

BEAUTY ROOMS

at The Carlton

TREATMENT MENU





Welcome to the Beauty Rooms at The Carlton. Our aim is to maintain your sense of wellbeing and boost your inner strength, outer beauty and to ensure you leave feeling exquisitely pampered from head to toe. Here at the Beauty Rooms we use Gerard's and OPI. Gerard's is a luxury spa skincare range from Italy that uses only the finest natural ingredients and therapy techniques to enhance your beauty and wellbeing.

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## FACIAL TREATMENTS

### **Express Facial**

£28

Our express facial is personalised to each individual, giving optimum results.

### **Prescriptive Facial**

£45

Gerard's prescriptive facial provides a complete package of products tailored to suit your individual skin type and condition to treat specific concerns and bring optimum results. The facial includes a deep cleansing treatment, combination exfoliation, a soothing facial massage and a relaxing mask.

### **Caviar Luxury Facial**

£65

Gerard's luxury anti-ageing facial supplies a high dose of concentrated youth to the skin. Precious caviar increases cell renewal leaving your skin looking revitalized, firm and youthful. This treatment uses an energising facial massage that will relax the mind, while stimulating the circulation and firming the facial contours. A wonderful treatment for mature skin needing a new lease of life.

### **Collagen Eyes**

£40

The purest and most concentrated form of collagen is used in this high quality eye treatment to soothe, calm and refresh the eyes. Skin will immediately be revitalized, softened and wrinkles visibly reduced. Ideal for eyes which are showing signs of aging, wrinkles and swelling.

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## BODY TREATMENTS

### **Back, Neck and Shoulder Massage**

£25

Back massage combines the elements of deep tissue and remedial massage to ease tension from your back, neck and shoulders.

### **The Carlton Full Body Massage**

£45

The full body massage combines elements of deep tissue and remedial massage to ease tension from the whole body. This massage will leave you feeling relaxed and is personalised to your needs.

### **Shea Bliss**

£55

A luxury body treatment using 100% Shea butter, vitamin E and essential oils to nourish, soften and re-hydrate the skin. Shea butter acts as a natural sun barrier, making this the ultimate anti-ageing body treatment that reveals moisturised and toned skin, whilst protecting against further damage.

### **Tibet**

£70

This unique treatment comes from the highest regions of the world. The secret of the Tibet treatment is enclosed in the bundles of Himalayan pebbles, where salts from the Dead Sea are applied to the body with warm fragrant sweet almond oil. This exotic treatment gives an incredible and pleasant sensation of lightness by detoxifying, relaxing and revitalising the skin, bones and muscles.



## HAND & FEET TREATMENTS

<b>OPI Spa Manicure</b>	£28
Luxuriant, revitalising and soothing OPI Spa Manicure systems exfoliate, refine and moisturise hands. Choose from Citrus or Almond treatments.	
<b>OPI Paraffin Wax Manicure</b>	£35
<b>OPI Spa Pedicure</b>	£33
Lavish feet with a soothing and uplifting OPI Spa Pedicure. Treatment will exfoliate and hydrate to ensure truly pampered feet. Choose from Marine or Earth treatment.	
<b>Shellac Nail Treatment</b>	£25
Award winning CND Shellac guarantees brilliant results. Shellac is the original and only power polish service with 14+ days of superior colour, no matter what life brings you. Set it and forget it with mirror shine and zero dry time.	
<b>French Shellac Treatment</b>	£28
<b>Shellac Removal</b>	£10
<b>OPI Spa Manicure and Shellac</b>	£45
<b>OPI Spa Pedicure and Shellac</b>	£50

## EYE TREATMENTS

<b>Individual Eyelash Extensions</b> - lasts up to 1 week	£17
<b>Eyelash Flicks</b> - lasts up to 1 week	£12
<b>Eyebrow Tint</b>	£6
<b>Eyelash Tint</b>	£12
<b>Eyebrow and Eyelash Tint</b>	£16

## WAXING

<b>Half leg</b>	£15	<b>Lip</b>	£6
<b>Full leg</b>	£22	<b>Chin</b>	£6
<b>Bikini</b>	£10	<b>Eyebrow</b>	£6
<b>Underarm</b>	£8		

## SPA PACKAGE DAYS

Escape the world with our one day spa experiences. All packages include a light lunch, towels and towelled robes with full use of the leisure facilities.

<b>The Carlton Quick Fix</b>	£50
The ideal express spa day, includes either a 30 minute stress relieving massage or a relaxing facial.	
<b>The Carlton Recovery Day</b>	£65
The ideal spa day, choose either a Gerard's prescriptive facial or the Carlton full body massage.	
<b>The Carlton Pamper Day</b>	£100
The ideal pamper experience. Starts with a Gerard's prescriptive facial, followed by your choice of either the Carlton full body massage or Gerard's Shea Bliss body treatment.	

BOOK YOURSELF A TREAT TODAY...

Call: 01202 552011

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