

The Retreat

Beauty Price List



Opening hours

General

Monday	11.00 - 19.00
Tuesday	11.00 - 19.00
Wednesday	14.00 - 20.00
Thursday "Specialist Skin Clinic"	10.00 - 12.00
Thursday	14.00 - 20.00
Friday (Spa treatments only)	11.00 - 16.00

Complementary Therapies

Monday	18.00 - 21.00
Wednesday	10.00 - 13.00

Rehabilitation Clinic

Wednesday	17.15 - 20.30
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Charges may be incurred if 24 hours cancellation notice is not given. Times listed above are subject to change. Other sessions will be available throughout the year. Please ask for details.

10% discount for Newcastle College staff and students on production of ID card.

Contact

Tel: 0191 200 4602
0191 200 4622

Email: theretreat@ncl-coll.ac.uk

Welcome

Welcome to The Retreat, the Lifestyle Academy's beauty and holistic therapies salon and spa area. As you would expect from any retreat this is the place where you can escape the hustle and bustle of city life and really unwind.

You are invited to choose from over 50 different face and body treatments which are carried out by supervised students.

Relax in one of our 14 individual beauty treatment rooms, each with an electric couch, music, and light controls to provide you with a unique and relaxing experience.

Benefit from a double multi-functional spa/treatment room that enables friends or partners to enjoy spa body wraps, massages or mask treatments alongside one another.

Our nail bar, with panoramic views across the city, offers the latest nail enhancements and manicures. Alternatively, once your treatment is complete you can experience our indulgent spa area.

Facilities in this haven include a whirlpool bath for up to ten people, a sauna, steam room and feature showers, including a drench shower.

Step into the relaxation zone and laze on heated loungers that elegantly reside underneath a light therapy panel that runs the length of one wall. The spa is complemented by the floatation cubicle which enables you to be suspended in a concentrated bath of mineral salts, giving the full floatation experience.

If you are keen to experience all The Retreat has to offer, please contact us on 0191 200 4602/4622 and book your treatment today. **Please note that some treatments may require a doctor's note. You will be advised at the time of consultation.**

Group bookings are welcomed (deposit required).

Refund Policy

Refunds will not be given. Credit notes will be available to be used by the end of the academic year (July) at manager's discretion.



Facials

DERMALOGICA PRESCRIPTION FACIAL £12.00

Revitalising treatment with a deep cleanse and a customised exfoliation. Includes face, neck and shoulder massage, masque and moisturise. Hydrates and restores natural balance.

DERMALOGICA ADVANCED FACIAL £16.50

A customised electrical facial for all skin types to cleanse, regenerate and improve skin texture. Please ask for further details.

LIFTING C/DERMALIFT

Non surgical facelift

One treatment £17.00

Course of ten treatments £120.00

CACI ULTIMATE NEW

The most advanced non-surgical treatment system (as seen on 10 Years Younger). Combines crystal free microdermabrasion, high frequency stimulation and LED photo therapy. The system's multi-functional capabilities enables the most comprehensive range of non-surgical treatment options appealing to both male and female clients.

One treatment £30.00

Course of six treatments £250.00

Course of 15 treatments £450.00

MICRODERMABRASION (2 machine models available)

Deep exfoliation treatment yielding very good results in correcting fine lines, preventing ageing skin, treating post acne scars, sun damage, pigmentation, scarring and stretch marks.

One treatment £23.50

Course of six treatments £117.50

SKINLOGIC SKIN SCANNER (ask for details) NEW

CHEMICAL PEEL

Resurfaces the skin, reduces lines and wrinkles, removes pigmentation and scarring - resulting in softer, smoother skin with a more even complexion.

One treatment £34.00

Course of six treatments £170.00

(includes free recovery cream)

Microdermabrasion and chemical peel £56.00

Course of six treatments £280.00

(includes free recovery cream)

Individual chemical peel and laser NEW £125.00

Course 6 chemical peels and 3 laser £470.00

Individual microdermabrasion and laser NEW £115.00

Course 6 microdermabrasion and 3 laser £415.00



Nail treatments

PEDICURES

Basic pedicure	£8.50
Jessica pedicure (limited sessions)*	£14.25

MANICURES

Basic manicure	£6.85
Basic manicure with French polish	£7.50
Jessica manicure (limited sessions)*	£11.00
Jessica deluxe manicure with heated mitts (limited sessions)*	£14.00

PARAFFIN WAX TREATMENT	£3.50
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NAIL ENHANCEMENTS

Gel nail extensions	£13.75
Gel nails with French application	£15.95
Acrylic nails	£15.95
Infills (every 2-3 weeks)	£9.00
Replacement nail	£1.95

*Ask about availability.



