



INN
FITNESS
& SPA





ELEMIS
SPA THERAPY

Relax & Unwind...

Welcome to Inn Fitness and Spa, a new way to relax and unwind, with a range of treatments to cater for your every wish and desire.

Your skin, your body and your wellness lie at the heart of ELEMIS.

Hands-on, our ELEMIS therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed... Sublimely sensory... The experience is exceptional, the results are real.

Pamper days are also available, which include unlimited use of our leisure facilities, boasting an indoor heated swimming pool, beautiful steam room as well as a luxurious sauna room and spa pool, as well as our fully equipped gymnasium. Fluffy robes, towels and slippers are included for your comfort. A two course lunch is also provided with all our spa day experiences.

Facial Therapies

Designed to respect the body's complex philosophy, ELEMIS spa-therapies work in natural synergy with your skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

ELEMIS Dynamic Resurfacing Facial - 30 minutes £39 | 60 minutes £59

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. **Independent Clinical Trials.*

Pro Collagen Age Defy Facial - 30 minutes £39 | 60 minutes £59

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. **Independent Clinical Trials.*

ELEMIS Pro Definition Lift Effect Facial - 30 minutes £39 | 60 minutes £59

The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

ELEMIS Super Food Pro Radiance Facial - 30 minutes £39 | 60 minutes £59

Energise and detoxify stressed, dull skin with a nutritional super food boost. Leaves skin, plumper, radiant and lit up with good health.



Body Therapies

Let our therapist help you unwind, distress and indulge in one of our body therapy treatments

ELEMIS Garden of England Rose Restore - 60 minutes £60

Take a walk in an English Rose Garden with this lavishly hydrating body massage and micro-wrap. The unique trio of Rose, Camelina, and Poppy seed oils maintain and restore elasticity, whilst encouraging skin renewal.

The skin is anointed with nourishing oils whilst a nurturing Rose balm and bespoke massage comforts the skin and grounds the spirit. Skin is left exquisitely moisturised intensely supple and deliciously scented.

Perfect Body Scrub - 45 minutes £35

The invigorating salt is gently used to cleanse, invigorate and prepare your skin, ready to absorb the deeply nourishing body oil to leave you with velvety, soft skin. Perfect for any occasion, this is the ultimate skin enhance.

Essential Back, Neck & Shoulder Massage - 25 minutes £30

Everyday stresses and strains will disappear with our heavenly massage using potent ELEMIS oil blends to soothe and relax the most tense and aching muscles.

Essential Body Massage - 55 minutes £55

This bespoke treatment using ELEMIS oils is the complete rebalancing treatment. Your therapist will leave your body and mind soothed, rebalanced and revived from head to toe.



Time for Men

Enjoy a whole range of treatments, specifically designed to suit men.

High Performance Skin Energiser for Men -

30 minutes £39 | 60 minutes £59

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, and decongests the skin. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

Men's Muscle Easing Back, Neck & Shoulder Therapy Massage -

30 minutes £30

This highly targeted treatment focuses on releasing tension in the back and shoulders. Intensely de-stressing this powerful massage helps to break down and disperse all aches and pains caused by tight muscle.

Men's Muscle Easing Therapy Massage - 60 minutes £55

This intense therapeutic massage help to deep stress tense muscles around the whole body. Using a potent ELEMIS oil, this massage can be tailored to suit the needs of each concern. This massage encourages relaxation, relieves stress, improves circulation and relaxes muscles. It is also good for relieving tension headaches, improving flexibility and can help to strengthen the immune system.



Inn Spa Signature Relaxing Back, Neck & Shoulder Therapy - 30 minutes £25

A popular massage that focuses on the build-up of stress and tension in all areas around the neck, shoulders and across the back.

Inn Spa Signature Relaxing Full Body Therapy Massage - 60 minutes £45

This massage technique is designed specifically to increase the oxygen flow in the blood and release toxins from the muscles. It's ideal after sporting activities or simply as a means of relaxation as it is recommended to reduce stress both physical and emotional.

