



URBAN RETREAT



PRICE LIST



CONTENTS

FACIALS	3
HAIR REMOVAL	4
LASHES & BROWS	5
BEAUTY BY TIME	5
NAIL SALON	6
ANGELO SEMINARA SALON	7
STUDIO 1 MAKEOVERS	8
BRIDAL HAIR & MAKEUP	8
PIERCING & TATTOOING/BODY ART	9
CLEANSE CLINIC	10
HUM2N WELLNESS	10
MASSAGE, OSTEOPATHY & PHYSIOTHERAPY	11-12
HUM2N AESTHETICS	13
DR MEDISPA	13
GOODLIFE BARBERS	14
MEN'S GROOMING SERVICES	15
PACKAGES	16
CLASSES, EVENTS & PRIVATE HIRE	17

BEAUTY SERVICES

FACIALS

CLEANSE & TREAT FACIAL

50 MINUTES - £70.00

- A no-fuss facial that targets main skin concerns utilising two of our devices.
- Great for in-between monthly treatments.
- Perfect for pre-events/occasions.
- Ideal when time is limited without compromising results.

SIGNATURE CUSTOM FACIAL

70 MINUTES - £105.00

- A results-driven and relaxing treatment commencing with our signature opening ritual.
- Ideally carried out monthly to achieve desired and lasting benefits.
- The core of the treatment focuses on your concerns utilising our multiple devices to treat and support the skins needs.
- Focusing on hydration and anti-ageing.
- Whilst your mask is activating, we include a relaxing foot massage.
- Includes our signature face, décolleté massage and custom blended mask.

INDULGENT FACIAL

90 MINUTES - £135.00

- A facial fully focused on relaxation, tension release and nurturing.
- Ideal for those times you just need to unwind.
- Includes a relaxing foot exfoliation and hot towels cleanse.
- The utilisation of our multiple devices ensures your skin concerns are addressed.
- Our signature massage is extended to include stress-relieving facial and scalp acupressure points.
- A self-heating eye mask is applied with your custom blended face mask.
- Relaxation is ensured with a full leg and foot massage.

HYDRAFACIAL - 60 MINUTES - £250.00

- A high-tech, device-led clinical treatment combining several key steps to deep cleanse, extract, super-hydrate and retexturise your skin, suitable for all skin types with no downtime.

DERMAPLANING

45 MINUTES - £125.00

- A precise technique that removes the top layer of the skin to reveal new fresh cells.
- Create a super smooth base for makeup and product absorption.
- Instant glow ideal for pre-party/events.

MICRO-NEEDLING

60 MINUTES - £250.00 (3 X SESSIONS £600.00)

- A disposable sterile roller of tiny fine needles between 1 and 2.5mm is used over the skin.
- Micro-needling delivers active products directly into the skin at a deeper layer.
- Stimulates the production of collagen and elastin to give plump new skin.
- Fantastic for treating scar tissue.
- Visible results in 3 days.
- Best results achieved with a course of 3 sessions.

PEELS

50 MINUTES - £180.00

- Tebiskin Cytoceuticals – Exclusive to Professional clinics
- These products contain specially formulated ingredients, with patented delivery technology, for skin preparation, enhancement, treatment and protection.
- They can be used for the following conditions:
- Acne: spots, oily skin, and bacteria control.
- Rosacea, erythema and redness: suppressing the reddening response to rosacea triggers, including post-clinical treatment redness.
- Lines and wrinkles: collagen, elastin and hyaluronic acid renewal and protection.
- Thread vein control.
- Sun and Chrono damage: super antioxidant, free radical activity.
- Pigmentation, melasma, age and liver spots: for even-toned skin.
- Using these products alongside our range of chemical peels means you will achieve optimum results & can continue treatment from home.

ANTI-AGING FACIAL LASER REJUVENATION

45 MINUTES £135.00 | 60 MINUTES £150.00

- Using the Soprano Titanium Laser this is a highly effective anti-ageing treatment delivering a controlled heat that stimulates the production of new collagen.
- Strengthens weakened cells.
- Firms and tones.
- Good for tired, slacking skin.
- Improves skin texture on colour.
- Instant visible results.
- No downtime.



