

CITY RETREAT

ADVANCED FACIALS, BEAUTY & SPA THERAPIES
GOSFORTH

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),
2018, 2019 & 2020.

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

British Beauty Employer of The Year

Finalists 2011, 2012, 2013, 2014, 2015, 2016 & 2017 (Winner), 2018, 2019 & 2020.

Phorest Client Experience Award

2018, 2019 & 2020



**PROFESSIONAL
beauty**
REGIONAL AWARDS
2016 WINNER

PROFESSIONAL
beauty2017
WINNER Awards



The British Professional Beauty Awards are a benchmark throughout the British beauty industry where salons and spas are judged against specific criteria by experts and leaders within the industry.

ELEVATE YOUR HEALTH, BEAUTY AND WELLBEING @ CITY RETREAT JESMOND, NEWCASTLE AND GOSFORTH



Welcome to the City Retreat Treatment Rooms. Set within the Gosforth Wellbeing and Beauty Centre on the bustling Gosforth high street, City Retreat offers a welcome escape from the hustle and bustle of every day living. Expertly delivering an array of advanced beauty and spa therapies.

Our expert therapists are on hand to offer you exceptional treatments in beautiful and comfortable surroundings.

We offer scientifically proven advanced facial and body treatments with innovative technologies to treat and enhance the way you look and feel from the inside out.

We look forward to welcoming you.



Relax

RENEW

Breathe

NOURISH

Enjoy

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. 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 treatment or you may be asked 5 days prior for larger parties. Failure to attend your appointment will result in a charge for lost appointment time.

Cancellation policy

We kindly ask for 24 hours notice to allow other clients to book in your place. Please understand your deposit secures your appointment, your therapist's time and fixed overheads. 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.

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.

Teenagers

We offer a small selection of treatments for teenagers. Please ask our team for more details.

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 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)	£33 per month
Level Two	45 Minutes (Back, Neck, Face & Scalp Massage)	£44 per month
Level Three	60 Minutes (Full Body Massage)	£55 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



FACIAL TREATMENTS



DERMALOGICA FACIAL TREATMENTS

A curated range of facial treatments designed to instantly boost skin radiance, hydration and create a noticeably glowing complexion. Each treatment is designed to address your personal needs while delivering a completely unique and effective Dermalogica experience.

Face Mapping® Skin Analysis **£15.00** (redeemable against any dermalogica facial booked) (15 mins)
Our five-minute introduction and comprehensive skin analysis will help identify your skin type, the condition of your skin and allow our experts to prescribe you a personalised skin care regimen.

Pro-Skin 40® Treatment **£45.00** (40 mins - allow 50 mins)
A unique modular facial treatment which is personally customised. Targeting your key skin concern for maximum impact in minimum time, this treatment is a firm favourite with those who are short on time but want to achieve visible results. The perfect lunchtime facial.

Pro-Skin 60® Treatment **£69.00** (1 hour - allow 1 hour 15 mins)
This is the ultimate ProSkin treatment which is customised with advanced products and technologies to target all of your skin concerns. This fully customisable treatment helps to improve the texture and tone of your skin so your skin feels radiant. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

Pro Power Peel 30® Treatment **£69.00** (30 mins - allow 45 mins)
Our all-new Pro Power Peel redefines the peel experience. Our strongest and fastest peel yet, the Pro Power Peel collection features a full suite of peel products, including Alpha Hydroxy Acids (AHAs) and Beta Hydroxy Acids (BHAs). In this express 30-minute treatment, your skin therapist will create a customised peel to instantly rejuvenate and refresh your skin. With a unique system of three different acids for a deep exfoliation personalised to you, it is ideal to target lines and wrinkles, uneven pigmentation or breakouts.

Pro Power Peel 60® Treatment **£99.00** (1 hour - allow 75 mins)
This effective and customised 1-hour treatment combines the benefits of our Pro Power Peel 30 treatment with additional advanced techniques and technologies. Peel results are dramatically enhanced by a supplementary deep treatment process incorporating powerful IonActive Serum™, a customised masque and relaxing massage to ensure your skin is left clear, smooth and glowing. You've never had a peel treatment like this before.

