£30.00
Deluxe Spa Manicure with heated mitts (1 hour)	£45.00
Men's Hand & Nail Grooming (30 minutes)	£25.00
File & re-polish (15 minutes)	£17.50
French polish supplement	£5.00

Pedicures

Please remember to wear open toe shoes

Classic Pedicure (45 minutes)	£34.00
Deluxe Spa Pedicure with heated mitts (1 hour 15 minutes)	£45.00
Executive Footcare for Men (30 minutes)	£28.00
File & re-polish (15-20 minutes)	£17.50
French polish supplement	£5.00

OPI Gel Manicure

Gel Manicure	£32.00
Soak off and re-application gel manicure	£38.00
Soak off, cuticle tidy & gel break manicure	£24.00

OPI Gel Pedicure

Gel Pedicure	£34.00
Soak off and re-application gel pedicure	£40.00

Gel Soak Off (20 - 30 minutes)	£10.00
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Bio Sculpture Gel

Bio Manicure or Pedicure	£35.00
Luxury Bio Manicure or Pedicure	£48.00
Bio soak off & reapplication	£42.00
Bio soak off, cuticle tidy & conditioning treatment	£24.00

Swarovski Crystal Pedicure (partial crystals)	£55.00
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Swarovski Crystal Pedicure (full crystals)	£85.00
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VITA LIBERATA SPRAY TANNING

Vita Liberata tans are completely non-toxic and certified organic. They are all packed with natural extracts such as ylang-ylang, seaweed, pomegranate and grape, which means no nasty biscuit smell and therefore guarantees a pleasant tanning experience! The tans also include the nourishing moisture-lock© system to ensure an easy, streak-free application and a natural fade.

The Spray Tan Collection

Our spray tan solution dries on contact with skin and lasts up to 7 days.

The organic ingredients combined with our moisture locking system (which draws water to the skin's surface and locks it there for up to 72 hours) makes the skin incredibly soft and gives a perfect fade.

Luxury Organic Tan (development time 6 – 8 hours) **£26.00**
Offers an instant bronzing colour while your tan develops.

Anti-Ageing Tan (development time 6 - 8 hours) **£30.00**
This innovative anti-age spray tan contains HyH20TM technology to fight signs of ageing including fine lines, wrinkles and dryness.

Luxury Tan Package (includes full body exfoliation, shower and tan) (1 hour) **£50.00**

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

Disposable underwear provided.



WAXING

At City Retreat we offer two types of hair removal: Oritree Liquid Hair remover which is a pure and totally natural hair remover, which is kinder to the skin than most general strip waxes. For those more intimate areas we offer the 'Elite Lycon' Hot Waxing System. The Elite Lycon Waxing System encompasses the finest selection of natural ingredients that removes hair as short as 1mm. Excellent on the most sensitive and intimate areas leaving a cleaner and neater finish.

	Strip Wax	Lycon Wax
Standard Bikini Line Wax	£14.00	£20.00
G String Bikini Line Wax (high bikini)	£20.00	£26.00
Brazilian Bikini Line Wax (landing strip)	£30.00	£36.00
Hollywood Bikini Line Wax (total removal)	£32.00	£38.00
Half Leg Wax	£20.00	
Three Quarter Leg Wax	£25.00	
Full Leg Wax	£30.00	
Full Leg and Bikini Line	£40.00	£46.00
Full Leg and G String Bikini Line	£44.00	£52.00
Full Leg and Brazilian Bikini Line	£48.00	£56.00
Full Leg and Hollywood Bikini Line	£50.00	£58.00
Under Arm Wax	£14.00	£18.00
Lip Wax	£12.00	£14.00
Lip & Chin Wax	£18.00	£22.00
Eyebrow Wax	£12.50	£15.00
Forearm Wax	£15.00	
Full Arm Wax	£19.00	
Part Back or Chest Wax	£26.00	
Full Back Wax	£30.00	

Waxing Packages

	Strip Wax	Lycon Wax
Half Leg, Underarm and Standard Bikini Line	£42.00	£48.00
Half Leg, Underarm and G String Bikini Line	£46.00	£56.00
Half Leg, Underarm and Brazilian Bikini Line	£52.00	£59.00
Half Leg, Underarm and Hollywood Bikini Line	£56.00	£64.00

FOCUS ON EYES

High Definition

The must have brow treatment, totally tailored to you! A combination of waxing, threading and tinting techniques to give you an enhanced and perfect brow shape. **A patch test is required 48 hours prior to every treatment.**

High Definition Brows (45 minutes) **£32.00**

To keep the 'wow' to your brow, we also stock the full range of High Definition Make-up. A range adored by the A-List Celebrities and consumers across the globe.

Please note we cannot do this treatment without a patch test being carried out 48 hours beforehand.

