

# CITY RETREAT

BEAUTY SALON AND DAY SPA  
JESMOND

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



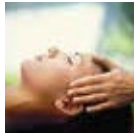
**PROFESSIONAL  
beauty**  
REGIONAL AWARDS  
2016 WINNER

PROFESSIONAL  
**beauty**2017  
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



In the heart of vibrant Jesmond, within walking distance of the city centre is a haven of tranquility, a place to escape the stresses and strains of urban living, a place to leave the world behind and indulge all of your senses.

From the moment you step into our award winning salon and spa, your cares and worries will start to melt away. Wrap yourself in one of our sumptuous robes, pop on your complimentary slippers and enjoy a truly relaxing spa day or simply choose from our wide range of treatments to enjoy the calm, relaxing environment of City Retreat.

As well as our range of specialist treatments, we offer a collection of spa rituals and packages which combine indulgent treatments with refreshments and time to unwind in our beautiful relaxation room and spa area. Whether alone or with a partner or friends, City Retreat offers a soothing and peaceful place to relax, unwind and truly nurture your wellbeing.



*Relax*

RENEW

*Breathe*

NOURISH

*Enjoy*

# CITY RETREAT POLICIES & GUEST INFORMATION

***Please take a moment to read.***

## **Arrivals**

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

## **Medical conditions**

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

## **Deposits**

Upon booking you will be asked to pay a 50% booking deposit for your treatment or spa package. The remainder balance can be paid on the day of treatments or 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](http://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 Peptide<sup>4</sup> 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 and 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.

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

**£165.00**

# 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**

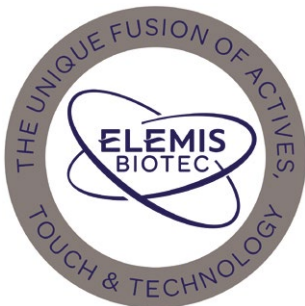
**£49.00** (40 mins)   **£79.00** (1 hour)

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.

### **ELEMIS BIOTEC Anti-Pigment Brightener Facial**

**£55.00** (40 mins) **£85.00** (1 hour)

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

A course of treatments may be recommended.



# 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	<b>£39.00</b> (allow 45 mins)
45 Minute Back, Neck, Shoulders, Face & Scalp	<b>£55.00</b> (allow 60 mins)
60 Minute Full Body Massage	<b>£69.00</b> (allow 75 mins)
75 Minute Full Body Massage	<b>£85.00</b> (allow 90 mins)
90 Minute Full Body, Face & Scalp Massage	<b>£99.00</b> (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	<b>£45.00</b> (allow 45 mins)
45 Minute Back, Neck & Shoulder Massage	<b>£59.00</b> (allow 60 mins)
60 Minute Full Body Massage	<b>£79.00</b> (allow 75 mins)
80 Minute Full Body, Face & Scalp Massage	<b>£99.00</b> (allow 90 mins)

### **Absolute Spa Ritual**

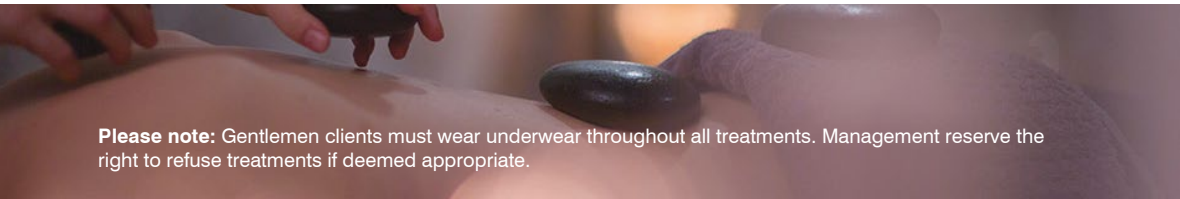
**£129.00** (2 hours - allow 2 hours 15 mins)

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.

