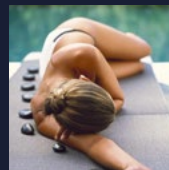
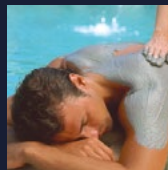
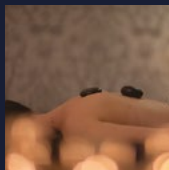
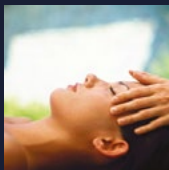




# CITY RETREAT

ADVANCED FACIALS, BEAUTY & SPA THERAPIES

GOSFORTH



*City Retreat  
Luxury Beauty Salons  
& Day Spas*

**Awarded Boutique Salon of The Year 2022 & 2024**  
*British Professional Beauty and World Spa Awards*

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

*Winner of the British Professional Beauty & World Spa Awards*

**Awarded Best Boutique Beauty Salon in the British Professional Beauty Awards 2022, 2024**

**Best British Beauty Salon with Four Rooms or More**

Finalists 2006, 2007, 2008 (Winner), 2009, 2010, 2011, 2012, 2013, 2014, 2015,  
2016, 2017 (Winner), 2018, 2019, 2020 & 2022

**Beauty Salon of the Year: North East 2016 Winner**

**BABTAC & CIBTAC British Day Spa of the Year: 2023**

**British Beauty Employer of The Year**

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



**Awarded Boutique Salon of The Year 2024**  
*British Professional Beauty and World Spa Awards 2024*

*Elevate your health, beauty and well-being at City Retreat*



**City Retreat salons and spas are located across the Newcastle area. You will find our beautifully appointed salons and spas in Newcastle City Centre, Jesmond and Gosforth.**

All of our salons offer you a haven of sheer tranquillity and a space to escape the stresses and strains of every-day living. Choose your favourite space and step into one of our salons to leave the world behind you and indulge all of your senses.

From the moment you step into our award-winning salons or spa, your cares and worries will melt away. Our highly experience therapists are on hand to ensure you enjoy a truly relaxing spa day with us 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, at our Jesmond day spa we offer a collection of spa rituals and packages which combine indulgent treatments with refreshments and time to unwind in our beautiful spa suite, with sauna, steam room and relaxation area.

Whether alone or with a partner or friends, City Retreat offers a soothing and peaceful place to relax, unwind and truly nurture your well-being.

# City Retreat Policies & Guest Information

*Please take a moment to read.*

## **Arrivals**

We ask that all clients arrive 5 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. The remainder balance can be paid on the day of treatments or may be asked 5 days prior for larger parties.

## **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. We require 48 hours cancellation notice for spa experiences. 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 respectfully 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 at all times.**

**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.

*Thanking You Kindly, The City Retreat Team*

*Expect an experience,  
not just a treatment...*



CITY RETREAT  
ADVANCED FACIALS, BEAUTY & SPA THERAPIES  
GOSFORTH

## City Retreat Lifestyle Membership

*Redefine your Well-being 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 well-being, maintain good health and wellness and elevate yourself to a healthier, more balanced lifestyle.

### *Levels Of Membership*

*ELEMIS EXPERT™ Deep Tissue Massage*

<b>Level One</b>	30 Minutes (Back, Neck and Shoulder)	£36 per month
<b>Level Two</b>	45 Minutes (Back, Neck, Face & Scalp Massage)	£50 per month
<b>Level Three</b>	60 Minutes (Full Body Massage)	£65 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 well-being.

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 on all of the benefits you can enjoy as a member, please visit our website membership page: [www.city-retreat.com/lifestyle-membership](http://www.city-retreat.com/lifestyle-membership)



## ELEMIS EXPERT™ TOUCH FACIALS

ELEMIS' globally renowned hands-on facial treatments are designed for men and women 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 ELEMIS spa therapy is shaped and moulded around you. Personalised for a results-driven, personal experience.

<b>ELEMIS EXPERT™</b>	40 mins	£55.00
<b>TOUCH NOURISH FACIAL</b>	60 mins	£85.00

### CLEANSE, REBALANCE & REVIVE

Boost skin radiance with our triple-cleanser facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

<b>ELEMIS EXPERT™</b>	40 mins	£55.00
<b>TOUCH REVEAL FACIAL</b>	60 mins	£85.00

### RESURFACE, SMOOTH & GLOW

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

<b>ELEMIS EXPERT™</b>	40 mins	£60.00
<b>TOUCH RENEW FACIAL</b>	60 mins	£89.00

### HYDRATE, LIFT & FIRM

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven pro-collagen formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

<b>ELEMIS EXPERT™</b>	40 mins	£69.00
<b>TOUCH DEFINE FACIAL</b>	75 mins	£115.00

### ENERGISE, REJUVENATE & SCULPT

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.



