



the
Ridge Retreat
& SPA





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HAND, FEET AND NAIL TREATMENTS

Simple file and polish

£25

Replenish Elim Manicure 30mins

£35

Simple hand and nail maintenance designed for hard working hands. Hand soak to begin followed by hydration to nourish, shaping of nails, cuticle work, application of Biosculpt gemini nail polish and to complete a relaxing hand and arm massage.

Rejuvenate Elim manicure 60mins

£45

Ultimate luxury for the hands with our medihand manicure. A four phase treatment to rejuvenate and nourish. Hand soak to cleanse, gentle exfoliation, hydrating thermal mud mask with heated mitts, followed by a customised massage, cuticle push and tidy, nail tidy and Biosculpt gemini nail polish to complete. Absolute indulgence for the hands.

Replenish Elim Pedicure 40mins

£40

A simple pedicure for tired feet with a foot soak in our indulgent massage pedicure chair, cuticle work, a callous tonic to effortlessly remove tough skin followed by foot protector. A foot balm with a unique gel powder formula that leaves skin feeling soft and nourished, completed with Biosculpt Gemini polish.

Rejuvenate Elim Pedicure 80mins

£50

Rejuvenation and luxury for the feet! Starting with a foot soak in our indulgent massage pedicure chair. Callous tonic to remove stubborn hard skin, followed by the dual alpha hydroxy to exfoliate and hydrate feet and lower legs. An ultra rich clay mask is applied to purify, detox and restore moisture. Application of foot protector balm which contains powerful humectant to maintain hydration for days after your appointment and to complete an application of Biosculpt Gemini nail polish.



Elim callous peel 30mins £25

Elim callous peel treatment is the ultimate pedicure treatment using an alkaline callous tonic to safely and effectively remove hard skin and callouses leaving skin feeling silky smooth.

Biosculpt gel application nails or toes 60mins £35

Biosculpture gel application nails and toes 120mins £60

Bio Sculpture delivers 3 weeks of high performance wear and crystal clear shine with no drying time and minimal to no nail damage. As the only gel system to offer a bespoke manicure service it's suitable for all nail types, concerns, and conditions, such as soft, brittle, or bitten nails. With nail shaping and cuticle work included in this manicure its perfect for clients who need long lasting results and minimal fuss.

Biosculpture gel removal £15

Gentle removal of gel, nail and hand hydration to complete.

Biosculpture tips with gel application 75mins £40

Hot mitt cleanse to begin followed by shaping of the natural nail, cuticle work, tip application, Biosculpt gel or Evo gel polish.

Biosculpture tip removal £18

Gentle removal of tips, nail and hand hydration to complete.





MIND AND BODY

An indulging range of massage and holistic therapies using customised aromatherapy oils to relax the body and balance the mind.

Swedish Massage

45mins

55mins

£45

£50

Thermabliss hot stone or Lava shell

45mins

55mins

£50

£60

Indian head massage 40mins

£40

Indian head massage and facial 60mins

£55

Indian head massage and hopi ear candles 60mins

£55

Divine escape holistic massage 90mins

£85

It's a sensory experience that incorporates sound therapy, aromatherapy, crystal therapy, and advanced massage techniques.

It is an unforgettable journey of holistic well being from beginning to end.

This deeply restorative and indulging massage harnesses all five senses; sight, sound, smell, taste and touch, helping to restore spirit and calm the mind.

Revive and energise body and mind.

Empower you to feel stronger and invigorate circulation and ease muscle tension.

How does the treatment flow?

A rose quartz crystal is placed at the heart chakra to encourage love and reassurance, a warming

Divine Eye mask is placed over your eyes.

Koshi chimes cleanse your aura as your Divine

Escape signature treatment begins.

Reflexology, reiki, advanced massage techniques and sound therapy all are incorporated to deliver an incredibly powerful connected experience, leaving you feeling truly relaxed, deep inner healing, warmth, self-love and a powerful sense of inner peace. Finishing the treatment with mint green tea, to invigorate your taste buds.