BEAUTY SERVICES

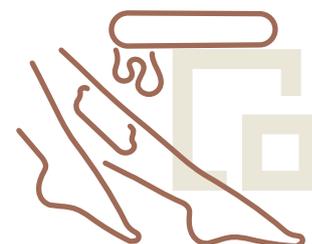
HAIR REMOVAL

LASER HAIR REMOVAL

Half Leg	£175.00
Full Leg	£225.00
Thong Bikini	£105.00
Extended Bikini (Brazilian Or Hollywood)	£150.00
Full Bottom	£125.00
Underarm	£95.00
Half Arm	£150.00
Full Arm	£175.00
Linea Nigra (Stomach Line)	£75.00
Stomach	£125.00
Chest including Areola	£150.00
Back & Shoulders	£225.00
Half Back	£150.00
Full Body	£950.00
Neck	£125.00
Areola	£75.00
Full Face	£175.00
Lip & Chin	£100.00
Lip or Chin	£75.00
Sideburns	£75.00

WAXING

Thong Bikini	£40.00
Extended Bikini (Brazilian Or Hollywood)	£55.00
Underarm	£22.00
Half Arm	£30.00
Full Arm	£45.00
Half Leg	£40.00
Half Leg & Thong Bikini	£70.00
Half Leg & Extended Bikini	£80.00
Half Leg & Underarm	£60.00
Half Leg, Thong Bikini & Underarm	£90.00
Half Leg, Extended Bikini & Underarm	£105.00
Full Leg	£60.00
Full Leg & Thong Bikini	£90.00
Full Leg & Extended Bikini	£105.00
Full Leg & Underarm	£80.00
Full Leg, Thong Bikini & Underarm	£115.00
Full Leg, Extended Bikini & Underarm	£125.00
Chest & Stomach	£50.00
Back	£50.00
Lip/Chin	£15.00
Full Face	£45.00
Full Body	£200.00



BEAUTY SERVICES

LASHES & BROWS

LASH & BROW SHAPING, TINTING & LIFTING SERVICES

Brow Shaping (Threading/Waxing/Tweezing)	£25.00
Brow Tint	£10.00
Lash Tint	£25.00
Lash Lift & Tint (Creating volumes depth & length)	£100.00
Brow Lamination (Creating perfect brow shape that's set to last)	£75.00
Brow Shape & Tint	£30.00
Brow & Lash Tint	£30.00
Brow Shape, Lash & Brow Tint	£50.00
Lash Lift inc. Brow Shape & Tint	£120.00
Full Eye Makeover (Brow Tint, Shape & Lamination, Lash Lift & Tint)	£175.00
Full Face Thread inc. Brows	£55.00
Brows/Nose/Ears Thread & Wax	£40.00

MICROBLADING

Consultation & Colour Match Patch Test (Redeemable against future service)	£25.00
Microblading Service (Includes complimentary top-up within the first 6 weeks)	£450.00
Top-Up 3-6 Months	£250.00

LASH EXTENSION SERVICES

Classic & Natural	£125.00
Volume & Depth	£140.00
Bespoke Set	£155.00
Infill & Rebalance	£80.00
Enhancement Removal (Complimentary with a new set)	£15.00

BEAUTY BY TIME

INITIAL 60 MINUTES – £100.00

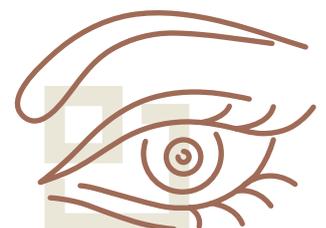
PER 15 MINUTES THEREAFTER – £25.00

We all know that time is precious, choose a time frame and your therapist will take care of the rest.

Please note: this service is for multiple treatments by the same service provider in a treatment room if you require a specific service please book as normal.

TREATMENTS AVAILABLE WITHIN 'BEAUTY BY TIME'

- Facials (not medi-facials).
- Relaxing massage.
- Body and back treatments.
- Cellulite, firming & wraps.
- Nail services (not extensions).
- Brow and lashes; tinting, shaping, lifting.
- Waxing.



BEAUTY SERVICES

NAIL SALON

SHAPE & RE-VARNISH MANICURE

25 MINUTES - £25.00

- No soak or cuticle work but a refresh of your shape and polish in between your regular manicure sessions.

NO POLISH MANICURE

40 MINUTES - £35.00

- Hands are soaked, nails cut and filed, cuticle work carried out full hand massage.
- No polish, nails are left buffed or with a clear topcoat applied.

REGULAR OR GEL MANICURE

50 MINUTES - £45.00

- Hands are soaked, nails cut and filed, cuticle work carried out full hand massage. Finished with a polish of your choice.

