



THE WINTER SPA

HEALTH ◊ HAIR ◊ BEAUTY

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GERMAINE DE CAPUCCINI

RICA
MADE IN ITALY

Mi

JESSICA

Schwarzkopf
PROFESSIONAL

Pierre René
PROFESSIONAL



THE WINTER SPA WELCOME

Tranquillity in the heart of the great border city; The Winter Spa is Carlisle's only city centre spa destination. Specialising in therapeutic massage, cutting edge hair design, nail and beauty treatments all in a brand new, state of the art, purpose built salon situated within the newly renovated and refurbished former Central Post Office for Carlisle. Built in 1916, this grand building is one of the city's true landmarks and we have taken great care in preserving the architectural heritage, individuality and original features whilst rejuvenating from the ground up to create a unique space.

Your treatments can range from the latest cutting and colouring trends in the ultra modern Hair-Spa to a deeply relaxing full body and mind ritual in one of our mood lit treatment rooms, all using the best products with the finest ingredients.

As well as the treatments on offer, you're also welcome to combine your visit with any of the other services available at The Halston Aparthotel, be that a delicious afternoon tea, a glass of champagne delivered by your waiter from Bartons Yard Wine Bar and Bistro or a stay in one of our individually designed apartments.

Whether seeking to escape the stresses of everyday life or a pampering touch, our welcoming and expertly trained staff will take care of your every need, leaving you looking your absolute best to enjoy everything Carlisle has to offer.

Take time out and enjoy
The Winter Spa experience...

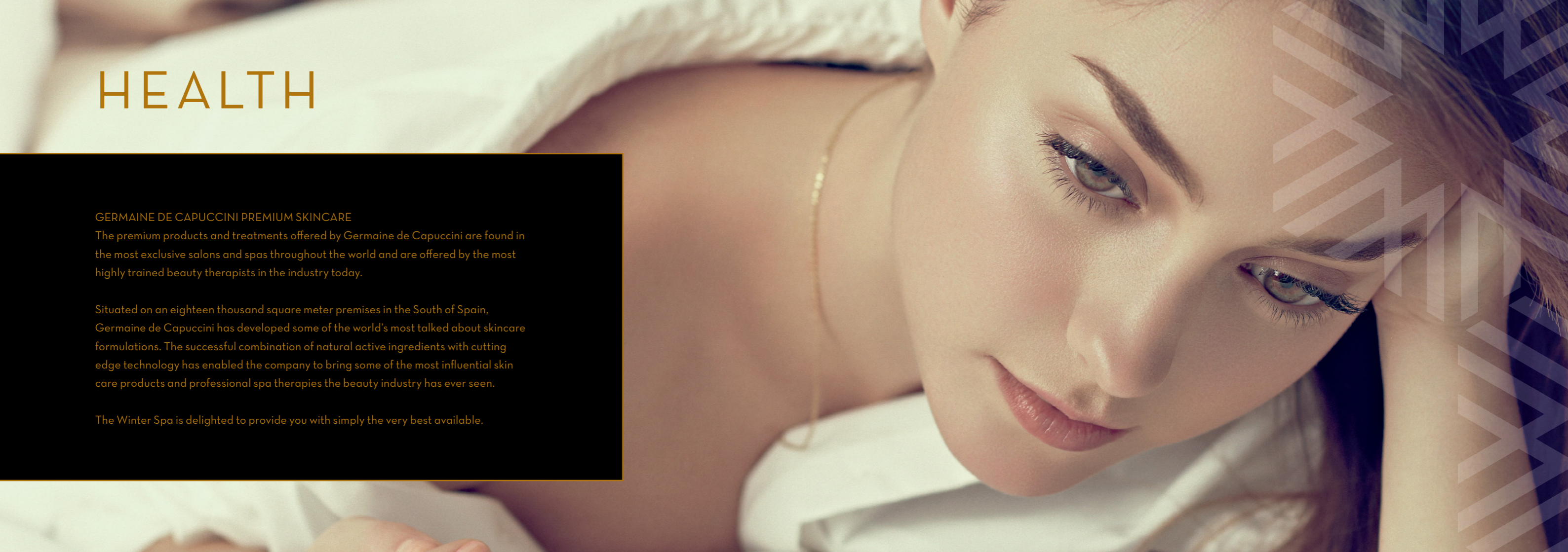
HEALTH

GERMAINE DE CAPUCCINI PREMIUM SKINCARE

The premium products and treatments offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world and are offered by the most highly trained beauty therapists in the industry today.