Teen Facial **£45.00** (40 mins - allow 50 mins)
Dermalogica ClearStart facial is perfect for teenage boys and girls. A skin analysis is followed by a thorough cleanse with steam, exfoliation and customised masque. **Parents must attend with any persons under 16.**

Quantum Advanced LED Light Therapy **£25.00** (20 min add-on)
For the ultimate glow and perfect finish to your Dermalogica Facial, why not add our new advanced LED light therapy treatment to brighten, boost collagen, heal, repair or provide an anti-bacterial effect on the skin.

ELEMIS SPA FACIAL 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.

The following facial treatments are available as 40 minute facials (please allow 50 minutes) and 1 hour facials (allow 1 hour 15 mins).

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 Superfood Pro-Radiance Facial

£45.00 (40 mins) **£69.00** (1 hour)

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

£45.00 (40 mins) **£69.00** (1 hour)

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

£45.00 (40 mins) **£69.00** (1 hour)

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 Peptide⁴ Skin Sync Facial

£49.00 (40 mins) **£75.00** (1 hour)

Target tired skin with this radiance-restoring Peptide 24/7 facial. Delivering a powerful antidote to skin challenged by the effects of modern living and cleverly kicks the skin's natural circadian rhythms back into sync. Replenishes your skin resulting in a well-rested glow.

ELEMIS HANDS ON ANTI AGEING FACIAL TREATMENTS

The following facial treatments are available as 40 minute facials (please allow 50 minutes) and 1 hour facials (allow 1 hour 15 mins).

ELEMIS Pro-Collagen Age Defy Facial

£49.00 (40 mins) **£75.00** (1 hour)

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-Collagen Definition Lift & Contour Facial

£49.00 (40 mins) **£75.00** (1 hour)

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

£49.00 (40 mins) **£75.00** (1 hour)

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 High Performance Skin Energiser

£45.00 (40 mins) **£69.00** (1 hour)

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

£49.00 (40 mins) **£75.00** (1 hour)

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

£129.00 (2 hours)

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

Boxer shorts must be worn at all times during treatments.

ELEMIS BIOTEC FACIALS

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.

The following facial treatments are available as 40 minute facials (please allow 50 minutes) and 1 hour facials (allow 1 hour 15 mins).

ELEMIS BIOTEC Skin Solutions

ELEMIS BIOTEC Radiance Renew Facial

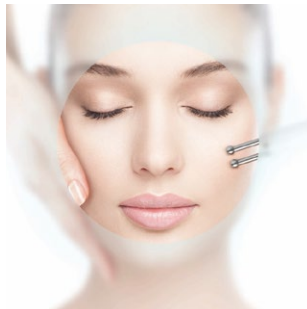
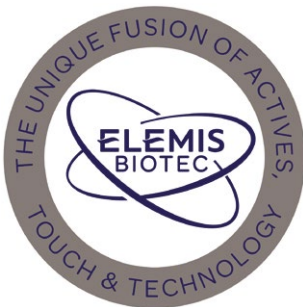
£49.00 (40 mins) **£79.00** (1 hour)

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

£49.00 (40 mins) **£79.00** (1 hour)

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

£49.00 (40 mins) **£79.00** (1 hour)

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.

ELEMIS BIOTEC 24/7 Skin Sync

£55.00 (40 mins) **£85.00** (1 hour)

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

ELEMIS BIOTEC Anti-Ageing

ELEMIS BIOTEC Firm-a-Lift Facial

£55.00 (40 mins) **£85.00** (1 hour)

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

£55.00 (40 mins) **£85.00** (1 hour)

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

£55.00 (40 mins) **£85.00** (1 hour)

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.

A course of treatments may be recommended.

COMING SOON - BT TITAN® ADVANCED SKIN NEEDLING

The bt-TITAN® MN offers highly controlled and precise skin needling to meet your exact skin needs. This treatment delivers excellent results with no downtime giving you beautiful and luminous skin.



PUREHYDRO FACIALS

This SUPERFACIAL provides a complete bespoke approach to tackle an array of skin concerns. PureHydro provides hydration, oxygenation, anti ageing, brightening, skin tightening and lifting while improving congestion and lymphatic drainage, resulting in glowing more youthful skin.