### **Indian Head Massage**

**£49.00** (35 mins - allow 45 mins)

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



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

# ELEMIS SCRUBS AND WRAPS

Cleansing mineral salts, oil blends rich in actives and trasportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

**ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani** £49.00 (30 mins - allow 45 mins)  
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**Combined with a Personalised Fully Body Massage - Lime & Ginger Body or Frangipani**  
£110.00 (1 hour 45 mins - allow 2 hours)  
A delightful body exfoliation followed by a personalised full body massage.

**ELEMIS Thousand Flower Detox Wrap** £79.00 (1 hour - allow 1 hour 15 mins)  
A nutrient-rich detox wrap using the deeply nourishing Green Tea balm for a system that fires on all cylinders.  
**Combined with a Personalised Fully Body Massage** £125.00 (2 hours - allow 2 hours 15 mins)

**ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani Wrap**  
£69.00 (45 mins - allow 1 hour 15 mins)  
The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.  
**Combined with massage** £119.00 (1 hour 45 mins - allow 2 hours)



**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.





# CACI SYNERGY NON-SURGICAL SOLUTIONS

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



## **The CACI Synergy Non Surgical Face Lift**

**£69.00** (1 hour 15 mins)

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. **CACI Synergy Non Surgical Face Lift course of 10 (2-3 times a week)** **£621.00**

## **CACI Synergy Non Surgical Eye Revive**

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

**£405.00**

## **CACI Synergy Non Surgical Jowl Lift**

**£35.00** (30 mins)

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

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

**£315.00**

## **CACI Synergy Wrinkle Revolution**

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

**£315.00**

### **CACI Synergy Radiance**

CACI Synergy Radiance Facial; a combination of all four treatments

**£125.00** (1 hour 45 mins)

The CACI Synergy Radiance 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; Ultrasonic peeling and orbital microdermabrasion are used to exfoliate leaving a brighter, smoother complexion. Microcurrent 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 Radiance intensive facial course for the ultimate non-surgical face lifting programme.**

An intensive four week programme for optimum results.

Programme includes:

4 CACI Radiance 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)

**£765.00**

### **CACI Synergy 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**

**Ultrasonic Peel**

**£15.00**



# HAIR REDUCTION WITH IPL TECHNOLOGY

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

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

	Single Treatment	Course of 6
Upper Lip	£39.00	£195.00
Chin	£39.00	£195.00
Half Face	£69.00	£345.00
Underarms	£69.00	£345.00
Arms	£89.00	£445.00
Bikini	£69.00	£345.00
G String Bikini	£79.00	£395.00
Brazilian/Hollywood	£99.00	£495.00
Half Leg	£129.00	£645.00
Full Leg	£179.00	£895.00
Chest and Abs	£129.00	£645.00
Part Back	£129.00	£645.00
Full Back	£179.00	£895.00

**Book a course of 6 and only pay for 5 treatments.** Book two areas together and receive an extra 10% off.

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

## SKIN REJUVENATION

Release your inner glow with Sirius advanced I<sup>2</sup>PL skin rejuvenation.  
Clinically proven, safe and effective and approved by the NHS.

**Skin Rejuvenation - Pigmentation Treatment - Thread Vein Removal - Acne Clearance**  
**£59 per small area - Full Face £149 - Face, Neck & Decollette £199**

See website for full details.

# CHAMPAGNE NAIL BAR

Tidy up those fingertips at our state of the art Champagne Nail Bar while enjoying a complimentary glass of bubbly or refreshing fruit juice. Our manicurists and nail technicians offer a full range of nail treatments to suit all requirements, from a quick lunchtime fix to a truly relaxing luxury spa treatment. We use only the finest products to ensure perfect results every time and our suppliers ensure optimum health and safety with products that care for and protect the natural nail.