Eye treatments

Eyebrow trim	£3.50
Eyelash tint†	£5.25
Eyebrow tint†	£3.50
Eyebrow tint and trim†	£5.25
Eyelash and eyebrow tint†	£7.50
Eyebrow tint/trim and eyelash tint†	£10.50
Eyelash perm†	£13.75

INDIVIDUAL LASHES

Half set	£5.25
Full set	£7.00

†A patch test is required 24 hours prior to treatment.



Hair removal

WAXING

Instant removal of unwanted hair. Recommended every 4-6 weeks. Hair growth needs to be a minimum of 5mm in length.

Full leg wax	£12.75
Half leg wax	£9.50
Underarm	£5.50
Bikini line	£6.85
Forearm	£7.45
Eyebrow	£3.50
Lip	£3.25
Chin	£3.25
Lip and chin	£5.50
Lip, chin and eyebrow	£8.25

ELECTROLYSIS/EPILATION

£5.00

Permanent removal of unwanted hair (please ask for appointment times).

VARIABLE PULSE LIGHT

(Advanced laser hair removal), pigmentation and vascular lesion. The revolutionary new hair removal technology. Using variable pulsed light to reduce hair pigmentation and veins from anywhere on the face or body, while rejuvenating skin.

Please see additional leaflet for more details or visit the salon for a no obligation consultation.

Price on application. Consultation required. Ask for details if you wish to be considered for a case study.



Tanning treatments

ST TROPEZ AIR BRUSHING
Full body single treatment

£17.00

Ear piercing from
Please ask for details and availability.

£7.50



Electrical body treatments

INTERSLIM

Toning and cellulite treatment.

One treatment	£17.00
Course of ten treatments	£120.00

G5-VIBRATORY MASSAGE

Electrical stimulating massage.

Full body	£13.75
Spot treatment	£6.85
Course of six treatments (full body)	£60.00

LIFTING C

Non surgical body lift to treat the buttocks or bust.

One treatment	£17.00
Course of ten treatments	£120.00

DERMASONIC

The most effective way to combat cellulite. Improves skin quality and appearance, eradicates orange peel skin. Benefits are rapidly visible.

One treatment	£17.00
Course of ten treatments	£120.00

CORPO 2 (ask about availability)

The most complete electrotherapy unit for body care. Reduces a percentage of body fat, improves skin tone, drainage and elimination of retained fluid and relief of muscle and joint pain. A marked re-shaping of the body.

One treatment	£17.00
Course of ten treatments	£120.00

BODYTER (ask about availability)

For re-shaping the body and alleviating pain. A deep thermotherapy unit that operates on the basis of short wave infra red radiation. It also has an anti-inflammatory and relaxation effect.

One treatment	£17.00
Course of ten treatments	£120.00



Manual body treatments

DERMALOGICA HYDRO-ACTIVE SALT SCRUB

Body exfoliation treatment customised with hydroxyl acids to help remove dead skin cells.

Full body treatment £11.50

DERMALOGICA BACK FACIAL

A nourishing and detoxifying treatment which improves circulation, leaving skin feeling smooth. Includes hot paraffin wax, a mud wrap and a 15 minute back massage.

One treatment £11.50

SPA TREATMENTS

Spa and gym day (excluding floatation) £5.00

Includes use of The Zone and Spa: Kneipp therapy footbaths, a whirlpool bath, a sauna, steam room and feature showers, including a drench shower.

FLOATATION

Floatation therapy offers you the chance to experience deep relaxation.

30 minutes £11.50

1 hour £17.00

LUXURY FOOT WRAP (40 minutes) £9.50

Exfoliation, massage and black mud wrap.

FULL BODY INCH LOSS WRAP (2 hours) £22.75

Figure control.

FULL BODY WRAP (1 hour) £17.00

With black mud for problematic skin conditions.

ALGAE BODY WRAP (1 hour) £14.25

Cellulite, fluid retention (for specific areas).

BODY BRUSHING (30 minutes) £8.50

Stimulating and exfoliating treatment.

