

# *Beauty and the Spa*

*Relax – Balance – Revitalise*



*“Peace comes from within. Do not seek it without.”*

*- Buddha*

## *Inner Calm in the City*

*Beauty and the Spa provide Luxury Beauty, Holistic and Massage Treatments at our Treatment Room in Newcastle City Centre.*

*Our Treatment room in the heart of Newcastle city centre ensures an ideal respite from everyday and offers a peaceful setting to calm, balance, purify, revitalise and relax.*

*In a world that is increasingly demanding Beauty and the Spa is committed to providing a world of relaxation and calm to enhance a more balanced lifestyle*

# *The Body*



## *Massage Treatments*

### *Swedish Massage (1hour)*

*£40.00*

*Swedish Massage is designed to work on stress and tension by relaxing the muscles and helping to boost circulation in the body. It also provides physical relaxation, decreases stress and muscle tension and improves range of motion. The specific techniques used in Swedish massage involve the application of long, gliding strokes, friction, kneading and tapping movements on the soft tissues of the body. The Massage will revitalise the body, clear negativity and reveal an uplifted inner self.*

### *Aromatherapy Massage (1hour)*

*£45.00*

*Aromatherapy massage is a deeply relaxing form of massage using a medium of aromatic essential oils diluted in carrier oil. As a part of nature, aromatic essential oils are tools of healing and combined with the soothing power of massage have enormous therapeutic benefits to the body. By their fragrance and absorption through the skin, essential oils can also have subtle effects on the mind and emotions, helping to give feelings of relaxation, balance and harmony, a truly holistic therapy. It is a deeply therapeutic experience, promoting both deep relaxation and the therapeutic effects of the essential oils. This personalised experience captures the art of massage with the healing benefits of essential oils, reflecting your chosen intention and transporting you into a deeper state of relaxation, the oils are blended to help balance your mind and senses and is a deeply relaxing massage.*

### *Sports Massage (1hour)*

*£40.00*

*Sports Massage is the management, manipulation and rehabilitation of soft tissues of the body including muscles, ligaments and tendons. The techniques used by our sports massage practitioners have been developed to ensure effective and efficient results are gained from each massage given. The reported benefits of Sports Massage include: Improve circulation & lymphatic flow - Assist in the removal of metabolic waste - Sedate or stimulate nerve endings - Increase or decrease muscle tone - Increase or decrease muscle length - Remodel scar tissue when required - Assist in mental preparation for sporting participation. To benefit from a sports massage you do not need to be a sports performer. The benefits above can also help relieve many day to day problems that everyone experiences. We ensure that you will receive an individually tailored, sports massage.*

*Deep Tissue Massage (1hour)*

*£40.00*

*Deep Tissue Massage is one of the best and most effective ways to treat pain and injury. Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia. Restoring movement in the soft tissues alleviates pain, muscle spasm and stress from the problematic area. Deep tissue massage helps to break up and eliminate scar tissue. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue.*

*Hot Stone Massage (1 hour)*

*£45.00*

*Beauty and the Spa's Hot Stone Massage is a deeply relaxing and purifying treatment. Earth, air, fire and water unite with body balancing oils, and stress-absorbing volcanic stones to provide the ultimate in healing techniques. Muscles are cleansed of stress and tension as you surrender to the grounding benefits of this relaxing stone therapy.*

*Back, Neck and Shoulder Massage (30 minutes)*

*£25.00*

*This Massage specifically focusses on the Back, Neck and shoulder area. It helps to restore deep layers of muscle tissue embedded from everyday stress and chronic patterns of tension. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia. Restoring movement in the soft tissues alleviates pain, muscle spasm and stress from the problematic area.*

*Add hot stones to any massage*

*£10.00*



*Holistic Therapies*

## *Holistic Treatments*

### *Reflexology (1 hour)*

*£40.00*

*Reflexology is a gentle but powerful foot massage therapy. This Ancient art utilises strategic pressure points located on the feet that corresponds to organs and systems of the body to bring about a state of deep relaxation and to stimulate the body's own healing processes. Your entire body will benefit as you experience an overall renewal of vitality and strength.*

*Suitable for all ages, reflexology is a natural therapy that can facilitate more vital energy, help boost the immune system and create a stronger body and calmer mind. it is a relaxing, calming and beneficial treatment. An opportunity to pamper yourself and rebalance physical and emotional stresses.*

### *Indian Head Massage (45 minutes)*

*£32.00*

*This truly is a holistic dream, incorporating face, scalp, neck and shoulders. A deeply relaxing massage to the head, neck and shoulders to remove tension leaving you soothed and relaxed. Concentrating on pressure points in the face to ease tension particularly around the eyes. Tension is released, scalp and hair are nourished with essential oils, and a greater sense of relaxation is achieved.*

