



RICKERBY  
RETREAT

Treatment Menu

## A WARM WELCOME

We hope you enjoy your time with us at Rickerby Retreat Spa.

We're delighted to offer an extensive range of ESPA face and body therapies, as well as Luxury CND manicures and pedicures. We also offer a wide range of maintenance treatments.

Don't forget to make time to relax by the pool, including our sauna and steam room – Pool bookings must be made in advance.

Please be aware that we require 24 hours' notice if you wish to cancel or rearrange an appointment. However, one week's notice is required when cancelling or rearranging a Spa Day Package, this may result in a cancellation fee if notice is not provided.

50% deposit is required to confirm your booking.

If you are using a voucher to pay for your booking, please ensure that you bring your voucher with you as your method of payment.

Vouchers can be purchased at our Spa Reception or online at [rickerbyretreat.co.uk](http://rickerbyretreat.co.uk). Valid for 12 months and cannot be extended or refunded.

\*Please note we do not offer treatments or Spa access to anyone under 16 years of age between 9am-5pm.

# MAKE A DAY OF IT...

## Rickerby Relaxation - Full Spa Day

Spend a full day to unwind and relax! Float away using our Spa facilities during your time with us, including our sauna, steam room, pool and jacuzzi. Enjoy a Swedish Full Body Massage, ESPA Inner Beauty Facial and a Nail Polish application on either hands or toes. Including our delicious Prosecco Afternoon Tea served in our Rickerby Bar. A luxury robe, towel and a pair of slippers are provided for your comfort.

Tuesday – Saturday 9am – 5pm  
Sunday 10am – 5pm

**£200 per person.**

\*Please note any requests to upgrade or change treatments must be made in advance and are subject to availability.

## Couples Retreat - Half Spa Day

Spend some quality time with a loved one, choosing a morning or an afternoon. Select one of our relaxing treatments, enjoy our Spa facilities as well as our delicious Prosecco or Champagne Afternoon Tea served in our Rickerby Bar. A luxury robe, towel and a pair of slippers are provided for your comfort.

Choose one of our 1 hour Spa treatments:

- Swedish Full Body Massage
- Inner Calm Massage
- Inner Beauty Facial
- Pre-Natal Relax and Restore
- ESPA Detox Body Wrap

Tuesday – Saturday 9am – 1pm / 1pm – 5pm  
Sunday 10am – 1pm / 1pm – 5pm

**£240 (prosecco option)**

**£260 (champagne option)**

## A Peaceful Escape - Half Spa Day

Choose a morning or an afternoon to enjoy our Spa facilities, a Personalised Express ESPA Facial, Express Back, Neck and Shoulder Massage, a Nail Polish application on either hands or toes and a glass or bottle of prosecco! A luxury robe, towel and a pair of slippers are provided for your comfort.

Tuesday – Saturday 9am – 1pm / 1pm – 5pm  
Sunday 10am – 1pm / 1pm – 5pm

**£135 (glass of prosecco)**

**£150 (bottle of prosecco)**

## Ladies Day - Half Spa Day

Choose a morning or an afternoon to enjoy our Spa facilities, an express treatment from our selected list and a glass of prosecco. A luxury robe, towel and a pair of slippers are provided for your comfort.

Choose one of our express treatments:

- Back, Neck and Shoulder Massage
- Shoulder, Neck and Head Massage
- ESPA Eye Life Treatment
- ESPA Salt and Oil Scrub
- ESPA Express Facial
- Invigorating Foot Treatment

Tuesday – Saturday 9am – 1pm / 1pm – 5pm  
Sunday 10am – 1pm / 1pm – 5pm

**£95 per person (Minimum of 4 People)**

## Gift Vouchers

Please call in or phone 01228 544200 to purchase gift vouchers for the spa or bar. Vouchers are valid for 12 months. Vouchers are non refundable.





FACIAL TREATMENTS



## ESPA Facials



Our facials begin with a detailed consultation and sensory journey. Using our SkinVision™ technology to analyse in depth and identify skin conditions and concerns not visible to the naked eye. Your facial is specifically tailored to what your skin requires, including a deep cleanse, exfoliation, treatment specific massage, mask, and intensive serum. Your skincare products are chosen for your individual needs to achieve Steam and extraction can be performed where necessary.

To maintain the ultimate in health, radiant skin we recommend a facial once a month. Accompanied by the ESPA products recommended by your therapist.

## ESPA Express

30 minute ESPA treatments, the perfect quick-fix or lunch time solution.