Inn Spa Signature Hot Stone Back Therapy Massage - 30 minutes £30

An indulgent and truly pampering massage. An idyllic treatment combining the warmth of the lava stones with deeply relaxing massage techniques.

Inn Spa Signature Hot Stone Full Body Therapy Massage - 60 minutes £55

An indulgent and truly pampering massage. An idyllic treatment combining the warmth of the lava stones with deeply relaxing massage techniques.

Inn Spa Foot & Leg Relief Massage - 30 minutes £25

Hot towels and a warm oil relax the feet and lower legs, giving an increase in circulation and any excess fluids dispersed, leaving your feet feeling light and fresh.

Therapy Massage

and muscle
the back.



Inn Spa
Signature Therapies

Finishing Touches

Whether it is a special occasion or your regular treat, our team of therapists will ensure you are always looking your best.

Beautiful Eyes

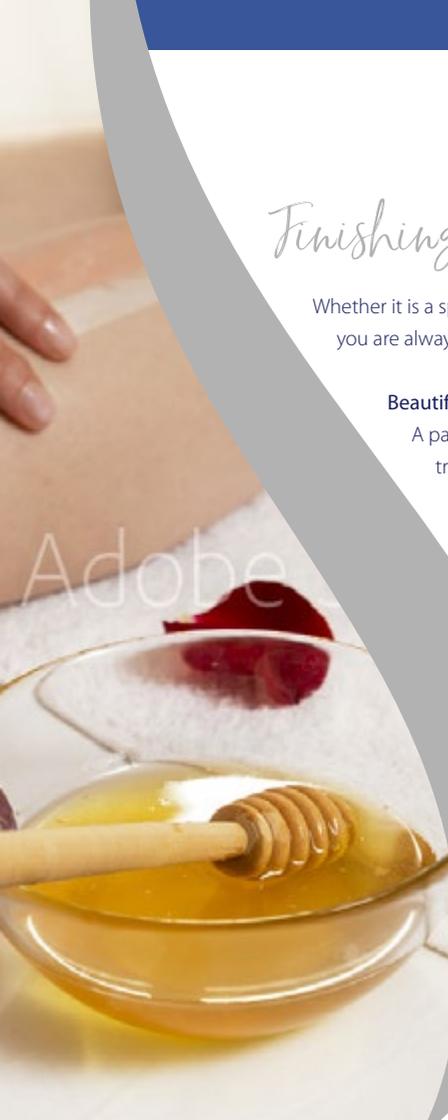
A patch test is required at least 24 hours prior to any of our beautiful eyes treatments.

Eyebrow Tint	£10
Eyelash Tint	£15
Eyebrow & Eyelash Tint	£20

Waxing

Full Leg Wax	£25
Half Leg Wax	£20
Standard Bikini Wax	£12
Full Leg & Bikini	£28
Underarm Wax	£12
Forearm	£15
Eyebrow	£8
Lip or Chin	£6
Lip & Chin	£10
Chest	£20
Back	£20
Chest & Back	£35

Adobe



Finishing Touches Hands & Feet

Everyday essentials to make you look and feel great.

