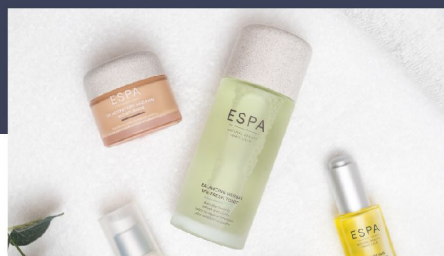




THE RETREAT

AT REDWORTH HALL





Step through the doors of The Retreat and escape the everyday. From the moment you enter The Retreat your relaxation begins.

At The Retreat you'll discover an array of individual head-to-toe treatments and therapies perfect for everyone. And, for those days and special occasions that require ultimate pampering, we offer an indulgent selection of spa packages and residential breaks.



At The Retreat our collection of fabulous treatment rooms are bathed in soft light with a warm, peaceful ambience. The perfect backdrop for your luxury spa treatment, using only the finest ESPA products.

Our relaxation room is subtly lit and decorated in soft tones, enabling you to rest your body, before and after treatment. Relax or revive on one of our luxurious Gharieni thermal loungers, and help yourself to refreshing fruit infused water and a range of lifestyle magazines.

THE GIFT OF SPA

If you're looking for the perfect gift, our spa gift vouchers have got you covered!

Treat someone you love, or yourself to the gift of relaxation and rejuvenation with our wide range of spa treatments. From soothing massages to refreshing facials, we have something to suit everyone's needs. And if you're looking for a full day of pampering, our spa days and spa breaks are the ultimate treat. It's the perfect way to escape the hustle and bustle of everyday life and indulge in some well-deserved self-care.

All gift vouchers can be purchased at our spa reception desk or on our website.

www.redworth-hall.giftvoucherbrilliance.co.uk





Redworth Lifestyle Membership

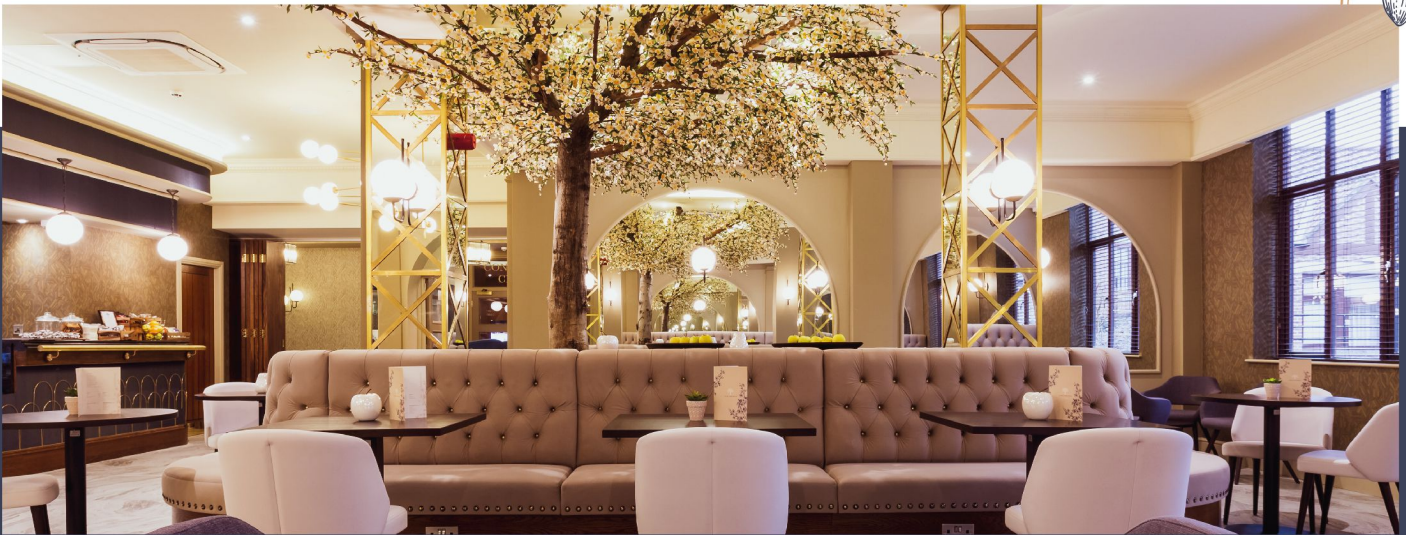
Experience the ultimate in fitness and relaxation with our Lifestyle Membership.

Enjoy access to our state-of-the-art gym facilities, a variety of classes and our unique Fitness on Demand virtual class system which has over 2000 options. Take advantage of our 14-meter pool, soothing jacuzzi, rejuvenating sauna and steam rooms. Elevate your lifestyle and achieve your health and fitness goals with us.



The Lounge at The Retreat is a sophisticated yet relaxed hangout. Grab a table or a quiet corner, and choose from an all-day menu featuring a selection of dishes, with healthy or indulgent options to suit every taste.

You can even join us in your robe and flip flops to refresh and refuel before heading back into The Spa to relax some more.



SPA DAYS

All of our spa day packages include:
Complimentary use of all Retreat Leisure and spa facilities including, robes and flip flops.
Below is a selection of our most popular spa days, to begin your spa journey please contact us on 01388770600 or visit our website www.redworthhalldurham.co.uk

Ritual Spa Day

Encompasses the mind to relieve stress, recharge spirits and rejuvenate.

- Choice of ESPA Body or Face Luxury 60 minute treatment
- 2 course lunch in the Retreat Lounge with a glass of prosecco
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room

9:30AM-3:30PM | From £109 per person

Vitality Spa Day

Do you, or someone you care about need a bit of me time? Treat yourself or a loved one to a fantastic spa day and enjoy a little pampering.

