

The Retreat

Beauty Price List 2011/ 2012



Opening Hours

Monday	(Beauty)	11am – 5pm
Tuesday	(Beauty)	11am – 5pm
Tuesday	(Skin Clinic) (From Jan)	5pm – 8pm
Wednesday	(Complementary Therapies) (From Oct)	10am – 12.30pm
Wednesday	(Beauty)	2pm – 8pm
Thursday	(Skin Clinic – Laser and Caci only) (From Oct)	10am – 1pm
Thursday	(Beauty)	2pm – 8pm
Friday	(Spa Treatments only)	11am – 4pm
Saturday	(Elite) (from Oct)	11am – 4pm

Contact information

Telephone: 0191 200 4611

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

Email: theretreat@ncl-coll.ac.uk

Website: www.ncl-coll.ac.uk/lifestyle

When visiting The Retreat

- Please remember that this is a training environment. Treatments may take longer than expected and may be observed by a tutor. Your patience and tolerance is appreciated.
- Last minute cancellations or not showing up for your appointments can lead to disappointment for the students. Please try to give at least 24 hours notice.
- Unnecessary rudeness to staff/students will not be tolerated. Inappropriate and abusive behaviour can lead to a permanent ban from The Retreat.
- If you are more than 15 minutes late for your appointment it is likely to be cancelled.
- Refunds will not be given. Credit notes may be given at the manager's discretion.
- Sometimes student illness/weather conditions/college issues may lead to a cancellation of your appointment, we will always try to rebook you when possible.
- Please note that some treatments may require a doctor's note. You will be advised at the time of consultation.
- Your feedback is always appreciated. Please either ask for a form at reception or send us a letter or email.
- Group bookings are welcome, but please ring to check availability first.
- New treatments may be available as the term progresses. Please call for more information.



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 forty different facial or 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.

Our nail bar, with panoramic views across the city, offers the latest nail enhancements and manicures.

Once your treatment is complete, for a low cost of £5.00 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. Alternatively, step into the relaxation zone and laze on heated loungers that stylishly reside underneath a light therapy panel.

If you are keen to experience all that The Retreat has to offer, please contact us and book your treatment today.

The Retreat is only open during term time and will be closed for all bank holidays and the following dates:

Monday 24th October 2011 – Saturday 29th October 2011 (Half Term)

Monday 5th December 2011 (Staff training day)

Monday 19th December 2011 – Monday 2nd January 2012 (Christmas Holidays)

Monday 13th February 2012 – Saturday 18th February 2012 (Half Term)

Friday 16th March 2012 (Staff training day)

Monday 2nd April 2012 – Saturday 14th April 2012 (Easter Holidays)

Monday 4th June 2012 – Saturday 9th June 2012 (Half Term)

Please also be aware that the Retreat may sometimes be closed for training purposes. Please call to confirm.

BEAUTY TREATMENTS

Available:	Monday	11am – 5pm*
	Tuesday	11am – 5pm*
	Wednesday	2 – 8pm*
	Thursday	2 – 8pm*
	Saturday	11am – 4pm (From Oct)*

*some treatments are not available on all days due to different student levels. Please call to confirm.

Facials

Dermologica prescription facial **£14.50**

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

Lifting C **£20.00** (Limited availability)

Non-surgical facelift. Retrains and tones facial muscles

Caci Ultimate **£40.00** (Limited availability, appointments only available at certain times)

An advanced non surgical treatment system. 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

Microdermabrasion **£23.50** (Limited availability)

Deep exfoliation treatment



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	Tuesday	11am – 5pm*
	Wednesday	2 – 8pm*
	Thursday	2 – 8pm*
	Saturday	11am – 4pm (From Oct)*

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Nail treatments

Manicure **£7.85**

Hand massage, cuticle tidy, nail file and buff and your choice of colour polish

Manicure with French polish **£8.50**

Pedicure **£9.50**

Foot massage, exfoliation, foot bath, nail file and buff and your choice of colour polish

Pedicure with French polish **£10.00**

Additional paraffin wax treatment **£3.50**

Gel nail extensions **£15.00**
(Limited availability)

Gel nail extensions with French polish **£15.95**
(Limited availability)

