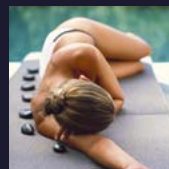
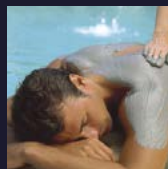




CITY RETREAT

BEAUTY SALON AND DAY SPA

JESMOND



City Retreat
Luxury Beauty Salons
& Day Spas



Finalist for British Day Spa of the Year 2023
Large Salon on the Year 2024 - Highly Commended
BABTAC & CIBTAC Awards

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*

BABTAC & CIBTAC Awards

**Large Salon of the Year 2024 - Highly Commended
Finalist for Employer of the Year 2024
Finalist for British Day Spa of the Year: 2023**

Winner of the British Professional Beauty & World Spa Awards

**Awarded Best Boutique Beauty Salon in the British Professional Beauty Awards 2022, 2024
Awarded Best Large Beauty Salon in the British Professional Beauty Awards 2008, 2017**

**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

**British Beauty Employer of The Year
Finalists 2011, 2012, 2013, 2014, 2015, 2016 & 2017 (Winner)**



**PROFESSIONAL
beauty
REGIONAL AWARDS
2016 WINNER**

**PROFESSIONAL
beauty 2017
WINNER Awards**

**BABTAC & CIBTAC
★ Awards Finalist 2023 ★**



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 tranquility 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

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'.*

Save 20% on your monthly massages, plus additional benefits which include 10% off all other treatments and skincare products, by joining our Lifestyle Members Club today.

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 Luxury Massage

Level One	30 Minutes (Back, Neck and Shoulder)	£40 per month
Level Two	45 Minutes (Back, Neck, Face & Scalp Massage)	£58 per month
Level Three	60 Minutes (Full Body Massage)	£75 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!!

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

SERENITY SWEDISH MASSAGE

Serenity Back Massage (25 mins)	£40.00
Serenity Back, Neck and Shoulder Massage (40 mins)	£59.00
Serenity Back of the Body Massage (40 mins)	£59.00
Serenity Full Body Massage (50 mins)	£79.00
Serenity Couple's Full Body Massage (50 mins)	£155.00

For a more indulgent experience, our ELEMIS EXPERT™ Deep Tissue Massages use aromatic essential oils to target your specific needs; to release muscle tension, aid lymphatic drainage and allow you to destress and enjoy total relaxation.

All our ELEMIS EXPERT™ massages include a welcome foot ritual and deliver targetted massage techniques directly to the points of concern. Leaving you refreshed, rejuvenated and completely relaxed.

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)	£50.00
45 Minute Deep Tissue Back, Neck, Shoulders, Face & Scalp Massage (Appointment time: 60 mins, including consultation)	£72.00
60 Minute ELEMIS Deep Tissue Full Body Massage (Appointment time: 75 mins, including consultation)	£95.00
75 Minute Deep Tissue Full Body Massage with Face & Scalp Massage (Appointment time: 90 mins, including consultation)	£120.00



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)

£60.00

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

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

£82.00

60 Minute Hot Stone Full Body Massage

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

£105.00

75 Minute Hot Stone Full Body, Face & Scalp Massage

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

£125.00

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

£165.00

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.

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



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.

ELEMIS EXPERT™	40 mins	£59.00
TOUCH NOURISH FACIAL	60 mins	£89.00

CLEANSE, REBALANCE & REVIVE

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.

ELEMIS Peaceful Pregnancy Massage (1 hour - 1 hour 15 minutes)	£95.00
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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)	£169.00
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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.

Mother To Be/New Mum Package (3 hours)	£199.00
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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.



ELEMIS EXPERT™ Body Scrubs & Wraps

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

£69.00

(Appointment time: 50 mins, including consultation and welcome foot ritual)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells, leaving the face and body smooth and ready to absorb the deeply nourishing body oils and facial skincare products.