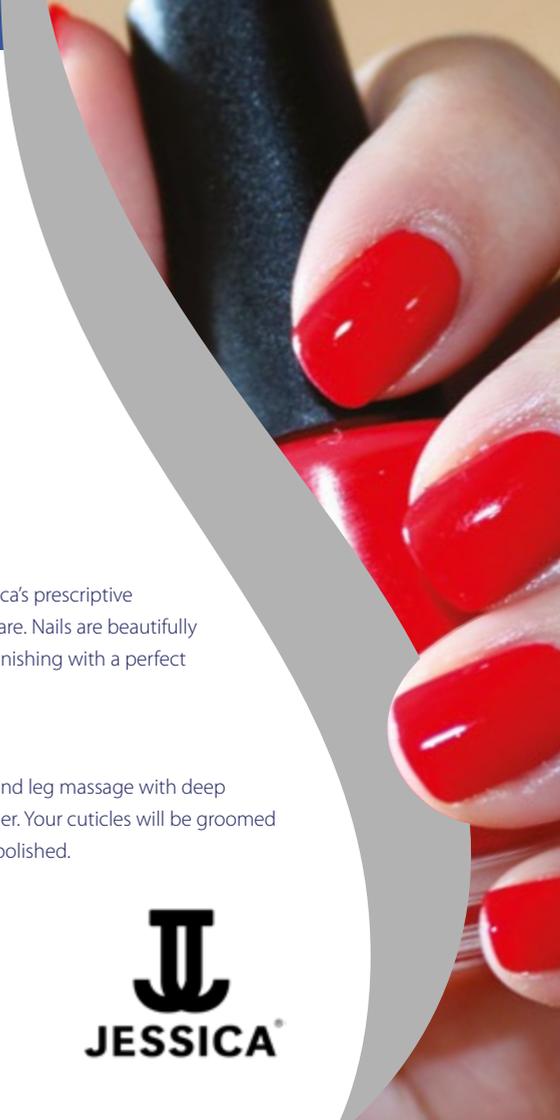
Jessica Prescriptive Manicure - 45 minutes £30

Nails are analysed and treated for their specific type. Jessica's prescriptive manicure including an exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with a perfect polish.

Jessica Therapeutic Pedicure - 60 minutes £35

This luxury treatment includes hard skin removal, a foot and leg massage with deep conditioning creams leaving your skin softer and smoother. Your cuticles will be groomed and your toenails will be beautiful shaped and perfectly polished.

LA Tips Gel Nail Shape & Polish - 35 minutes	£25
Gel Removal - 20 minutes	£10
Gel Upgrade to any Manicure or Pedicure	£15
Inn Spa Shape & Polish	£15
Inn Spa French Shape & Polish	£20



Membership & Day Passes

Our memberships are available from only £40 per month, giving you use of our extensive facilities, including a 15 metre indoor heated swimming pool, spa pool, steam room and sauna and fully equipped Cybex fitness suite.

Day pass available for £10 per adult and £5 per child (under 7 free).

Relaxation Package (including robes, towels and slippers) £20 per adult.

Gift Vouchers

Looking for the ideal gift? Why not purchase one of our gift vouchers for a treatment featured in this brochure? Ask a member of the team for more details or call the spa direct on 0191 201 9965.



Gift Voucher

Spa Day Experiences

Our spa day experience is a wonderful day escape that lets you enjoy a set of treatments with full use of the facilities, use of robe, towel and slippers and either a 2 course light lunch or afternoon tea.

Pure Pamper - £45 per person

30 minutes of selected treatments.

Pure Harmony - £75 per person

60 minutes of selected treatments.

Pure Escape - £95 per person

90 minutes of selected treatments.

Pure Bliss - £115 per person

120 minutes worth of selected treatments.

Afternoon Tea & Spa - £39 per person

30 minutes of selected treatments and afternoon tea.

Twilight & Spa - £35 per person

This evening package includes use of our leisure facilities between 4pm - 9pm, use of robe, towel and slippers and a 2 course meal.



OPENING HOURS

Monday to Friday 10.00am-8.00pm
Saturday & Sunday 10.00am-6.00pm

0191 201 9965

spa@innfitness.co.uk

Holiday Inn Hotel, Gosforth Park, Great North Road,
Seaton Burn, Newcastle upon Tyne NE13 6BP.

Subject to availability. Please note a 50% non refundable deposit is required per person to secure all bookings. Full cancellation charges apply if cancelled within 72 hours of spa day experiences and 48 hours for treatments. Treatments and lunches will be booked at our discretion unless you specify otherwise, these may be subject to change.

Gift Vouchers are valid from 6 months and are non refundable.

Ask about additional discount on treatments when booking any spa day experience.

Please note that all our treatment times include a pre and post relaxation.



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