### **Personalised Express Facial**      **30 min**      **£48**

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial included a consultation and sensory journey, Skin Vision™ analysis, deep cleanse, exfoliation, tailored mask and finishes with an application of a booster serum to suit your skin.

### **ESPA Eye Lift Treatment**      **30 min**      **£48**

Perfect treatment for those who are concerned with the first signs of aging and dehydration around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eyestrain and computer headaches. Incorporating an express facial, with special concentration around the eye area.

## Intensive

### **Inner Beauty Facial**      **60 min**      **£80**

Following a Skin Analysis with our SkinVision™ technology, naturally advanced skincare products rich in plant and marine extracts are selected according to our individual needs and used alongside tailored massage to deeply cleanse, exfoliate, purify, and boost your complexion.

This customised treatment includes a divinely relaxing scalp massage.

### **Active Nutrients Glow from Within Facial**

**60 min**      **£85**

This invigorating nutrient-rich treatment is ESPA's holistic approach to restoring radiance, feeding your skin and your mood leaving you glowing with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage, which stimulates the lymphatic and circulatory systems. Helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté – combining steaming, exfoliation, and multi-tasking to maximise results. Your body and mind will be left relaxed and renewed.

## Advanced

### **Instant Radiance Facial**      **90 min**      **£105**

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, leaving your natural glow restored. The Instant Radiance Facial includes a deep cleanse combining with steaming, tailored specific treatment masks, Gua Sha massage and scalp, face, neck and décolleté massage.





## Age-Defying

### Intense Regenerating Facial 60 min £80

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips, and jawline to help combat the signs of aging.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

### ESPA Natural Facelift 80 min £95

Invest in your skin's future with a new, holistic approach to age-defying skincare. With cutting edge pre and probiotic technology, combined with the same benefits of physical exercise for visibly strong, healthy-looking, and youthful skin.

The treatment has been developed around four principles of exercise to work on the skin from inside out to detoxify, invigorate, sculpt, and relax. Clinically proven to reduce the appearance of fine lines and wrinkles. n the skin from inside out to detoxify, invigorate, sculpt and relax.



## Crystal Clear Facials\*

Crystal Clear Microdermabrasion is our clinically proven and celebrated skin resurfacing treatment that offers flawless results for problem skin, pigmentation, fine lines, and wrinkles, scarring and body treatments.

A wand delivering a fine jet of crystals will be passed over the skin surface to gently remove the dead skin layer by layer. The gentle vacuum action also achieves an immediate lifting effect on tired muscles and stimulates the bloody supply to the skin's surface to help promote new collagen and elastin formulation.

To maintain the ultimate healthy, radiant skin we recommend a facial once a month.

### Crystal Clear 30 min £48

Quick results in minimum time! Includes a deep cleanse and microdermabrasion. Finished with soothing serums and creams to hydrate and nourish the skin.

### Crystal Clear 60 min £80

The ultimate in skin renewing. Skin is cleansed and microdermabrasion tackles dull skin, blackheads, lines, and wrinkles. Also including our lifting mask, proven to reduce the number and depth of wrinkles and a scalp massage, finished with hydrating serums and creams.

### Course of 6 x 30 minute Crystal Clear Facials £270 with a FREE Maintenance Facial at the end of your course!

\*Please be aware pool cannot be used with Crystal Clear Facials.

\*\*Cannot be carried out during pregnancy.





ESPA BODY TREATMENTS



## ESPA Body



We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

## ESPA Express Body Menu

30 minute ESPA treatments for when a quick pick-me-up is required.

### Shoulder, Neck & Head Massage 30 min £48

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.

### Back, Neck & Shoulder Massage 30 min £48

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

### Salt & Oil Scrub 30 min £48

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment or in preparation for an ESPA Massage. For a lighter application, Exfoliating Body Polish is applied instead of the Salt & Oil Scrub.

### Invigorating Foot Treatment 30 min £48

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

## ESPA Massage Treatments

### Back, Face & Head Treatment 90 min £95 with Hot Stones 90 min £105

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, face and head, making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage – personalised facial – head massage.

### Deep Muscle Massage 60 min £80 with Hot Stones 60 min £90

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back and sore, tight shoulders.

Includes: Specialised massage to specific areas of concern.

### Inner Calm Massage 60 min £80

A deeply relaxing and balancing aromatherapy treatment for mind and body, the Inner Calm Massage uses a specially selected blend of oils specifically tailored to help you find your inner calm.