ELEMIS Intensely Cleansing Salt Scrub & Body Massage - Why not add to your Lime & Ginger Body

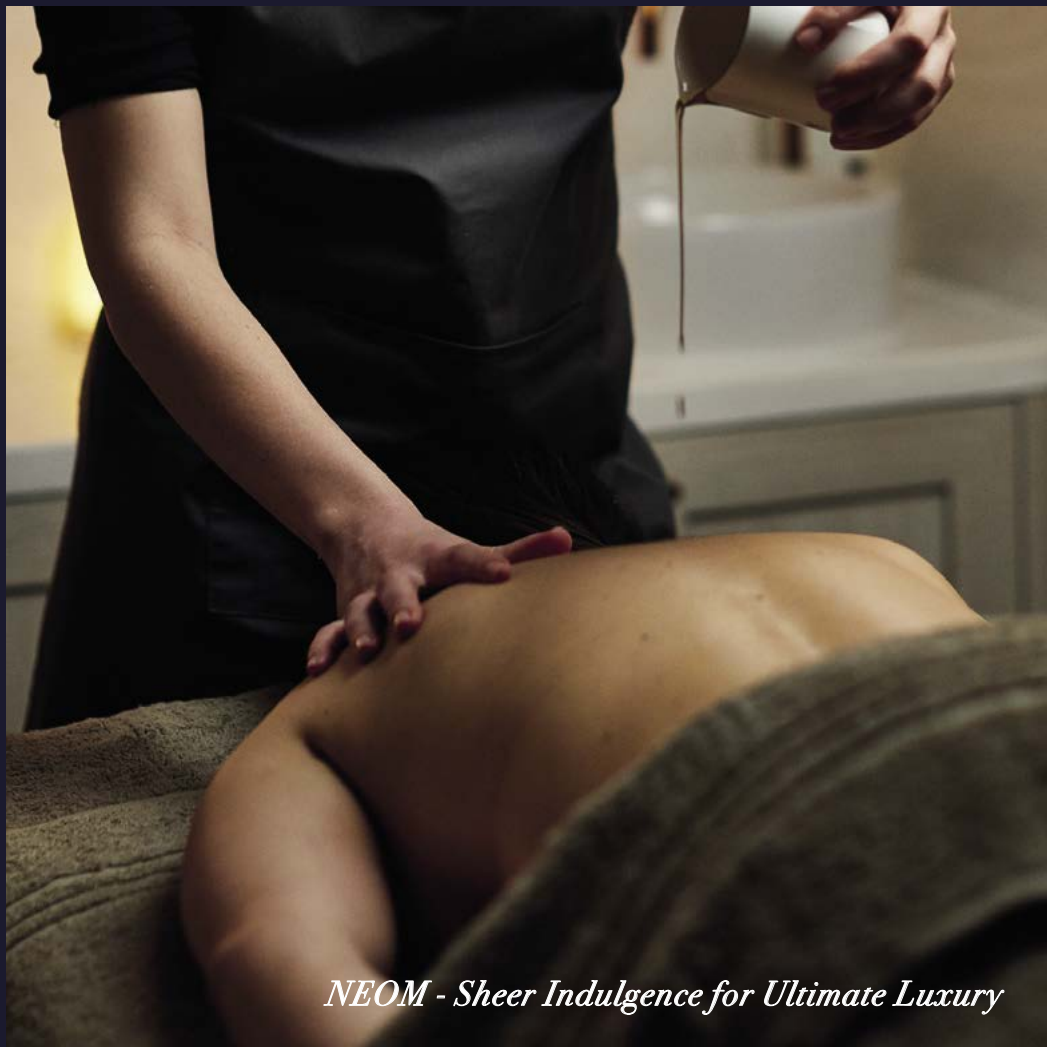
£140.00

or Frangipani Salt Scrub and indulge in a blissful personalised full body massage.

(Appointment time: 1 hour 45 mins, including consultation and welcome foot ritual)

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





NEOM - Sheer Indulgence for Ultimate Luxury

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) - £110.00

Full Body Massage with Face & Scalp Ritual (75 mins allow 90 mins) - £130.00

ELEMIS EXPERT™ HANDS-ON 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.

ELEMIS EXPERT™	40 mins	£59.00
TOUCH NOURISH FACIAL	60 mins	£89.00

CLEANSE, REBALANCE & REVIVE

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.

ELEMIS EXPERT™	40 mins	£59.00
TOUCH REVEAL FACIAL	60 mins	£89.00

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.

ELEMIS EXPERT™	40 mins	£65.00
TOUCH RENEW FACIAL	60 mins	£95.00

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.