Situated on an eighteen thousand square meter premises in the South of Spain, Germaine de Capuccini has developed some of the world's most talked about skincare formulations. The successful combination of natural active ingredients with cutting edge technology has enabled the company to bring some of the most influential skin care products and professional spa therapies the beauty industry has ever seen.

The Winter Spa is delighted to provide you with simply the very best available.



THE WINTER SPA FACE

THE WINTER SPA PRESCRIPTIVE

Regardless of your skin type, age or concerns, this tailored facial will specifically cater to your skin's needs. Includes a highly relaxing lymphatic drainage facial massage, together with a scalp massage, leaving your skin fresh clear and radiant. (1 hr - £51)

THE WINTER SPA MINI PRESCRIPTIVE

Our mini facial treat is perfect for those short of time but who are still in need of a little "me time". Skin is cleansed and toned before finishing eye, lip and face creams are applied. A relaxing mini scalp and shoulder massage is included. (30 mins - £31)

SO DELICATE

The perfect solution for the most delicate and sensitive of skin combining the very best of nature with the latest skin care technology. Skin is deeply cleansed, restoring a natural, fresh, revitalised glow. (1 hr - £59)

PUREXPERT

An excellent solution for those suffering from excess oil, acne or hormonal breakouts. This facial includes a deeply renewing exfoliation which can be followed by an extraction when required. Excess sebum is absorbed and the skin is left deeply cleansed, purified and balanced. (1 hr - £59)

ROYAL ELIXIR

Perfect for dull, tired skin, using the renowned Royal Jelly ingredient which has an excellent anti-stress and oxygenating action on the skin, together with Poria Coscos extract, a fungus with extraordinary anti-ageing powers. This facial therapy improves tone and smoothes the skin leaving it clear and full of vitality. (1 hr - £59)



HYDRACURE

A highly advanced therapy using the very latest technology to provide total hydration to skin which is dehydrated. Dehydrated skin is likely to be dull in tone, easily irritated and showing fine lines. Hydracure contains high, medium and low weight molecular ingredients to restore hydration, prevent water loss, strengthen the skin and improve the firmness of the skin. Also using thermal aqua from a volcanic spring in Japan rich in nutrients, this treatment will provide immediate and lasting hydration, a complete feeling of comfort and your skin will be left soft, smooth and radiant. (1 hr - £69)

CLINICAL PHA & AHA FACIAL PEEL

An innovative dermatological peel with a maximum anti-oxidising and renewing action to achieve an extraordinary reduction of wrinkles, pigmentation, flaccidity, broken capillaries (red veins) and dry skin. Suitable for all skin types including sensitive skin. (45 mins - £49 or course of four treatments for £160)



THE WINTER SPA ADVANCED ANTI-AGEING

GLYCO ROLL AND LIFT

When your skin looks dull and lacking in vitality, help is at hand with this intensive fix. Commencing with a powerful glycolic facial peel to renew at the deepest level before enjoying a massage utilising a high tech rolling and lifting technique with a special wand rich in Germanium to rebalance the positive and negative ions in the skin. Restoring the skins freshness and vitality to leave you feeling more energised, this treatment really has the “wow” factor. (45 mins - £55)

PURE O₂

A superb anti-ageing treatment which uses a complex of active proteins and oxygen to rejuvenate inter-cellular activity increasing the skin's firmness and elasticity. A key ingredient Life-Cytoxygen provides real stores of molecular oxygen encapsulated in innovative ceramides that work from the skins surface to the deepest layers allowing the skin to recover the optimum levels of oxygen and appear more radiant and detoxified. (1 hr 15 mins - £85)

TIMEXPERT RIDES

This treatment contains an exclusive blend of peptides with a specific anti-wrinkle effect that neutralise facial micro-tensions and provides collagen micro-fragments which fill in the lines. Whilst this treatment is highly relaxing, the visible results are seen immediately. (1 hr 15 mins - £90)

TIMEXPERT EYE TREATMENT

We provide a specific and definitive therapy based on high-tech ingredients that work to plump out lines and wrinkles from under the skin. This treatment leaves the eye area looking smooth, bright and more youthful. (45 mins - £47)

TIMEXPERT C+ (A.G.E)

The first professional anti-glycation therapy with a deeply revitalising, anti-age effect. The proteins in the skin most prone to glycation are collagen fibres and elastin, advancing the visible signs of ageing in a dramatic way. This advanced treatment is based on pure Vitamin C in conjunction with Ume Extract, a type of Japanese plum containing twice as many proteins, minerals and fats than any other fruit, this works to inhibit the action of glycation. Perfect for skin which is dull, dry, stressed. One treatment provides an immediate, intense luminosity, 4 weekly treatments provide a lasting revitalising effect. (1 hr 15 mins - £75)