With the body relaxing into a warm neck pillow, an eye pillow is placed over eyes before a full body massage begins for a state of complete relaxation. A calming scalp massage follows before Rose Quartz Crystals are gently massaged over the third eye and forehead to rebalance the body, restore a sense of focus and create inner calm. Using guided inhalation and breathing techniques to help slow breath – releasing stress and anxiety, mind and body are brought back in balance.

### Hot Stone Massage 60 min £85 90 min £105

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

### Swedish Full Body Massage 60 min £78

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage: stimulating movements help soothe tired, aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms, neck and shoulders.







## ESPA Body Wrap

60 min £80

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

Choose from the following:

De-stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

Includes: Skin brush – body exfoliation- wrap – scalp massage

## ESPA Wrap & Glow

90 min £110

The brand-new treatment designed by the talented therapists at Rickerby Retreat, brings you a full body glow! A personalised body wrap tailored to your skin's requirements, followed by an Express ESPA Facial and a final application of delightful body butters.

This treatment includes a body brush, full body exfoliation, mud application, scalp massage including an express facial and finishing products.

## Deep Cleansing Back Treatment

60 min £80

A tension releasing massage for tight muscles and congested skin on the back, neck & shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smothered onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away any tension with a calming back massage.



## ESPA Maternity\*

### Pre Natal Relax & Restore

30min £48

60 min £80

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

Includes: Back exfoliation, body/scalp massage – this treatment is tailored to your specific needs.

*\*Must be over 12 weeks pregnant to have maternity treatment.*





ESPA FOR MEN

## ESPA Men



Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

### Men's Deep Cleansing Facial **60 min £77**

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse – exfoliation – steam and extraction – face massage – mask – scalp massage.

### Back, Face & Head Treatment with Hot Stones **90 min £95** **90 min £105**

Renowned as our 'Hero' treatment and loved by all. This ESPA treatment delivers triple results by targeting three key areas – the back, the face and head, making it the ideal treatment for anyone.

Includes: Back exfoliation – back massage – facial – head massage.

### Swedish Full Body Massage **60 min £78**

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage: stimulating movements help soothe tired, aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms, neck and shoulders.



### Hot Stone Massage **60 min £85** **90min £105**

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, neck and shoulders.

### Deep Muscle Massage with Hot Stones **60 min £80** **60 min £90**

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialised massage to specific areas of concern.

### Muscle Reviver **45 min £68**

A condensed massage for those who suffer with tension related headaches and neck strain.

If you have little time to spare, this deeply soothing back, face and stress-releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back Massage – Facial Massage – Scalp Massage.

### Male Prescription Manicure **30 min £40**

This full manicure will smooth those rough edges and target the specific needs of your nails.

### Male Prescription Pedicure **30 min £40**

Tailored to meet the needs of your feet, using invigorating citrus tones.





NAILS, HANDS, FEET & TOES



## CND Nails



### **CND Shape & Vinylux (Hands or Feet)** £25

Hands or Feet: File and cuticle push back followed by a polish from our range of CND Vinylux up to 7 day wear polish.

### **CND Shape & Shellac (Hands or Feet)** £32

Hands or Feet: Nails are prepared with cuticle work, filed to shape and Shellac is applied and cured so it has no drying time. Up to 14 days of shiny, durable wear.

### **For Hands...**

### **CND Vinylux Spa Manicure** £38

A luxurious treat for the hands including cuticle nourishment and tidying, shaping of the nails and finished with an application of Vinylux polish in a colour of your choice and finished with a hydrating hand and arm massage.

### **CND Shellac Manicure** £48

This treatment includes shaping of the natural nails, cuticle work, cuticle nourishment, shellac application in a colour of your choice and finished with hydrating hand and arm massage.

### **CND Deluxe Manicure** £55

Your luxury manicure starts with the shaping of your natural nails and cuticle work. Relax with an exfoliation of the hands, masque application and a hydrating hand and arm massage, then Vinylux is applied in your favourite colour.

Upgrade to Shellac for an extra £12, however this must be stated upon booking.

### **For Feet...**

For the ultimate in pedicure spa comfort, sit back and relax in our dream pedispa thrones and enjoy one of our luxurious foot treatments.

### **CND Vinylux Spa Pedicure** £38

This luxury pedicure includes callus removal, shaping of the nails and cuticle work, followed by application of Vinylux in a colour of your choice and finished with cuticle nourishment and a hydrating foot and leg massage.

### **CND Shellac Spa Pedicure** £48

This luxury pedicure includes callus removal, shaping of the nails and cuticle work, followed by application of Shellac in a colour of your choice and finished with cuticle nourishment and a hydrating foot and leg massage.