The ultimate indulgence 90mins

£85

Full body massage and facial

Warm bamboo massage

45mins

£50

55mins

£60

Thai herb (Luk Pra Ko) compress

45mins

£45

55mins

£50

Deep tissue massage

45mins

£45

55mins

£50

Sole indulgence 45mins

£50

A luxury foot and lower leg massage incorporating thermabliss hot stones with personalised massage oils to improve circulation and relieving tense muscles.

Hopi ear candles 45mins

£35

Aromatherapy massage

45mins

£45

55mins

£50

Cupping therapy

30mins

£35

Sports massage

45mins

£45

60mins

£55

Massage and cupping

45mins

£45

55mins

£50

Reflexology 60mins

£50

Thai reflexology 60mins

£50



PREGNANCY MASSAGE

<i>Full body</i> 55mins	£50
<i>Back, neck, shoulder</i> 40mins	£45

Feel nurtured and relaxed with this specialised massage treatment for mums to be. If you are past the first trimester then this therapy is for you. Using safe but effective pre-natal techniques to relax those specific tired muscles from carrying that special bundle.

SPA THERAPIES

<i>Full body exfoliation therapy</i> 55mins	£50
<i>Back exfoliation</i> 30mins	£30

Includes fully body exfoliation with Natural spa factory scrubs and body hydration applied with massage.

TCM MIND AND BODY

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.” Buddha

TCM

(Traditional Chinese Medicine) is an ancient system which takes a holistic, balanced approach to address the underlying root causes of health concerns, increase vitality, restore the natural self-healing abilities of the body and prevent illness.

We use a wide range of elements such as

- acupuncture,
- moxibustion
- cupping
- Auricular
- Korean hand therapy
- Gua Sha
- KT taping

all tailored to your personal needs to address a range of issues and support the body's natural healing abilities to restore, renew and promote optimal well being.

TCM can be used for a wide range of issues such as

- menopause symptoms
- lower back pain
- pain
- sciatica
- headaches
- arthritis
- many others

- ask your therapist for more details.

The three treasures facial 60mins £60

The three treasures facial 90mins £85

Achieving youthful, rejuvenated skin the natural way with the ultimate holistic facial. The three treasures are believed to be the key to health. Using acupuncture, a relaxing facial sequence and other elements to address fine lines, wrinkles, acne and blemishes, purely holistic and purely amazing.

Acupuncture 60mins £50

During your session a variety of TCM elements alongside acupuncture maybe used to achieve optimum results.

KT Taping - ask your therapist for more details.
Ultrasound - ask your therapist for more details.

Zang Fu massage 30mins £35

This deeply relaxing experience uses circular, rhythmic movements of different intensity to massage internal organs and increase their efficiency. Techniques are applied at specific points such as muscle seams, which, with minimal pressure, allow access into the body's abdominal cavity. Targeting particular organ structures enables us to improve the blood flow to these organs, relaxing connective tissue, and allowing the organs to adjust to their natural shape and space.

- ask your therapist for more details.



HAIR REMOVAL

LEGS

Full leg	£25
Half leg	£20

ARMS

Underarms	£12
Fore arm	£16
Full arm	£18

FACE

Eyebrow	£12
Lip	£12
Chin	£12
Nose	£10
Lip and chin	£20

BIKINI

Bikini	£15
High bikini	£18
Brazilian	£30
Hollywood	£35

THREADING AND TWEEZER

Brow	£12
Lip or chin	£12
Lip and chin	£20

MENS HAIR REMOVAL

Eyebrow grooming	£12
Brows ears and nostrils	£22
Ears and nose	£20
Chest	£20
Ears	£10
Full back	£25
Lower back	£10
Nasal hair	£10

ELECTROLYSIS

10mins	£15
15mins	£20
20mins	£25



TANNING TREATMENTS

Patch test required 48hrs prior to appointment

<i>Full spray tan</i>	£25
<i>Half tan upper or lower</i>	£15

We use Lusso tan and have a range of products to keep the tan and remove with ease. In preparation for your spray tan and to achieve the best results we advise client:

Exfoliates 24hrs prior to your visit, this will remove dead skin cells and give a fresher, even looking tan, use an exfoliator without oil as this can effect the application of the tan.

