

The Retreat

Health & Beauty

a place of seclusion . . .

www.theretreatdedham.com

01206 323450

Loyalty scheme for products and treatments purchased, ask for details.



Welcome to The Retreat

We pride ourselves at The Retreat on our wide range of Dermalogica treatments and retail products available from our expert highly qualified skin specialists.

The Hair Salon will provide a private one to one experience which will enable you to have a relaxing treatment enhanced by the ambience of The Retreat. Our state registered senior hair stylist, Anita, specialises in cutting and colouring.

We kindly request that clients provide us **with 24 hours notice of any cancellation to avoid incurring a 50% treatment charge.** Please arrive 10 minutes before your appointment to allow stress free check-in; your treatment time may have to be shortened if you arrive late for your appointment to avoid inconveniencing other clients.

All treatments include consultation and after-care advice within your appointment time.

Clients under the age of 16 will need to be accompanied by an adult.

Most treatments are suitable for men.

Gift Vouchers

Well deserved! Happy Birthday! Or simply...Thank you.

For stress free purchasing please call 01206 323450.

Gift Vouchers are valid for 6 months to be used on any treatment and must be used before the expiry date. They cannot be used in conjunction with any other offer or voucher.

Payment: We accept cash and most major credit cards, (not American Express or Cheques).

Discount vouchers cannot be used against any single treatment priced £20 or less.

A loyalty scheme is available on treatments and products.

Please note: We don't always have reception cover so the front door may be locked while we are in treatments with clients.



Hair

Ladies' Cutting	Price
Wash and Cut	£20.00
Wash, Cut and Finish	£35.00
Restyle, Cut and Finish	£40.00
Fringe Maintenance	£ 4.00
Finish (Blow Dry)	Price
Short Hair	£20.00
Long Hair	£25.00
Men's Cutting	Price
Wash and Cut	£15.00
Children's Cutting	Price
Under 10's	£10.00
Under 14's	£15.00
Under 14's Cut and Finish	£20.00
Scalp Treatments	Price
Deep Conditioning Treatment and Scalp Massage	£10.00
Colouring (Permanent Tint)	Price
Roots with Cut and Finish	£50.00
Full Head with Cut and Finish	£60.00
Full Head and Partial Foils with Cut and Finish	£90.00
Foils	Price
Parting with Cut and Finish	£60.00
Half Head with Cut and Finish	£80.00
Full Head with Cut and Finish	£90.00
Creative Slice (Per Slice)	£ 5.00
Semi-Permanent with Cut and Finish	£45.00

**Please note: Patch Test is required 48 hours before any colour treatment.
Hair up - price agreed within consultation.**

The Retreat Special Packages

50 minutes Three Taster Treat	Price
Soothe away your stresses with our aromatherapy back massage followed by a refresher facial to cleanse and hydrate the skin finishing with a relaxing foot massage.	£50.00
50 minutes Especially for Men	Price
Relax tired muscles with a deep back, neck, shoulder and scalp massage followed by a micro-zone skin treatment to purify, smooth and repair skin tissue.	£45.00
65 minutes Treatment for Mums-to-be	Price
Begin with exfoliation to the feet and lower legs followed by a soothing foot and leg massage to improve circulation and relieve tired, heavy legs; file and paint with colour of your choice. To finish, relax and enjoy a refresher facial with neck and shoulder massage.	£50.00
70 minutes Special Weekend or Occasion	Price
Lash and brow tint, eyebrow wax, finishing with artistic gel application to hands and feet.	£75.00
Up to 2 hours Top-to-Toe Package	Price
Relax and rejuvenate your mind and body with this indulgent package. Begin with a full body exfoliation, aromatherapy back, neck and shoulder massage; finishing with a mini Dermalogica facial. Circulation is boosted, senses are soothed and radiant skin is revealed.	£80.00
Up to 3 hours Holiday Package	Price
Relax on holiday knowing that you don't have to worry about chipping, dulling, cracking nails. Colour gloss is applied to the hands and feet and can last up to 21 days. Half leg, bikini and underarm wax and to finish eye lash tint and eyebrow shape.	£100.00

Please note: Patch Test is required 24 hours before any tint. Special Packages designed to clients' needs are available upon request.

Dermalogica Facials

Dermalogica is known worldwide as the "professional choice" developed by the International Dermal Institute. At The Retreat, facials are customised to your skin's needs using a thorough consultation and zone-by-zone Face Mapping®.

