

Retreat

BEAUTY & HOLISTICS



PRICE LIST

RELAXATION & HOLISTIC THERAPIES
HANDS & FEET
SIENNA X SPRAY TANNING
WAXING
EYE TREATMENTS
PACKAGES

0121 421 4848

07531 019832

www.retreat-beautyholistics.co.uk



RELAXATION & HOLISTIC THERAPIES

30 MINUTE SWEDISH MASSAGE £20.00

60 MINUTE SWEDISH MASSAGE £37.00

Swedish massage is the most common & best known type of massage. This massage can vary from light to firm pressure & the movements warm up the muscle tissue, releasing tension & breaking up muscle knots.

30 MINUTE AROMATHERAPY MASSAGE £24.00

60 MINUTE AROMATHERAPY MASSAGE £40.00

Aromatherapy uses essential oils extracted from herbs, flowers & fruits to naturally enhance the benefits of massage. This treatment boosts well-being, relieves stress, helps to refresh the body & encourages a healthy immune system to fight infection.

30 MINUTE LAVA SHELL MASSAGE £25.00

60 MINUTE LAVA SHELL MASSAGE £43.00

20 MINUTE LAVA SHELL TUMMY TREATMENT £17.00

Lava Shells are the world's first self-heating massage tool. Lava Shells are 100% recycled, natural Tiger Clam shells. They can be used to treat a multitude of concerns from easing aching muscles & joints to alleviating the suffering from IBS & bloating.

30 MINUTE ANTE-NATAL MASSAGE £24.00

60 MINUTE ANTE-NATAL MASSAGE £37.00

Ante-Natal massage will relax tense muscles, ease sore spots, improve circulation & mobility & generally makes you feel better. This massage will help with lower back pain, chronic headaches & will decrease stress, helping you to cope with discomfort.

INDIAN HEAD MASSAGE (40 MINUTES) £22.00

Indian Head massage releases stress that has accumulated in the muscles & joints of the head, face, neck & shoulders. The treatment is particularly good for relieving stress, tension, fatigue, insomnia, headaches, migraines & sinusitis. It is deeply calming & relaxing & will leave you feeling energised & revitalised.



30 MINUTE REFLEXOLOGY £20.00

60 MINUTE REFLEXOLOGY £35.00

Reflexology is a treatment that focuses primarily on the feet. The theory behind reflexology is that there are areas on the feet that correspond to specific organs, glands & other parts of the body. Applying pressure to these areas can promote health & reduce pain & stress.

HOPI EAR CANDLING (30 MINUTES) £20.00

HOPI EAR CANDLING WITH FACIAL DRAINAGE MASSAGE (45 MINUTES) £28.00

Hopi Ear Candles are hollow tubes made of cotton, soaked in beeswax, honey & herbs. When lit, the candle acts like a chimney, causing warm air inside it to rise creating a vacuum at the bottom. The vacuum gently stimulates the ear, encouraging the removal of excess wax & impurities. This treatment is great for tinnitus, sinusitis, glue ear, hayfever, colds, tension headaches & travel sickness.

BACIAL (FACIAL FOR THE BACK – 40 MINUTES) £23.00

Bacial treatment involves a cleanse, exfoliation, treatment mask, moisturisation & massage of the back area. It helps to improve the appearance of acne, pigmentation & uneven skin tone.



HANDS & FEET

FILE & PAINT (HANDS OR FEET) £10.00

Reshape & varnish.

EXPRESS MANICURE (30 MINUTES) £15.00

Hand soak, cuticle tidy, hand massage, reshape & varnish.

SPA MANICURE (45 MINUTES) £20.00

Hand soak, cuticle tidy, hand exfoliation, hand massage, reshape & varnish.

LUXURY MANICURE (1HR) £25.00

Hand soak, cuticle tidy, hand exfoliation, treatment mask with heated mitts, hand massage, reshape & varnish.



EXPRESS PEDICURE (30 MINUTES) £15.00

Foot soak, cuticle tidy, foot massage, reshape & varnish.

SPA PEDICURE (45 MINUTES) £20.00

Foot soak, cuticle tidy, foot exfoliation, removal of hard skin, foot massage, reshape & varnish.