LUXURY MANICURE

60 MINUTES - £65.00

- A must if you have not had a manicure for a while.
- Hands will be fully exfoliated an intense nourishing mask wrapped with hot towels.
- Relaxing hand massage.
- Completes with a vitamin ampoule treatment & self-heating eye mask.

SHAPE & RE-VARNISH PEDICURE

25 MINUTES - £25.00

- Foot health analysis.
- Hot towel cleanse.
- No soak or cuticle work.

NO-POLISH PEDICURE

50 MINUTES - £45.00

- Foot health analysis.
- Feet are soaked, nails cut and filed, and ridges buffed, cuticle work, hard skin is removed.
- 15 min relaxing foot massage.
- No polish, nails are left buffed to shine or with a clear topcoat applied.

REGULAR OR GEL PEDICURE

60 MINUTES - £55.00

- Foot health analysis.
- Feet are soaked, nails cut and filed, and ridges buffed, cuticle work, hard skin is removed.
- 15 min relaxing foot massage.
- Finished with your choice of colour.

LUXURY PEDICURE

70 MINUTES - £75.00

- Foot health analysis.
- Feet are soaked, nails cut and filed, and ridges buffed, cuticle work, hard skin is removed.
- Personalised and custom scented exfoliation to lower leg and feet.
- Heated Foot mask and hot towel wrap.
- A heavenly 20-minute massage and relaxing self-heating eye mask.

DUAL HANDS & FEET TREATMENTS

Shape & Re-varnish (Hands & Feet)	40 mins	£40.00
Manicure & Pedicure (Regular or Gel)	80 mins	£90.00
Luxury Manicure & Pedicure (Regular or Gel)	100 mins	£140.00

NAIL EXTENSIONS

Using Hard Gel or Acrylic.

Full Set	90 mins	From £100.00
Infill	60 mins	£75.00
Removal	20 mins	£30.00
Repair Per Nail		£10.00

NAIL REPAIRS

Per nail	From £5.00
Full set	£40.00

NAIL ART

From 10.00



HAIR, MAKEUP, BRIDAL & BODY ART

ANGELO SEMINARA SALON

CUT & BLOW-DRY	STYLIST	ADVANCED	CREATIVE	ANGELO SEMINARA
Cut & Blow Dry	£90.00	£120.00	£150.00	£400.00
Men's Hair Cut	£55.00	£70.00	£85.00	
Kid's Hair Cut	£40.00	£45.00	£50.00	
Express Blow-Dry	£30.00	£35.00	£40.00	
Classic Blow-Dry	£40.00	£45.00	£50.00	
Ultimate Blow-Dry	£50.00	£55.00	£60.00	
Glow-Dry	£60.00	£65.00	£70.00	

COLOUR	STYLIST	ADVANCED	CREATIVE	COLOUR MASTER
Tint	From £10.00	From £125.00	From £140.00	From £160.00
Tint Roots	From £80.00	From £90.00	From £100.00	From £100.00
Semi/Gloss	From £40.00	From £50.00	From £60.00	From £85.00
Creative Colour	From £130.00	From £145.00	From £160.00	From £200.00
Half Head Balayage	From £190.00	From £230.00	From £260.00	From £290.00
Full Head Balayage	From £225.00	From £265.00	From £300.00	From £350.00
Part Head Highlights	From £130.00	From £145.00	From £160.00	From £190.00
Half Head Highlights	From £150.00	From £175.00	From £200.00	From £240.00
Full Head Highlights	From £190.00	From £215.00	From £240.00	From £320.00

HAIR UP & SPECIAL OCCASION	STYLIST	ADVANCED	CREATIVE
A unique look for your special occasion.	From £90.00	From £110.00	From £140.00

STRAIGHTENING & SMOOTHING

Fringe	£40.00
Roots	£140.00
Short	£175.00
Medium	£210.00
Long	£265.00
Extra Long	£350.00

TREATMENTS & MASKS

Treatment Mask or Infusion with any service from £15.00

Olaplex Intense Restructure Treatment £35.00

COLOUR CORRECTION

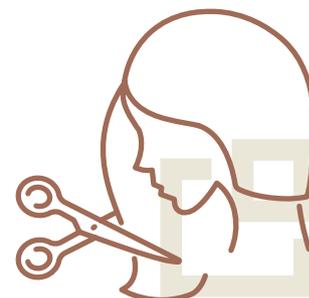
Price on application.

HAIR EXTENSIONS

Price on application.

BRAID CLUB

From £40.00pp – 90 minutes.