*The Face*



## *The Face*

### *The Classic Facial (1 hour)*

**£34.00**

*Beauty and the Spa's classic facials are deeply hydrating and designed to quench thirsty dehydrating skin, creating a healthy glow and perfect complexion. This facial is for all skin types and is designed to bring your skin back to its optimum best – whether the end result is anti-aging or oil-free; the beginning to a great looking complexion is hydration first. The Therapist will begin by analysing your skin and seeing which areas need the most attention – once complete a soothing micellar water cleanser is applied which removes any impurities in the skin, hot towels are then gently applied to warm the skin and open pores in preparation for a delicate exfoliation, this helps to remove dullness and deep impurities allowing your skin to glow again. The therapist then completes a balancing pressure point massage that will help improve skin texture, tone and circulation, whilst helping to remove toxins under the skin. The facial is then completed with an intensive hydrating serum penetrating the deeper layers of the skin, complimented with a hydrating emulsion that helps awaken the skins natural moisture and defends its critical moisture reservoir. Your skin will be left feeling hydrated, soft and supple with a gorgeous healthy glow.*

### *Luxury Facial (1 hour 15 mins)*

**£38.00**

*Beauty and the Spa's Luxury facials indulge the skin with deeply hydrating products designed to quench thirsty dehydrating skin, creating a healthy glow and instant hydration. This facial is for all skin types and is designed to bring your skin back to its optimum best – whether the end result is anti-aging or oil-free; the beginning to a great looking complexion is hydration first. The Therapist will begin by analysing your skin and seeing which areas need the most attention – once complete a soothing micellar water cleanser is applied which removes any impurities in the skin, hot towels are then gently applied to warm the skin and open pores in preparation for a delicate exfoliation, this help to remove dullness and deep impurities allowing your skin to glow again. A hydrating kiwi mask with Mango, kiwi extract and vitamin E is then applied instantly quenching parched thirsty skin. The therapist then completes a balancing pressure point massage that will help improve skin texture, tone and circulation, whilst helping to remove toxins under the skin. The facial is then completed with an intensive hydrating serum penetrating the deeper layers of the skin, complimented with a hydrating emulsion that helps awaken the skins natural moisture and defends its critical moisture reservoir.*

*Hot and Cold Stones Facial (1 hour 15 mins)*

*£43.00*

*Beauty and the Spa hot and cold stone facial is complimented with aromatherapy skin care to completely indulge and re-balance the skin, creating a healthy luminous glow, with a smooth soft and supple complexion. The therapist will go through a consultation with you to analyse which areas of the skin need the most attention and which essential oils will be specifically blended to reflect your chosen intention. A jojoba cleanser is then applied to deep clean the skin and rid unwanted impurities, this is followed by scented hot towels to open the pores and warm the skin ready for a gentle aromatherapy natural exfoliant with essential oils, this rids the skin of grey dull areas, letting it glow once again. The hot and cold stone massage is carried out with a gentle blend of essential oils on the skin, the heat and energy of the stones de-stresses, energises and deep cleanses, whilst the cold stones tone, refresh and soothe. The facial is then completed with a harmonious blend of essential oils applied to re-balance and hydrate your skin. The Beauty and the Spa hot and cold stone facial is a luxurious, detoxifying facial for all skin types leaving your skin re-energised with a gorgeous healthy glow.*

*Eye Treatments*

*Eye Lash Tint*

*£8.00*

*The Beauty and the Spa eye lash tint adds definition to your lashes. This is a great treatment especially for swimmers or if going on holiday.*

*Eye Brow Tint*

*£8.00*

*The Beauty and the Spa eye brow tint defines your brows helping to frame your face.*

*Eye Lash Perm*

*£18.00*

*The Beauty and the Spa eye lash perm gives even the shortest eye lashes volume and curl with long lasting effects.*

*Eye Brow Shaping*

*£10.00*

*Eye Brow shaping will create a beautiful frame for your eyes with definition and shape.*



*Make up Artistry*

## *Make up Treatments*

*Beauty and the Spa use a range of high quality luxury makeup brands as well as Airbrush makeup which is fast becoming a popular choice among brides for the perfect wedding makeup.*

*Airbase Airbrush Make-Up was formulated by Oscar Nominated make-up artist Anni Buchanan to mould the durability of film make-up with the practicability of everyday makeup and following demonstrations and regular wear, make-up artists, salon owners, brides and everyday consumers are left amazed at the results. Silicone based, it is long-lasting and requires no touch ups - whatever the weather conditions!*