LVL Lash Lift (1 hour - 1 hour 15 minute) **£50.00**

Lash Perfect Semi Permanent Eyelash Extensions

Supreme full set (1 hour 30 minutes) **£89.00**

Natural half set (1 hour) **£69.00**

3 Week Top-up (45 minutes) **£45.00**

4 Week Top-up (60 minutes) **£56.00**

To maintain the fullness of lashes and to keep the perfect appearance, regular maintenance is required every 2-3 weeks.

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. Home care and aftercare advice should be followed carefully to maintain the safety of the natural lashes and longevity of the enhancements.

Regular Eye Treatments

Eyebrow Shape (15 minutes) **£12.50**

Eyelash Tint (20 minutes) **£18.00**

Eyebrow Tint (10 minutes) **£12.50**

Eyelash & Brow Tint (25 minutes) **£26.00**

Eyebrow Tint & Shape (30 minutes) **£22.00**

Focus on Eyes (Eyebrow Shape, Eyelash & Eyebrow Tint) (40 minutes) **£38.00**

A patch test is required 24 hours prior to any regular tinting treatments

Please call in for a free patch test.

MAKE-UP TREATMENTS

Make the most of your looks with our highly skilled make-up expert. This mineral based make-up range from **Jane Iredale** enhances the lives of women by aiding the health of the skin. Suitable for even the most sensitive skins and can be used immediately after surgery, waxing, electrolysis etc.

High Definition Make-up Range

A fantastic range of make-up developed by celebrity make-up artist Nilam Holmes-Patel. The range offers a wide selection of eye and brow palettes along with a full range of face and eye products. This range has fast become one of the most famous make-up ranges of all time.

Cleanse & Make-up (30 minutes) **£39.00**

Make-up Lesson (to help brush up your technique – 45 minutes - 1 hour) **£49.00**

Touch of Colour (add on to a facial for a touch of colour) **£12.00**

Bridal Make-up (in salon – travelling costs will apply if necessary) **£125.00**

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**

Bridal Packages **£POA**

Personalised to suit individual requirements



Be confident

Look beautiful

Feel amazing

On your special day

TREATMENT PACKAGES AVAILABLE

Top 2 Toe Essentials (3 hours 30 minutes) **£130.00**

ELEMIS Skin Solutions Prescription Facial
Prescription Spa Manicure
Classic Pedicure
Eyebrow Shape
Make-up

The Perfect Pamper (3 hours) **£120.00**

ELEMIS Freestyle Deep Tissue Massage
ELEMIS Skin Solutions Prescription Facial
Prescription Spa Manicure
Make-up

Mother To Be/New Mum Package (2 hours 30 minutes) **£129.00**

ELEMIS Peaceful Pregnancy Massage for the Mother to Be or New Mum.
ELEMIS Skin Solutions Facial
Nurturing Pedicure with polish

Bespoke Bridal Packages **£POA**

Preparing to look radiant for your big day takes a lot of time and thought. Tell us the treatments you would like to have on the build up to your wedding and we will tailor make a package to suit your individual needs.

Hen Parties

Hen Parties can be arranged for between 4 – 8 guests with use of our Private Spa Suite.

2 Hour Hen Party Package

Use of Private Spa Suite with sauna, steam room and relaxation area
40 minute ELEMIS Deep Tissue Back Massage or 40 minute ELEMIS Skin Solutions Prescription Facial

From £65.00 per person

Price includes fresh fruit platter, Belgian chocolates and complimentary glass of bubbly.