HAIR, MAKEUP, BRIDAL & BODY ART

STUDIO 1 MAKEOVERS

URBAN RETREAT 'SPECIAL OCCASION SESSION' (SOS)

90 MINUTES - £195.00

- Get ready for that special occasion or celebrate with your best friend or group of friends. This also makes an ideal gift voucher.
- You will receive "red carpet treatment" from a team of three professionals:
 - Hairdresser.
 - Makeup artist.
 - Beauty therapist.

Your experience includes:

- Mini facial before makeup.
- Makeup.
- Brow trim.
- Blow-dry.
- Shape and re-varnish manicure.
- Hand massage.
- Vegan sampling food platter from our 'Holy Carrot' restaurant.
- Complimentary beverages (tea, coffee and water).
- Herbal shot.
- Glass of Prosecco.
- Goody bag with products.
- Voucher redeemable for your next service at Urban Retreat

ULTIMATE MAKE OVER

2 HOURS - £360.00

- Mini facial before makeup.
- Makeup with a senior make-up artist.
- Hair cut and blow-dry.
- Brow trim.
- Shape and re-varnish manicure.
- Hand massage.
- Vegan sampling food platter from our 'Holy Carrot' restaurant.
- Complimentary beverages (tea, coffee and water).
- Herbal shot.
- Glass of Prosecco.
- Goody bag with products.
- Voucher redeemable for your next service at Urban Retreat.

COVER SHOT

3 HOURS - £720.00 | £1200.00 FOR A COUPLE

- Includes all the services within the 'Ultimate Make Over' above plus a professional photography session to capture your new look.

BRIDAL HAIR & MAKEUP

BRIDAL CONSULTATION & TRIAL

1.5 HOURS

- Makeup Artist or Bridal Hairdresser: £200.00.
- Senior Makeup Artist or Senior Bridal Hairdresser: £300.00.
- Creative Director: By quotation.

ON THE DAY (OUT OF SALON)

MORNING OR FULL-DAY

- Makeup Artist or Bridal Hairdresser:
 - £480.00 morning, £720.00 full-day*.
- Senior Makeup Artist or Senior Bridal Hairdresser:
 - £720.00 morning, £1200.00 full-day*.
- Creative Director: By quotation.

*Travel costs and lunch for the artists to be provided for full-day bookings.



HAIR, MAKEUP, BRIDAL & BODY ART

PIERCING & TATTOOING/BODY ART

CLASSIC CARTRIDGE PIERCING METHOD

Pair	£50.00
Single	£35.00

NEEDLE PIERCING METHOD

Pair	£75.00
Single	£60.00

DESIGN YOUR EAR

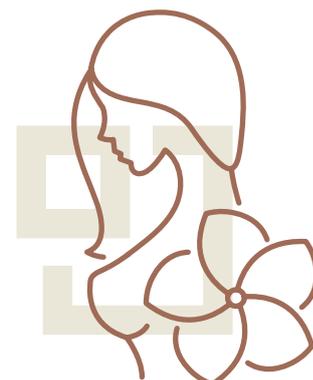
Pair	£150.00
Single	£110.00

BODY PIERCING

Daith (migraine spot) – Titanium	£50.00
Daith (migraine spot) – Gold	£110.00
Nose Piercing – Titanium	£45.00
Nose Piercing – Gold	£65.00
Tongue Piercing	£65.00
Lip Piercing	£55.00
Brow Piercing	£55.00
Navel – Titanium	£55.00
Navel – Gold	£140.00
Nipple Piercing – Single	£60.00
Nipple Piercing – Both	£100.00

BODY ART, TATTOOING

Consultation & Design Fee (Redeemable against your service)	£50.00
Small Design	£100.00
Large Design	£150.00



BODY & WELLNESS

CLEANSE CLINIC

COLONIC HYDROTHERAPY

Consultation & Colonic	75 mins	£140.00
Consultation & Colonic with Amanda Griggs	75 mins	£155.00
Follow On Treatments	60 mins	£120.00
Follow On Treatments with Amanda Griggs	60 mins	£135.00
Follow On Treatments	90 mins	£165.00
Follow On Treatments with Amanda Griggs	90 mins	£190.00
Bespoke Infusions & Probiotics		£20.00

TESTING/ASYRA BIORESONANCE TESTING

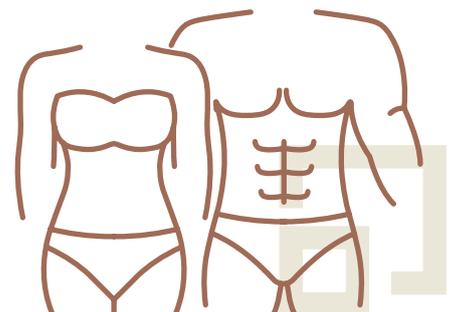
Consultation & Initial Session	90 mins	£350.00
Follow Up Session	60 mins	£210.00

PROGRAMS

Metabolic Balance Weight Loss Program		£1300.00
Initial Consultation & Analysis	60 mins	
Follow On Sessions	30 mins	

HUM2N WELLNESS

Opening soon HUM2N Wellness Clinic with Doctor Mohammed Enayat.