If you shave, do so before your appointment as shaving after will remove the tan.

Wear loose fitting clothes to the appointment

EYE TREATMENTS

COLOURING

<i>Brow tint</i>	£10
<i>Lash tint</i>	£14
<i>Lash and brow tint</i>	£20
<i>Brow tint and shape</i>	£20
<i>Brow thread and tint</i>	£25
<i>LVL lash lift and tint</i>	£45
<i>LVL lash lift, tint and wax</i>	£50
<i>Brow lamination</i>	£40
<i>HD brows</i>	£30
<i>Henna brows and wax</i>	£35

Patch test required 48hrs prior to appointment for any colouring.

LASHES

RUSSIAN LASHES

<i>Full set</i>	£65
<i>Infill (if more than half of the set need infilled a full set will be charged)</i>	£35

Multi-lash Russian Layering application technique is a extremely popular lashes treatment. The technique involves adhering synthetic, ultra-fine fine lashes onto a single natural lash to create a voluminous yet lightweight look.

HYBRID LASH

<i>Full set</i>	£60
<i>Infill (if more than half of the set need infilled a full set will be charged)</i>	£30

This popular look combines classic and volume lashes to create a broken lash line which appears textured and fluffy. A perfect treatment for clients with sparse or gaps within the lashline.

CLASSIC LASH

<i>Full set</i>	£50
<i>Infill (if more than half of the set need infilled a full set will be charged)</i>	£25

Semi permanent eye lash extensions - no more mascara! These individual lashes are glued to the natural lash and give a natural, fuller look for even the shortest or sparsest of lashes, regular maintenance required to keep that lavish look.

A patch test will be required minimum 48hrs prior to appointment.

<i>Removal</i>	£15
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OCCASION MAKE UP

Using Jane Iredale high performance, cruelty free skin care make -up to create your desired occasion look.

<i>Trial and make up on the day</i>	£75
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DERMALOGICA TREATMENTS

Professional grade skincare providing bespoke treatments, personalised for your skincare concerns.

Face Mapping® Skin Analysis 10mins free

How well do you know your skin?

Our five-minute, comprehensive skin analysis services will help identify your skin type, the condition of your skin and allow our experts to prescribe you a personalised skincare regimen. No appointment necessary.

Skinsolver® 10mins

Pressed for time?

Fix skin concerns fast with our 10-minute express-seated treatment. Using professional-grade products, this treatment is ideal for a quick skincare pick-me-up to give your complexion a boost of radiance. Perfect before a special event or if you just want to give your skin an instant glow. No appointment Necessary.

Proskin 30 30mins

Looking for high impact treatment?

Our intensive 30-minute treatment is designed by our experts specifically for you and your most pressing skin concern. This bespoke service combines key steps of professional exfoliation and deep serum treatment with results-intensifying technology, such as Ultrasonic and Microcurrent, to provide you with visible results fast. Experience brighter and healthier skin.

Proskin 60 60mins

Want the best skin you've ever had?

Our ultimate 60-minute treatment is customised to target all of your skin needs and to leave your skin radiant and glowing. It incorporates exfoliating Hydra Dermabrasion to improve texture and tone. LED light therapy to brighten and boost collagens and highly advanced professional-grade activities for deep treatment. Experience dramatic results in a secluded and relaxing environment.

Clear Start Facial Treatment 35mins

A skin treatment designed for teenage skin.

Includes double cleanse, exfoliation with steam, extractions (as needed), masque and moisturiser.

All of the Clear Start products are designed to purify, help clear breakouts and absorb excess oils on teenage skins without any harsh effects. Your skin therapist will also help create a skincare plan for you to do at home ensuring the best, clear results for your skin.

Pro eye flash 35mins

The pro eye flash treatment features pro power eye peel to help tone, smooth and brighten the eye contour through intense stimulation and an infusion of botanical actives.

Patch test required 48hrs prior to treatment

Dermaplaning 40mins

A non invasive treatment for the skin that

removes the top layers of the skin and velous hair.