LUXURY PEDICURE (1HR) £25.00

Foot soak, cuticle tidy, foot exfoliation, removal of hard skin, treatment mask with heated booties, foot massage, reshape & varnish.

GEL MANICURE/PEDICURE (45 MINUTES) £20.00

A gel polish lasting 2-3 weeks. Instantly dry. None smudging, none chipping, high shine finish. Gelish or The Manicure Company gels available to choose from.

SOAK OFF (30 MINUTES) £2.00 WHEN HAVING GELISH REAPPLIED - OTHERWISE £5.00

GEL NAIL EXTENSIONS (1HR - 1HR 15 MINUTES) £32.00

The perfect nail enhancement to add extra length to your own nails. Infills required every 2-3 weeks to ensure they're always looking their best.

INFILLS (45 MINUTES - 1HR) £17.00

REPAIR £2.00

TWINKLE TOES (45 MINUTES) £20.00

Glitter & gel together, giving a super sparkly finish!
Can last up to 6 weeks.

CALLUS PEEL (30 MINUTES) £25.00

A treatment specifically for the removal of hard skin & calluses on the feet.
Treatment required every 4-6 weeks for best results.





SIENNA X SPRAY TANNING

Natural looking, award winning, sunless tan.

FULL BODY SPRAY TAN £15.00

HALF BODY SPRAY TAN £8.00



WAXING

PhD Safewax is a professional, hygienic & disposable waxing system. It's the original, tried & tested, best tube & applicator waxing system.

EYEBROW WAX £6.00

LIP WAX £3.00

CHIN WAX £3.00

FOREARM WAX £8.00

FULL ARM WAX £12.00

UNDERARM WAX £5.00

HALF LEG WAX £10.00

FULL LEG WAX £15.00

BASIC BIKINI WAX £6.00

EXTENDED BIKINI WAX £9.00

ABDOMEN WAX £8.00

BACK WAX £15.00

CHEST WAX £15.00





EYE TREATMENTS

EYEBROW TINT £4.00

EYELASH TINT £6.00

LASH & BROW TINT COMBINATION £9.00

Please note a tint test is required 24 hours prior to a tint if you've not had a tint here before



PACKAGES

FACE & BODY PAMPER (1HR 30 MINUTES) £60.00

Aromatherapy full body massage & Elemis mini booster facial.

DESTRESS EXPERIENCE (1HR) £30.00

Back exfoliation, mini Swedish back massage & mini facial drainage massage.

ME TIME (1HR) £37.00

Swedish back & neck massage, hand & arm massage & shoulder, face & scalp massage.

BRONZED GODDESS (45 MINUTES) £33.00

Full body exfoliation & full body spray tan.

BEACH BEAUTIFUL (3HRS) £95.00

Full leg, basic bikini & underarm wax.

Spa pedicure OR Gel pedicure.

Spa manicure OR Gel manicure.

Elemis Cleansing Salt Scrub.

PRE-PARTY PAMPER (1HR 30 MINUTES) £48.00

Elemis mini booster facial, lash & brow tint, brow wax & file & paint on hands & feet.



Retreat

BEAUTY & HOLISTICS

A decorative branch with white leaves and red flowers, extending diagonally across the page from the bottom left towards the top right.

PRICE LIST

BODY THERAPY
ADVANCED ANTI-AGEING FACIALS
SKIN SOLUTIONS FACIALS
SKIN SPECIFIC FACIALS

Elemis

0121 421 4848

07531 019832

www.retreat-beautyholistics.co.uk



BODY THERAPY

30 MINUTE DEEP TISSUE MUSCLE MASSAGE £38.00

60 MINUTE DEEP TISSUE MUSCLE MASSAGE £53.00

This treatment is a deep pressure massage helping to alleviate stress, ease aching muscles & revive the senses. Blends of essential oils are prescribed to target individual needs & reduce specific stress & muscle tension.

Stress-a-Way: Wind down & release the tension of the day.

Spirit Reviver: A powerful surge to invigorate & recharge.

Muscle Melt: Relax & re-energise a tired & aching body.

Chakra Balancing: Reconnect your mind, body & soul.

