

## Waxing

Half leg wax .....	£15.00
Half leg upper thigh .....	£17.00
Full leg wax .....	£23.00
Full leg and bikini wax .....	£28.00
Forearm wax .....	£12.00
Lip or chin wax .....	£6.00
Lip & chin wax .....	£10.00
Underarm wax .....	£7.00
Bikini wax .....	£7.00
Brazilian wax .....	£19.00
Full leg and Brazilian .....	£36.00
Hollywood wax .....	£26.00
Full leg and Hollywood wax .....	£43.00
High bikini wax .....	£12.00

## Eyes & Brows

Allergy test must be done 24hrs before tinting and perming if new to the treatment or salon.

Eye lash tinting .....	£12.00
Eyebrow tinting .....	£6.00
Eyelash & Brow tint .....	£16.00
Eyebrow wax/pluck .....	from £6.75
Eyelash perm .....	£27.00
Eyelash perm & Tint .....	£33.00

## Hands & Feet

File and polish .....	£8.00
File and French polish .....	£10.00

## Manicure

1 hour treatment including file and shape, cuticle work, exfoliation, hand and arm massage with polish .....	£23.00
without polish .....	£20.00

## Pedicure

1 hour nourishing and softening treatment including foot spa, exfoliation, cuticle work, foot and leg massage and polish...£29.00

## Removal of bio gel and shellac

as a stand alone treatment .....

£10.00
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## SHELLAC manicure/pedicure

14 day chip free varnish which dries instantly, includes nail shape and cuticle tidy) 45 minutes .....

£25.00
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## Bio Sculpture Gel Nails

Flexible, non chip gel, which is applied over your natural nail.

Colour/french overlay .....	£30.00
including gel removal .....	£33.00
Bio Sculpture on Toes .....	£25.00
including gel removal .....	£28.00

## Minx Nails

Minx is a revolutionary and unique pedicure and manicure that can not smudge or chip and requires no drying time. With many funky designs to choose from, Minx is made from flexible film which is applied and removed with heat and pressure.....£25.00

## Cancellations

Please let us know no later than 24 hrs before your appointment if you need to cancel, so we can offer your treatment time to someone else.

Gift vouchers are available for those special treats.

11 Ring Road, Thorpe St. Andrew  
Norwich, NR7 0XJ

Tel: 01603 701115

[www.urbanretreatnorwich.co.uk](http://www.urbanretreatnorwich.co.uk)

Find us on 

## OPENING TIMES

Monday 9.00am – 6.00pm

Tuesday 9.00am – 8.00pm

Wednesday 8.30am – 5.30pm

Thursday 11.00am – 8.00pm

Friday 9.00am – 6.00pm

Saturday 9.00am – 4.00pm

# URBAN RETREAT

BEAUTY & HOLISTIC  
THERAPY CENTRE

Telephone 01603 701115

## TREATMENT MENU

More than 20 years experience  
treating your face, body and mind

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## Experience Espa

Espa has pioneered the science of natural beauty in a potent collection of highly effective formulations using only the very purest extracts, Espa biochemists distil active ingredients into products that keep their promises for instant lasting results, everyday.

### Revitalising booster facial

Perfect if you haven't got a lot of time but need a deep cleansing, radiance boost to your skin.....**30mins £25.00**

### Personalised facials

Regenerating, Balancing, Rehydrating, Radiance, Calming and soothing - Your trained Espa therapist will tailor the facial for you depending on your needs.....**60mins £38.00**

### Age defying facial

For mature and stressed skins. Deeply nourishing, hydrating and repairing facial that combines advanced products rich in anti-oxidants and using specialised massage techniques which helps to improve cell regeneration and lift and tone the skin .....**75mins £45.00**

### Espa optimal pro facial

Rebalance, revitalise and hydrate your skin with this gorgeously effective facial. Deeply moisturising treatment that instantly revives and brightens your complexion, whilst ultimately protecting against environmental damage and delaying the early signs of ageing. Combines the effective tri phase optimal cleanser, skin pro serum with it potent natural actives and optimal skin pro moisturiser with its responsive hydration. This facial takes 60mins.....**£50.00**

## Massage & Holistic Therapies

### Full body massage

Your whole body is massaged with espa essential oils of your choice. Relieves tension and stress in aching muscles, nourishes the skin and promotes a sense of well being.....**1hr £36.00**

### Back neck & shoulder massage

Using Espa oils to ease areas of tension and relieve stress .....**30mins £25.00**

### Back, neck, shoulder & scalp massage

As above but finishing with a very relaxing pressure point massage on the scalp. Very soothing and excellent for headaches .....**45mins £30.00**