*Airbase combines a unique mix of ingredients with silicone at the heart of its formulation. Feeling beautiful and luxurious on the skin, the silicone chosen does not clog your pores, allowing your skin to breathe. It is this that helps give Airbase Make-Up unrivalled durability.*

*Make up Application (45 minutes) £40.00*

*Let our Makeup artist help you achieve the look you desire for any occasion.*

*Make up Lesson (1hour) £45.00*

*Discover the ideal makeup application to enhance your natural and individual beauty*

*Prom Make up (30 minutes) £30.00*

*Let our makeup artist help you achieve the perfect prom look for you.*

## *Wedding Makeup*

*Wedding Trial Bride (first hour) £40.00*

*Whether seeking a natural or more sophisticated effect; the makeup artist will help you achieve the look you desire.*

*Wedding Day Bride (1 hour) £50.00*

*The makeup Artist will apply the colours and effect chosen during the consultation appointment, and will help you achieve the perfect look for your perfect day.*

*Wedding Trial Bridesmaid (1 hour) £40.00*

*Whether seeking a natural or more sophisticated effect; the makeup artist will help you achieve the look you desire.*

*Wedding Day Bridesmaids (45 minutes) £45.00*

*The makeup Artist will apply the colours and effect chosen during the consultation appointment.*

*Every Additional hour £20.00*

*To view our full Wedding Treatments and Packages please see the Beauty and the Spa Wedding Brochure.*

*Hands and Feet*



## *Manicures*

*The Classic Manicure (45 minutes) £25.00*

*The Classic Manicure treatment begins with soaking the nails and nail grooming with shaping and buffing, paying special attention to cuticles. A revitalising scrub and hydrating massage with choice of nail colour completes this treatment.*

*Luxury manicure (1 hour) £30.00*

*The Classic Manicure combined with warm aromatherapy essential oils, the warm oils are blended to reflect your chosen intention and provide deep hydration for over worked hands leaving them silky smooth along with a relaxing massage from elbow to fingertips, finishing with your choice of polish.*

*Miss Monroe Manicure (1hour 10minutes) £38.00*

*Indulge with a glass of champagne while your nails are groomed to perfection. Our Miss Monroe Manicure combined warm aromatherapy essential oils with classic red polish, the warm oils are blended to reflect your chosen intention and provide intense hydration for over worked hands leaving them silky smooth along with a relaxing massage from elbow to fingertips, finishing with a classic red polish that Marilyn herself would be proud of.*

*Express Manicure (includes smooth and buff nails, with gloss optional) £15.00*

## *Pedicures*

*The Classic Pedicure (45 minutes)*

*£30.00*

*The Classic Pedicure treatment begins with soaking the nails and nail grooming with shaping and buffing, paying special attention to cuticles. A revitalising scrub and hydrating massage, with choice of nail colour completes this treatment.*

*Luxury Pedicure (1 hour)*

*£35.00*

*The Classic Pedicure combined with warm aromatherapy essential oils, the warm oils are specifically blended to reflect your chosen intention and provide intense hydration and revitalisation for tired over worked feet which are then re-energised with a scrub and massage leaving you with perfectly pedicured feet finishing with your choice of nail colour.*