ELEMIS EXPERT™	40 mins	£75.00
TOUCH DEFINE FACIAL	75 mins	£125.00

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.

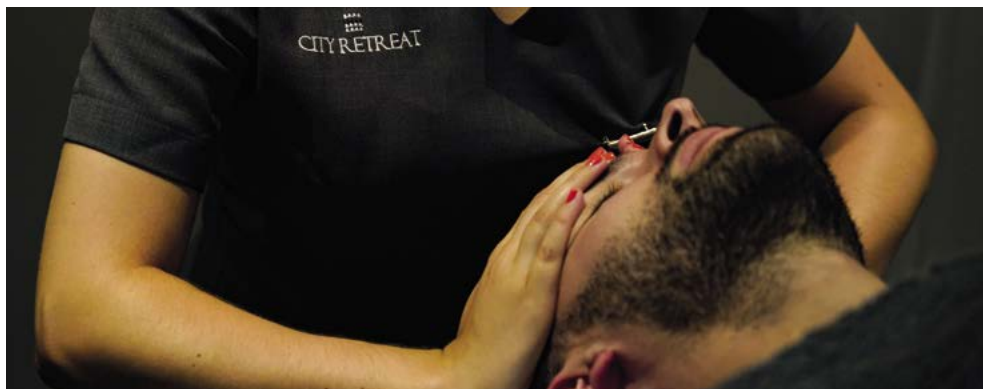
ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE

15 mins

£20.00

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™ BIO-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
60 mins

£72.00
£98.00

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
60 mins

£72.00
£98.00

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
60 mins

£79.00
£110.00

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.

ELEMIS EXPERT™	40 mins	£89.00
TECH SCULPT + FIRM FACIAL	75 mins	£139.00

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.

ELEMIS EXPERT™	15 mins	£20.00
COLLAGEN EYE BOOST		

BRIGHTEN, HYDRATE & REVITALISE

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

ELEMIS EXPERT™	15 mins	£20.00
LED ENERGY MASK		

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™	15 mins	£20.00
RESTORATIVE HEAD MASSAGE		

REBALANCE, RESTORE & RELIEVE

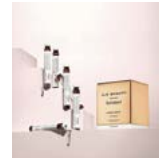
Combined with your main treatment, our restorative head massage, which is performed without the use of oil, helps to alleviate tension in the neck and scalp, leaving you feeling completely rebalanced.

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.

HydraFacial®

The Gold Standard Facial

- Fine lines and wrinkles • Sun damage • Dry skin • Congested pores
- Oily or acne-prone skin • Dull dehydrated skin • Age spots



HydraFacial® Signature Skin Health Treatment (40 minutes)

£139.00

Your first Step to the Best Skin of Your Life

HydraFacial® is a revolutionary skin treatment that removes imperfections and restores brightness. This signature treatment will give you a brighter and more healthy skin with no discomfort and includes a deep cleanse, acid peel, infusion and LED light therapy.

The HydraFacial® not only removes dead skin cells and smoothes out the skin, but it is also clinically proven to thicken the dermis (the important middle layer of the skin) by stimulating collagen which provides a more youthful, 'springy' texture to the skin. Suitable for any age or skin type. Regular monthly HydraFacial® treatments can help to improve the quality of your skin, making it healthy on the inside and looking visibly brighter, plumper, smoother and firmer on the outside.

(The Signature HydraFacial® is the express version of the award-winning HydraFacial® treatment, it takes around 30-40 minutes so ideal if you're in a hurry or want to try it out. We recommend the HydraFacial® Platinum for the full HydraFacial® experience)

HydraFacial® De-Luxe (55 minutes)

£179.00

When upgrading to our De-Luxe HydraFacial® Personalisation is the key. Our therapist's will create a bespoke De-Luxe HydraFacial® to give you the best skin of your life.

A facial booster will be selected to meet your skin concerns, whether you are concerned with ageing, hyperpigmentation, acne reduction, dehydration or uneven skin texture. HydraFacial® uses a combination of painless but effective steps to exfoliate, stimulate, cleanse and hydrate the skin with medically proven techniques and advanced active boosters that leave your skin looking instantly better and clinically improve the condition of your skin.

HydraFacial® Platinum (65 minutes)

£199.00

HydraFacial® Platinum is the ultimate facial for a bespoke and personalised facial. Our therapist's will create a bespoke Platinum HydraFacial® including lymphatic drainage to clear away imperfections and give the skin the ultimate boost. Perfect as part of your skincare journey or for that very special occasion.