### Natural Lift Facial Massage

Natural face lift massage incorporates a unique blend of highly effective techniques drawn from Japanese and indian face massage. The massage involves a sequence of massage techniques which act as a natural face lift with no need for surgery. This specifically designed treatment uses a combination of techniques to improve the complexion, remove toxins, prevent and reduce facial wrinkles and age spots and helping improve overall health.....**£30.00**

### Espa advanced skin radiance facial

Suitable for all skin types and ages this facial combines the unique optimal skin pro cleanser, which gently exfoliates as it melts into the skin, with a deep clarisonic brush cleanse and radiance mask to continue to remove dead skin cells. A specialised age defying massage which incorporates lymphatic draining with cool rose quartz crystals follows and then concludes with a highly effective lifting and smoothing mask and the new skin radiance serum to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and radiant. This facial takes 90mins.....**£65.00**

## Enzyme facial treatments

Highly effective, corrective facials which uses a blend of Australian lime enzymes to work as a active peel on the skin's epidermis layer. The benefits of these treatments are: **Smooths and reduces the appearance of fine lines and wrinkles, Boosts elasticity, Gives the skin a softer, more youthful radiance, Increases cell renewal, Evens skin tone, Removes dead skin cells.**

### Cellular renewal enzyme facial

This facial starts with the above but then continues with the advanced age-defyer massage and a lifting and smoothing mask to boost elasticity and radiance, reduce the appearance of fine lines and provides an instant firming effect .....**90mins £65.00**

**\*It is essential that you do not exfoliate, have any other stimulating treatments for at least a week before this treatment, and please bring a sunscreen of SPF 30 or greater with you to use after your enzyme facial to protect your skin\***

### Indian Head Massage

Deeply relaxing and calming treatment. Releases stress and tension in the face, neck and head. Particularly beneficial for sufferers of insomnia, headaches and sinusitis .....**45mins £28.00**

### Hopi Ear Candles

Relaxing and very gentle solution to treat ear and sinus problems. Especially if you suffer from blocked ears. Very good for swimmers.....**30mins £25.00**

### Reflexology

A centuries old therapy which involves a pressure point massage to the feet. The feet are covered in reflex points which when massaged increase the energy and blood flow around the body, unblocking energy channels which helps to re-balance and harmonise the body. Can be used to treat problems from insomnia, depression, pmt, sciatica. It is also an excellent preventative therapy and an extremely relaxing experience .....**1hr £31.00**

### Espa Total body care

Skin brushing and exfoliation is followed by a full body massage with espa oils of your choice. Including a relaxing scalp massage and pressure point massage to your face.....**1½hrs £50.00**

### Holistic back face and scalp treatment

One of our favourite treatments, deeply relaxing and harmonising treatment. Begins with gentle back exfoliation and relaxing back massage and followed by a personalised facial and deep scalp massage.....**90mins £45.00**

### Holistic back face and scalp with hot stone therapy

As above but incorporating hot basalt stones which help to release deep seated tension and restore balance to vital energy points.....**100mins £55.00**

### Lift and firming eye treatment

Using highly effective lift and toning products to help combat the effects of stress and the early signs of ageing. Leaves the eye area feeling smooth, lifted, calmed refreshed....**30mins £25.00**

## Treatments for Men

### Men's purifying facial

City pollution, environmental stress, travel and lack of sleep can make the skin look dull and tired. This relaxing treatment uses products packed with ingredients which will purify, balance and hydrate the skin. Incorporates a deep neck and shoulder massage a relaxing scalp massage...**60mins £40.00**

**30 mins back massage..... £25.00**

**45 mins back, neck, shoulder & scalp massage..... £30.00**

**Reflexology..... 60mins £31.00**

**Shoulder wax..... £12.00**

**Full back wax..... £20.00**

### Espa Holistic total body care with hot stone therapy

Begins with body brushing and exfoliation. The full body massage is then carried out incorporating hot basalt stones. The effects are deeply calming, soothing and comforting, and gives a deeper therapeutic relief to muscle tension and can physically help to energise the body.....**2hrs £65.00**

### Espa Exfoliating body polish

Body brushing, exfoliation and application of espa oil of your choice to eliminate dead skin cells, smooth and moisturise your skin. Great before or after a holiday or for a general boost .....**45mins £28.00**

### Espa De – Toxifying Algae Wrap

Body brushing and exfoliation begin this invigorating system cleansing treatment. Essential oils to aid elimination of toxins and algae rich in minerals are applied over the body. Firming, softening and healing.....**90mins £40.00**

### Espa Stimulating hip and thigh treatment

Helps to combat troublesome areas with specialised hands on lymphatic drainage and deep tissue massage techniques. Helps boost the movement of lymph and improve circulation, stimulating the natural elimination process and creating a feeling of well being. ....**75mins £38.00**