## Manicures

Prescription Manicure (30 minutes) .....	£30.00
Prescription Spa Manicure including hand and arm massage (45 minutes) .....	£39.00
Deluxe Spa Manicure with heated mitts (1 hour) .....	£49.00
Men's Hand & Nail Grooming (30 minutes) .....	£30.00
File & re-polish (15 minutes) .....	£20.00
French polish supplement .....	£6.50

## Pedicures

*Please remember to wear open toe shoes*

Standard Pedicure .....	£32.00
Classic Spa Pedicure with leg and foot massage (45 minutes) .....	£42.00
Deluxe Spa Pedicure with heated mitts (1 hour 15 minutes) .....	£55.00
Executive Footcare for Men (30 minutes) .....	£36.00
File & re-polish (15-20 minutes) .....	£22.00
French polish supplement .....	£6.50

## OPI Gel Manicure

Gel Manicure .....	£36.00
Soak off and re-application gel manicure .....	£42.00
Soak off, cuticle tidy & gel break manicure .....	£35.00

## OPI Gel Pedicure

Gel Pedicure .....	£38.00
Soak off and re-application gel pedicure .....	£44.00

**Gel Soak Off (City Retreat application)** (20 - 30 minutes) ..... £15.00

(If applied elsewhere, removal may take longer. Please advise at time of your booking).

## Bio Sculpture Gel

Bio Manicure or Pedicure .....	£42.00
Luxury Bio Manicure or Pedicure .....	£55.00
Bio soak off & reapplication .....	£49.00
Bio soak off, cuticle tidy & conditioning treatment .....	£30.00

**Swarovski Crystal Pedicure** (partial crystals) ..... £65.00

**Swarovski Crystal Pedicure** (full crystals) ..... £120.00

# 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.

	<b>Strip Wax</b>	<b>Lycon Wax</b>
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

	<b>Strip Wax</b>	<b>Lycon Wax</b>
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

# ALL ABOUT EYES

**High Definition Brows** ..... **£35.00**

The must have brow treatment, totally tailored to you! A combination of waxing, threading and tinting techniques to give you an enhanced and perfect brow shape.

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

**A patch test is required 48 hours prior to a High Definition Brows or LVL Lash Lift.**

## **Semi Permanent Eyelash Extensions**

Full set (1 hour 30 minutes) ..... **£75.00**

Half set (1 hour) ..... **£55.00**

Top-up (1 hour) ..... **£55.00**

Top-up (45 minutes) ..... **£45.00**

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

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

## **Regular Eye Treatments**

Eyebrow Shape (15 minutes) ..... **£13.50**

Eyelash Tint (20 minutes) ..... **£19.00**

Eyebrow Tint (10 minutes) ..... **£13.50**

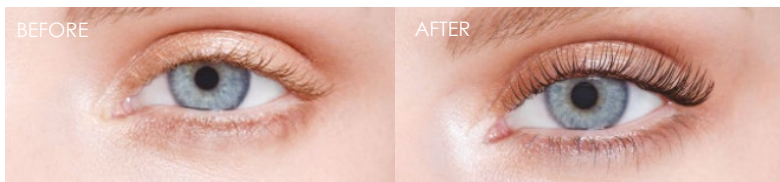
Eyelash & Brow Tint (25 minutes) ..... **£27.00**

Eyebrow Tint & Shape (30 minutes) ..... **£23.00**

Focus on Eyes (Eyebrow Shape, Eyelash & Eyebrow Tint) (40 minutes) ..... **£40.00**

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

Please call in for a free patch test.



LVL Lash Lift

# VITA LIBERATA SPRAY TANNING

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

## The Spray Tan Collection

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

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

**Luxury Organic Tan** (development time 6 – 8 hours) ..... **£29.00**  
Offers an instant bronzing colour while your tan develops.

**Anti-Ageing Tan** (development time 6 - 8 hours) ..... **£32.00**  
This innovative anti-age spray tan contains HyH20TM technology to fight signs of ageing including fine lines, wrinkles and dryness.

