

## Body Massage and Holistic Therapy

Swedish Back, Neck and Shoulder Massage (25mins)	£25.00
Swedish Full Body Massage (55mins)	£37.00
Deep Tissue Back, Neck and Shoulder Massage (25mins)	£27.00
Deep Tissue Full Body Massage (55mins)	£40.00

Sports Massage available. Ask for more details.

### Indian Head Massage

A massage of the neck, shoulders, scalp and face	
25mins	£25.00
40mins	£32.00

### Reflexology

An ancient foot massage treatment to bring balance to the body	
1st appointment (75 mins)	£32.00
Further appointments (55 mins)	£30.00

### Hopi Ear Candles

Great for sinus problems and before flying (40 mins)	£30.00
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## Fake Bake Professional Spray Tan

A professional spray tan is the quickest and most convenient way to get even looking natural tan results.

Full Body	£20.00
Half Body	£15.00

A patch test may be required for sensitive skin or during pregnancy. Please contact us for more details. A reward card is available. Save to get a free spray tan!! Ask for yours on your first visit.

## Universal Contour Wrap

If you are looking to lose a few extra inches you can always use the gym or attempt the latest diet, but if you want instant results choose Universal Contour Wrap and we guarantee you will lose at least 6 inches in just two hours - perfect for a special occasion!

Universal Contour Wrap can help everyone from those looking to kick start a slimming plan to those targeting stubborn areas in their quest for the perfect figure. Regardless of your shape or size you can rely on our unique formula to tone and tighten the body.

The body is wrapped in bandages soaked in a warm sea clay solution and then you can relax for an hour while the treatment gets to work!

Classic Full Body Wrap (120 mins)	£60.00
Course of 3 wraps (recommended 7-10 days apart)	£150.00
	(save £30.00)

Why not add a Facial or a Head Massage to your wrap treatment and receive 20% off the usual list price! Ask for our recommendations.

## Eye Treatments \*patch test required 24 hours prior to treatment

Eyelash Tint*	£10.00
Eyebrow Tint*	£8.00
Eyelash & Eyebrow Tint*	£15.00
Eyebrow Shape (wax or tweeze)	£9.00
Eyelash Perm* <small>including free eyelash tint</small>	£30.00
Party Lashes	£10.00

## Gift Vouchers

Treat a friend or loved one!

Gift vouchers are available for a monetary value or a specific treatment  
Vouchers are valid for 3 months from date of purchase

## Treatment Packages

Wedding and Pamper Packages are available  
Please book a consultation to discuss your individual needs

## Opening Times

Monday 10am - 6pm • Tuesday 9am - 8pm  
Wednesday 9am - 8pm • Thursday 10am - 6pm  
Friday 8am - 6pm • Saturday 8.30am - 4.30pm  
(times subject to change without notice)



### Cancellation Policy

The Retreat requires 24 hours notice of any cancellation.  
A charge of 50% will be made if an appointment is not kept or notice is not given.

March 2011



## Services & Price Guide



LA Fitness, Carrington Street, Derby DE1 2ND  
Telephone **01332 204141**

Book online 24 hours a day 7 days a week  
web [www.theretreatderby.co.uk](http://www.theretreatderby.co.uk)  
email [info@theretreatderby.co.uk](mailto:info@theretreatderby.co.uk)

## CACI Quantum

The original and favourite **non-surgical face lift**. Backed by over 20 years of medical research, CACI is safe and painless. The micro current works to tighten and tone the facial muscles helping to improve double chins, under eye bags, jowls and fine lines and wrinkles.

**CACI** Trial (one per person) (60 mins) £30.00

**CACI** Facial (60 mins) £42.00

**CACI** Maintenance (60 mins) £40.00

(available to regular clients visiting every 4-6 weeks)

Course of 10 CACI Facials £310.00 (save £110.00!!)

**NEW CACI** Super Booster (100mins) £60.00

(CACI Facial and Chroma Clear Microdermabrasion)

**CACI** Half Face Treatment (30 mins) £27.00

(suitable for those clients who have Botox on the forehead)

**CACI** Eye treatment (30 mins) £27.00

Course of Half Face CACI or CACI Eye £220.00 (save £50)

Hydratone (10 mins) £10.00

Intensive skin hydration and face firming in just 10 minutes!

*Add to any CACI for only £5.00*

### CACI Slimming, Toning, Contouring and Cellulite Treatments for the Body

Book a consultation to discuss your requirements and see how CACI body treatments can complement a healthy eating and exercise regime.

**CACI** Body Single (30 mins) £27.00

Course of 10 CACI Body treatments £200.00 (save £70.00)

## CACI Chroma Clear Microdermabrasion

The Chroma Clear is a revolutionary skin rejuvenation treatment that combines new innovative treatment technologies within one state of the art treatment system.