SALT BRUSHING (30 minutes) £11.50

Exfoliating treatment.

We have a full range of spa retail products available, please ask for details and prices.

SPA JOURNEYS (ask for details)

FIND CLARITY (1 hour) £17.00

An Indian head massage with warm mud foot envelopment.

FIND PEACE (1 hour) £17.00

A Hawaiian hot mineral stone massage.

FIND HEAVEN (1 hour) £17.00

An eastern mud and salt poultice massage.

Complementary therapies

INDIAN HEAD MASSAGE £9.50

Reduces effects of stress and tension by releasing the stress that has accumulated in the tissues, muscles and joints of the head, neck, face and shoulders.

REFLEXOLOGY

This is a complementary therapy which works on feet, it helps restore and maintain the body's natural equilibrium.

One treatment £9.50

Course of six treatments £47.50

Back massage £9.50

FULL BODY MASSAGE

Manual manipulation of the soft tissue of the body. It helps balance the body and assists with posture and can help relieve aches and pains.

One treatment £14.25

Course of six treatments £71.25

MASSAGE USING ADVANCED TECHNIQUES £14.85

HOPI EAR CANDLES £17.00

Non-invasive treatment of the ears which is used to treat a variety of conditions (ask about availability).

HOT STONE THERAPY £17.00

A speciality massage that uses smooth heated and cooled stones. It is a deeply soothing, relaxing form of massage. The hot stones help release tight muscles and cool stones reduces congestion (ask about availability).

AROMATHERAPY

Relaxing massage using essential oils derived from plants to achieve therapeutic benefits.

Part body (back, face and scalp) £11.50

Full body £18.00

Course of six full body treatments £90.00

AYURVEDIC MASSAGE (45 minutes) NEW £20.00

Abhyoga – synchronised massage (2 therapists)
Aids lymph drainage, deeply relaxing,
clears chakras. **Wednesday 10.00-1.00 only**

SHIRODHARA (30 minutes) NEW £20.00

Warm oil flow on forehead, light scalp massage,
deeply relaxing, clears chakras.

Wednesday 10.00-1.00 only

SPECIAL PACKAGE NEW £40.00

Must begin with spa + shirodhara and abhyoga
treatments. **Wednesday 10.00-1.00 only**



Packages

HOLIDAY PACKAGE £31.75

Eyelash tint†, St Tropez full body tanning and Jessica pedicure*.

BRIDE-TO-BE £45.00

Dermalogica facial, Jessica manicure*, Jessica pedicure* and full body massage.

PACKAGE A £22.50

Dermalogica facial and full body massage.

PACKAGE B £30.00

Dermalogica facial, back massage, Jessica manicure* and eyebrow trim and shape.

WAX PACK £17.00

Half leg, bikini and underarm.

PAMPER DAYS

MATERNAL MOMENTS £33.00

Facial, mini pedicure and mini manicure, including lunch.

RELAX AND INDULGE £33.00

Choose either a facial, back massage or basic manicure

- with -

Shampoo and blow dry

- and -

Lunch (2 courses - main and dessert)

CATCH UP WITH FRIENDS £27.50

Choose either a facial, mini manicure or mini pedicure

- with -

Herbal treatment and blow dry

- and -

Lunch (2 courses - main and dessert)

IT'S A MAN'S WORLD £27.50

Full body massage

Facial

Nail grooming

(Shape, buff, cuticle work and hand massage)

*Ask about availability.

†A patch test is required 24 hours prior to treatment.



Treatments for men

DERMALOGICA FACIAL £11.75

Cleanse, scrub, massage, hydrate and moisturise.

OVERALL OVERHAUL £11.50

A single treatment full body massage with specialised oil for toxin relief or stress relief.

PIT STOP

Mini nail care treatment £5.00

Eyebrow tweeze £3.50

Back massage £6.85

WAXING

Eyebrow wax £3.50

Back wax £6.00

Chest wax £6.00







dermalogica
Professional Skincare and Spa Treatments by The Skin Experts. Since 1982.

spa
find

PURE SPA BLENDS
LONDON

The Retreat
Lifestyle Academy
Newcastle College
Rye Hill Campus
Scotswood Road
Newcastle upon Tyne
NE4 7SA

Tel: 0191 200 4611

Email: theretreat@ncl-coll.ac.uk
Visit: www.newcastlecollege.co.uk