## ELEMIS EXPERT™ FACIAL ADD-ON TREATMENTS

Choose from our range of specialised treatment add-ons, designed to target specific concerns and enhance your experience.

### **ELEMIS EXPERT™ COLLAGEN EYE BOOST**

15 mins

£20.00

#### **BRIGHTEN, HYDRATE & REVITALISE**

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalise.

### **ELEMIS EXPERT™ LED ENERGY MASK**

15 mins

£20.00

#### **GLOW, SOOTHE & ENERGISE**

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

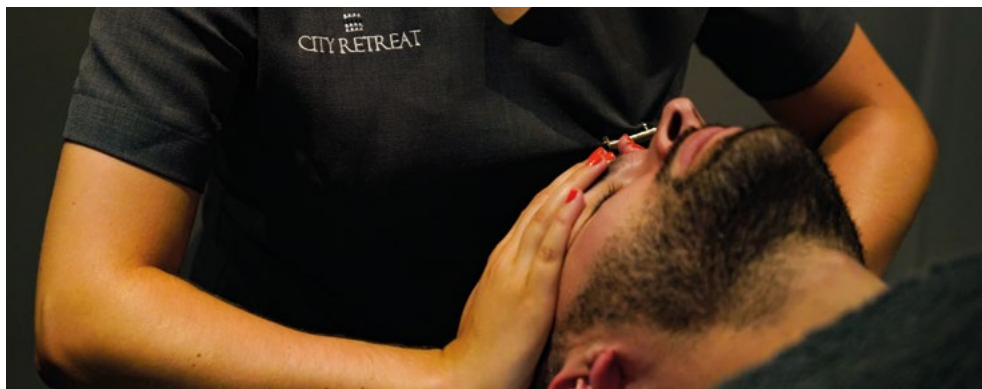
### **ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE**

15 mins

£15.00

#### **REBALANCE, RESTORE & RELIEVE**

Combined with your main treatment, our restorative head massage, which is performed without the use of oil, helps to alleviate tension in the neck and scalp, leaving you feeling completely rebalanced.



## ELEMIS EXPERT™ TECH FACIALS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.



### **ELEMIS EXPERT™ TECH RADIANCE + REVIVE FACIAL**

40 mins  
55 mins

£65.00  
£90.00

#### **REBALANCE, NOURISH & GLOW**

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, Leaving your skin rebalanced, nourished and radiant.

### **ELEMIS EXPERT™ TECH SMOOTH + POLISH FACIAL**

40 mins  
55 mins

£65.00  
£90.00

#### **RESET, RESURFACE & BRIGHTEN**

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

### **ELEMIS EXPERT™ TECH LIFT + REJUVENATE FACIAL**

40 mins  
55 mins

£70.00  
£99.00

#### **RENEW, PLUMP & TONE**

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

<b>ELEMIS EXPERT™</b>	40 mins	£80.00
<b>TECH SCULPT + FIRM FACIAL</b>	75 mins	£130.00

#### REVITALISE, STRENGTHEN & DEFINE

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

## ELEMIS EXPERT™ FACIAL ADD-ON TREATMENTS

Choose from our range of specialised treatment add-ons, designed to target specific concerns and enhance your experience.

<b>ELEMIS EXPERT™</b>	15 mins	£20.00
<b>COLLAGEN EYE BOOST</b>		

#### BRIGHTEN, HYDRATE & REVITALISE

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalise.

<b>ELEMIS EXPERT™</b>	15 mins	£20.00
<b>LED ENERGY MASK</b>		

#### GLOW, SOOTHE & ENERGISE

Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

<b>ELEMIS EXPERT™</b>	15 mins	£15.00
<b>RESTORATIVE HEAD MASSAGE</b>		

#### REBALANCE, RESTORE & RELIEVE

Combined with your main treatment, our restorative head massage, which is performed without the use of oil, helps to alleviate tension in the neck and scalp, leaving you feeling completely rebalanced.

*Our expert therapists will follow your facial with advice on skincare and a healthy skin routine, helping you maintain and enhance the benefits experienced during your facial with us.*

## Crystal Clear SkinStorm

SKINSTORM simply does it ALL! Expertly cleanses, attacks acne, peels and resurfaces, infuses a powerful cocktail of skin-loving ingredients, firms, hydrates, fills like a trip to your aesthetician and renews like new. This ground breaking treatment can be adapted to suit your individual needs. Our expert therapists will carry out a full consultation to establish your treatment plan to give your skin the best, most optimum results.



The NEW SkinStorm Facial is a bespoke multi layer facial treatment for all skin conditions and concerns. Ask our team about our bespoke skin program perfectly designed for your personal needs to achieve the best results for your skin.