TIMEXPERT WHITE

A powerful anti-pigmentation and dark spots treatment. Using a powerful glycolic facial peel, together with micro-dermabrasion, this treatment provides instant radiance to the skin, reducing areas of pigmentation and giving the skin a more even tone. Whilst this treatment has been formulated especially for skin with pigmentation, it is also especially good before special occasions as it provides the skin with incredible radiance. For those with pigmentation concerns, the three Timexpert White retail products provide on going excellent results. (1 hr 15 mins - £92)

TIMEXPERT LIFT

An innovative treatment to lift, firm and redefine the facial contours. Revolutionising non-surgical lifting, this unique treatment works on vertical lifting, lateral lifting and volume. Timexpert Lift includes a unique sculpting massage that works on the face from every angle to rebuild the skin's support structure. This combined with powerful ingredients provides incredible results; lifting, firming and tightening the skin to redefine the shape of the facial contour. (1 hr 15 mins - £92)



THE WINTER SPA FACE ENHANCE

Add any one of our enhance treatments to your facial (subject to availability, please mention when booking to avoid disappointment).

(All 15-20 mins - £15)

TIMEXPERT EYE MASK

An exclusive and innovative aqua gel eye mask with micro-demoxine complex to reduce dark shadows and the appearance of wrinkles. The eye contour is smoother, refreshed and sparkling.

ROLL AND LIFT MASSAGE

The Germaine de Capuccini high-tech roll and lift technique is performed using a unique rotating wand, rich in the element Germanium. This method re-balances the positive and negative ions in the skin restoring the skin's freshness and vitality and leaving you feeling more energised.

GLYCO-RENEW FACIAL PEEL

A deeply renewing facial peel using alpha hydroxyl acids is followed by a carboxytherapy mask to boost circulation and improve irregularities in the skin. Ideal for pigmentation, sun damage, expression lines, wrinkles, open pores, congestion, chronic dryness.

COLLAGEN EXPERT FACIAL MASK

Add to Winter Prescriptive facial only
A deeply hydrating and firming mask using both high and low molecular weight collagen peptides to regenerate and strengthen the skin. Skin is visibly more supple and firm. A fantastic pre-party treat!

THE WINTER SPA BODY

AROMATIC MASSAGE

Your therapist will use a customised blend of aromatherapy oils to satisfy your needs.
(30 mins - £36 / 1 hr - £56)

Chose your blend:

Vitality: Improve tone and natural skin vitality
(Mandarin, Nutmeg, Lime and Italian lemon)

Relax: Tranquil body and mind
(Lavender, Sandalwood, Violet, Ylang Ylang)

Active: Absolute lightness/Microcirculation
(Spearmint, Clary Sage and Cinnamon Leaf)

Svelte: Perfect Silhouette
(Cedarwood, Juniper and Lavender)

Aqua: Natural moisturising and renewal
(Geranium, Patchouli and Coriander)

MEDITERRANEAN LIGHT

A luxurious warming body massage treatment which commences with chakra balancing to soothe the mind and body. Mediterranean Light Candle is burned, emitting a wonderful fragrance. The warm melted butter from the candle is then poured over the body with a prolonged body massage to ease tension, relax the mind and deeply hydrate the skin.
(1 hr 15 mins - £72)

Choose your Mediterranean candle:

Sunset in Egypt: Citrus

The Colour of Provence: Lavender

Flavours of Andalucía: Olive and Rosemary

SILKS AND SAFFRON

A completely indulgent body treatment using deeply nourishing spiced saffron infused gel with specialised massage movements. This treatment incorporates the use of a silk sheet foulard to gently stretch the body and release tension which we guarantee will instantly help you unwind! (1 hr -£65)



EXOTIC SPICED WARM SHELL MASSAGE

A complete relaxation of Eastern origin, the Exotic Spiced Warm Shell Massage offers a truly special therapy for him or her. Feel the tension melt away within our mood lit room as your body relaxes with a calming ritual. The exotic shells, sourced from the seas of Sri Lanka, are gently heated while a Saffron Balm is applied to the skin. Massaging the product in helps to improve the skin's texture and tone while rehydrating before using the variously sized warmed shells on the lower back, legs and shoulders. (1 hr - £66)

CRYSTAL HARMONY

A truly sumptuous treatment using extracts of precious stones and minerals to energise, firm and balance the skin. Working with an exquisite massage medium containing extracts of Rhodocrosite, Malachite and Diamond in combination with a gentle exfoliating powder enriched with Amethyst, Sapphire and Ruby to produce a luxurious smoothing exfoliating mousse to soften and energise the body. A collection of semi-precious minerals, whose chromatic tone corresponds with the 7 different chakra points on the body are used a highly relaxing holistic massage. (1 hr - £67)