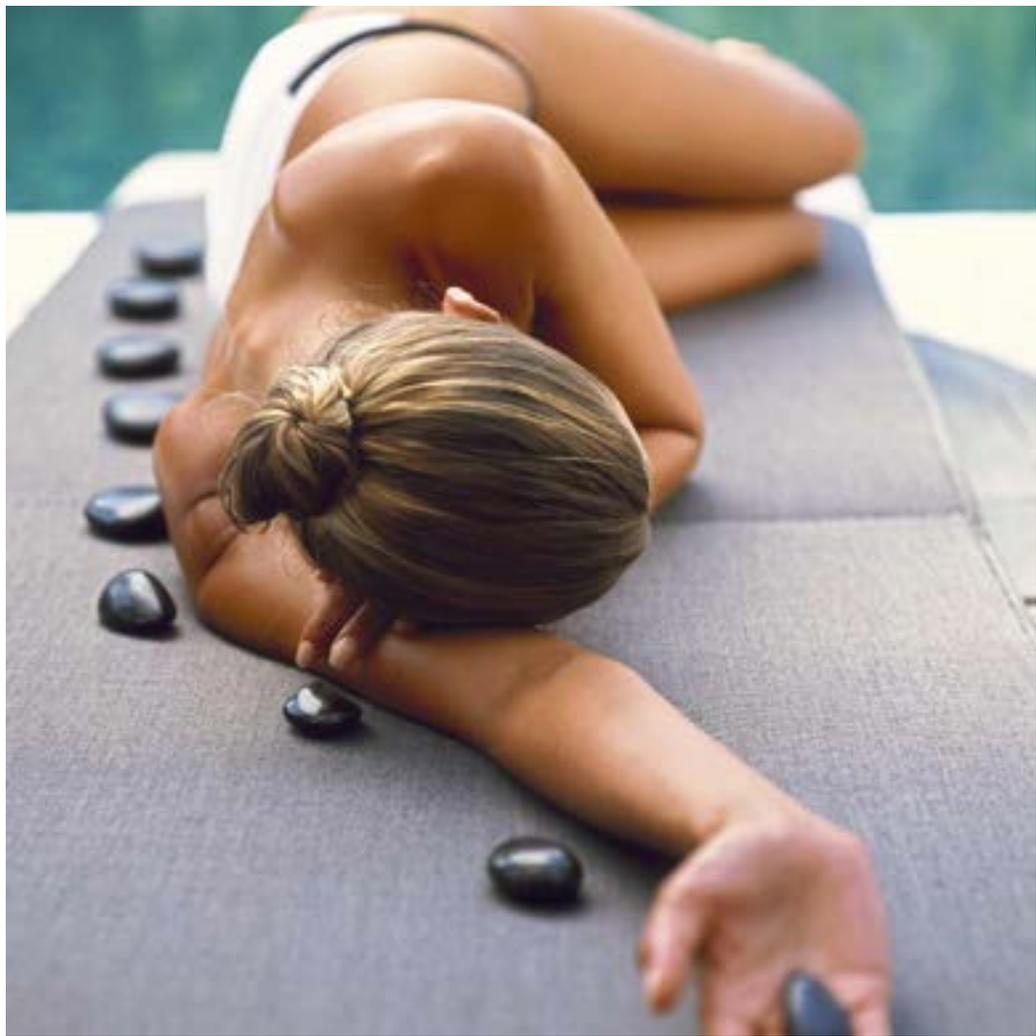
3 Hour Hen Party Package

Use of Private Spa Suite with sauna, steam room and relaxation area
ELEMIS Deep Tissue Back Massage and ELEMIS Skin Solutions Prescription Facial

From £89.00 per person

Price includes fresh fruit platter, Belgian chocolates and complimentary glass of bubbly.

Please note that all packages require 48 hours cancellation notice.



SPA EXPERIENCES

Chill Out Spa Retreat (2 hours 45 minutes) **£89.00**
Full use of Private Spa Suite
AromaWorks Nurturing Full Body Massage
Refreshments

Time for Me Spa Retreat (3 hours 30 minutes) **£115.00**
Full use of Private Spa Suite
AromaWorks Nurturing Back Massage
ELEMIS Skin Solutions Prescription Facial
Afternoon Tea and Refreshments

Seventh Heaven Spa Retreat (approximately 5 hours) **£165.00**
Full use of Private Spa Suite
AromaWorks Nurturing Back Massage with Hot Stones
ELEMIS Skin Solutions Prescription Facial
Hands and Feet Retreat
Afternoon Tea and Refreshments

Sheer Indulgence Spa Retreat (6 hours of sheer relaxation) **£195.00**
Full use of Private Spa Suite
Welcome Foot Ritual
AromaWorks Nurturing Full Body Massage
ELEMIS Skin Solutions Prescription Facial
Hands and Feet Retreat
Afternoon Tea and Refreshments

Full use of our Private Spa Suite

Our Private Spa Suite can be reserved for up to 4 people and includes use of our Sauna, Shower Room and Relaxation Area.

Single use (per 2 hour session, per person) **£35.00**
Price 2 persons (per 2 hour session) **£65.00**
Price 3 persons (per 2 hour session) **£90.00**
Price 4 persons (per 2 hour session) **£110.00**

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

Afternoon Tea may be added with a complimentary glass of bubbly (per person) **£14.50**

A toweling robe and complimentary pair of slippers will be provided for all spa packages. Swimsuits must be worn in sauna. Men are advised to wear boxer shorts throughout all treatments or disposable underwear will be provided. Shower caps available.



CITY RETREAT

BEAUTY SALON & DAY SPA

OPENING TIMES

Monday	10.00 am - 6.00 pm
Tuesday	10.00 am - 8.00 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 - 4.30 pm

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

CAR PARKING

We have a private car park available at the rear of the building for the exclusive use of our guests.
Please leave your car registration details at reception on arrival.

ADDRESS DETAILS

48 Osborne Road, Jesmond, Newcastle upon Tyne NE2 2AL
Tel: 0191 281 9222 Email: beauty@city-retreat.com

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