Retreat is your Retreat
A warm welcome awaits you at R Retreat.

R Retreat is filled with passion and scents to lift your spirit.

R luxurious treatments have been consciously chosen to give real results and to improve your total wellbeing.

R ethos is to have our products sourced from the UK, free from harsh chemicals and bunny friendly.

Ambient treatment rooms invite you to retreat from busy lifestyles.

We look forward to treating you.
Elemis is the UK’s no.1 British Spa brand. Clinically proven to give real results. Why not choose from luxurious ‘Touch’ hands-on facials, or our most popular facial the BIOTEC? ‘Technology’ at its best, using powerful actives, healing hands & a choice of simulations to boost your skin. Chose from 60 mins or 90 mins.

**Elemis Biotec**
- 60 minutes, £67 / 90 minutes, £79
  - Line Eraser
  - Firm-A-Lift
  - Pigment Brightener
  - Skin Resurfacer
  - Radiance Renew
  - Elixirish Control
  - Sensitive Skin Soother

**Elemis Touch Facials**
- 60 minutes, £59
  - Pro-collagen Age Defy
  - Pro-definition Lift and Contour
  - White Brightening Pigment Perfector
  - Dynamic Resurfacing Precision Peel
  - Superfood Pro-radiance
  - Anti-blemish Mattify and Calm
  - Sensitive Skin Soother

**Elements of Clear Treatments**
Express Microdermabrasion - 30 minutes, £40
Delux Microdermabrasion - 45 minutes, £50

Courses of facials are also available. For optimum results, we recommend 1 treatment every 3 weeks.

**Elemis Body**
- Poultece-Powered Muscle Release 60 minutes, £55 / 90 minutes, £65
- Deeper than Deep Hot Stone Body Massage 75 minutes, £59
- Garden of England Rose Restore 60 minutes, £55
- Peaceful Pregnancy Massage 75 minutes, £59
- Body Nector Nourishing Wrap 60 minutes, £55
- Intensely Cleaning Salt Scrub 60 minutes, £55
- Thousand Flower Detox Wrap 60 minutes, £55
- Targeting Toning Tightner 60 minutes, £55 / 90 minutes, £65

Courses of body treatments are also available.

**Elemis Biotec Couture** - 120 minutes, £105
**Elemis Touch Couture** - 120 minutes, £99

**R Remedies**
- Relaxing Back Massage 30 minutes, £27* / 45 minutes, £29*
- Hot Stone Back Massage 30 minutes, £29 / 45 minutes, £40
- Rhythmic Relaxing Massage 60 minutes, £45 / 90 minutes, £51
- Indian Head Massage 45 minutes, £30
- Trigger Point Massage 30 minutes, £29* / 45 minutes, £32*
- Hopi Ear Candles - Sinus & Head Massage 45 minutes, £30*
- Sensitive Soul Massage 60 minutes, £50

**Tanning**
Kiss by Mii Spray Tan - 15 minutes, £17

**Courses of body treatments are also available.**
### Hands

- **Spa Ritual Manicure**  
  60 minutes, £30
- **Shellac Application**  
  45 minutes, £22
- **Shellac Refresh**  
  45 minutes, £26
- **Nail Extensions**  
  60 minutes, £36
- **Nail Extension Rebalance**  
  60 minutes, £25
- **Nail Extension Removal** (includes hand treatment)  
  30 minutes, £27
- **Nail Repair**  
  15 minutes, £5

### Feet

- **Spa Ritual Pedicure**  
  60 minutes, £32
- **Shellac Application to Toes**  
  45 minutes, £22
- **Shellac Refresh**  
  60 minutes, £26
- **Shellac + Pedicure**  
  75 minutes, £35

### Elemis Facials

- **Elemis High Performance Skin Energiser**  
  60 minutes, £55
- **Elemis Biotec Super-charge**  
  60 minutes, £65 / 90 minutes, £75

### Elemis Bodies

- **Freestyle Deep Tissue Massage**  
  45 minutes, £32
- **Deeper than Deep**  
  Hot Stone Body Massage  
  60 minutes, £55

### Hands & Feet

- **Spa Ritual Manicure**  
  45 minutes, £18
- **Spa Ritual Pedicure**  
  45 minutes, £25

### R Remedies

- **R Relaxing Back Massage**  
  30 minutes, £27 / 45 minutes, £29
- **R Hot Stone Back Massage**  
  30 minutes, £29 / 45 minutes, £40
- **R Rhythmical Relaxing Massage**  
  60 minutes, £45 / 90 minutes, £51
- **R Indian Head Massage**  
  45 minutes, £20
- **R Trigger Point Massage**  
  30 minutes, £29 / 45 minutes, £32
- **R Hopi Ear Candles + Sinus & Head Massage**  
  45 minutes, £20

