

The Retreat

— Treatment Menu —

Face

ENVIRON FACIALS

Environ Active Vitamin Treatment

Packed with nourishing, anti-ageing ingredients, the Active Vitamin Treatment will leave your skin looking radiant and dewy. The freshest, most active forms of Vitamin A, C and anti-oxidants are driven deep into the lower layers of the skin using soundwaves and small electrical pulses. This scientific approach stimulates Collagen to soften lines and improve elasticity, increase hydration and boost radiance. The Active Vitamin Treatment is suitable for all skin types and is particularly effective at addressing sun-damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring with amazing results after just one treatment.

75 mins £75
Course* of 6 Treatments £375

Environ Collagen Power Facial

This peptide-packed facial helps to boost collagen, soften fine lines and tighten lax skin, resulting in a more youthful appearance. Ideal for targeting mature or photo-damaged complexions. The treatment uses gentle soundwaves to drive a special nutrient packed serum deep into the lower layers of the skin. The formula contains a unique combination of three peptide complexes* which work in synergy to give skin a plumper, more radiant appearance.

75 mins £75
Course* of 6 Treatments £375

Environ Hydraboost Treatment

The perfect antidote to dry, lacklustre skin, this intensive treatment deeply hydrates while plumping and firming the skin. Based on Hyaluronic Acid, which holds 1000 times its own weight in water, it helps to reduce fine lines caused by dehydration and increase the plumpness of the dermis, resulting in moisturised, glowing skin.

75 mins £85
Course* of 6 Treatments £425

Environ Bespoke Facial Treatment

A truly bespoke facial, tailored just for you and to suit whatever your skin needs at this moment in time. Using the most active forms of Vitamins, Anti-oxidants & Peptides, along with the most advanced technology for deeper penetration and optimum results. Suitable for all skin types

105 mins £90
Course* of 6 Treatments £450

Environ Vitamin Discovery Facial

This time effective treatment targets specific areas of concern using unique skin care techniques that ensure effective results. This treatment is perfect for when your time is limited but still want to give your skin that vitamin boost.

45 minutes £50

Environ Purifying Treatment

Created to purify micro-exfoliate and re-hydrate your skin, this particular treatment assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving your skin feeling like new.

45 minutes £50

Environ Frown Treatment – NOTOX (chemical free Botox)

This highly effective treatment uses a special penta-peptide serum to target frown lines and achieve dramatic results. The unique combination of active ingredients is driven deep into the skin to soften lines and reduce muscle tension in the forehead helping to prevent new lines forming. The treatment targets the same chemical complexes as injectables without the associated risks.

Available only as an add on or course of 6 treatments. Course price includes the Peptide Enriched Frown Serum for home use (worth £122). Recommended 2 treatments per week

Course of 6 Treatments (45 minutes per treatment) £500

Add the Frown Treatment to your Environ Facial £45

*All courses are to be paid for in full before/at your first treatment.

ELEMIS FACIALS

ELEMIS Pro-Collagen Age Defy

Clinically proven to reduce the number of wrinkles by up to 97% and improve skin firmness by up to 93% after just 1 treatment*. 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

30 mins £45

60 mins £70

ELEMIS Pro-Definition Lift and Contour

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.

30 mins £45

160 mins £70

ELEMIS Dynamic Resurfacing Precision Peel

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

30 mins £45

60mins £70

ELEMIS Peptide 24/7 Skin Sync

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

30 mins £43

60 mins £65

ELEMIS Superfood Pro-Radiance

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

30 mins £43

60 mins £65

ELEMIS Sensitive Skin Soother

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.

30 mins £40

60 mins £60

ELEMIS Anti-Blemish Mattify and Calm

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.

30 mins £40

60 mins £60

The Retreat Signature Facial

A great skin maintenance facial. Customised to your skin type, this facial combines skin conditioning plant actives, unique eastern massage techniques and a prescribed mask. Your face is deeply cleansed to help renew radiance, nourish and balance your skin.