THE WINTER SPA BODY

PURE C BODY COCOON

This body wrap and exfoliation is packed full of vitamin C with extraordinary effects on the skin. The body exfoliation gently polishes the skin, revitalising the tone whilst hydrating to leave it smooth and clear. The body is then enveloped in a divine pure vitamin C wrap for the ultimate in anti-oxidant skin treats. (1 hr - £69)

THE BAOBAB RITUAL

A sublime, relaxing ritual combining soothing massage movements with prodigious products produced from the African Oil Baobab-an organic ingredient created from the seeds of the Baobab Tree. A nourishing, protective, smoothing and hydrating experience that combines exfoliation and massage, scalp therapy and finishes with an energising leg treatment. (1 hr 15 mins - £75)



PHYTOCARE LEG THERAPY

Walk on air with this relieving leg therapy. Legs and feet are exfoliated and massaged with a cooling leg gel. Perfect if you suffer from fluid retention, restless legs or having over done it in the gym (or shopping!) Suitable for pregnancy*. (45 mins - £47)

ADORE YOUR ARMS

An effective treatment that works on the upper arms for firm, feminine and beautifully shaped arms. Your treatment commences with an arm exfoliation using products rich in Plankton extract to improve tone and Organic Silicon to regenerate collagen and elastin fibres. Then enjoy a specialised arm massage before they are enveloped in a wrap, whilst we perform a pressure point massage on your scalp, arms and feet for total relaxation. For maximum results use our Up and Tone firming cream at home combined with a course of treatments. (1 hr - £60)

SILK COCOON

Envelop your skin with precious "silk". Like a second skin, this exquisite body mask deeply hydrates and firms your skin and provides it with a satin appearance and silky touch. Enjoy a silk scalp massage to hydrate and nourish the hair and scalp. A perfect post-holiday skin hydration treatment! (1 hr - £60)

EXPECTANTLY DELICIOUS!

The perfect treatment for "Mum to Be"* which commences with a relaxing warm pinda routine on pressure points around the body followed by a luxury foot cleanse and massage. A body wax, rich in vitamin C is then used to exfoliate the arms, legs and bump leaving the skin revitalised. Continue to relax whilst a vitamin C mask is applied to the bump to hydrate, nourish and restore the skins elasticity before an algae gel wrap is applied to the legs. The treatment also includes a totally tranquil shoulder and scalp massage. (1 hr - £75)

*Recommended in the 2nd and 3rd trimesters only



THE WINTER SPA BODY SCRUBS

Cleansing the skin in depth and eliminating dead cells our Body Scrubs retexture the surface of the skin, leaving it soft and wrinkle free. Perfect for minimising imperfections, oxygenating and revitalising whilst allowing for better penetration of any products applied subsequently. Why not combine with one of our luxurious massages for simply excellent results?

EXOTIC ORIENT

A full body exfoliation based on an incredible blend of the finest spices in the world, together with oriental resins, bamboo particles, poppy seeds and nutmeg. Providing intense hydration and nourishment. (45 mins - £51)

AROMATIC SPERIENCE

High in algae and dead sea salt, this stimulating exfoliant remineralises and increases blood circulation and detoxification. (45 mins - £62)

FRUITY C+

Packed full of vitamin C, with extraordinary anti-oxidant effects on the skin, this body wax exfoliation gently polishes the skin, revitalising the tone whilst hydrating leaving it smooth and clear. (45 mins - £57)

BAOBAB POLISH

Enjoy our most hydrating fragrant oil scrub. An, invigorating massage is enriched with "Tree of Life" organic Baobab tree oil and seeds. (45 mins - £51)



THE WINTER SPA FOR MEN

Specialist treatments designed specifically for men. Focussing on impeccable grooming and intensive therapy each individualised treatment will leave you totally relaxed and expertly prepared.

For mens maintenance and waxing, please see p33.