By propelling perfectly round microspheres on to the skin's surface the Chroma Clear produces a gentle tapping action that gently exfoliates the skin surface leaving behind a complexion with new found luminosity and youthful vitality.

A uniquely formulated hydrating and smoothing gel mask is applied to replenish and quench dull, dehydrated skin.

A special anti-bacterial blue light is used to purify, soothe and calm and when combined with red light stimulation, promotes a clearer, healthier skin complexion.

Great for acne scarring, pigmentation, stretch marks, skin imperfections and general exfoliation. A course is recommended for best results.

**Chroma Clear** Trial Treatment (one per person) (40 mins) £30.00

**Chroma Clear** Face Treatment (40 mins) £37.00

Course of 6 treatments £185.00 (save £37.00)

## Dermalogica

Please allow an additional 15 minutes to be added to your Dermalogica Treatment for a skin consultation and FREE Face Mapping skin analysis, followed by a customised skincare prescription with product recommendations.

**The Face Treatment** (60 mins) £37.00

This treatment is truly revolutionary because it's customised at every step by your skin care therapist. This treatment will be truly unique to you to provide the ultimate benefits for your skin.

**Express Face Treatment** (25 mins) £27.00

Mini face treatment for in-between your Dermalogica facial treatments, or great if you're in a rush!

### AGE smart™ Face Treatment

A professional skin treatment for clients with premature ageing or mature or devitalised skin. A potent vitamin and hydroxy acid exfoliation is followed by an energising massage to release tension in facial muscles. Followed with a masque and hydration, this is our best selling facial!!

60mins £42.00

75 Mins (includes firming contour mask) £45.00

**MediBac Clearing® Face Treatment** (60 mins) £42.00

It's the end of the line for adult acne! A professional cleanse, exfoliation and masque along with extractions help soothe, clear and detoxify the skin.

### ChromaWhite TRx® Face Treatment

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants help to fade sun and age spots, botanical ingredients help treat discoloration, finish with firming masque and intense moisturisation to smooth fine dryness lines.

60 mins £42.00

80 mins (includes ChromaWhite TRx® Hand Treatment) £55.00

An at home regimen can be prescribed to achieve visible results with pigmentation concerns.

A course of 3-6 professional Face Treatments may be recommended for best results. *Special Offer!! Buy five get one free!!*

**UltraCalming Face Treatment** (60 mins) £42.00

A gentle cleanse and exfoliation followed by a unique pressure point massage and soothing professional masque to calm the most irritated and sensitised skins.

**MicroZone Flash Exfoliation** (20 mins) £22.00

Get the glow - resurface and brighten with this power exfoliation.

**MicroZone Eye Rescue** (20 mins) £22.00

Add to any Face Treatment £15.00

Tone and brighten your tired eyes with firming ingredients and vitamins. A gentle exfoliation and calming masque will soothe and revitalise the skin.

## Nail Treatments

### Nailtiques

No one understands nail care like Nailtiques. For over 20 years Nailtiques has been providing therapeutic hand and foot treatments that surpass all others.

Luxury Manicure & Polish £26.00

Luxury Manicure & French Polish £27.50

Express Manicure £17.00

Luxury Pedicure & Polish £30.00

Luxury Pedicure & French Polish £32.00

We use Orly polishes in all our treatments. They have an extensive range of colours and are free of DBP, Formaldehyde and Toluene.

File & Polish ( Fingers or Toes) £10.00

File & French Polish (Fingers or Toes) £12.50

### Calgel

Calgel is formulated from a blend of organic chemical compounds to give strength and protection to natural nails or nail extensions. Plus it can be easily removed without trauma or damage to your nails. Available in Clear, French or over 90 Colours you can always have fabulous looking nails, naturally!

### Calgel Nail Extensions

New Set Clear £40.00

New Set French/Coloured/Glitter £45.00

### Calgel Natural Nail Overlay

New Set Clear £27.00

New Set French/Coloured/Glitter £30.00

### Calgel Infills

Clear 2 week £18.00 Clear 3 week £21.00

French/Coloured/Glitter 2 week £22.00

French Coloured/Glitter 3 week £27.00

### Calgel Soak Off/Repairs

Calgel Soak Off (when reapplying Calgel) £10.00

Calgel Soak Off & Conditioning £15.00

Nail Repairs from £5.00

## Waxing

Using warm Tea Tree creme wax. Treatments are recommended every four to six weeks. Hairs should have two weeks growth to be removed effectively.

Half Leg £16.00 Under Arm £12.00

Three Quarter Leg £20.00 Arm £16.00

Full Leg £25.00 Half Arm £12.00

Full Leg & Bikini £30.00 Chin £9.00

Bikini £12.00 Lip £9.00

Brazilian Bikini £20.00 Chin & Lip £12.00

Hollywood Bikini £30.00 Chest/Back, from £15.00