30 mins £35
60 mins £50

Face & Body

ELEMIS Couture Touch

Condition your skin and muscles with this all-embracing hands-on experience. Combine any 30 or 60 minute ELEMIS hands-on facial with your personalised 30 or 60 minute Freestyle Deep Tissue Massage.

60 minute £70
90 minute £90
120 minute £110

Body Treatments

Blissful Back Treatment

This luxurious back of body treatments cleanses, exfoliates and clarifies the back whilst the back of legs and back are deeply relaxed with a hydrating massage treatment.

45mins £45

ELEMIS Frangipani Monoi Body Wrap

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

60 mins £50

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani

A deeply cleansing full body salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin.

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

45mins £45

Massage

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 minutes £35
45 minutes £45
60 minutes £55
90 minutes £65

Swedish Massage

A classic massage using Swedish massage techniques designed to improve your circulation, soothe your muscles and make you feel more relaxed.

Back, Neck & Shoulder	30 mins	£30
Back of Body	45mins	£38
Full Body	60 mins	£45
Full Body inc. Scalp	75 mins	£52

Aromatherapy Massage

A deeply relaxing and soothing massage using specialist aromatherapy oils specifically selected to suit your needs and designed to boost your bodies needs, leaving you feeling uplifted, relaxed or detoxed.

Back, Neck & Shoulder	30 mins	£35
Back of Body	45 mins	£42
Full Body	60 mins	£50
Full Body inc. Face & Scalp	90 mins	£58

Reflexology (45 mins) £35

Indian Head Massage (45 mins) £35

Tranquillity Scalp Massage (30 mins) £30

Hopi Ear Candles (45 mins) £30

Hands & Feet

HANDS

Express Manicure

File, cuticle work, polish

£16

Classic Manicure

File, oil soak, cuticle work, hand & arm massage, polish

£25

Deluxe Spa Manicure

File, oil soak, cuticle work, exfoliation, hand mask with heated mitts, hand & arm massage, polish

£35

CND SHELLAC

CND Shellac (hands or feet)

File, cuticle work, gel application, hand/foot cream

£30

CND Re-Shellac (hands or feet)

Complimentary* soak off of previous gel polish, file, cuticle work, gel polish, hand/foot cream

£30

Classic Manicure + CND Shellac

£37

Deluxe Spa Manicure + CND Shellac

£47

Classic Pedicure + CND Shellac

£40

CND Shellac + Deluxe Spa Pedicure + CND Shellac

£50

Soak Off prior to Re-application*/nail treatment

£5

Soak Off & Tidy (hands or feet)

Removal of gel polish, file, oil buff, hand/foot cream

£15

*please note that £5 is charged if we require to soak off gel polish not applied by us here at The Retreat.

FEET

Express Pedicure

File, cuticle work, polish

£16

Classic Pedicure

Soak in foot spa, cut, file, cuticle work, foot rasp, exfoliation, foot & leg massage, polish

£28

Deluxe Spa Pedicure

Soak in foot spa, file, cuticle work, foot rasp with callus smooth treatment, exfoliation, foot masque with heated booties, foot & leg massage, polish

£38

CALGEL

Calgel

File, cuticle work, Calgel, application, hand cream

£35

Calgel – Reapplication

Soak off/buffdown, file, cuticle work, Calgel, hand cream

£35

NAIL EXTRAS

IBX Nail Repair

Nail strengthening treatment to help heal weak nails and adds a protective layer to the natural nail shielding it from further damage. We recommend a course of treatment for maximum benefits.