Infills (every 2-3 weeks) **£9.00**
(Limited availability)



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Eye treatments

Eyebrow trim/tweeze	£4.00
Eyebrow wax	£4.00
Eyebrow tint	£4.50*
Eyebrow tint and trim/tweeze	£6.50*
Eyelash tint	£6.50*
Eyebrow and eyelash tint	£10.00*
Individual lashes (full set)	£7.00**

Individual lashes applied to your natural lash. These are only designed to last 1-2 days

* a tint patch test must be carried out 24 hours prior to treatment

** a glue patch test be carried out 24 hours prior to treatment

Waxing treatments

Full leg wax	£13.75
Half leg wax	£10.50
Bikini wax	£7.85
Underarm wax	£6.50
Forearm wax	£8.45
Eyebrow wax	£4.00
Lip wax	£4.00
Chin wax	£4.00
Lip and chin wax	£6.50
Lip, chin and eyebrow wax	£10.00



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	Wednesday	2 – 8pm*
	Thursday	2 – 8pm*
	Saturday	11am – 4pm (From Oct)*

*some treatments are not available on all days due to different student levels. Please call to confirm.

Massage

Full body massage **£15.00**
(Limited availability on Mon/Tue)

Manual manipulation of the soft tissue of the body. It will help to relieve aches and pains, balance the body and assists with posture

Back massage **£9.50**
(Limited availability on Mon/Tue)

Indian Head Massage **£9.50**
(Only available Wed/Thu)

Reduces the 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

Hot Stone Therapy **£20.00**
(Only available Thurs/Sat. Appointments only available at certain times)

A speciality massage that uses smooth heated and cooled stones. It is a deeply soothing, relaxing form of massage. The hot stones help to release tight muscles and cool stones reduce congestion



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*some treatments are not available on all days due to different student levels. Please call to confirm.

Treatments for men

Dermalogica Facial **£14.50**

Cleanse, scrub, massage, hydrate and moisturise

Full body massage **£15.00**

(Limited availability on Mon/Tue)

Manual manipulation of the soft tissue of the body. It will help to relieve aches and pains, balance the body and assists with posture

Mini nail care treatment **£5.00**

Hand massage, cuticle tidy, nail file and buff

Eyebrow tweeze **£4.00**

Back wax* **£7.50**

Chest wax* **£7.50**

* Please note that you cannot have both a chest wax and back wax in the same session



COMPLEMENTARY

Available: Wednesday 10am – 12.30pm (from Oct)

Complementary Therapies

Reflexology £12.50

A therapy that works on the feet, helping to restore and maintain the body's natural equilibrium

Aromatherapy

Full body £20.00

Part body £14.50
(back, face, scalp)

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

Full body massage £15.00

Manual manipulation of the soft tissue of the body. It will help to relieve aches and pains, balance the body and assists with posture

Back massage £9.50

Indian Head Massage £9.50
(Limited availability)

Reduces the 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



SPA

Available: Friday 11am– 4pm*

* not all treatments will be available at the start of the term. More treatments will become available as the term progresses.

Spa treatments

Dermalogica Back Facial £13.50

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

Luxury foot wrap £10.50

Exfoliation, massage and black mud wrap

Full body inch-loss wrap £25.00
(Ask about availability)

Helps to control fluid retention and reduce cellulite

Full body mud wrap £19.50
(Ask about availability)

Algae body wrap £15.95
(Ask about availability)

Body brushing £8.50
(Ask about availability)

Salt brushing £11.50

Flotation (30 minutes) £11.50
(Ask about availability)

Experience deep relaxation in our flotation chamber. Helps the mind and body to unwind

Hot Stone Therapy £20.00
(Ask about availability)

Full body massage £15.00
(Limited availability)

Back massage £9.50



SKIN CLINIC

Available: Tuesday (from Jan) 5– 8pm
Thursday (Laser and Caci only) (from Oct) 10am – 1pm

Skin clinic treatments

Skinlogic skin scanner £10.00

Have your skin scanned and observed by one of our students. Ultra violet imaging shows pigmentation, scarring, and dry/oily areas, which students will then recommend the best course of treatment for. The £10 will be reimbursed should you book a further treatment