### Waxing

- **Eyebrow Waxing**  
  15 minutes, £7
- **Back Wax**  
  30 minutes, £8
- **Chest Wax**  
  30 minutes, £20
**Arms & Legs**

- 1/2 Leg Wax  
  30 minutes, £18
- 1/2 Leg Wax + Bikini  
  30 minutes, £20
- 3/4 Leg Wax  
  30 minutes, £20
- Full Leg Wax  
  45 minutes, £25
- Full Leg Wax + Bikini  
  45 minutes, £27
- Full Arm Wax  
  30 minutes, £19
- Full Arm Wax + Underarm  
  30 minutes, £20
- Underarm Wax  
  15 minutes, £8

**Face**

- Eyebrow Waxing  
  15 minutes, £3
- Define Brow (Upper & Lower)  
  15 minutes, £10
- Brows by Mii  
  45 minutes, £25
- Lip Wax  
  15 minutes, £7
- Lip & Chin Wax  
  15 minutes, £10
- Full Face using Hot Wax  
  30 minutes, £20
- Sides of Face  
  15 minutes, £10

**Brows by Mii**

- 45 minutes, £25

**Bodies**

- Tummy Wax  
  15 minutes, £15
- Bikini Wax  
  15 minutes, from £12
- Brazilian using Hot Wax  
  30 minutes, £30
- Hollywood using Hot Wax  
  30 minutes, £30

**Eyelash & Brow Tinting**

- 30 minutes, £16

**Eyelash Tinting**

- 30 minutes, £13

**Eyebrow Tinting**

- 15 minutes, £7

**Bums & Legs**

- 1/2 Leg Wax  
  30 minutes, £18
- 1/2 Leg Wax + Bikini  
  30 minutes, £20
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- 15 minutes, £7

**Lash Perfect Extensions**

- 60 minutes, £65

**Lash Perfect Infills & Maintenance**

- 30 minutes - 60 minutes, from £30

**Brows by Mii**

- 45 minutes, £25

**Brows by Mii Maintenance**

- 45 minutes, £25

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**Eyelash & Brow Tinting**

- 30 minutes, £16

**Gift Vouchers**

- Treat your friends and family to an award winning experience.

**R Rituals**

- R day experiences, carefully tailored for your wellbeing and the improvement of your lifestyle. From £90
**R Requests...**

**R Booking System**
Bookings can be made by calling 0116 271 7183 or via our website theretreatbeautysalon.com.

Please book well in advance to avoid disappointment. Booking of your Ritual day will require full payment before arrival.

Tint and adhesive tests must be done 24 hours prior to an appointment.

*Treatments booked with Dawn will have an addition charge of £2.

**Cancellation**
Cancellation is required at least 24 hours in advance of any your treatments. For Rituals we will require at least 72 hours notice. This also applies for courses of treatments. Failure to do so will result in a 50% fee or, if part of a course, the loss of your treatment. Courses of treatment expire within 6 months and exclude promotions.

**Health Advice**
You will be required to fill in a health questionnaire prior to your appointments. It is important for us to know if you are pregnant or have undergone any surgery, have any medical issues or any serious conditions.

If you fail to notify us of any medical condition we reserve the right to refuse offering a treatment and the charge for the treatment time will be charged.

Please do not drink alcohol before your treatments.

**Children**
Whilst we all love children, R Retreat is unsuitable for under 12 year olds.

**Mobile Phones**
Out of courtesy to our clients please could you turn off your mobile phone.

**Gift Vouchers**
Gift vouchers are available for all our treatments. They can be purchased online and also at R Retreat. We are happy to create bespoke treatment packages for you. Our gift vouchers expire after 6 months.

**Make R Retreat your Treat at home**
All products used in your treatments are available to buy. Discuss any of your requirements with your therapist.

We will be happy to post out your products, there will be an additional cost for postage and packaging.
R Opening Times

Monday: 12 - 5
Tuesday: 10 - 7
Wednesday: 9 - 3
Thursday: 10 - 8
Friday: 9 - 5.30
Saturday: 8 - 4

For bookings and enquiries call us on
0116 271 71 83
or book online via our website
theretreatbeautysalon.com

R Retreat
54 London Road, Oadby, Leicestershire LE2 5DH