The procedure aims to improve fine wrinkles, improve acne scarring and leave the skin looking fresh, smooth and glowing.

This rejuvenating treatment includes a deep cleanse, dermaplane, tone and hydration to complete.

- Non surgical
- More gentle than microdermabrasion
- Minimal redness
- Minimises the appearance of pores
- Improves elasticity and texture
- Reduces hyperpigmentation, acne scars and evens skin tone.

£10

£35

£55

£25

£40

£45



SPA DAYS

At the Ridge Retreat and Spa we invite you to unwind and rejuvenate in our luxurious bespoke spa suite.

Our unique spa days offer a private space to destress, press pause and indulge in pure relaxation whilst admiring the breathtaking view of idyllic English heritage countryside.

Our attention to detail and personalisation aims to provide the ultimate spa experience, cleansing the soul, balancing the mind and energising the body.

Please contact for prices and your booking party requirements.

A non refundable booking fee of £25 per person is required to book a spa day and balance to be paid on the day.

MIND AND BODY BALANCE

The ultimate spa for body and mind to recharge and rebalance.

Enjoy time with friends or family whilst indulging in pure relaxational bliss.

Mon – Thurs 10am – 4pm Fri – Sat 10am - 4pm (other times by arrangement)

Duration 6hrs Min 2 people (surcharge applies for two people)

Spa day includes :

Complimentary glass of Prosecco, or choose from a selection of teas from Jenier and coffee from Rijo.

Use of robes and complimentary footwear

Full access to the spa suite

A choice of Afternoon tea, tapas or cheeseboard (dietary allergens catered for)

Choice of 60min treatment from the following:

Elemis Spa manicure or pedicure (application of polish is not included)

Massage choice of lava shell, hot stone or traditional Swedish

Dermalogica facial

AFTERNOON RETREAT

The afternoon retreat is the perfect combination of traditional afternoon tea and a treatment from our tempting treatment list.

Relaxation and indulgence with a traditional afternoon tea served in the spa suite, the perfect pair.

Mon – Thurs Fri – Sat Duration 2hrs

Spa day includes :

Complimentary glass of Prosecco, or choose from a selection of teas from Jenier and coffees from Rijo on arrival.

Use of robes and complimentary footwear

Afternoon tea served in the spa suite (dietary allergens catered for)

(please note use of spa facilities is not included)

Choice of 30min treatment from the following:

Elemis Spa manicure or pedicure (application of polish is not included)

Massage choice of Lava shell, hot stone or traditional Swedish

Dermalogica facial

TWILIGHT RETREAT

A twilight indulgence, rebalancing and unwinding with a glass of fizz whilst gazing at the stars from the hot tub. The perfect way to end the day.

Mon – Fri 6pm – 8pm Min 2 people (surcharge applies) Duration 2hrs

Twilight retreat includes:

Complimentary glass of fizz, or choose from a selection of teas from Jenier and coffees from Rijo.

Use of robes and complimentary footwear

Full access to the spa suite (no treatment included)

Tapas or cheeseboard additional £10 per person (dietary allergens catered for)

WELLNESS ESCAPE

Press pause, escape the daily stress of life and focus on relaxation and whole body wellness. Self care doesn't get any better than this.

Mon – Thurs 10am – 2pm Fri – Sat 10am - 2pm (other times by arrangement)

Duration 4hrs Min 2 people (surcharge applies for two people)

Spa day includes :

Complimentary glass of Prosecco, or choose from a selection of teas from Jenier and coffee from Rijo.

Use of robes and complimentary footwear

Full access to the spa suite

A choice of Afternoon tea, tapas or cheeseboard (dietary allergens catered for)

Choice of 40min treatment from the following:

Elemis Spa manicure or pedicure (application of polish is not included)

Massage choice of Lava shell, hot stone or traditional Swedish

Dermalogica facial

*"To keep the body in good health is a duty....
otherwise we shall not be able
to keep our mind strong and clear."*

— Gautam Buddha —





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Walton • Brampton • Cumbria • CA8 2JR



navy[®]

the **guild**
of Beauty Therapists