- **HYDRA FACIAL CLEANSER**
- **MICRODERMABRASION**
- **OXY-ICE FACIAL PEEL**
- **MICRONEEDLING**
- **OXYGEN BLAST**
- **TRIPLE LIGHT PHYTOTHERAPY**

The following treatment times are inclusive of consultation. If you would like to discuss how we can help you with your skin concerns prior to your treatment, please book a 10-15 minute skin consultation with us.

**Skin Consultation – 15 minutes - £15 (Redeemable against your first skinstorm facial)**

<b>Teenage Anti-Bacterial or Acne Management Treatment</b>	30 mins	£65.00
<b>ELEMENT 1 &amp; 6 WITH CRYO-MARINE MASK</b>		
Enjoy the hurricane oxygen ice deep cleanse to draw any impurities from the skin. Allowing the topical dissolvable oxygen to feed the skin layer by layer. Followed by Blue light therapy and the Crystal Clear Cryo-Marine Mask to sooth, reduce inflammation and kill bacteria, tighten enlarged pores and help control teenage blemishes or mild acne symptoms.		
<b>Microdermabrasion Facial</b>	55 mins	£95.00
<b>ELEMENTS 1, 2 &amp; 6</b>		
This is a deep oxy ice cleanse and controlled exfoliation. We work across the skin, using natural mineral stones to remove the dead skin cells and smooth the skin. We are working within the epidermal layer. This allows better product absorption and stimulates the cell turnover. The Crystal Clear Cryo-Marine Mask and blue light is combined to kill bacteria, while the red light stimulates collagen production. This treatment is good for all skin types. Leaving the skin visibly bright and clear after the first treatment.		
<b>Resurface, Peel &amp; Heal Facial</b>	70 mins	£135.00
<b>ELEMENTS 1, 2, 3 &amp; 6</b>		
This treatment is perfect for skin suffering from hyperpigmentation, sun damage, acne, scarring, dull tiered skin, resulting in a more even skin tone that lasts. This will resurface the outer layers and work on the inner layers, giving you instantly smoother skin. Works to improve cell production to give longer lasting results.		
<b>The Frozen Facial</b>	80 mins	£169.00
<b>ELEMENTS 1, 2, 4 &amp; 6 (WITH OXY ICE NEEDLING &amp; TAILORED LIGHT THERAPY)</b>		
The most effective and advanced skin rejuvenation treatment yet, tackling lines, wrinkles, and pigmentation. Enjoy a full cleanse followed by microdermabrasion to resurface and smooth the skin. Followed with micro-channelling and topical dissolvable oxygen to stimulate the skins natural heal repair response. This is the most advanced method of replacing lost moisture in the skin. Fabulous for dull, dehydrated, ageing, pigmented, scarred skin. We adapt the chosen infusion and mask depending on your concerns. We will tailor make the treatment at all points to give you the best results possible.		
<b>Full SkinStorm Red Carpet Facial Treatment</b>	90 mins	£189.00
<b>ALL ELEMENTS</b>		
This treatment includes all elements to super-cleanse, resurface, hydrate and stimulates collagen production, boosting skin cells and leaving skin feeling plump and glowing. We can target all concerns from, dull dehydrated skin, acne scarring, ageing, lax skin, pigmentation and much more. Overall stimulates and regenerates cells to give immediate optimum results and long-term results. We treat the skin of now and the skin of the future.		

*Healthy skin is always in*

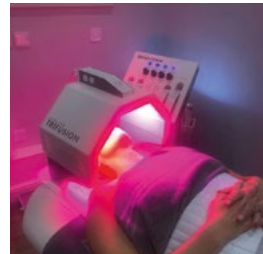
## Triple Fusion Phototherapy

Triple fusion phototherapy offers a vast array of skincare solutions safely and effectively.

A Phototherapy treatment light that comes with two separate shields that can be utilised together or independently. Triple Fusion Phototherapy is perfect for treating and improving a vast array of skin concerns from irritated inflamed skin, acne, congestion, pigmentation, ageing to psoriasis and eczema.

Utilising safe controlled levels of Red, Blue and Near Infrared light which are clinically proven to help the skin respond optimally. Effective in helping your skin heal, rebalance, rejuvenate, eradicate bacteria, and lift pigmentation. Simply lie back and relax and allow the light to aid recovery and repair your skin.

<b>Triple Fusion Phototherapy</b>	30 mins	£45.00
	40 mins	£55.00
<b>Triple Fusion Phototherapy Add On Treatment</b>	20 mins	£28.00
This can be added on to any facial to enhance results further.		