£10

Add Iz Gel to gel polish treatment

£5

Add Paraffin Wax

£12

Add French

£4

Add Glitter/Nail Art (per nail)

from 50p

Single Nail repair

£4

Waxing

Eyebrow tidy	£10	1/2 Leg	£18
Eyebrow Shape	£12	3/4 Leg	£22
Side of Face	£8	Full Leg	£26
Lip OR Chin	£8		
Lip & Chin	£14	Basic Bikini	£12
Eyebrow tidy, Lip & Chin	£20	Extended Bikini	£16
Side of Face, Lip & Chin	£20	Inbetweeny Bikini	£20
Nasal/Ear	£7	Brazilian	£30
		Hollywood	£35
Underarm	£12		
Half Arm	£14	1/2 Leg & Brazilian	£44
Full Arm	£18	1/2 Leg & Hollywood	£48
		Full Leg & Brazilian	£50
		Full Leg & Hollywood	£56

Tanning

Moroccan Spray Tan: Full Body	£28
Moroccan Spray Tan: Half Body (lower or upper)	£18

Jane Iredale Mineral Make-up

Occasion/Party Make-up	£40
Make-up Lesson	£50 (£25 if you buy 2 or more products)
Bridal Make-up (inc. 1 trial & lip colour)	£85 (call out charge if we come to you on the day)

Lashes & Brows

Eyebrow Shape	£12
Eyebrow Tidy	£10
Eyebrow Tint*	£8
Eyelash Tint*	£14

All About The Eyes* £25

The perfect eye-popping combination. Eyebrow tint & shape & eyelash tint.

Brow by Mii Designer Brow Treatment* £28

For when you need an eyebrow overhaul, this treatment will create the perfect arch for you. Beginning with an in depth consultation with one of our brow experts, your new brows will take shape through a combination of tinting, waxing and the application of finishing products.

Brow by Mii Brow Maintenance* £20

For when you just need a little 'brush up'. It includes a top-up tint and tidy, plus the all-important finishing products to leave your brows ready to face the world. We recommend booking maintenance appointments every 3-5 weeks.

LVL Lashes* £48

LVL creates an enhancement to your own natural lashes by lifting and tinting, creating the appearance of added length, volume and lift. LVL is a low maintenance treatment and will look fabulous for up to 6 weeks!

*skin test required 48 hours before treatment

Mens

Total Time Out For Men

60 minute Full Body Deep Tissue Massage plus the Elemis High Performance Skin Energiser

2hours £110

Action Man Treatment

Back of body Massage plus The Retreat (60 minute) Signature Facial for Men

1 hour 30 mins £80

ELEMIS High Performance Skin Energiser

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.

£65

Retreat Signature Facial for men

A great skin maintenance facial. Customised to your skin type, this facial combines skin conditioning plant actives, unique eastern massage techniques and a prescribed mask. Your face is deeply cleansed to help renew radiance, nourish and balance your skin.

30 mins £35

60 mins £50

Express Men's Hands £15

Deluxe Men's Hands £22

Express Men's Feet £18

Deluxe Men's Feet £25

Back/Chest Wax From £15

Ear/Nasal Wax £6

Important Information regarding your appointment

Arrivals

We ask that you arrive 5-10 minutes prior to your appointment. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next person.

Cancellation Policy

Please give us at least 24 hours notice if you need to change or cancel an appointment. Failure to do so will result in a 50% cancellation charge. 100% charge will be payable for any no-shows.

Health Conditions

Please advise us of any health conditions and any medication you are taking. Please inform your therapist if you are pregnant as some of our products contain high quantities of essential oils. Please note The Retreat cannot perform certain treatments on women who are in their first trimester (12 weeks) of pregnancy.

Mobile Phones

The salon is a quiet zone with relaxing treatments in progress, we kindly ask all clients to keep noise levels to a minimum and make sure all mobile phones are on silent or turned off while in the salon.

Children and babies

Unfortunately, due to health and safety, we are unable to accommodate children or babies at The Retreat.

Gift Vouchers

Gift Vouchers are available for any value or treatment.

Retail

The Retreat stocks an extensive range of ELEMIS face and body products, Environ, Jane Iredale make up, CND nail care, Scented therapy balms and candles, Spongelle and Advanced Nutrition Programme supplements