MENS PRESCRIPTIVE FACIAL

Our skilled team of therapists will provide you with a most prescriptive treatment designed especially for your complexion. Regardless of your skin type, age or concerns, this facial will specifically cater to your skin's needs. Includes a highly relaxing lymphatic drainage facial massage, together with a scalp massage, leaving your skin fresh clear and radiant. (1 hr - £51)

MENS MINI PRESCRIPTIVE FACIAL

Our mini facial treat is perfect for the man on the go. Skin is cleansed and toned before finishing eye, lip and face creams are applied. A relaxing mini scalp and shoulder massage is included. (30 mins - £31)

C+ ENERGY

Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving. This facial therapy is combined with a 30 minute relaxing 'Chi-Zen' back massage, the perfect way to unwind! (1 hr 30 mins - £75)



BACK AND SCALP TREATMENT

For tension in the back, neck and scalp, your treatment commences with a deep heat back, neck and scalp massage to help alleviate tension. Continue to relax whilst a silky mask is applied and massaged into the scalp. Your treatment is complete with a series of stretches to the neck and shoulder area to leave you stress free and revitalised. (45 mins - £49)

AROMATIC MASSAGE

Your therapist will use a customised blend of aromatherapy oils to meet your personal needs. (30 mins - £36 / 1 hr - £56)

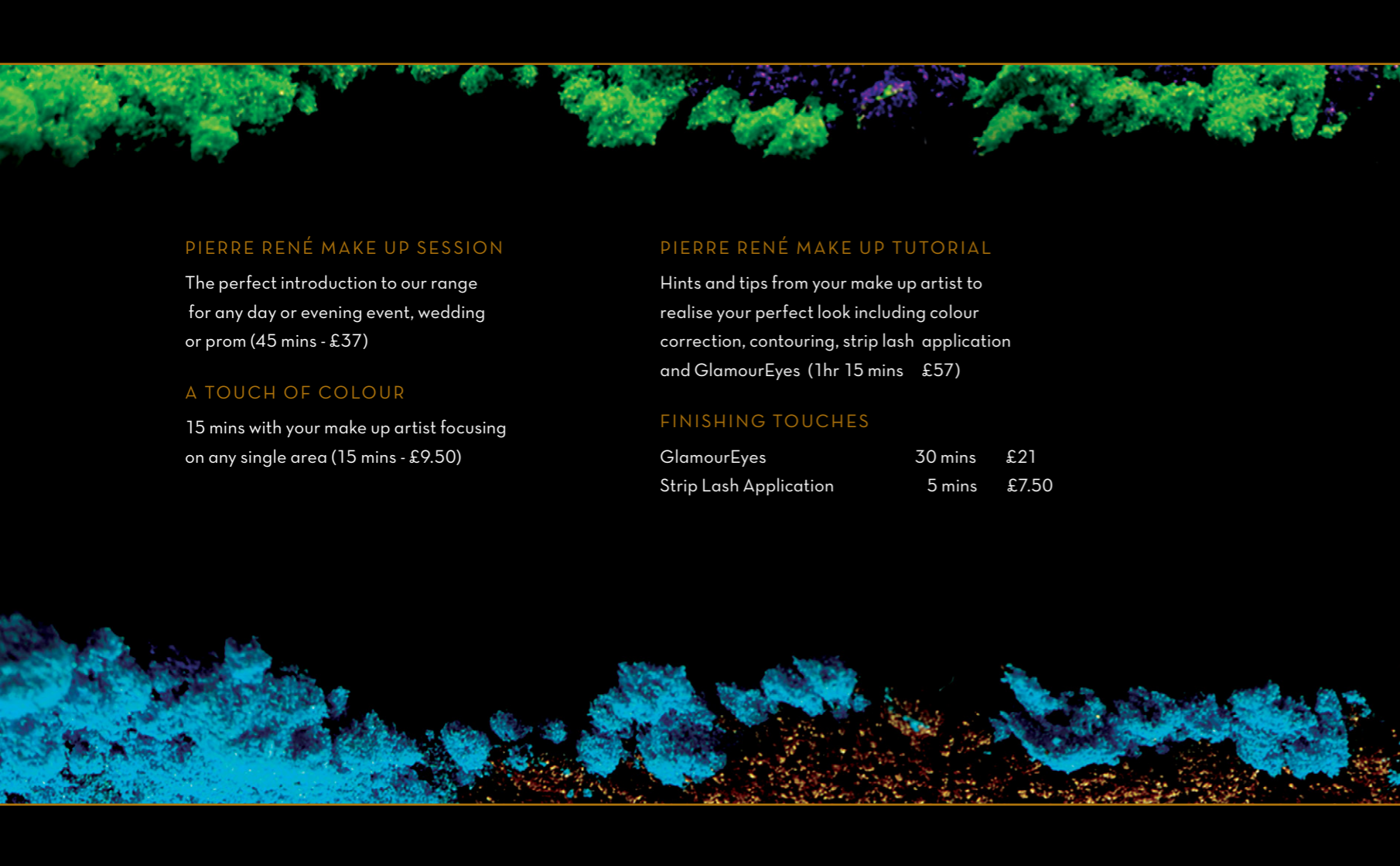


HAIR & MAKE UP

Take a seat in our ultra modern hair spa and experience the difference. The difference of using the Schwarzkopf Professional colouring system and our exclusive Schwarzkopf shampooing, conditioning and treatment rituals. Every service includes a complimentary hair and scalp analysis and therapeutic head massage to your exacting requirements.