## CACI NON-SURGICAL SOLUTIONS

<b>NEW: CACI Micro Touch Non Surgical Face Lift</b> (55 minutes)	£69.00
CACI's new award winning micro touch facial - a targetted lifting facial using CACI's iconic microcurrent to lift and define facial muscles.	
A course of 10 treatments is recommended for best results.	
<b>CACI Micro Touch Non Surgical Face Lift course of 10</b> (2-3 times a week)	£540.00
<b>CACI Non Surgical Face Lift</b> (1 hour 15 minutes including CACI Jowl Lift)	£80.00
The CACI 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.	
<b>CACI Non Surgical Face Lift course of 10</b> (2-3 times a week)	£720.00
<b>CACI Non Surgical Eye Revive</b> (40 mins)	£55.00
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.	
<b>CACI Non Surgical Eye Revive course of 10</b> (2-3 times a week)	£495.00
<b>CACI Non Surgical Jowl Lift</b> (30 mins)	£49.00
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.	
<b>CACI Non Surgical Jowl Lift course of 10</b> (2-3 times a week)	£441.00
<b>CACI Wrinkle Revolution</b> (30 mins)	£42.00
The wrinkle comb combines photo stimulation 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.	
<b>CACI Wrinkle Revolution course of 10</b> (2-3 times a week)	£378.00



**CACI Ultimate** (1 hour 30 mins)

£125.00

CACI Ultimate Facial; a combination of all four treatments

The CACI 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 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.)

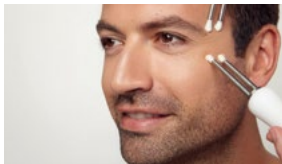
(Total course saving £109)

£895.00

**CACI Microdermabrasion Facial** (40 mins)

£60.00

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 micro pulses 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.

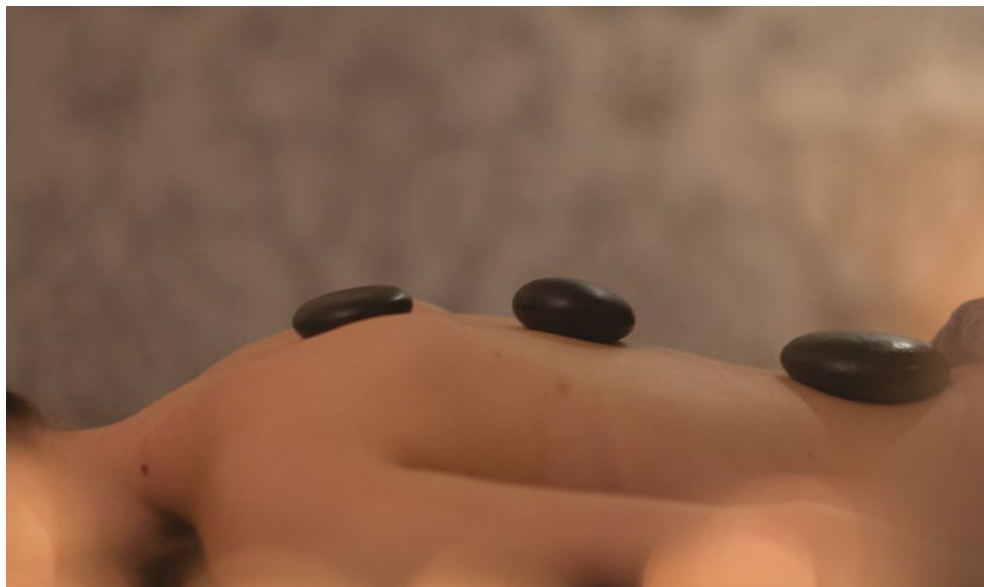


## SIGNATURE SWEDISH MASSAGE

At City Retreat we have introduced a new time focussed massage, incorporating a range of massage techniques which go directly to the points of concern. We have designed the Signature Massage with you in mind when time is of the essence.

<b>Signature Back Massage</b> (25 mins)	£36.00
<b>Signature Back, Neck and Shoulder Massage</b> (40 mins)	£50.00
<b>Signature Back of the Body Massage</b> (40 mins)	£50.00
<b>Signature Full Body Massage</b> (50 mins)	£70.00

If you are looking to enjoy our more indulgent and wellbeing focussed massage rituals here at City Retreat we have our highly sought after ELEMIS EXPERT™ Deep Tissue Massages and our NEW NEOM Sleep Well and Mood Boosting Massage Rituals available.