BODY & WELLNESS

MASSAGE, OSTEOPATHY & PHYSIOTHERAPY

RELAXING/MEDITATIVE

35 MINUTE SESSION - £45.00

70 MINUTE SESSION - £90.00

- A medium pressure massage aimed at pure relaxation.
- Includes self-heating eye mask.
- The therapist may use tools such as heated clam shells hot stones or wooden massage tools to support this treatment.

TRADITIONAL THAI & BALINESE

50 MINUTE SESSION - £75.00

70 MINUTE SESSION - £105.00

90 MINUTE SESSION - £135.00

- A firm and strong pressure massage to alleviate and combat areas of deep-rooted stress and tension through stretching and manipulation.
- Performed with or without oils.
- Traditionally trained experienced practitioners.

THERAPEUTIC DEEP TISSUE, SPORTS & REMEDIAL MASSAGE

50 MINUTE SESSION - £75.00

70 MINUTE SESSION - £105.00

90 MINUTE SESSION - £135.00

- For Injury prevention and cure.
- Perfect for clients with sports-related issues.
- Ideal for those requiring targeted deep tissue pressure.

MLD MASSAGE (MANUAL LYMPHATIC DRAINAGE)

60 MINUTE SESSION - £120.00

90 MINUTE SESSION - £160.00

120 MINUTE SESSION - £200.00

- Light pressure working directly on the lymphatic system to manually drain lymph fluid.
- Aids and supports clients concerned with water retention (lymphodema, lipoedema) including pregnancy and digestive issues.
- Post cancer therapy.
- Eliminates and detoxifies.
- Fantastic post-travel.
- Ideal following any surgeries (especial liposuction) where the client has been immobile for long periods.
- Chronic fatigue.
- Stress, anxiety, insomnia.
- A must following colonic hydrotherapy to flush water from the body.

CUPPING LYMPHATIC MASSAGE

60 MINUTE SESSION - TARGETED AREAS - £150.00

90 MINUTE SESSION - FULL BODY - £210.00

- A negative pressure technique using soft silicone cups that gently lift the skin to move lymph and eliminate toxins.
- Excellent for body contouring.
- A much deeper treatment, effective at breaking down and reducing cellulite.
- Increases blood flow and improves circulation and muscle tone.
- An advanced traditional technique that delivers instant results.
- Aids in reducing puffiness and fluid retention.
- Ideal to follow colonic hydrotherapy.

CRANIAL SACRAL MASSAGE

60 MINS - £120.00

- A gentle but effective treatment using a light touch supports the body to balance restore and heal itself.
- Reduces stress and increases energy levels.
- Suitable for all, including babies.

REFLEXOLOGY FOOT MASSAGE

30 MINUTE SESSION - £65.00

60 MINUTE SESSION - £110.00

90 MINUTE SESSION - £160.00

- A widely used ancient Chinese therapy that uses targeted, pressure-points on the feet to treat and support the body.
- Aids the removal of blockages within the body and allows energy to flow.
- Complements traditional medicine.
- Widely used for relaxation, stress, anxiety and general wellbeing.
- Pressure points on the feet correlate to areas of the body and in turn supports the treatment of a host of concerns from sinus, back and neck issues, fertility, digestion, and nerve issues.



BODY & WELLNESS

MASSAGE, OSTEOPATHY & PHYSIOTHERAPY CONT.

OSTEOPATHY WITH ENRICO DI CANDIA

BODY & POSTURE ASSESSMENT - 30 MINUTES - £60.00

30 MINUTE SESSION - £65.00

45 MINUTE SESSION - £90.00

60 MINUTE SESSION - £120.00

90 MINUTE SESSION - £170.00

- Osteopathy for support and wellbeing.
- Pregnancy and women's health
- Cranial osteopathy.
- Medical acupuncture.
- Sports injury rehabilitation /clinical Pilates.

