



INN
FITNESS
& SPA

SPA DAY EXPERIENCES

Our spa day experiences are a wonderful day escape that lets you enjoy a set of treatments with full use of the leisure facilities (shared area with hotel guests and residents), use of robe, towels and slippers as well as some food served in the Hotel's open lobby.

Afternoon Cream Tea Spa -

£55 per person - Monday to Friday 10am until 4pm

Cream Tea (a selection of hot drinks served alongside scones, clotted cream and jam) and a 30 minute treatment from the choice of; back, neck and shoulder massage, scalp massage, leg and foot massage or Elemis taster facial.

Pure Pamper - £60 per person - Monday to Friday 10am until 4pm

Choice of either an afternoon tea or light lunch.

30 minute treatment from the choice of; back, neck and shoulder massage, scalp massage, leg and foot massage or a Elemis taster facial

Pure Harmony - £85 per person - Monday to Sunday 10am until 5.30pm

Choice of either an afternoon tea or light lunch.

60 minutes of treatment time from the choice of either two of the following; back, neck and shoulder massage, scalp massage, leg and foot massage or a Elemis taster facial or one of the following; Full body massage or Elemis skin specific facial.



**CONTACT THE SPA
FOR OUR SEASONAL
& ADDITIONAL SPA
DAY OFFERS.**

Pure Escape - £100 per person - Monday to Sunday 10am until 5.30pm

Choice of either an afternoon tea or light lunch.

90 minutes of treatment time from the choice of; full body massage and Elemis taster facial, Elemis skin specific facial and back, neck shoulder massage or a Elemis taster facial and leg and foot massage.

Pure Bliss - £120 per person - Monday to Sunday 10am until 5.30pm

Choice of either an afternoon tea or light lunch.

120 minutes of treatment time from the choice of; full body massage and Elemis taster facial, Elemis skin specific facial and back, neck shoulder massage or a Elemis taster facial and leg and foot massage.

Twilight Spa Package - £55 per person - Monday to Thursday 4pm until 8pm

Pizza or pasta evening meal.

30 minute treatment from the choice of; back, neck and shoulder massage, scalp massage, leg and foot massage or a Elemis taster facial.

ELEMIS BODY TREATMENTS

Freestyle Deep Tissue Massage - 30 minutes £35 | 60 minutes £65

Your therapist will select a aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

Deeper Than Deep Hot Stone Massage - 30 minutes £40 | 60 minutes £75

Balinese stones bathed in Frangipani Monoi Body Oil are worked deep into the muscles, targeting areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

Hot Mineral Body Boost - 60 minutes £70

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

Garden of England Rose Restore

60 minutes £70 | 90 minutes £90

Take a walk in an English rose garden with this lavishly hydrating body massage. The unique blend of oils leave skin exquisitely moisturised, intensely supple and delicately scented.

Frangipani Body Nectar Nourishing Wrap

60 minutes £70

The velvety texture of Moni Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.



Thousand Flower Detox Wrap - 60 minutes £70

Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas - the super-foods of the skin - is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

Intensely Cleansing Salt Scrub - Frangipani

30 minutes £40

An exotic exfoliation ritual to nourish and cocoon the body in moisture, while buffing the skin to reveal a radiant, renewed glow and harmonized mind. Warmed oil is dripped sparingly over the body, Exotic Lime and Ginger Salt Glow cleanses and Polishes the Skin.

Intensely Cleansing Salt Scrub - Lime and Ginger - 30 minutes £40

An exotic exfoliation ritual to invigorate and bring vitality to the body. Warm oils is dripped sparingly over the body, Exotic Frangipani Salt Scrub cleanses and polishes the Skin.

Peaceful Pregnancy Massage - 30 minutes £40 | 75 minutes £80

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specifically selected for optimum wellness and deep calm.



ELEMIS PRO- GLOW FACIALS

Pro-Glow Renewal Facial

30minutes £39 | 50 minutes £59

For a healthy, gorgeous glow.

Elemis signature deep cleansing skin wellness facial harness the goodness of Pre-biotics and antioxidants to deliver a healthy looking lit from within glow.

After just one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Smooth – 30 minutes £39 | 50 minutes £59

The ultimate HIIT workout for your skin.

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Pro-Glow Resurface – 30 minutes £39 | 50 minutes £59

Reveal stunningly smooth skin.

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

Pro-Glow Brilliance – 30 minutes £39 | 50 minutes £59

Reveal stunningly smooth skin

Awaken dull, lacklustre looking skin with this radiance boosting facial for a visibly brighter, glowing complexion. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed and glowing.

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 de-congests 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 £35

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 £65

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.



NAIL BAR

Everyday essentials to make you look and feel great.

OPI Manicure – 45 minutes £30 | 60 minutes £35

Nails are analysed and treated for their specific type.

OPI's prescriptive manicure including an exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive base-coat before finishing with a perfect polish.



O·P·I



OPI Pedicure – 45 minutes £30 | 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.

Halo Gel Polish - 35 minutes	£26
Gel Removal - 20 minutes	£10
Gel Upgrade to any Manicure or Pedicure	£15
OPI Shape & Polish	£15
Inn Spa French Shape & Polish	£20

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

Hot Waxing

More effective than traditional waxing and much less painful

Full Leg Wax	£30	Eyebrow	£8
Half Leg Wax	£20	Lip or Chin	£6
Standard Bikini Wax	£12	Lip & Chin	£10
Full Leg & Bikini	£36	Chest	£20
Underarm Wax	£12	Back	£20
Forearm	£15	Chest & Back	£35

Semi Permanent Lashes - £35

Maintenance - £15

(Patch test required 24 hours prior to treatment)

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.

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.



OPENING HOURS

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

0191 201 9965

leisure@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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