Our exclusive Pierre René Cosmetics make up bar is perfectly stocked to enable your make up artist to create any look you require. With a huge range of cosmetics available along with our exclusive Palette {Match} System of over 120 shades of eye shadows and rouges we can create any look you desire.

Relax in confidence while our expertly trained team attend to your every need in a professional but welcoming environment.



THE WINTER HAIR SPA & MAKE UP

PIERRE RENÉ MAKE UP SESSION

The perfect introduction to our range for any day or evening event, wedding or prom (45 mins - £37)

A TOUCH OF COLOUR

15 mins with your make up artist focusing on any single area (15 mins - £9.50)

PIERRE RENÉ MAKE UP TUTORIAL

Hints and tips from your make up artist to realise your perfect look including colour correction, contouring, strip lash application and GlamourEyes (1hr 15 mins - £57)

FINISHING TOUCHES

GlamourEyes	30 mins	£21
Strip Lash Application	5 mins	£7.50

STYLING

Women's wash cut and blow dry	£33
Men's wash cut and blow dry	£22
Blow dry	£22
Hair Curl (without blow dry)	£22
Hair Curl (with any other service)	£10
Hair Up	£36
Wedding Hair Up	£46

COLOUR CORRECTION AND PERMING

Straightening, Relaxing, Perming and Colour Correction are all by priced by consultation, we offer a strand test service for £5 redeemable against any full price colouring service.

TECHNICAL

Full Head of Highlights	£46
Half Head of Highlights	£41
T- Section of Highlights	£37
Full Head Colour	£36
Full Head Colour Regrowth	£31
Fashion Colour Techniques from (full head colours with highlights)	£41
Pre-lighten and Tone from	£41

All colouring techniques must be booked with a corresponding styling finish. Patch tests may be necessary for some technical services. All technical services must be booked with a styling option. Children under the age of 12 receive a 50% discount for cutting services on Mondays, Tuesdays and Wednesdays.





BEAUTY

At The Winter Spa, your beauty and well being are paramount. Whether it be the finishing touch or staying perfectly prepped with a continued programme, we can take care of your every need using truly innovative brands such as Jessica Nails, Rica Waxing and Mii Cosmetics. Our therapists will keep you one step ahead and looking your best.



THE WINTER SPA HANDS AND FEET

LEREMEDI INTENSIVE HAND THERAPY

This therapy, combined with a Jessica Prescriptive Manicure, offers so much more than a perfect finish for your nails. Your nails are analysed and treated for their specific type. Hands are then cleansed, exfoliated and rehydrated before we add our anti-ageing treatment to leave hands noticeably silkier, smoother and firmer. (60 mins - £49)

JESSICA PRESCRIPTIVE MANICURE

Perfect for nails and hands that require some extra TLC. The Prescriptive Manicure includes hand and cuticle conditioning, moisturising and massage before the nails are beautifully shaped and treated with a prescriptive base coat before finishing with the perfect polish. (45 mins - £33)

*We recommend the wearing of flip flops or open sandals for pedicures without Gel.

ESSENTIAL MANICURE OR PEDICURE

Our natural Jessica nail shape and polish including a sealing base coat. (15 mins - £16)

JESSICA PRESCRIPTIVE PEDICURE

Perfect for feet and nails in need of some therapy. Your pedicure includes feet and nail conditioning, cuticle work, foot massage, nail shape and polish. (1 hr - £42)

ZENSPA INTENSIVE FOOT THERAPY

This highly recommended treatment provides full relief, hydration, nourishment, whilst repairing and protecting the feet. Our invigorating foot masque uses a unique blend of natural botanicals to seal in moisture while Papain and Mixed Fruit Acid Complex break down dead skin and boost cellular repair. Finally receive a Jessica Prescriptive Pedicure to leave your nails beautifully shaped and perfectly polished. (1 hr 15 mins - £55)



Add these must have essentials to any of our Jessica manicure or pedicure treatments. Please mention all enhancements when booking your treatments.

THE PERFECT FRENCH POLISH

Give your nails the natural look with this ever popular classic finish. (Add 10 mins - £5)

GELERATION

Jessica's soak off gel polish in any single colour, long lasting, chip resistant and protecting for the natural nail underneath- why wouldn't you?! (Add 10 mins - £5)

GELERATION REMOVAL

Gently removing gel coats back to the natural nail. (Add 30 mins - £5)



THE WINTER SPA TANNING

KISSED BY MII TANNING THERAPY

Created with marine mineral extracts, Kissed by Mii has taken the nourishing benefits of natural ingredients to replenish your skin's natural minerals, leaving it sublimely soft so your tan can develop beautifully.