The PUREHYDRO 8 in 1 device can be used on ALL skin types and has the added benefit of no downtime.

Just some of the treatments which can be provided using either just one single application or a combination of elements together.

- Skin Tightening/Lifting
- Exfoliation
- Fine lines/wrinkles
- Slack Skin
- Blocked Pores/Blackheads
- Product Infusion
- PureSkin Peels
- Lymphatic Drainage
- Dark circles around the eyes
- Oxygenation
- Scarring
- Hydration
- Deep Cleanse



The Red Carpet Facial - PureHydro Aqua Deep Cleansing Facial Peel £129.00 (90 mins)

This 'medical grade facial delivers instant results! Skin will appear smoother, fresher and cleaner immediately after treatment. This Specialised Facial is suitable for all ages and all skin types. The treatment can be tailored to your exact needs as each modality can treat a vast array of skin concerns.

Hydrofacial can be tailored for sensitive skin, ageing or problematic skin and be focused on your main concerns

Pure Lift Facial

£99.00 (1 hour)

Deep penetration of anti-ageing compounds, combined with deep exfoliation to stimulate skin cell renewal, leading to a more youthful looking complexion.

Skin Tightening Facial

£99.00 (1 hour)

Radio frequency and deep ultrasound will firm, tighten and slacken skin, resulting in a firmer more lifted appearance in just one treatment

PureOxy Facial

£99.00 (1 hour)

Skin can often appear lifeless and tired. During your Hydrofacial hyaluronic acid, peptides and antioxidants penetrate the skin to oxygenate and bring it back to life

Acne and Purifying Facial

£99.00 (1 hour)

Treats mild acne, congested skin and blackheads with its advanced extraction and antibacterial programme.

Skin Brightening Facial

£99.00 (1 hour)

This treatment is based around hydrodermabrasion and exfoliating solutions. The removal of the outer layers can reduce the appearance of uneven pigmentation leading to a more even skin tone and brighter complexion.



QUANTUM LIGHT THERAPY

LED Light Therapy to improve skin texture, boost collagen, increases skin hydration, reduces wrinkles and improves acne prone skin.

Quantum LED Light Therapy

£39.00 (30 mins) £49.00 (40 mins)

Quantum Add On Treatment

£25.00 (20 mins)

This can be added on to any facial to enhance results further.

CACI NON-SURGICAL SOLUTIONS



The CACI Non Surgical Face Lift

£69.00 (1 hour 15 mins)

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.

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

£621.00

CACI Non Surgical Eye Lift

£45.00 (40 mins)

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 Non Surgical Eye Revive course of 10 (2-3 times a week)

£405.00

CACI Non Surgical Jowl Lift

£35.00 (30 mins)

The CACI 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 Jowl Lift facial has been developed to specifically target muscle laxity around the jawline.

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

£315.00

CACI Wrinkle Revolution

£35.00 (30 mins)

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

£315.00

CACI Ultimate

CACI Ultimate Facial; a combination of all four treatments

£99.00 (1 hour 30 mins)

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 £120)

£729.00

CACI Microdermabrasion Facial

£59.00 (40 mins)

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



NON SURGICAL SOLUTIONS

ELEMIS BODY TREATMENTS

Indulgent 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	£39.00 (allow 45 mins)
45 Minute Back, Neck, Shoulders, Face & Scalp	£55.00 (allow 60 mins)
60 Minute Full Body Massage	£69.00 (allow 75 mins)
75 Minute Full Body Massage	£85.00 (allow 90 mins)
90 Minute Full Body, Face & Scalp Massage	£99.00 (allow 105 mins)

Signature Muscle Melt Massage

£89.00 (75 mins - allow 90 mins)

Full body intensive massage to reduce stress and fatigue within the muscles. Utilising specialist essentials oils and muscle melt balm to warm and soothe. Perfect for tired aching muscles, and gym go-ers.