## *ELEMIS Luxury Body Treatments for Pure and Ultimate Relaxation*

### **ELEMIS EXPERT™ DEEP TISSUE TENSION-EASE MASSAGE**

Perfect for combating a busy lifestyle, this massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

#### **30 Minute Deep Tissue Back, Neck & Shoulder Massage**

(Appointment time: 45 mins, including consultation and welcome foot ritual)

£45.00

#### **45 Minute Deep Tissue Back, Neck, Shoulders, Face & Scalp Massage**

(Appointment time: 60 mins, including consultation and welcome foot ritual)

£65.00

#### **60 Minute ELEMIS Deep Tissue Full Body Massage**

(Appointment time: 75 mins, including consultation and welcome foot ritual)

£85.00

#### **75 Minute Deep Tissue Full Body Massage with Face & Scalp Massage**

(Appointment time: 90 mins, including consultation and welcome foot ritual)

£105.00

### **ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE**

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

#### **30 Minute Hot Stone Back, Neck & Shoulder Massage**

(Appointment time: 45 mins, including consultation and welcome foot ritual)

£55.00

#### **45 Minute Hot Stone Back, Neck & Shoulder with Face & Scalp Massage**

(Appointment time: 60 mins, including consultation and welcome foot ritual)

£75.00

#### **60 Minute Hot Stone Full Body Massage**

(Appointment time: 75 mins, including consultation and welcome foot ritual)

£95.00

#### **75 Minute Hot Stone Full Body, Face & Scalp Massage**

(Appointment time: 90 mins, including consultation and welcome foot ritual)

£115.00

#### **ELEMIS EXPERT™ ABSOLUTE FACE + BODY RITUAL (2 hours)**

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.

£155.00

**Please note: Gentlemen clients must wear underwear throughout all treatments. Management reserve the right to refuse treatments if deemed appropriate.**



## NEOM Wellbeing Massage Rituals

Taking relaxation and well-being to another level, Neom's massage rituals are truly relaxing and allow you to drift into a state of complete harmony and calm. Along with NEOM's expertly blended 100% natural, super-complex fragrances use only the purest possible essential oils to provide true wellbeing benefits to help you sleep better, boost your energy or lift your mood.

### **NEOM Sleep Ritual**

This ritual begins with an in-depth science of scent therapy consultation with your therapist to establish your personal needs and concerns. This is followed by an opening ceremony to include a reflex foot massage and specialised breathing techniques to help you unwind and totally relax into your sleep ritual experience.

Your skin will be drizzled with NEOM's innovative Skin Treatment Candle oil for de stressing, after which you'll enjoy a special massage focusing on key stress relieving points of the head, neck, face and back. Prepare to be lost in a blissful state, ready for a deep night's sleep.

### **NEOM De-stress**

A thoroughly immersive massage, which combines relaxing scents and specialist massage techniques on key stress relieving points, including head, face, neck and back.

A soothing blend of 24 pressed essential oils (featuring jasmine, Brazilian rosewood, and lavender) greets you as you enter the treatment room and immediately begins working to alleviate any stress.

Your skin will be drizzled with NEOM's innovative Skin Treatment Candle oil for de stressing, after which you'll enjoy a special massage focusing on key stress relieving points of the head, neck, face and back. Allow yourself to drift away into an oasis of calm and emerge from the treatment room a new you.

### **NEOM Mood Boosting – Happiness Ritual**

This ritual begins with an in-depth science of scent therapy consultation with your therapist to establish your personal needs and concerns. This is followed by an opening ceremony to include welcome foot massage and specialised breathing techniques to help you unwind and uplift your senses. Using a blend of 7 essential oils including wild mint & mandarin this treatment will have an uplifting mood boosting effect on both your mind and your body. You will be elevated to a higher sense of bliss by applying purposeful Thai, shiatsu and Cranio massage techniques to massage to increase the release of feel-good endorphins leaving you feeling elevated and relaxed.

This purposeful combination of thoughtful touches will lift your spirits and leave you feeling like your best version of you.

**Full Body Massage Ritual (60 mins allow 75 mins) - £95.00**

**Full Body Massage with Face & Scalp Ritual (75 mins allow 90 mins) - £115.00**

## ELEMIS EXPERT™ 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.*

<b>ELEMIS EXPERT™</b>	40 mins	£55.00
<b>TOUCH NOURISH FACIAL</b>	60 mins	£85.00
<b>CLEANSE, REBALANCE &amp; REVIVE</b>		
Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.		
<b>ELEMIS Peaceful Pregnancy Massage</b> (1 hour - 1 hour 15 minutes)		£89.00
Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.		
<b>ELEMIS Peaceful Pregnancy Face and Body Experience</b> (2 hours)		£155.00
A combination of the Peaceful Pregnancy Massage and ELEMIS EXPERT™ TOUCH NOURISH FACIAL which gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.		
<b>Mother To Be/New Mum Package</b> (3 hours)		£185.00
ELEMIS Peaceful Pregnancy Massage for the Mother to Be or New Mum. ELEMIS EXPERT™ TOUCH NOURISH FACIAL. Nurturing Pedicure with polish.		

**Please note:** All our hands on facials are suitable during pregnancy. Our therapists can advise you on the most safe and effective facials for your condition and skin concerns. Please feel free to ask any questions before, during or after your treatment time with us.