PHYSIOTHERAPY

30 MINUTE SESSION - £65.00

45 MINUTE SESSION - £90.00

60 MINUTE SESSION - £120.00

90 MINUTE SESSION - £170.00

- Physiotherapy helps to restore movement and function when affected by injury, illness or disability also helps injury prevention.
- Works on joint manipulation and mobilisation using several techniques including electrotherapy, manual soft tissue work, manual stretching trigger point therapy.
- Treats conditions such as chronic acute conditions.
- Soft tissue injuries, arthritis, back pain, posture issues sports or workplace injuries reduced mobility and much more.
- Used to improve physical function.

BODY FRIEND ZERO GRAVITY HANDS-FREE MASSAGE CHAIR (FULLY CLOTHED MASSAGE)

30 MINUTE SESSION - £30.00

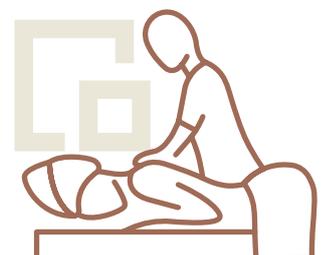
40 MINUTE SESSION - £35.00

- Our state of the art zero gravity massage chairs really do take you off to the land of nod with over 20 different settings and personalised intensities, suitable for everyone. Ideal as a stand-alone treatment or before/after any service including our hands-on massage selections.

URBAN RETREAT FULL BODY EXPERIENCE

90 MINUTES - £175.00

- Our bodies are all different, so we do not believe in one treatment fits all your body treatment is down to the day and your need on it, all our treatments are designed to treat concerns and aid relaxation.
- Choose from: bust contour, body detox, anti-cellulite.
- Clinically tested effective results-driven products for the treatment of cellulite, water retention, dehydration.
- Cocooned in our warm oversize treatment couches.
- Our treatment devices such as steaming, hot and cold therapy, high frequency, vacuum suction are used to reduce any areas of inflammation or that need treatment.
- A variety of body treatment masks are used on areas which could include, legs buttocks, tummy arms or bust, our masks aid in firming slimming hydration and the aid detoxifying process.
- Exfoliation and massage.
- Heating eye mask and personalised sensory journey ensure your experience is a truly relaxing one.



AESTHETICS

HUM2N AESTHETICS

Opening soon HUM2N Aesthetics Clinic with Doctor Mohammed Enayat.

Piercing cheekbones. Voluminous hair. Flawless skin. At HUM2N, we artistically enhance your elegance with a less is more approach. From our medical facials and prescription skin programs to micro-sculpting injectables, you'll be subtly tweaked, yet no one will know you've had anything done.

DR MEDISPA

ANTI-WRINKLE INJECTIONS

1 AREA: £210.00

2 AREAS: £270.00

3 AREAS: £330.00

Performed by our highly experienced doctors these non-surgical procedures delay the signs of ageing, prevent and reduce the appearance of lines and wrinkles

Area (either forehead, glabellar (frown lines) or crows feet).

ADVANCED TREATMENTS

MASSETERS AND 'SQUARE JAW' SOFTENING: £500.00

(Note: up to 3 treatments may be needed for the desired effect.)

UNDERARM HYPERHIDROSIS: £500.00

EYEBROW LIFT: FROM £210.00

DERMAL FILLERS

FROM £450.00

(depending on the type of filler used)

ADVANCED AREAS FROM £500.00.

(Tear Trough / Nose Re-shaping)

Effective treatment for facial rejuvenation and for revitalising areas such as hands, feet, lips, jaw, cheeks, chin as can help to reduce deep lines and wrinkles. Fill hollows and smooth the contours of the face and provide volume.

PRP PLATELET RICH PLASMA TREATMENT

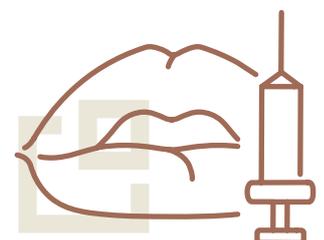
1 SESSION: £600.00

4 SESSIONS: £1800.00

Platelet Rich Plasma (PRP) treatment is a procedure for correcting a number of skin conditions, including acne scarring, by using the healing properties of a patient's own blood.

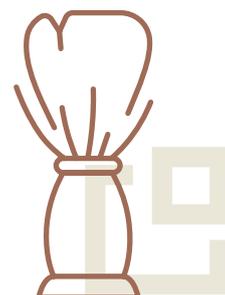
Also known as the 'vampire facial', PRP has become popular through its promotion by celebrity figures as a less-invasive alternative to laser and surgical treatments.