ELEMIS Deeper Than Deep Hot Stone Massage

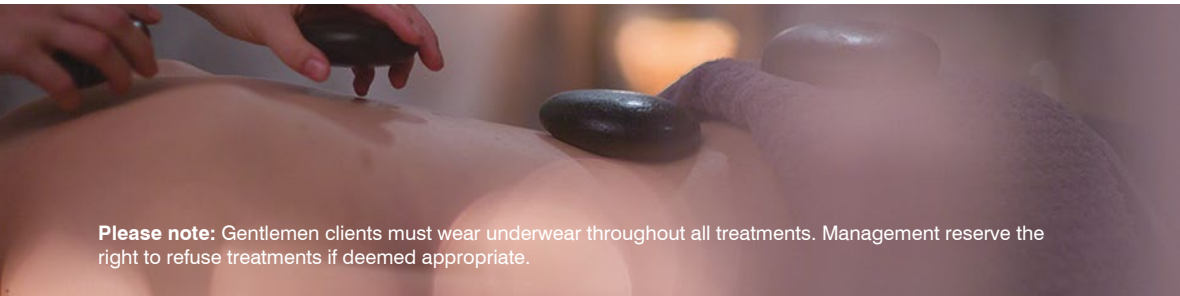
Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

30 Minute Back Massage	£45.00 (allow 45 mins)
45 Minute Back, Neck & Shoulder Massage	£59.00 (allow 60 mins)
60 Minute Full Body Massage	£79.00 (allow 75 mins)
80 Minute Full Body, Face & Scalp Massage	£99.00 (allow 90 mins)

Absolute Spa Ritual

£129.00 (2 hours - allow 2 hours 15 mins)

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 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.

ELEMIS Skin Soothing Facial **£45.00** (40 mins - allow 50 mins) **£69.00** (60 mins - allow 1 hour 15 mins)
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 **£49.00** (40 mins) **£79.00** (1 hour)
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 **£69.00** (1 hour - allow 1 hour 15 mins)
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 **£129.00** (2 hours - allow 2 hours 15 mins)
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 **£149.00** (2 hours 45 mins - allow 3 hours)
ELEMIS Peaceful Pregnancy Massage
ELEMIS Pregnancy Facial
Luxury Foot Ritual (does not include a nail polish)

Please note: All our hands on facials are suitable during pregnancy.



ALL ABOUT EYES

LVL Lash Lift (1 hour - 1 hour 15 mins) **£59.00**

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



LVL Lash Lift

Regular Eye Treatments

Eyebrow Shape	£13.50
Eyelash Tint	£19.00
Eyebrow Tint	£13.50
Eyelash & Brow Tint	£27.00
Eyebrow Tint & Shape	£23.00
Focus on Eyes (Eyebrow Shape, Eyelash & Eyebrow Tint)	£40.00

A patch test is required 24 hours prior to any regular tinting treatments
Please call in for a free patch test.

HAND & FOOT RITUALS

ELEMIS Luxury Hand and Arm Ritual **£39.00** (40 mins)

A delightful hand and arm ritual treatment which includes hand and arm exfoliation, nail and cuticle tidy, a nourishing mask and heat treatment all completed with a delightful massage.

ELEMIS Luxury Leg and Foot Ritual **£39.00** (40 mins)

A delightful leg and foot ritual treatment which includes hard skin removal, leg and foot exfoliation, nail and cuticle tidy, a nourishing mask and heat treatment all completed with a delightful massage.

(Please note these rituals do not include nail polish).

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	£16.00	£23.00
G String Bikini Line Wax (high bikini)	£24.00	£29.00
Brazilian Bikini Line Wax (landing strip)	£34.00	£39.00
Hollywood Bikini Line Wax (total removal)	£36.00	£42.00
Half Leg Wax	£24.00	
Three Quarter Leg Wax	£29.00	
Full Leg Wax	£34.00	
Full Leg and Bikini Line	£45.00	£49.00
Full Leg and G String Bikini Line	£48.00	£55.00
Full Leg and Brazilian Bikini Line	£52.00	£60.00
Full Leg and Hollywood Bikini Line	£55.00	£62.00
Under Arm Wax	£16.00	£22.00
Lip Wax	£12.50	£15.00
Lip & Chin Wax	£20.00	£25.00
Eyebrow Wax	£13.50	£16.00
Forearm Wax	£18.00	
Part Back or Chest Wax	£29.00	
Full Back Wax	£35.00	