### **CND Deluxe Spa Pedicure** £55

A real treat for the feet! This pampering treatment starts with callus removal, shaping of the nails and cuticle work, followed by an exfoliation, a refreshing foot masque wrapped in our beautiful, heated booties and a hydrating foot and leg massage. Your treatment finishes with an application of a Vinylux colour of your choice.

### **Shellac Removal** £12

### **Shellac Removal & Re-application** £40

\*Please be aware that we only remove our own work, we do not remove work from other salons/spas.

### **Holiday Ready** £100

ESPA Salt & Oil scrub, Shellac hands & toes

*\*Please be aware the pool is not included with these treatments.*





MAINTENANCE TREATMENTS

# MAINTENANCE TREATMENTS

## Waxing

Lycon precision waxing ensures an almost pain-free waxing experience that will leave you smooth and relaxed.

Underarm Wax	£14.50
Chin Wax	£12.50
Lip Wax	£12.50
Lip & Chin Wax	£21
Bikini Wax	£18
Brazilian	£40
Hollywood	£38
Half-Leg Wax	£25
Full-Leg Wax	£35
Forearm Wax	£19
Half-leg, Bikini & Underarm	£45
Full Leg, Hollywood & Underarm	£65
Men's Chest Wax	£30
Men's Back Wax	£30
Men's Back & Chest Wax	£55
Men's Eyebrow Wax	£15

## Brows & Lashes

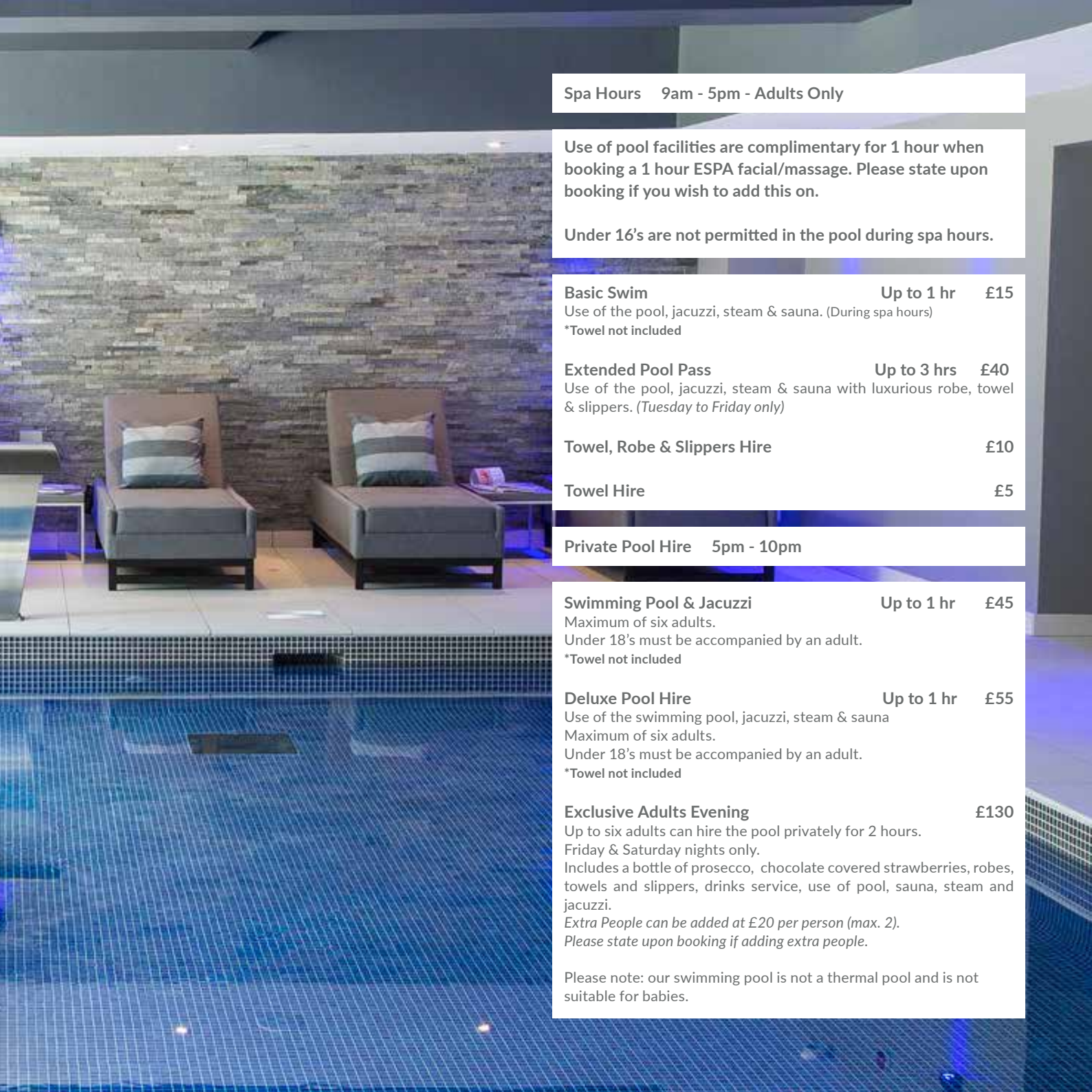
Eyelash Tint	£20
Eyebrow Tint	£15
Eyelash & Brow tint	£28
Eyebrow Shape	£12
Eyebrow Shape & Tint	£20
Eyebrow Wax	£15
Eyebrow Wax & Tint	£20
Eyebrow Wax, Tint & Lash Tint	£29
Eyebrow Wax, Lip & Chin	£25
Lash Lift & Tint	£60