**Luxury Tan Package** (includes full body exfoliation, shower and tan) (1 hour) ..... **£65.00**

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

**Absolute Spa Ritual** (2 hours) ..... **£129.00**  
ELEMIS Aromatherapy Full Body Massage  
ELEMIS Advanced Performance Facial

**Top 2 Toe Total Pamper** (2 hours 30 mins) ..... **£139.00**  
ELEMIS Deep Tissue Back, Neck, Shoulder & Scalp Massage  
Signature Facial  
Luxury Pedicure

**Mother To Be/New Mum Package** (2 hours 45 mins) ..... **£149.00**  
ELEMIS Peaceful Pregnancy Massage for the Mother to Be or New Mum.  
ELEMIS Skin Solutions Facial  
Nurturing Pedicure with polish

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

## Hen Parties

Hen Parties can be arranged for between 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  
40 minute ELEMIS Deep Tissue Back Massage OR 40 minute ELEMIS Skin Solutions Prescription Facial  
**From £79.00 per person (minimum of 3 people)**

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

### 3 Hour Hen Party Package

Use of Private Spa Suite with sauna, steam room and relaxation area  
30 Minute ELEMIS Deep Tissue Back Massage and 30 Minute ELEMIS Skin Solutions Prescription Facial  
**From £99.00 per person (minimum of 3 people)**

*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 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

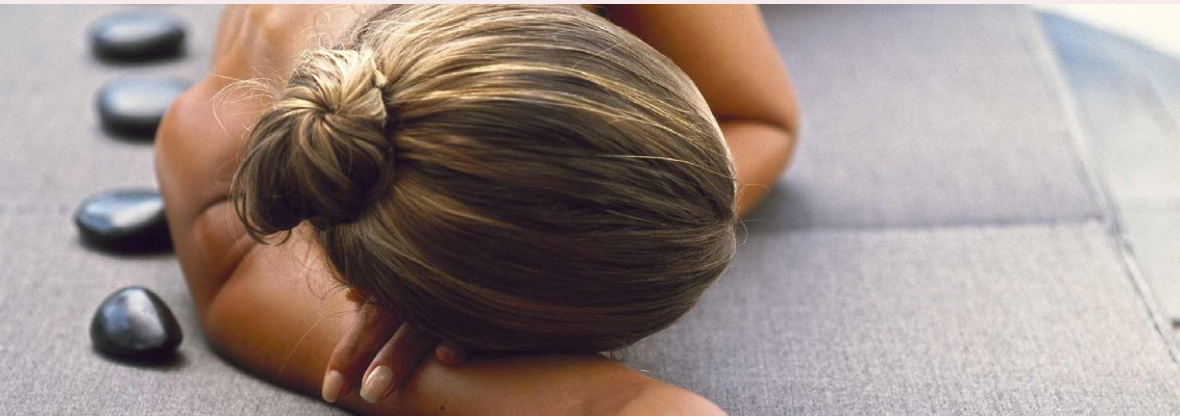
Our Private Spa Suite can be reserved for you and your partner, friends or colleagues and includes private use of our Shower Room, Sauna, Steam Room and Relaxation Area.

	2 Hours	3 Hours
1 Person	£49.00	£69.00
2 People	£79.00	£99.00
3 People	£99.00	£119.00

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



# PRIVATE SPA EXPERIENCES

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

**Time for Me Spa Retreat** (3 hours 30 mins) **£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 toweling robe and complimentary pair of slippers will be provided for all spa packages. Swimsuits must be worn in sauna. Men are advised to wear boxer shorts throughout all treatments or disposable underwear will be provided. Shower caps available.



# CITY 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](http://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

BEAUTY SALON & DAY SPA

## *Jesmond Opening Times*

Monday .....	10.00 am - 6.00 pm
Tuesday .....	10.00 am - 8.00 pm
Wednesday .....	10.00 am - 8.00 pm
Thursday .....	10.00 am - 8.00 pm
Friday .....	9.00 am - 7.00 pm
Saturday .....	9.00 am - 5.30 pm
Sunday .....	10.00 am - 4.30 pm

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

## *Car Parking*

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

## *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](mailto:beauty@city-retreat.com)

## *Connect with us...*

 City Retreat  @city\_retreat  @City\_Retreat

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