It is most effective when combined with other skin rejuvenation treatments, such as micro-needling.



GOODLIFE BARBERS

TREATMENT	TIME	KIERAN	TEAM
Full Goodlife Service	2 hrs	£150.00	£140.00
Traditional Cut & Finish	60 mins	£69.00	£59.00
Hair Cut & Hot Towel Shave	90 mins	£100.00	£98.00
Hair Cut & Beard Trim	90 mins	£92.00	£84.00
Hair Cut & Luxury Shave inc Mini Facial (Hot Towel, Cleanse, Tone & Moisturise)	90 mins	£120.00	£118.00
Restyle	60 mins	£79.00	£60.00
Head Shave (Grade All Over)	20 mins	£20.00	£20.00
Style & Go	15 mins	£25.00	£20.00
Traditional Wet Shave	50 mins	£42.00	£39.00
Luxury Wet Shave & Mini Facial	60 mins	£69.00	£59.00
Full Beard Re-shape with Hot Towels	50 mins	£48.00	£45.00
Beard Trim & Condition	30 mins	£28.00	£25.00
Moustache Trim	15 mins	£15.00	£15.00
24ct Gold Facial	30 mins	£50.00	£50.00
Ear & Nose Waxing	20 mins	£20.00	£20.00
Child's Hair Cut (Under 12)	30 mins	£39.00	£39.00
Luxury Wet Shave inc Mini Facial	60 mins	£69.00	£59.00
Style & Go	15 mins	£25.00	£20.00
Full Good Life Service (Cut, Facial & Wet Shave)	120 mins	£150.00	£140.00
Ear/Nose Wax	20 mins	£20.00	£20.00
Moustache Trim	15 mins	£15.00	£15.00



MEN

MEN'S GROOMING SERVICES

WAXING

Full Body	£200.00
Back & Shoulders	£60.00
Chest & Stomach	£60.00
Chest or Abs	£40.00
Intimate 1	£50.00
Intimate 2	£75.00
Intimate 3	£85.00
Intimate 4	£95.00
Intimate 5	£125.00
Brows	£20.00
Ears	£20.00

CLIPPING

Full Body & Intimate	£125.00
Full Body	£85.00
Intimate	£55.00
Back & Shoulders	£35.00
Chest & Abs	£35.00
Chest & Stomach	£35.00
Chest or Stomach	£25.00
Full Arm	£35.00
Under Arm	£15.00
Full Leg	£35.00
Half Leg	£25.00

HANDS AND FEET

Men's Super-Hydrating Manicure	40 mins	£35.00
Men's Super-Hydrating Pedicure	50 mins	£55.00
Men's Manicure & Pedicure	75 mins	£80.00

FACIAL GROOMING

Brow Waxing/Threading	£25.00
Lash & Brow Tint	£25.00
Nasal Waxing	£10.00
Ear Waxing	£10.00
Ear Candling	£30.00
Grooming Bundle (all of the above)	£75.00

LASER HAIR REMOVAL

Full Clearance	£275.00
Chest	£225.00
Chest & Stomach	£275.00
Abs	£225.00
Back	£225.00
Half Back	£175.00
Full Leg	£225.00
Half Leg	£175.00
Full Arm	£225.00
Half Arm	£175.00
Full Bottom	£175.00
Neck	£125.00
Nose	£75.00
Ears	£75.00
Sideburns	£75.00
Full Face Laser	£175.00
Lip & Chin Laser	£100.00
Lip Or Chin Laser	£75.00
Sideburns Laser	£75.00
Half Leg Laser	£175.00
Full Leg Laser	£225.00

MEN'S SIGNATURE CUSTOM FACIAL

A result and relaxation driven treatment focusing on hydrating and anti-aging.	70 mins	£85.00
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MAN-TENANCE – FULL GROOM SERVICE

2.5 HOURS – £195.00

- Barber hair cut.
- Barber wet shave.
- Manicure or pedicure.
- Includes beverages.
- Vegan sampling food platter from 'Holy Carrot'.
- Complimentary tea, coffee, water.
- Glass of Prosecco or Beer.
- Goody bag.
- Future treatment voucher.
- Ideal gift!



PACKAGES

URBAN RETREAT 'SPECIAL OCCASION SERVICE' (SOS)

2.5 HRS – £195.00

Enjoy the ultimate treat or simply get ready for your "red carpet" special occasion. You can indulge by yourself with a friend or with a group.