*Our expert therapists will follow your facial with advice on skincare and a healthy skin routine, helping you maintain and enhance the benefits experienced during your facial with us.*

## Mii Manicure and Pedicure

We offer the new and innovative Mii Range of Manicure and Pedicure products which offers the highest quality products developed by a team of nail care experts. Working alongside leading labs to develop efficacious prescriptive treatments, long lasting, fast-drying colours, super glossy topcoats and a comprehensive Statement Gel Polish System. All formulated to enhance and care for your natural nail.

### Manicures

<b>Prescription Manicure</b> (30 mins)	£32.00
<b>Prescription Spa Manicure including hand and arm massage</b> (45 mins)	£40.00
<b>Deluxe Spa Manicure with heated mitts</b> (1 hour)	£55.00
<b>Men's Hand &amp; Nail Grooming</b> (30 mins)	£32.00
<b>File &amp; re-polish</b> (15 mins)	£22.00
<b>French polish supplement</b>	£8.00

### Pedicures

Please remember to wear open toe shoes.

<b>Classic Pedicure</b> (45 mins)	£45.00
<b>Deluxe Spa Pedicure with heated mitts</b> (1 hour)	£60.00
<b>Executive Foot Care for Men</b> (30 mins)	£40.00
<b>File &amp; re-polish</b> (15 mins)	£24.00
<b>French polish supplement</b>	£8.50

<b>Gel Manicure</b>	£42.00
<b>Soak off and re-application gel manicure</b>	£48.00
<b>Soak off and re-application prescription manicure</b>	£48.00

<b>Gel Pedicure</b>	£44.00
<b>Soak off and re-application gel pedicure</b>	£52.00
<b>Soak off and re-application regular pedicure</b>	£52.00

<b>Luxury Gel Pedicure</b> (60 - 75 mins)	£60.00
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<b>Gel Soak Off - City Retreat Application</b> (20 - 30 mins)	£17.50
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# Lash and Brow Treatments

*Brow by Mii*  
*Defined by YOU*

Whether you need a quick tidy or a total transformation, 'Brow by Mii' offers bespoke treatments tailored for you.

**Please Note: A Patch Test is Required for All Tinting Treatments including LVL Lashes.**

**Precision Brow Design By Mii** (40 - 45 mins) £36.00

Whether your eyebrows are in need of nurturing, refining or just a little TLC, Brow by Mii is the perfect treatment to achieve the look you desire. This bespoke eyebrow treatment begins with an in-depth consultation, followed by tinting, waxing, shaping and enhanced finishing with specialist make-up techniques to give enhanced sharpness and definition.

**Maintain Mii – Tint & Shape** (25 mins) £26.00

The ideal service to maintain perfect brows – A follow up treatment that includes our specialised semi-permanent tint, eyebrow wax and shape to bring back that sharpness and definition.

**Eye Brow Tint** (20 mins) £22.00

An express tidy up without the need for waxing. Enhance your eyebrows with this specialised semi-permanent tint. Your therapist will expertly blend shades to achieve the perfect long-lasting colour and tweeze any unwanted stray hairs.

**Lash Mii Eye Lash Tint** (15 mins) £26.00

This specialist long lasting tint will provide up to 4 weeks of definition to your natural lashes. Perfect for swimmers or those summer holidays where you can leave your mascara in the room.

**Eye Lash and Brow Tint** (30 mins) £34.00

This specialist long lasting tint will provide up to 4 weeks of definition to your brows and lashes.

**Focus On Eyes By Mii** £49.00

**The Complete Mii Eye Treatment Package including:**

Maintain Mii Brow Tint & Shape and Lash Mii Eyelash Tint. to shape, frame and enhance both brows and lashes.

**LVL LASH LIFT** £65.00

For those who want to enhance your natural lashes without have eyelash extensions. LVL is the perfect way to enhance what you already have, whether your lashes are long, short, thick or stubborn. This treatment curls your natural lash to create a longer, fuller, more vibrant lash which makes your eyes appear more open. Giving you a more youthful look for 6-8 weeks.