**CLEANSING SALT SCRUB - LIME & GINGER
OR FRANGIPANI (30 MINUTES) £33.00**

A body exfoliation to invigorate & revitalise the body. The skin is deeply cleansed & moisturised leaving it glowing & vibrant, replenished & flawless.

EXOTIC COCONUT RUB & MILK RITUAL WRAP (45 MINUTES) £38.00

This soothing body polish is excellent for skin smoothing & softening, all combined with a pressure point facial massage & de-stress scalp treatment.

EXOTIC FRANGIPANI BODY NOURISH WRAP (45 MINUTES) £38.00

A deeply nourishing, aromatic treat, drenching the skin with moisture. This exotic therapy provides ultimate radiance, vitality & all over body glow.

THOUSAND FLOWER DETOX WRAP (45 MINUTES) £38.00

A nutrient-rich detox wrap encouraging super skin health & powerful detoxification. It helps stimulate the elimination process & restore equilibrium to leave you feeling completely invigorated.

GARDEN OF ENGLAND ROSE RESTORE MASSAGE (1HR) £45.00

The unique trio of Rose, Camelina & Poppy seed oils leaves the skin exquisitely moisturised, intensely supple & delicately scented.

BEST FOOT FORWARD (30 MINUTES) £25.00

Lower legs & feet are thoroughly exfoliated, bathed & massaged.

PEACEFUL PREGNANCY FACE & BODY EXPERIENCE (1HR 15 MINUTES) £48.00

A gently nurturing, specifically formulated massage for mothers to be that deeply relaxes. Mothers to be are lulled & restored to optimum wellness.





ADVANCED ANTI-AGEING FACIALS

PRO-DEFINITION LIFT & CONTOUR FACIAL (1HR) £53.00

Powerful lifting techniques target sagging jowls, cheeks, chin & neck for the ultimate lift effect. This facial helps to reduce puffiness & fluid retention associated with sagging skin.

PRO-COLLAGEN AGE DEFY FACIAL (1HR 15 MINUTES) £53.00

ONE Anti-wrinkle facial – proven results. This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94% & improve skin firmness by up to 57% after just one treatment.
Winner of the best anti-ageing facial – Grazia Magazine.

DYNAMIC RESURFACING FACIAL (1HR) £53.00

Peel away the years for smoother, renewed skin. This anti-ageing facial instantly resurfaces & smoothes the skin. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring & fine lines, revealing a younger looking skin.



Elemis



SKIN SOLUTIONS FACIALS

SUPERFOOD PRO-RADIANCE FACIAL (1HR) £48.00

A nutritional boost for stressed, dull skin. Rich in superfoods, essential minerals & trace elements jump start tired & exhausted skin. Skin is left smoother, plumper & radiant – stress free & lit up with good health.

SENSITIVE SKIN SOOTHER FACIAL (1HR 15 MINUTES) £48.00

Soothes sensitive skin & evens skin tone. This facial helps to rebalance delicate, fragile & sensitive complexions. Helping to relieve redness, this treatment offers immediate comfort to stressed & irritated skin.

ANTI-BLEMISH MATIFY & CALM FACIAL (1HR 15 MINUTES) £48.00

Purifies congested skin & clears the complexion. A powerful facial that helps to regulate & balance the function of the skin. Helps to absorb sebum, calm irritation & rebalance oil-rich pores, leaving a beautiful matt complexion.



SKIN BOOSTER FACIALS

FRUIT ACTIVE GLOW FACIAL (1HR) £43.00

Bringing back the glow to a lifeless complexion. The skin is deeply cleansed & stimulated whilst powerful conditioning actives nourish & renew vital radiance.

EXOTIC MOISTURE DEW FACIAL (1HR) £43.00

The skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

HERBAL LAVENDER REPAIR FACIAL (1HR) £43.00

For perfect restoration of skin balance. Deeply cleansing to draw out the skins impurities, this facial will help reduce unwanted shine, refine the pores & treat skin breakouts.

MINI BOOSTER FACIAL (30 MINUTES) £28.00

A perfect way to introduce you to Elemis products if you've not used them before & a perfect pick me up!

