



PRICE LIST

1B Wagg Courtyard Docking King's Lynn Norfolk PE31 8FT
Tel: 01485 518729
hello@retreat-spa.co.uk www.retreat-spa.co.uk

Face

ELEMIS Anti-Ageing

ELEMIS Pro-Collagen Age Defy

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	£40
1 hour	£65

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	£40
1 hour	£65

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	£40
1 hour	£65

ELEMIS White Brightening Pigment Perfector

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

30 mins	£40
1 hour	£65

ELEMIS Skin Solutions

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	£35
1 hour	£55

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	£35
1 hour	£55

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	£35
1 hour	£55

The Retreat Signature Facial

The perfect 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	£30
1 hour	£45

Face & Body

The Perfect introduction to ELEMIS.

This is a dynamic approach to top-to-toe couture care. Choose your own combination of facial and body massage, or let your ELEMIS therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

ELEMIS Couture Touch

Condition your skin and muscles with this all-embracing experience. Combine any 30-minute or 1-hour ELEMIS hands-on facial with your personalised Freestyle Deep Tissue Massage.

1 hour	£60
2 hours	£100

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 mins	£30
1 hour	£50
1 hour 30 mins	£60

Swedish Massage

Back, Neck & Shoulder (30 mins)	£25
Full Body (1 hour)	£40
Full Body inc. Scalp (1 hour 30 mins)	£45

Aromatherapy Massage

Back, Neck & Shoulder (30 mins)	£30
Full Body (1 hour)	£45
Full Body inc. Face & Scalp (1 hour 30 mins)	£50



Holistics

Reflexology (1hour)	£30
Indian Head Massage (45 mins)	£30
Tranquility Scalp Massage (30 mins)	£25
Hopi Ear Candles (45 mins)	£30

Hand and Feet

File & Paint (hands or feet)	£14
Manicure	£20
Luxury Spa Manicure	£30
Pedicure	£24
Luxury Spa Pedicure	£34
CND Shellac (hands or feet)	£26
CND Re-Shellac	£26
Soak Off & Tidy	£12
IBX (1st application)	£10
IBX (on-going application)	£6
Add CND Shellac to any nail treatment	£12
Add Paraffin Wax	£12
Add French	£4
Add Glitter/Nail Art (per nail)	from 50p

Waxing

Eye Brow	£8
Lip or Chin	£7
Lip & Chin	£12
Lip, Chin & Eyebrow	£16
Underarm	£10
Half Arm	£12
Full Arm	£16
Basic Bikini	£10
Extended Bikini	£15
Inbetweeny Bikini	£20
Brazilian	£25
Hollywood	£30
1/2 Leg	£16
3/4 Leg	£20
Full Leg	£24
Full Leg & Basic Bikini	£32

Tanning

Moroccan Spray Tan: Full Body	£25
Moroccan Spray Tan: Half Body (lower or upper)	£15

Eyes

Eyebrow Tint*	£8
Eyelash Tint*	£12
All About The Eyes* (Eyebrow shape, tint & eyelash tint)	£20

LVL Lashes* **£45**
LVL will add length, volume and lift to your natural lashes without lash extensions. A natural, low maintenance treatment with no harsh perming techniques. Treatment takes just 1 hour and lasts up to 6 weeks.

*skin test required 48 hours before treatment

Jane Iredale Mineral Make-Up

Occasion/Party Make-up	£35
Make-up Lesson	£40
Bridal Make-up (inc. 1 trial & lip colour) (plus a call out charge if we come to you on the day.)	£80

Men

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.

30 mins	£40
1 hour	£65
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
ELEMIS Couture Touch as above	
Massage & Holistic as above	

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.

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.

Gift Vouchers

Gift Vouchers are available for any value or treatment.

Retail

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

Opening Hours

Monday	9:00 - 5:00
Tuesday	9:00 - Late
Wednesday	9:00 - 5:00
Thursday	9:00 - Late
Friday	9:00 - 5:00
Saturday	9:00 - 4:00
Sunday	Closed

Prices correct from July 2017