**PATCH TEST REQUIRED 48 HOURS PRIOR TO TREATMENT**



# 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
<b>Standard Bikini Line Wax</b>	£20.00	£26.50
<b>G String Bikini Line Wax</b> (high bikini)	£28.00	£34.50
<b>Brazilian Bikini Line Wax</b> (landing strip)		£45.00
<b>Hollywood Bikini Line Wax</b> (total removal)		£48.00
Half Leg Wax	£28.00	
Three Quarter Leg Wax	£35.00	
Full Leg Wax	£42.00	
Full Leg and Bikini Line	£53.00	£58.00
Full Leg and G String Bikini Line	£58.00	£63.00
Full Leg and Brazilian Bikini Line	£62.00	£69.00
Full Leg and Hollywood Bikini Line	£65.00	£72.00
Under Arm Wax	£20.00	£27.50
Lip or Chin Wax	£17.50	£20.00
Lip and Chin Wax	£25.00	£32.00
Eyebrow Wax	£17.50	£22.00
Forearm Wax	£26.00	
Part Back or Chest Wax	£40.00	
Full Back Wax	£45.00	

## Waxing Packages

	Strip Wax	Lycon Wax
Half Leg, Underarm and Standard Bikini Line	£55.00	£60.00
Half Leg, Underarm and G String Bikini Line	£60.00	£69.00
Half Leg, Underarm and Brazilian Bikini Line	£65.00	£74.00
Half Leg, Underarm and Hollywood Bikini Line	£69.00	£76.00

## Treatment Packages Available

### **ELEMIS EXPERT™ ABSOLUTE FACE + BODY RITUAL**

2 hours

£155.00

ELEMIS Deep Tissue Full Body Massage, ELEMIS EXPERT™ TOUCH NOURISH FACIAL.

### **Top 2 Toe Pamper**

3 hours

£185.00

ELEMIS Deep Tissue Full Body Massage, ELEMIS EXPERT™ TOUCH NOURISH FACIAL, Luxury Spa Pedicure with Polish.

### **Mother To Be/New Mum Package**

3 hours

£185.00

ELEMIS Peaceful Pregnancy Massage for the Mother to Be or New Mum, ELEMIS EXPERT™ TOUCH NOURISH FACIAL, Nurturing Pedicure with polish.

### **Total Time Out for Men**

2 hours

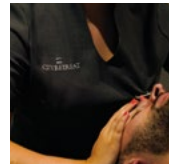
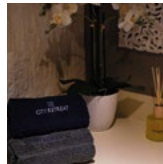
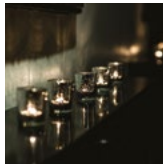
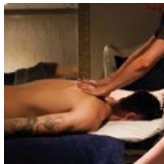
£155.00

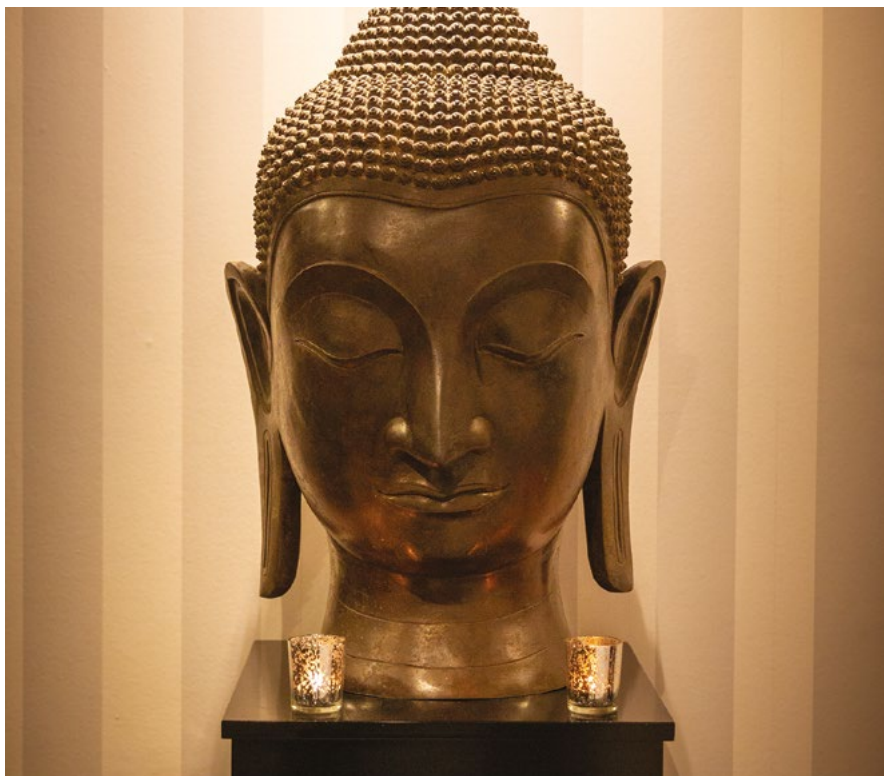
From the soles of your feet to the crown of the head this customised face and body treatment is the ultimate skin therapy, combining the benefits of a full body massage and an ELEMIS EXPERT™ TOUCH NOURISH FACIAL.

### **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.





*Why not visit our Jesmond Branch. Our beauty salon and day spa offers both luxurious and unique spa facilities for the perfect private spa experience.*

Please see our website for further details.