A facial booster will be selected to meet your skin concerns, whether you are concerned with ageing, hyperpigmentation, acne, dehydration or uneven skin texture. HydraFacial® uses a combination of painless but effective steps to exfoliate, stimulate, cleanse and hydrate the skin with medically proven techniques and advanced active boosters that leave your skin looking instantly better and clinically improve the condition of your skin. Followed by LED Light therapy for the ultimate GLOW!

HydraFacial® Platinum Plus (80 Minute Luxury Treatment for Face, Neck & Décolleté)

£239.00

The perfect Anti-Ageing treatment for the Neck & Décolleté. Enjoy all the benefits of the HydraFacial® Platinum Facial with the inclusion of the Neck & Décolleté area to help brighten the skin, reduce fine lines and wrinkles and improve the skin texture of this delicate area.

(All De-Luxe and Platinum Plus facials include your bespoke booster, i.e. J-LO, Murad Clarifying, Vita C or Dermabuilder.)

A COURSE OF 6 TREATMENTS MAYBE RECOMMENDED – FOLLOWED BY MONTHLY MAINTENANCE

Book a course of 6 to receive 10% discount.

ADD ON BOOSTER TREATMENTS

Add-On HydraFacial® Neck and Décolleté Treatment (30 Minutes)

£89.00

The perfect Anti-Ageing treatment for the Neck and Décolleté including deep cleanse, acid peel, infusion and LED light therapy on the Neck and Décolleté areas to help brighten the skin, reduce fine lines and wrinkles and improve skin texture. Can be added to any other facials including the CACI Non-Surgical Face Lift for added skin enhancing benefits.

Add-On Eye Boost (Additional 10 Minutes)

£49.00

Treatment for brighter appearance and a reduction of fine lines and wrinkles.

Add-On Lip Perk (Additional 10 Minutes)

£49.00

Treatment for fuller plumped up lips.

Hydrafacial®

Get the Best Skin of Your Life

CACI NON-SURGICAL SOLUTIONS

Using pioneering S.P.E.D™ Micro current LED Technology, a breakthrough new advancement. Great for Face Toning, and Lines and Wrinkles especially with Wrinkle Comb - the alternative to dermal fillers.

NEW: CACI Micro Touch Non Surgical Face Lift (55 minutes)	£79.00
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.	
CACI Micro Touch Non Surgical Face Lift course of 10 (2-3 times a week)	£711.00
City Retreat Signature Non Surgical Face Lift (1 hour 15 minutes including CACI Synergy Jowl Lift)	£89.00
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)	£799.00
CACI Synergy Non Surgical Eye Revive (40 mins)	£62.00
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 Revive course of 10 (2-3 times a week)	£558.00
CACI Synergy Non Surgical Jowl Lift (30 mins)	£56.00
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)	£499.00

CACI Synergy Wrinkle Revolution (30 mins)

£50.00

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.

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

£450.00

CACI Synergy Radiance Facial; a combination of all four treatments (1 hour 45 minutes)

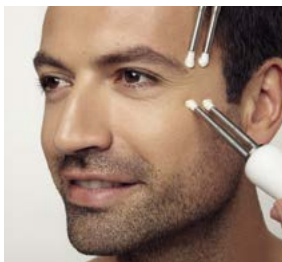
£155.00

The CACI Synergy Radiance provides five stages of anti-ageing; Micro current 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; Ultrasonic peeling and orbital microdermabrasion are used to exfoliate leaving a brighter, smoother complexion. Micro current impulses combined with LED light therapy will then lift and tone the face and neck. All combined to give you the ultimate aesthetic treatment for a more youthful and toned appearance with glowing, healthy skin.

CACI Synergy Microdermabrasion Facial (40 mins)

£79.00

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.



Hands and Feet Retreat

Tidy up those fingertips at one of our beautiful nail lounges and enjoy a complimentary glass of bubbly, tea or coffee, or a refreshing fruit juice.