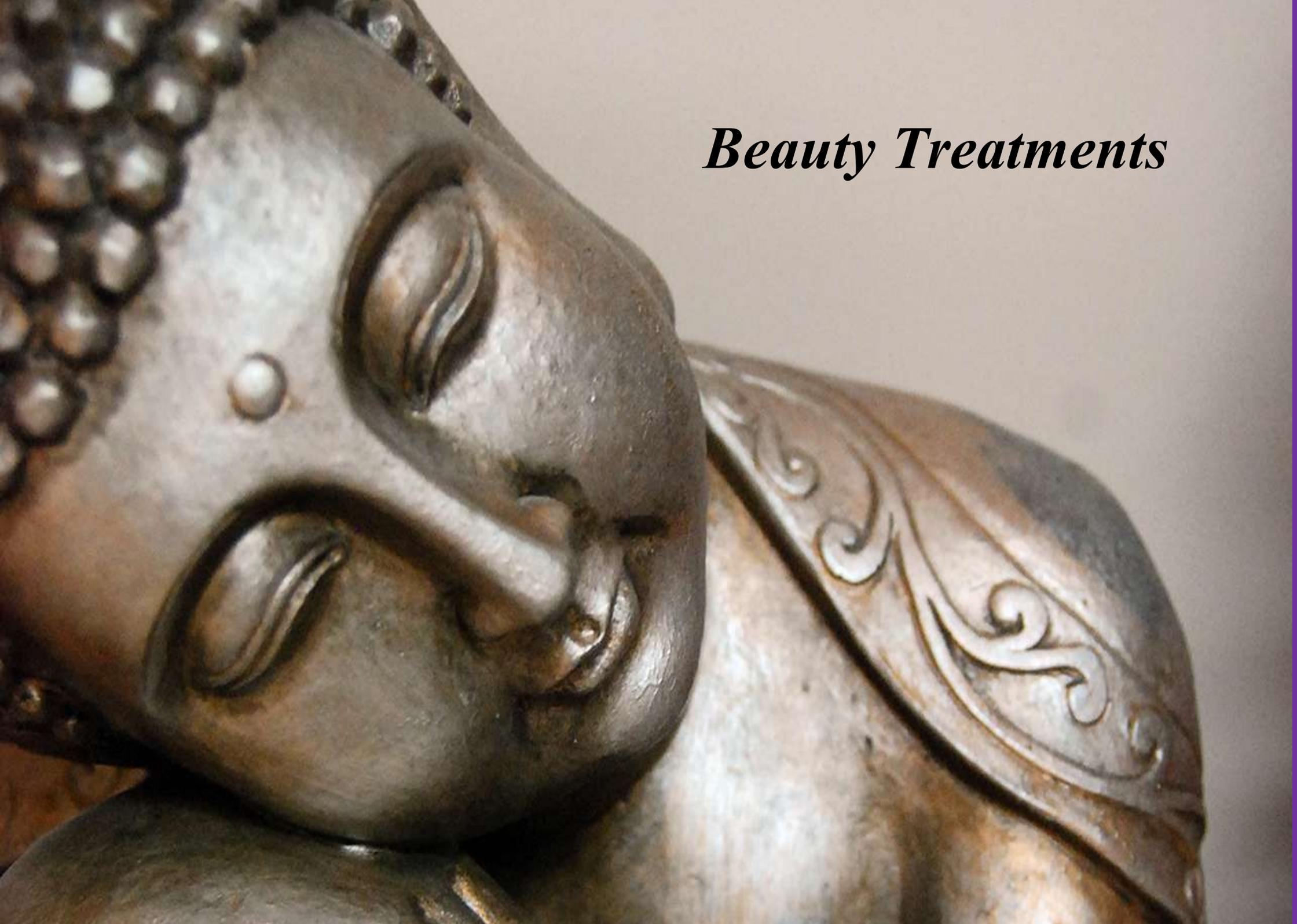
*The Audrey 'Pink' Pedicure (1 hour 10minutes)*

*£43.00*

*Indulge with a glass of pink champagne while your feet are groomed to perfection. Our Audrey Pedicure combines warm aromatherapy essential oils with a classic pink polish, the warm oils are specifically blended to reflect your chosen intention and provide intense hydration and revitalisation for tired over worked feet which are then re-energised with a scrub and massage from calf to toe, finishing with a classic pink polish that Audrey herself would be proud of...after all she did only believe in 'Pink'*

*Express Pedicure (includes smooth and buff nail, with gloss optional)*

*£15.00*

A close-up photograph of a bronze Buddha statue's face. The Buddha has a serene expression with closed eyes and a slight smile. The face is framed by a decorative collar of small, round beads. The background is a plain, light-colored wall. The text "Beauty Treatments" is overlaid in the upper right corner.

*Beauty Treatments*

## *Beauty Treatments*

*Spray Tan (L.A Tan) £20.00*

*Beauty and the Spa offer professional Spray Tan by L.A Tan. L.A Tan is paraben free and 100% natural. Whether are looking for a golden sunkissed tan or to be beautifully bronzed we have every tan covered – literally*

## *Waxing*

### *Female Wax Treatments*

*Full Arm Wax £15.00*

*Half Arm Wax £10.00*

*Full Leg Wax £22.00*

*Half Leg Wax £15.00*

*Underarm £10.00*

*Lip Wax £7.00*

*Chin Wax £7.00*

*Bikini £10.00*

*Brazilian £18.00*

*Hollywood £20.00*

*Male wax Treatments*

*Chest Wax* £20.00

*Back Wax* £25.00

*Underarm Wax* £15.00

*Full Arm Wax* £20.00

*Half Arm Wax* £15.00

*Full Leg Wax* £30.00

*Half Leg Wax* £20.00

*Shoulder Wax* £5.00

*Stomach Wax* £15.00

# *Beauty and the Spa*

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*34 Pilgrim Street, Newcastle upon Tyne, NE1 6SE*

*[www.beautyandthespa.co.uk](http://www.beautyandthespa.co.uk)*