



RICKERBY
RETREAT

Treatment Menu

A WARM WELCOME

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

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 - just ask when booking.

Please be aware we require 24hours notice if you need to change or cancel an appointment. However a week's notice is required to change or cancel spa day packages or you may lose your deposit.

50% deposit is required to confirm your booking.

*Please note: we do not offer treatments or spa access to anyone under 16 between 9am - 5pm.

MAKE A DAY OF IT...

Rickerby Relaxation - Full Day

Take some time out to really unwind. Relax into your robe and slippers and spend the day being pampered. Unlimited use of the pool, steam & sauna plus a personalised facial, nail polish and full body aromatherapy massage.

Plus...

Prosecco Afternoon Tea

Full Day 9am-5pm

Sundays 10am-5pm

£180 per person.

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

Couples Retreat

1 hour Treatment, extended pool use, 9am-1pm or 1pm-5pm

Spend some quality time with a loved one, choose from a range of one hour face or body treatments as well as Prosecco Afternoon Tea in our bar. You can also relax and unwind whilst enjoying the use of our pool and facilities.

Choose from one of the following treatments:

- Swedish Full Body Massage
- Inner Calm Massage
- Intensive Skin Solution Facial
- Pregnancy Massage
- Detox Wrap

£220 (£110 person)

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

A Peaceful Escape - Half Day

Choose a morning or afternoon to enjoy an express facial, an express massage, nail polish, extended pool use and a glass of Prosecco by the pool.

Morning 9am-1pm / Afternoon 1pm-5pm

£125 per person

Ladies Day

Choose a morning or afternoon to enjoy an express treatment, extended pool use and a glass of prosecco by the pool for half a day. Morning - 9am - 1pm / Afternoon 1pm - 5pm

Choose from one of the following treatments:

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

£85 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.

ESPA Facials



Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

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

ESPA Express

30 minute ESPA treatments. Perfect for a quick-fix or lunch time solution.

Personalised Express Facial **30 min £42**

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

ESPA Eye Lift Treatment **30 min £42**

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

Intensive

Inner Beauty Facial **60 min £70**

Following skin analysis with our SkinVision lamp, naturally advanced spa skincare products rich in plant and marine extracts are selected according to your individual needs and used alongside tailored massage to deeply cleanse, exfoliate, purify and boost your complexion.

This customised treatment is then finished with a divinely relaxing scalp massage.

Active Nutrients Glow From Within Facial

60 min £75

This invigorating nutrient-rich treatment ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows 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 and combining steaming, exfoliation and multi-tasking to maximise results, the body, mind and skin feel renewed while your

Advanced

Instant Radiance Facial **90 min £95**

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, and your natural glow is restored.

Includes: Skin analysis with Skin Vision lamp - triple cleanse - exfoliation - steam and extraction (if required) - Tri-Active Regenerating Resurface & Brighten mask - age-defying Rose Quartz Crystal massage - professional lifting & soothing mask - scalp massage.

Age-Defying

Intense Regenerating Facial 60 min £75

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 ageing.

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.

This 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.





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 £42

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 £42

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 £42

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 £42

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 £85 with Hot Stones 90 min £95

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 £75 with Hot Stones 60 min £80

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 £75

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 £75 90 min £95

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 £70

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 £75

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

Deep Cleansing Back Treatment 60 min £75

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 £45

60 min £75

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.*





Crystal Clear Facials*

Crystal Clear Microdermabrasion is our clinically proven and celebrated skin resurfacing treatment that offers flawless results for problem skin, pigmentation, 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 blood 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.

30 min Treatment £45

Quick Results in Minimum Time.

Includes a deep cleanse and microdermabrasion. Finished with soothing serums and creams to hydrate and nourish your skin.

60 min Treatment £75

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 facials £240 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 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 £70**

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 £85** **90 min £95**

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 £70**

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 £75** **90min £95**

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 £75** **60 min £80**

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 £60**

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 £30**

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

Male Prescription Pedicure **30 min £30**

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





NAILS, HANDS, FEET & TOES

CND Nails



CND Shape & Vinylux (Hands or Feet) 30 min £22

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) 30 min £28

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.

CND Vinylux Spa Manicure 45 min £35

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 45 min £45

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 Delux Manicure 60 min £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 45 min £35

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 45 min £45

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 Spa Pedicure Deluxe 60min £55

A real treat for the feet - this pampering treatment starts with callus removal, shaping of the nails and cuticle tidy, followed by exfoliation, a refreshing foot masque and hydrating foot and leg massage. Your treatment finishes with an application of Vinylux polish in a colour of your choice.

Shellac Removal 15 min £12

Shellac Removal & Re-application 60 min £40

Holiday Ready £85

ESPA Salt & Oil scrub, Shellac hands & toes

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





MAINTENANCE TREATMENTS

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Waxing

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

Underarm Wax	15 min	£14.50
Chin Wax	15 min	£12.50
Lip Wax	15 min	£12.50
Lip & Chin Wax	15 min	£21
Bikini Wax	15 min	£18
Brazilian	30 min	£40
Hollywood	30 min	£38
Half-Leg Wax	30 min	£25
Full-Leg Wax	30 min	£35
Forearm Wax	15 min	£19
Half-leg, Bikini & Underarm	45 min	£45
Full Leg, Hollywood & Underarm	60 min	£65
Men's Chest Wax	30 min	£30
Men's Back Wax	30 min	£30
Men's Back & Chest Wax	60 min	£55
Men's Eyebrow Wax	15 min	£15