- Choice of ESPA Body or Face express 25 minute treatment
- 2 course lunch in the Retreat Lounge with a glass of prosecco
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room

9:30AM-3:30PM | From £89 per person

Couples Haven

What could be better than sharing your pamper time experience? Quieten your mind, release tension and nourish your skin with a holistic, experience to share together.

- Choice of ESPA Body or Face Luxury 60 minute treatment in our dual treatment room
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room
- 5 pm 2 course dinner in the Retreat Lounge with a glass of prosecco

1PM-5PM | From £219 per couple

Parent & Teen

The ideal spa day for any parent or guardian and their teenage daughter or son aged 13-18 to share some quality pampering and relaxing time together.

- ESPA Express Facial 25mins together in our dual treatment room
- Comes with a delicious afternoon tea to share
- Includes access to our thermal lounges in the tranquilly room

10:30AM-3:30PM | From £169 per couple



Radiant Mum To Be

This is the perfect treat for Mums to be, by nurturing your changing body and calming your mind with this beautifully comforting treatment (only for pregnancies over 12 weeks)

- ESPA's Pre-Natal Relax & Restore treatment lasts a relaxing 60 minutes
- 2 course lunch in the Retreat Lounge
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room

9:30AM-3:30PM | From £109 per person

Please consult your doctor before using our facilities.

Moonlight Spa

Enjoy an evening of calm relaxation at the Retreat

- Choice of ESPA Body or Face express 25 minute treatment
- 2 course dinner in the Retreat Lounge and a glass of prosecco
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room

5PM-9PM | From £79 per person

Morning Booster

Take time out and enjoy a morning at the Retreat

- Choice of ESPA Body or Face express 25 minute treatment
- Delicious 2 course lunch in the Retreat Lounge and a glass of prosecco
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room

9AM-1PM | From £79 per person

Afternoon Bliss

Come escape for an afternoon of pure indulgence

- Choice of ESPA Body or Face express 25 minute treatment
- Full afternoon tea in the Retreat Lounge and a glass of prosecco
- Includes use of Sauna, Steam Room, pool & Jacuzzi
- Access to our thermal lounges in the tranquilly room

1PM-5PM | From £79 per person

Option to upgrade treatments to 60 mins for an additional charge £30pp, please enquire on booking

Please note that on Monday and Friday mornings we host a 45 minute aqua aerobics session in the pool area. You are welcome to join in if you wish though if you would rather avoid this then let us know and we'll try to work your timings around it.



FACE

Active Nutrients Glow from Within Facial

TREATMENT 60 MINUTES | £89

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow 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-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

ESPA Inner Beauty Facial

TREATMENT 60 MINUTES | £79

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

ESPA Express Facial

TREATMENT 25 MINUTES | £49

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

All of our Facials include Includes: Skin analysis with Skin Vision™
lamp – double cleanse – exfoliation
personalised mask – scalp massage



BODY

Hero Treatment

TREATMENT 90 MINS | £110

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – back massage with or without hot stones – Inner beauty facial – scalp Massage

ESPA Inner Calm Massage

TREATMENT 60 MINS | £79

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breath work – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

ESPA Hot Stone Massage

TREATMENT 60 MINS | £89

Discover lasting relaxation for mind and body with this aroma therapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones – scalp massage

ESPA Pre-Natal Relax & Restore

TREATMENT 60 MINS | £79

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage

Only suitable for pregnancies over 12 weeks*. Before then avoid all massage & facials



ESPA Back, Neck & Shoulder Massage

TREATMENT 25 MINS | £45

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders

ESPA Salt & Oil Scrub

TREATMENT 25 MINS | £39

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation

Invigorating Foot Treatment

TREATMENT 25 MINS | £35

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: A refreshing exfoliation -deeply therapeutic foot and lower leg massage

HANDS & FEET

Deluxe Pedicure

TREATMENT 50 MINS | £48

Treat your feet to a little pampering. Your therapist will start by soaking your feet to help soften any hard areas before exfoliating* & massaging them and applying a mask as well as a rasp and cuticle treatment. You'll finish off with a file & polish leaving your feet feeling refreshed and ready to go. *with callus peel

Deluxe Manicure

TREATMENT 50 MINS | £48

Treat your hands to a refreshing new look. Your therapist will start by soaking your cuticles and treating your hands with a revitalising hand scrub followed by a hand mask. Your hands will then be placed into heated mittens to help soak the mask into your hands leaving them silky soft. This treatment will then be followed by a file & polish to finish.

Express Manicure or Pedicure

TREATMENT 25 MINS | £33

Are you in a rush? Get your nails ready for any occasion with this manicure which includes a nail file, cuticle work & file and polish to finish.

MII NAILS

MII GEL HANDS & FEET	£52
REMOVAL OF GELS & REAPPLICATION	£40
MII GEL HANDS OR FEET	£30
REMOVAL OF GELS	£20

WAXING

LADIES

FULL LEG WAX	£30
HALF LEG WAX	£20
UNDERARM WAX	£15
LIP & CHIN WAX	£10
LIP OR CHIN WAX	£7

MEN

CHEST WAX	£25
BACK WAX	£25
EYEBROW SHAPE AND WAX	£10

We recommend that you do not use any heat experiences 24 hours before or after waxing.

BROWS & LASHES

EYEBROW & LASHES PACKAGE	£25
EYEBROW & EYELASH TINT	£20
EYEBROW WAX	£10
EYELASH TINT	£10
EYEBROW TINT	£10

A 24-hour patch test is required prior to any of the tints.





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AT REDWORTH HALL

The Redworth Hall Hotel, Redworth,
Co Durham, DL5 6NL

Email: theretreat@redworthhalldurham.co.uk

Tel : 01388 770600
www.retreatatredworth.com