\*All waxes require a patch test 24 hours prior to your treatment.  
\*Please be advised, the pool cannot be used before or after our waxing treatments.









**Spa Hours 9am - 5pm - Adults Only**

Use of pool facilities are complimentary for 1 hour when booking a 1 hour ESPA facial/massage. Please state upon booking if you wish to add this on.

Under 16's are not permitted in the pool during spa hours.

**Basic Swim Up to 1 hr £15**

Use of the pool, jacuzzi, steam & sauna. (During spa hours)

\*Towel not included

**Extended Pool Pass Up to 3 hrs £40**

Use of the pool, jacuzzi, steam & sauna with luxurious robe, towel & slippers. (Tuesday to Friday only)

**Towel, Robe & Slippers Hire £10**

**Towel Hire £5**

**Private Pool Hire 5pm - 10pm**

**Swimming Pool & Jacuzzi Up to 1 hr £45**

Maximum of six adults.

Under 18's must be accompanied by an adult.

\*Towel not included

**Deluxe Pool Hire Up to 1 hr £55**

Use of the swimming pool, jacuzzi, steam & sauna

Maximum of six adults.

Under 18's must be accompanied by an adult.

\*Towel not included

**Exclusive Adults Evening £130**

Up to six adults can hire the pool privately for 2 hours.

Friday & Saturday nights only.

Includes a bottle of prosecco, chocolate covered strawberries, robes, towels and slippers, drinks service, use of pool, sauna, steam and jacuzzi.

*Extra People can be added at £20 per person (max. 2).*

*Please state upon booking if adding extra people.*

Please note: our swimming pool is not a thermal pool and is not suitable for babies.

# SPA ETIQUETTE

Please ensure that prior to your arrival, all client health questionnaires are completed. Ensure that you arrive 15 minutes prior to your appointment time to check into our Spa and complete any outstanding questionnaires and payments. Please be aware that if you arrive late you may lose some of your treatment time at busy times.

For any complimentary swim alongside our ESPA Treatments/ Spa Days, you will be provided a spa robe, towel and slippers for use during your time at Rickerby Retreat. Please ensure that these are returned to the laundry drops or a staff member prior to departure. For all Spa Treatments, only underwear/swim wear is required to be worn, disposable briefs are available if needed.

If you have booked an 60-minute ESPA Treatment or longer, you will be eligible to a 1 hour complimentary use of the Spa Facilities. Please ensure that you contact the Spa prior to your appointment to add this to your Treatment. Please be aware that this is subject to availability and the Spa must be contacted prior to your appointment.

Lockers for clothes and valuables are located in both changing rooms. These are operated by inputting a four-digit code of our choice and do not require coins.

Drinks can be served on the Pool side, please ask a member of staff who will be happy to serve you.

Some treatments are not recommended during pregnancy, or whilst taken certain medications. Similarly, please disclose any medical conditions and our therapists will be happy to discuss the suitability of our treatments with you.

Treatments are unavailable to anyone under the age of 16 and children cannot use the pool facilities while the Spa is being used for treatments throughout the day 9am-5pm.

The pool facilities can be used without purchasing a treatment. Book in at reception or phone ahead to ensure availability.

Cancellation policies apply, please see front of Spa Brochure for further information.

We kindly ask that all Spa Guests respect our Spa Members and other Spa Guests during their visit to Rickerby Retreat.





RICKERY  
ASSEMBLY



RICKERBY  
RETREAT

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