In this extended, relaxing and therapeutic treatment, a super fine, gentle exfoliator is used for the face as well as the body, delicately buffing away dry skin to create a smooth surface for a longer lasting flawless tan, Key ingredients include sea lavender, inula flower coral seaweed. Followed by a shower, then moisturiser to deeply nourish, you will be perfectly primed for the perfect glow.

Available in three shades (Delicately Light, Beautifully Medium and Deliciously Dark), our tanning products are the ideal way to create the natural look of summer at any time of year.

Quick to dry, your flawless, streak-free tan will develop in 6-8 hrs.
(1 hr 15 mins - £47)



THE WINTER SPA MAINTENANCE

Our wax provides exceptional hair removal for sensitive, dry and normal skin types along with a revolutionary hot-wax system for intimate areas. A unique formulation of soothing properties moisturise and nourish the skin. Wax is paraben free, vegan friendly and NOT tested on animals, providing a more comfortable waxing experience.

We offer a discreet and confidential booking system for waxing treatments. For your modesty we have 2 booking options:

- Specify your waxing treatment by name at the point of booking i.e Full leg, underarm and bikini wax.
- Or book your treatment time on blocks of minutes, simply ask for the amount of minutes you require using the guide then inform your therapist in the privacy of the treatment room. (See waxing times on opposite page.)



WAXING

Eyebrow Shape	(15 mins - £12)
Upper Lip	(15 mins - £12)
Chin	(15 mins - £14)
Lip & Chin Wax	(30 mins - £25)
1/2 Leg Wax	(15 mins - £18)
Full Leg Wax	(30 mins - £23)
Bikini Wax	(15 mins - £15)
Brazilian Wax	(45 mins - £31)
Hollywood Wax	(45 mins - £33)
Underarm	(15 mins - £14)
Forearm Wax	(15 mins - £14)
Full Leg and Bikini	(45 mins - £32)
Full Leg, Bikini, Underarm	(60 mins - £42)
Full Leg, Underarm, Brazilian or Hollywood	(1 hr 30 mins - £57)
Eyebrow and Upper Lip	(30 mins - £21)

MENS MAINTENANCE

Chest Wax	(30 mins - £25)
Back Wax	(30 mins - £25)
Mens Eyebrow Tidy	(15 mins - £12)
Chest and Back Wax	(60 mins - £45)

Please note, waxing times shown are approximate and are intended as a guideline.

ENHANCED EYES

Eye Lash Tint	(30 mins - £15)
Eye Brow Tint	(15 mins - £15)
Eye Lash and Brow Tint	(35 mins - £25)
Eye Brow Tint and Shape	(30 mins - £25)

For Lash Extensions and Eye Make Up please see page 24

A 24 hr patch test is essential prior to any tinting.

All bookings are subject to a minimum 24 hour cancellation policy.



THE WINTER SPA ESCAPES & PACKAGES

Combine some of our favourite signature treatments and services to make the most of your visit and experience everything we have to offer.

For bespoke packages for couples or groups, please contact us for a wide variety of combinations including all of our services, afternoon teas and parties etc.

CHILL

Truly relax with our ultimate “chill out” retreat. Your Chill Escape begins with a refreshing foot ritual to soothe, hydrate and nourish the skin. Heated boots nourish the feet whilst your therapist carries out our wonderful Mini Prescriptive Facial, tailored to suit your skin and concludes with a luxurious foot massage. Following this, a sumptuous pinda routine on the body pressure points is begun before an aromatic massage is carried out across the back. (2 hrs - £99)

Upgrade to add an Essential Pedicure and Polish for only £10!

GLOW

Soothe your mind and body with our indulgent Glow Escape. Your treatment commences with our warming spiced exfoliating body scrub. Precious gemstones are used to balance the chakras before you completely unwind with our luxurious Mediterranean Light warm candle massage. The room is filled with beautiful aromas and glowing light while you melt away! (1 hr 45 mins - £95)

THE WINTER SPA ESCAPES & PACKAGES

WONDERLAND

Let us take you on a journey into Wonderland with our most exquisite Escape. A sublimely relaxing ritual combining soothing massage movements with prodigious products produced from the organic oil of the African Baobab Tree, also known as “the tree of life”. The beautifully fragrant oils create a nourishing, protecting, smoothing and hydrating experience. This treatment combines a full body exfoliation and massage, scalp therapy, facial massage and concludes with an energising leg therapy. (2 hrs - £99)

OFF PEAK RETREAT

Want to relax and unwind at our best ever price? This could be just what you are looking for..... Included is our wonderful half hour Aromatic Massage plus a half hour Mini Prescriptive Facial and Scalp Massage! Available Monday through Friday from 9am until 11am and all day Sunday. For an added treat, why not combine with one of our Winter Spa Facial Enhancements (p13) for an extra indulgent treat? (1 hr - £44)

PERFECTLY PREPPED!