# Private Spa Escape

*Looking For A Spa Retreat? Why Not Visit Our Boutique Spa In Jesmond And Enjoy A Delightful Private Spa Experience For You And A Guest.*

Relax and unwind in our luxurious private spa suite. Here you can escape from the stresses and strains of city living and enjoy peace and tranquillity whilst enjoying the rejuvenating, detoxifying and relaxing benefits of your very own private sauna and steam room.

## Full use of our Private Spa Suite

Our Private Spa Suite can be reserved for you and your partner, friends or colleagues and includes private use of our Shower Room, Sauna, Steam Room and Relaxation Area.

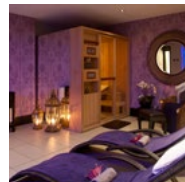
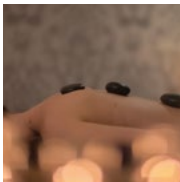
	2 Hours	3 Hours
<b>1 person</b>	£69.00	£89.00
<b>2 people</b>	£95.00	£125.00
<b>3 people</b>	£125.00	£150.00

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

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

£19.50

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







# Spa Experiences at Jesmond Salon & Spa

## **Signature Spa Retreat** (2 Hour 30 Minute Retreat)

£100.00

Including: Full use of our private spa suite with sauna, steam room and relaxation area, fresh fruit platter & a selection of fresh fruit juices, ELEMIS 45 Minute Deep Tissue Back, Neck, Face, Shoulder and Scalp Massage, post treatment relaxation period in our Private Spa Suite with complimentary glass of prosecco & cupcakes.

## **Re-Charge and Relax Spa Retreat** (3 Hour Retreat)

£130.00

Including: Full use of our private spa suite with sauna, steam room and relaxation area, fresh fruit platter & a selection of fresh fruit juices, Elemis Signature Full Body Massage or 60 Minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL, post treatment relaxation period in our Private Spa Suite with complimentary glass of prosecco & cupcakes.

## **Sheer Harmony Spa Retreat** (3 Hour 30 Minute Retreat)

£160.00

Including: Full use of our private spa suite with sauna, steam room and relaxation area, fresh fruit platter & a selection of fresh fruit juices, Elemis Signature Back Massage and 60 Minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL, post treatment relaxation period in our Private Spa Suite with complimentary glass of prosecco & cupcakes.

## **Heaven Scent Spa Retreat** (5 Hour Pure Retreat)

£195.00

Including: Full use of our private spa suite with sauna, steam room and relaxation area, fresh fruit platter & a selection of fresh fruit juices, Elemis Signature Hot Stone Back Massage and 60 Minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL, Signature Manicure or Pedicure, Afternoon Tea with complimentary glass of prosecco.

## **Sheer Indulgence Spa Retreat** (Full Day Pure Retreat)

£235.00

Including: Full use of our private spa suite with sauna, steam room and relaxation area, fresh fruit platter & a selection of fresh fruit juices, Elemis Signature Full Body Massage and 60 Minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL, Signature Manicure and Pedicure, Afternoon Tea with complimentary glass of prosecco.

## **Two's Company Re-Charge and Relax Retreat** (3 Hour Retreat for 2)

£245.00

Including: Full use of our private spa suite with sauna, steam room and relaxation area, fresh fruit platter & a selection of fresh fruit juices, Elemis Signature Full Body Massage or 60 Minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL, post treatment relaxation period in our Private Spa Suite with complimentary glass of prosecco and cupcakes.

A Robe and Towel will be provided for all spa packages. Please bring along your swimsuit and flip flops (swimsuits must be worn in sauna and steam room). Men are advised to wear boxer shorts throughout all treatments or disposable underwear will be provided. Shower caps available.



# CITY RETREAT

ADVANCED FACIALS, BEAUTY & SPA THERAPIES  
GOSFORTH

## *Gosforth Opening Times*

Monday .....	CLOSED
Tuesday .....	10.00 am - 6.30 pm
Wednesday .....	10.00 am - 6.30 pm
Thursday .....	10.00 am - 7.00 pm
Friday .....	9.00 am - 7.00 pm
Saturday .....	9.30 am - 5.30 pm
Sunday .....	CLOSED

### **Car Parking**

Please use a local car park for our Gosforth salon.

### **Address details**

Grey Street Hotel, 2-12 Grey Street, Newcastle upon Tyne NE1 6EE  
48 Osborne Road, Jesmond, Newcastle upon Tyne NE2 2AL  
Gosforth Wellness Centre, 137 High Street, Gosforth NE3 1HA

**Central Reservations: 0191 281 9222 • [beauty@city-retreat.com](mailto:beauty@city-retreat.com)**



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*[www.city-retreat.com](http://www.city-retreat.com)*



Proud to be a member of the British Association of Beauty Therapists and Cosmetology.