

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 fingers	£10.00
File and polish toes	£10.00
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

SHELLAC manicure/pedicure

14 day chip free varnish which dries instantly, includes nail shape and cuticle tidy) 45 minutes.....£25.00

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

Massage & Holistic Therapies (continued)

Bespoke you

Not sure which therapies would be best for you! Let us tailor make your own treatment. Following a consultation, as a trained Naturopath, Michelle will be able to create your own personal treatment combination to get the best results possible from your time with us. Between reflexology, hot stone massage, massage, natural face lift massage and aromatherapy facials you'll have your own treatment journey. You may be sent away with some homework... Relaxation techniques or muscle easing stretches.
.....120 mins **£75.00**

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.

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

Tel: 01603 701115

www.urbanretreatnorwich.co.uk

Find us on 

OPENING TIMES

Monday CLOSED

Tuesday 9.00am – 6.00pm

(Open until 8.00pm by special request)

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

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Experience Espa

Espe has pioneered the science of natural beauty in a potent collection of highly effective formulations using only the very purest extracts, Espe biochemists distil active ingredients into products that keep their promises for instant lasting results, everyday. Our Espe facials will be specifically tailored to you, to include, deep cleansing, treatment oil specific massage and mask. Your skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy skin, we recommend a facial once a month.

Revitalising booster facial

Perfect when you haven't got a lot of time but would like a deep cleansing, radiance boost to your skin.....30mins **£26.00**

Personalised facials

..... 60mins **£40.00**

Add a 30 minute back massage **£60.00**

Whether it's to calm and soothe, purify, hydrate or revitalise your skin. This exclusively tailored facial will have a solution for you.

Age defying facial

..... 75mins **£46.00**

Add a 30 minute back massage **£66.00**

Deeply nourishing, hydrating and repairing this facial combines advanced products rich in anti-oxidants and using specialised massaged techniques which helps to improve cell regeneration and lift and tone the skin.

Massage & Holistic Therapies

We tailor our massages to your needs. They are a combination of relaxing Swedish massage, acupressure and deep tissue techniques, designed to ease out tight muscles and relax the mind. Just pick the amount of time you would like to spend with us.

.....30 mins **£26.00**

.....45 mins **£31.00**

.....60 mins **£37.00**

.....75 mins **£45.00**

This extra long massage allows us the time to focus the massage exactly where it's needed. Whether it's extra time on the back, legs scalp or face. You will leave with all your stress and tension dissolved away.

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**

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 90 mins..... **£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 effect90 mins **£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 sinusitis45 mins **£30.00**

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 experience60 mins **£32.00**

Espe Total body care

Skin brushing and exfoliation is followed by a full body massage with espe oils of your choice. Including a relaxing scalp massage and pressure point massage to your face.....90 mins **£55.00**

Espe Exfoliating body polish

Body brushing, exfoliation and application of espe oil of your choice to eliminate dead skin cells, smooth and moisturise your skin. Great before or after a holiday or for a general boost45 mins **£28.00**

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.....90 mins **£50.00**

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.....100 mins **£60.00**

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....30 mins **£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....60 mins **£41.00**

30 mins back massage..... **£26.00**

45 mins back, neck, shoulder & scalp massage..... **£31.00**

Reflexology.....60 mins **£32.00**

Shoulder wax..... **£13.00**

Full back wax..... **£21.00**

Espe 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.....90 mins **£40.00**

Espe 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.75 mins **£38.00**

Urban Equilibrium

This amazingly powerful treatment combination works to completely balance the body and soothe the mind. Starting with reflexology, moving into The natural face lift massage and finishing with a stress relieving shoulder massage.....120 mins **£60.00**

(Massage & Holistic Therapies continued on back page)