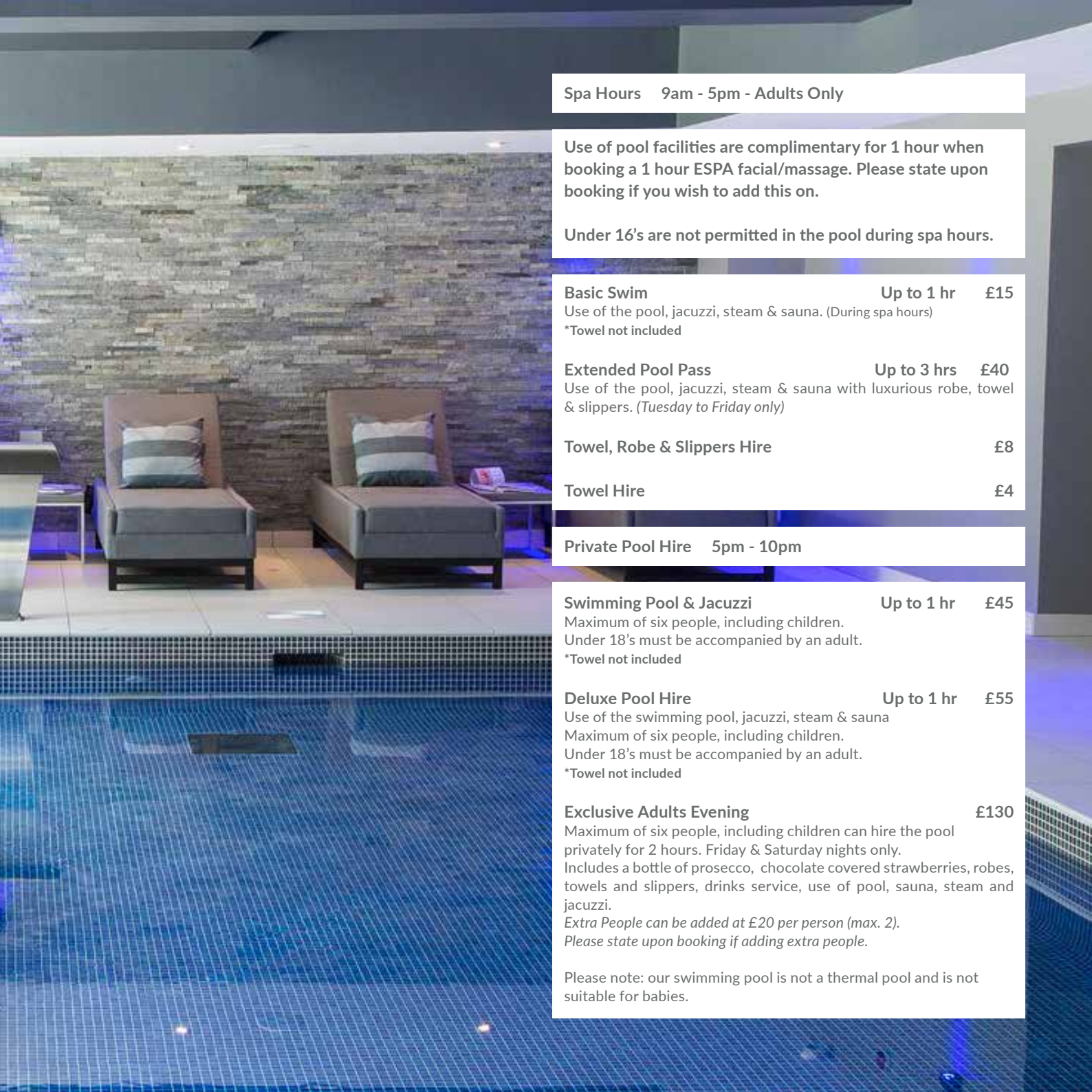
Brows & Lashes

Eyelash Tint	15 min	£20
Eyebrow Tint	15 min	£15
Eyelash & Brow tint	30 min	£28
Eyebrow Shape	10 min	£12
Eyebrow Shape & Tint	15 min	£20
Eyebrow Wax	15 min	£15
Eyebrow Wax & Tint	15 min	£20
Eyebrow Wax, Tint & Lash Tint	30 min	£29
Eyebrow Wax, Lip & Chin	15 min	£25
Lash Lift & Tint	60 min	£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 £8

Towel Hire £4

Private Pool Hire 5pm - 10pm

Swimming Pool & Jacuzzi Up to 1 hr £45

Maximum of six people, including children.

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 people, including children.

Under 18's must be accompanied by an adult.

*Towel not included

Exclusive Adults Evening £130

Maximum of six people, including children 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 arrive fifteen minutes prior to your appointment time in order to complete your client health questionnaire and discuss your treatment preferences with your therapist. Please be aware that if you arrive late you may lose some of your treatment time at busy times.

You will be provided with 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/bikini is required to be worn, disposable briefs will be available.

If you have booked a 1 hour ESPA treatment with us you can use our pool facilities free of charge for up to 1 hour either before or after your treatment. Please bring your swimming costume and let us know if you would like to use this facility when booking your treatment.

If you would like to enjoy a glass of wine, prosecco, champagne, etc. by the pool you can pre-order this when you arrive, or just ask a member of staff.

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

Some treatments are not recommended during pregnancy, or whilst taking certain medication. 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 through the day 9am - 5pm.





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