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

Prescription Manicure (30 mins)	£34.00
Prescription Spa Manicure including hand and arm massage (45 mins)	£42.00
Deluxe Spa Manicure with heated mitts (1 hour)	£59.00
Men's Hand & Nail Grooming (30 mins)	£32.00
File & re-polish (15 mins)	£24.00
French polish supplement	£8.50

Pedicures

Please remember to wear open toe shoes.

Classic Pedicure (45 mins)	£48.00
Deluxe Spa Pedicure with heated mitts (1 hour)	£65.00
Executive Foot Care for Men (30 mins)	£42.00
File & re-polish (15 mins)	£26.00
French polish supplement	£8.50

Gel Manicure	£45.00
Soak off and re-application gel manicure	£52.00
Soak off and re-application prescription manicure	£52.00

Gel Pedicure	£49.00
Soak off and re-application gel pedicure	£55.00
Soak off and re-application regular pedicure	£55.00

Luxury Gel Pedicure (60 - 75 mins)	£65.00
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Gel Soak Off - City Retreat Application (20 - 30 mins)	£18.00
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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	£22.00	£30.00
G String Bikini Line Wax (high bikini)	£30.00	£36.00
Brazilian Bikini Line Wax (landing strip)		£47.00
Hollywood Bikini Line Wax (total removal)		£50.00
Half Leg Wax	£30.00	
Three Quarter Leg Wax	£38.00	
Full Leg Wax	£45.00	
Full Leg and Bikini Line	£59.00	£64.00
Full Leg and G String Bikini Line	£62.00	£66.00
Full Leg and Brazilian Bikini Line	£66.00	£72.00
Full Leg and Hollywood Bikini Line	£68.00	£76.00
Under Arm Wax	£22.00	£30.00
Lip or Chin Wax	£18.50	£22.00
Lip and Chin Wax	£28.00	£34.00
Eyebrow Wax	£18.50	£23.00
Forearm Wax	£29.00	
Part Back or Chest Wax	£42.00	
Full Back Wax	£52.00	

Waxing Packages

	Strip Wax	Lycon Wax
Half Leg, Underarm and Standard Bikini Line	£60.00	£69.00
Half Leg, Underarm and G String Bikini Line	£65.00	£76.00
Half Leg, Underarm and Brazilian Bikini Line	£69.00	£79.00
Half Leg, Underarm and Hollywood Bikini Line	£75.00	£82.00

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) £39.00

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) £29.00

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) £25.00

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) £29.00

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) £39.00

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

Focus On Eyes By Mii £59.00

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 £69.00

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

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, streakfree 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)

£38.00

Offers an instant bronzing colour while your tan develops.

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

£89.00

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.



Treatment Packages Available

**ELEMIS EXPERT™ ABSOLUTE
FACE + BODY RITUAL** 2 hours £169.00

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

Top 2 Toe Pamper 3 hours £199.00

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

Mother To Be/New Mum Package 3 hours £199.00

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 £169.00

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.

Hen Parties £99.00 per person (minimum of 3 people)

Hen Parties can be arranged for between 3 – 6 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, 30 minute ELEMIS Deep Tissue Back, Face & Scalp Massage OR 30 minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL. Price includes fresh fruit platter, Belgian chocolates and complimentary glass of bubbly.

3 Hour Hen Party Package £130.00 per person (minimum of 3 people)

Use of Private Spa Suite with sauna, steam room and relaxation area, 30 minute ELEMIS Deep Tissue Back Massage and 30 minute ELEMIS EXPERT™ TOUCH NOURISH FACIAL. Price includes fresh fruit platter, Belgian chocolates and complimentary glass of bubbly.

Please note that all packages require 48 hours cancellation notice.



Private Spa Escape

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.

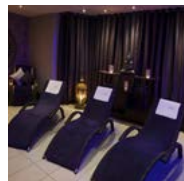
	2 Hours	3 Hours
1 person	£69.00	£89.00
2 people	£110.00	£135.00
3 people	£135.00	£165.00

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)

£22.50

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

Signature Spa Retreat (2 Hour 30 Minute Retreat)

£110.00

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)

£140.00

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)

£175.00

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)

£210.00

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)

£250.00

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)

£265.00

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

BEAUTY SALON AND DAY SPA
JESMOND

Jesmond Opening Times

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

Group Bookings, Private Parties or Networking Events

Our Jesmond and Grey Street salons may be booked exclusively for private or corporate events by negotiation.

Free Car Parking

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

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



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