Waxing Packages

	Strip Wax	Lycon Wax
Half Leg, Underarm and Standard Bikini Line	£46.00	£52.00
Half Leg, Underarm and G String Bikini Line	£50.00	£59.00
Half Leg, Underarm and Brazilian Bikini Line	£56.00	£64.00
Half Leg, Underarm and Hollywood Bikini Line	£60.00	£66.00

TREATMENT PACKAGES AVAILABLE

Top 2 Toe Total Pamper ((2 hours 30 mins) **£139.00**

ELEMIS Deep Tissue Back, Neck, Shoulder & Scalp Massage

Signature Facial

Luxury Foot Ritual (does not include a polish)

Absolute Spa Ritual (2 hours - saving £16.00)..... **£129.00**

ELEMIS Aromatherapy Full Body Massage

ELEMIS Advanced Performance Facial

Mother To Be/New Mum Package (2 hours 30 mins) **£149.00**

ELEMIS Peaceful Pregnancy Massage

ELEMIS Pregnancy Facial

Luxury Foot Ritual (does not include a nail 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.

Please note that all packages require 48 hours cancellation notice.





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.



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 tranquility 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	£49.00	£69.00
2 People	£79.00	£99.00
3 People	£99.00	£119.00

If you would like to have any treatments on the day, please prebook - we offer 10% off any treatments booked with your spa experience.

Price also 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) **£17.50**

A towel, 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.



PRIVATE SPA EXPERIENCES AVAILABLE AT OUR JESMOND SPA ONLY

Chill Out Spa Retreat (2 hours 45 minutes) **£95.00**
Full use of Private Spa Suite
Signature Full Body Massage
Refreshments

Time for Me Spa Retreat (3 hours 30 minutes) **£125.00**
Full use of Private Spa Suite
Signature Back Massage
ELEMIS Skin Solutions Prescription Facial
Afternoon Tea and Refreshments

Seventh Heaven Spa Retreat (approximately 5 hours) **£170.00**
Full use of Private Spa Suite
Signature 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
Signature Full Body Massage
ELEMIS Skin Solutions Prescription Facial
Hands and Feet Retreat
Afternoon Tea and Refreshments

A towelng 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 DENTAL

EXCELLENCE IN SMILE DESIGN

Welcome to our sister company, City Dental. Whether you require a full smile re-design or simply to maintain excellent oral health City Dental can help; your local, independent dental practice.

All of our treatments are carried out with a professional and friendly service. We work with our patients in partnership to give you the smile you have always wanted and guarantee that we will not rest until you are completely satisfied.

Membership is available from £14.95 a month. This includes check-up's, scale & polish.

City Dental offers:

- Invisalign • Teeth whitening • Quick straight teeth
- Crowns & bridges • Dental implants • General dentistry

To book an appointment, call 0191 236 5915.

www.city-dental.co.uk

*City Dental, your local dental practice at
39 Coach Lane, Hazlerigg, North Gosforth.*

Practices also in Sunderland & Hartlepool





CITY DENTAL

EXCELLENCE IN SMILE DESIGN

Your Local Dental Implant Specialists

Dental implants are an alternative to traditional dentures and bridges and can complete your smile filling gaps that would normally require a denture.



We believe in making private dentistry more accessible so we offer FREE consultations, independent payment plans (Dentaplan) and 0% finance subject to application.

Just pop in or call your nearest dental surgery to book your appointment.

*City Dental,
Newcastle*

0191 236 5915

*City Dental,
Sunderland*

0191 548 4916

*City Dental,
Hartlepool*

01429 222 886



CITY RETREAT

ADVANCED FACIALS, BEAUTY & SPA THERAPIES
GOSFORTH

Gosforth Opening Times

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

City Retreat Salons




Jesmond - City Retreat, 48 Osborne Road, Jesmond, Newcastle upon Tyne NE2 2AL

Newcastle - City Retreat, Grey Street Hotel, 2 - 12 Grey Street, Newcastle upon Tyne NE1 6EE

Gosforth - City Retreat, Gosforth Welbeing and Beauty Centre, 137 High Street, Gosforth, NE3 1HA

Tel: 0191 281 9222 Email: beauty@city-retreat.com

Connect with us...

 City Retreat  @city_retreat  @City_Retreat

www.city-retreat.com