Galvanic facial £17.95

A customised electrical facial for all skin types to cleanse, regenerate and improve skin texture

Caci Ultimate £40.00

(Limited availability, appointments only available at certain times)

An advanced non surgical treatment system. 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

Medical Microdermabrasion £23.50

(Limited availability)

Deep exfoliation treatment

Medical Microdermabrasion and chemical peel £56.00

(Limited availability)

Chemical Peel £34.00

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

Dermaroller £180 (for 6 sessions)

(Limited availability)

Small needle punctures induce a wound response from the skin, promoting collagen and helping with acne scarring and other skin damage

Variable pulse light laser

For hair removal or skin rejuvenation (including pigment removal). Price on application, consultation required before treatments (cost of £10.00 – refundable should you book further treatments)

Experience more from the third floor...

Hairdressing

The hairdressing salon on the 3rd floor offers haircuts from our supervised Level 2 students in a modern salon offering a beautiful view across the city. You can get a cut and blow dry for £6.00 and colouring services including highlights or permanent colour from £12 upwards (patch test required). Men's barbering sessions are also available on Monday evenings.

Opening hours vary

0191 200 4622

theretreat@ncl-coll.ac.uk



The Chefs Academy

The Chefs Academy is Newcastle College's award winning restaurant offering fine dining at an affordable cost. All of the menus are carefully designed by experienced chefs and cooked under their supervision then served to you by our Hospitality students.

If you wish to combine a shopping trip in town with lunch, or need a new place to wow business clients the Chefs' Academy restaurant is perfect. Alternatively spoil yourself with an evening out, or come to one of our renowned theme events. Private dining experiences are also available.



Lunch

Tuesday – Friday (bookings between 12 – 1pm)

Dinner

Wednesday – Thursday (bookings between 6 – 7pm)

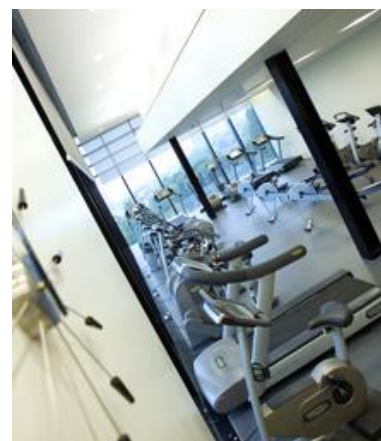
0191 200 4644

chefsacademy@ncl-coll.ac.uk

The Zone Gym and Spa

At the Zone you will find a state-of-the-art cardio and resistance gym, free weights area, luxurious spa (including spa pool, sauna, steam room and heated relaxation beds) and of course helpful and friendly staff.

All of this is available to you at a cost of just £5 per single session and there are no time limits. Become a member and save even more money!



Opening hours

Monday – Thursday 7am – 8.30pm

Friday 7am – 8.00pm

Saturday – 10am – 5pm

0191 200 4640

thezone@ncl-coll.ac.uk



Map and FAQ

We are based on the 3rd floor of The Lifestyle Academy. If you are entering the college from the main entrance on Scotswood Road we are the dark grey building on the right.



Is there car parking available?

Car parking is available at the college but the car park is often full between 9am and 4pm. We have car parking attendants who will direct you to an alternative car park. Please allow enough time to find a space to park or use public transport.

Are the treatments done by students?

Yes, all treatments are done by students Level 2 – Level 5. They are all closely supervised.

Can I get a treatment if I am pregnant?

You can still receive most of our treatments while pregnant, however for massage you will need to be over 3 months pregnant and for your comfort will only be given a back massage or Indian Head massage.

Can I bring a group of people?

We can usually provide treatments for up to 6 clients, sometimes more (please call to confirm). You will need to book in advance if you are bringing a group.

How old do you have to be to get a treatment?

You need to be over 16 for a treatment at The Retreat. 12 – 16 year olds can come for certain treatments if supervised by an adult.

Can you have a treatment if you have certain medical conditions?

You will be asked to fill in a medical questionnaire before your treatment and your therapist will advise you at the time if you have any contra-indications for your chosen treatment.

What happens if I am not happy with my treatment?

If you are not happy with your treatment please speak to the receptionist who can advise the manager of any concerns. Feedback forms are available at reception also.