Come and relax in the heart of Knightsbridge a stone's throw away from some retail therapy to chill out and relax in the hands of our expert team and get a taste of what the house has to offer

Your experience includes:

- Mini facial before makeup.
- Makeup.
- Brow trim.
- Blow-dry.
- Shape and revarnish manicure.
- Hand Massage.
- Vegan sampling food platter from our 'Holy Carrot' restaurant.
- Complimentary beverages (tea, coffee and water).
- Herbal shot.
- Glass of Prosecco.
- Goody bag with products.
- Voucher redeemable for your next service at Urban Retreat.

URBAN RETREAT BEAUTY INDULGENCE PACKAGE

2.5 HOURS – £195.00

- Signature facial or massage.
- Shape and revarnish manicure.
- Blow-dry or makeup.
- Vegan sampling food platter from 'Holy Carrot'.
- Glass of Prosecco.
- Complimentary tea, coffee, water.
- Goody bag.
- Future treatment voucher.

MAN-TENANCE FULL GROOM SERVICE

2.5 HOURS – £195.00

- Barber hair cut.
- Barber wet shave.
- Manicure or pedicure.
- Vegan sampling food platter from 'Holy Carrot'.
- Complimentary tea, coffee, water.
- Glass of Prosecco or Beer.
- Goody bag.
- Future treatment voucher.

UPGRADE YOUR EXPERIENCE SPA DAY

£55.00 PP

- Use of our changing facilities.
- Use of our Infra-red saunas.
- Lunch, afternoon tea, or dinner at Holy Carrot.

FIRST PIERCING GIFT VOUCHER

£75.00 (£50.00 PP FOR ALL ADDITIONAL PEOPLE)

- Ear piercing with choice of earrings and aftercare.
- Certificate of achievement with date and location.
- Shape and revarnish manicure.
- Complimentary juice, tea, coffee & water.
- Selfie picture with Minnie (optional).

COURSES/SUBSCRIPTIONS

- For clients looking to purchase ahead of treatments, our subscriptions are an ideal way to purchase your services.
- Hassle-free booking.
- No deposit.
- Can be shared with family or friends.
- Courses are available on most of our treatments.
- Courses are available for either 6 or 12 services.
- All courses attract a 15 % discount.



CLASSES, EVENTS & PRIVATE HIRE

CLASSES

Opening soon, our White Studio space is intimate with a maximum class size of 12 depending on the class or session, our classes and sessions take place both on-site and online, we have partnered with some unique practitioners to support you in your health and wellbeing.

- Can be booked singly or in a course.
- Log in from home and join remotely.
- YOGA – ashtanga, traditional.
- Chi Gong.
- Pilates.
- Login from home and join remotely.
- Sound bathing.
- Tai Chi.
- Pregnancy.

Book your Infra-Red Sauna session following your class for just £10.00.

EVENTS & WHAT'S ON

Check-in regularly to find out what is happening in the space, we hold talks, wellness events, masterclasses, informative sessions, keynote speakers and host many interesting people related to our services and wellbeing a full list of dates and event can be found here and is updated regularly, or sign up and join our URBAN RETREAT COMMUNITY to receive regular updates and offers.

- Gut health.
- Menopause.
- Fertility.
- Nutrition.
- Human education.
- Industry motivation.
- Cleansing health.
- Vegan eating.
- Face yoga.
- Makeup.
- Braiding class (half-term package inc. mini manicure and lunch for parents, kids etc).
- Medi treatments – all you need to know.

HOLY CARROT RESTAURANT

- Breakfast/Afternoon Tea:
Minimum 30 people (private event) – £45.00 pp.
- Lunch/Dinner:
Minimum 30 people (private event) – £85.00 pp.
- Canapes and catering available for all private hire events in any of our onsite locations, please call us for more information.

THE WHITE STUDIO

Please enquire for details.

Available for:

- 20-30 attendees.
- Events and seated talks.
- Celebrations and private dinners.
- Photo and video shoots.
- Product launches and showcases.
- Small Wedding parties.
- Pop-ups and press days.

TREATMENT ROOMS

Please enquire for details.

Available for:

- Pop-ups.
- Training.
- Product launches.
- Press days.
- Filming.
- For hire short or long term.

SALON PRIVE

Please enquire for details.

Our private salon space is available for:

- Training.
- Filming.
- Press days.
- Private clients and groups.
- Product launches.
- Photo session.

For all event or large group enquires please contact Jo Harris on 020 3897 0400 or email jo.harris@urbanretreat.co.uk