Be it a wedding, prom or any other big day get perfectly prepped at The Winter Spa. Our Stylists will create a stunning Hair Up before your Make Up Artist completes the look. Try combining with our manicure and pedicure packages for the complete treat! (£70)

PROM-PERFECT

Specially chosen for our younger clients, enjoy a Hair Up, Blow Dry or Hair Curl with our GlamorEyes Make Up and Jessica Essential Manicure in a single colour. Available for under 18s - children must be accompanied by an adult (1 hour 30 mins - £66)

Upgrade to a full Pierre René Make Up Session and Jessica Gel Nails (2 hours - £81)



THE WINTER SPA DEPARTURE LOUNGE

Look fabulous on your holiday with our most requested maintenance services to see you through the best two weeks of the year. Choose from combinations of Jessica GELeration Essential Manicure and Pedicures, Full Leg, Bikini and Underarm waxing and our Kissed By Mii full body exfoliation and tan application.

ECONOMY CLASS

Jessica GELeration Essential Manicure and Pedicure to keep your nails looking flawless in a single colour for the whole holiday. (50 mins - £35)

BUSINESS CLASS

Jessica GELeration Essential Manicure and Pedicure and our Kissed By Mii full body exfoliation, moisturiser and tan application. (2 hrs 15 mins - £80)

CLUB CLASS

Jessica GELeration essential Manicure and Pedicure in a single colour followed by a Full Leg, Bikini/ Brazilian/Hollywood and Underarm waxing. Then 48 hours later a complete Kissed By Mii Tanning ritual. For best results we insist on a minimum of 48 hours between waxing and applying tan. (3 hrs 20 mins over two separate visits - £125)

HOW TO WINTER SPA

SPA BOOKING INFORMATION

All bookings are subject to a minimum 24 hour cancellation policy. Bookings can be made over the phone, via email or in person at the Spa.

GENERAL INFORMATION

The Winter Spa is situated within The Halston Aparthotel on the ground floor with easy access from Warwick Road. Adjacent to the hotel is a 55 space public car park with a second private entrance with remote secure access, the entrance to the public car park is via Cecil Street. The Aparthotel and Spa are serviced by all forms of public transport and is a short walk from Carlisle Train Station. Within the Aparthotel are a public bar and restaurant and if you'd like to take advantage of these facilities we would be happy in assisting your arrangements. A waiter service is also available for food and drinks to be made available within the Spa.



SPA ETIQUETTE

We kindly ask all guests and Spa clients when entering the waiting area and treatment rooms, that all mobile phones and electrical equipment are switched to silent to ensure the peace and tranquillity of the Spa. Calls should be taken outside of the Spa area to respect clients in treatments and to keep the noise levels to a minimum.

Regrettably we are unable to allow infants or small children into The Spa, children under the age of eighteen must be accompanied by a responsible adult.

Our facials and body treatments all allow extra time to prepare and relax for your pampering experience so while we give times in this brochure, these are for the treatment alone.

Please arrive 15 minutes prior to your appointment to give yourself the opportunity to relax and complete a consultation card, if necessary. Late arrival could result in your treatment not being honoured or the offer of an alternative treatment.

Kindly advise if you know of any health conditions, injuries, allergies or disabilities that may affect your treatment choice at the time of booking.

During pregnancy, it is recommended that massage therapies are not conducted within the first trimester, if in any doubt, please speak to your therapist in the strictest confidence.

We recommend booking with as much advance notice as possible, especially with regards to evening and weekend appointments. Please contact the Spa at the earliest availability if you need to cancel or alter a booking.

A 100% charge can be incurred for any treatments or services cancelled within twenty four hours of the appointment, credit card details and pre-payments may be needed to book some services.

Group bookings and The Winter Spa Escapes and Packages must be paid for in full when booking and refunds cannot be issued.

GIFT VOUCHERS

Gift cards can be purchased and pre-loaded with any value. Terms and conditions can be found on our website.

*All prices correct at time of going to print. The Winter Spa Ltd reserves the right to change prices or withdraw services and offers at any time.



THE WINTER SPA

HEALTH • HAIR • BEAUTY

The Halston Aparthotel
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