Each treatment includes professional double cleansing, exfoliation, extractions (as needed), masque, massage, toner and skin protection.

20 minutes Clean Start Young Adult Facial	Price
Specialised treatment facial for teenagers.	£30.00
35 minutes Express Facial	Price
Great results for those short on time.	£35.00
50 minutes Prescriptive Facial	Price
The first choice for those new to Dermalogica.	£42.00

Face Mapping - Know your Skin
Get Mapped
Get Results

dermalogica[®]
a skin care system researched and developed by The International Dermal Institute



ST. TROPEZ
The Ultimate Tan

Artistic
NAIL DESIGN

MORGAN TAYLOR
Professional Nail Lacquer

CACI
NON-SURGICAL SOLUTIONS

dermalogica

clynol
salon exclusive

Men's Treatments

20 minutes Men's Skin Fitness Facial	Price
Shaving challenges and skin woes getting you down? This rapid treatment cleans deep, repairs and calms while tackling all your shave-related issues. Get skin and shaving tips together with great looking skin in just a snap.	£30.00
50 minutes Especially for Men	Price
Relax tired muscles with a deep back, neck, shoulder and scalp massage followed by a micro-zone skin treatment to purify, smooth and repair skin tissue.	£45.00
35 minutes Dermalogica Thermal Back Purification Treatment	Price
De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment.	£35.00
50 minutes Body Massage	Price
Legs, arms, neck, back and shoulders.	£40.00
20 minutes Back, Neck and Shoulder Massage	£25.00

Sports Massage

Ideal for people who engage in regular physical activity helping to enhance performance, aid recovery and prevent injury and for those who require a deep tissue massage.

Sports Massage	Price
50 minutes	£45.00
35 minutes	£40.00
20 minutes	£30.00
Sports massage with hot/cold stones to enhance the treatment.	+£ 5.00
20 minutes Men's Hand Treatment	£20.00
Cuticle tidy, cut, file and massage.	
30 minutes Men's Foot Fix	£30.00
Soak, file, cuticle tidy, hard skin removal and massage.	

65 minutes Specialist Facial	Price
Specially targeted treatments	£55.00

AGE Smart® will give a revitalising power boost to firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin ageing.

UltraCalming™ products are serious relief for sensitised skin, to calm, soothe, and replenish the most aggravated, irritated, inflamed skin.

MediBac Clearing® It's the end of the line for adult acne with this powerful line of products that will jump-start acne clearing and helps prevent acne well beyond the treatment.

PowerBright TRx® Accelerate skin brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment.

Active Resurface 35 an advance resurfacing treatment that utilises a cocktail of the most advanced ingredients providing intense resurfacing stimulating cell renewal. Treating the following skin concerns: fine lines, deep wrinkles, pigmentation, dehydration, uneven skin tone, acne breakouts and scarring.

We recommend a course of 5 treatments and receive the 6th facial free £275.

Dermalogica Expert Facial

BioSurface Peel is a professional chemical peel designed to safely slough away dull surface layers and accelerate cell renewal without inflammation. This resurfacing treatment is recommended for treating fine lines, deep wrinkles, pigmentation, uneven skin tone, acne breakouts and scarring.

Dermalogica Expert Facial	Price
Single treatment	£65.00
3 Treatment Courses	Price
Receive 1 free micro-zone and biosurface product pack.	£185.00
6 Treatment Courses	Price
Receive 2 free micro-zone and biosurface product packs. Courses purchased entitle the client to 10% off retail products during their course.	£380.00

CACI Ultra Treatment

CACI award winning treatments regularly capture media headlines, have a huge celebrity following and have been voted the most effective anti-ageing treatment available.

CACI Ultra incorporates 4 different technologies within one treatment. Micro-current will stimulate the facial muscles, providing tone and definition to the face. Ultrasonic skin peeling removes superficial impurities from the skin's surface. Intensive micro massage invigorates the circulation and blood flow to the area, increasing tissue oxygenation.

Advanced LED light therapy specifically targets deep lines and wrinkles and provides a non-invasive alternative to collagen injections.

Results can be seen immediately. However we strongly advise a course of 10-15 treatments for maximum, long lasting results. On completing your course, monthly maintenance is advised to maintain your results.

30 minutes Ultra Healing Treatment

Designed to treat **acne & blemished skins** and reduce the appearance of non-pathological **pigmentation** (chloasma), this treatment may be carried out anywhere on the body, but is exceptionally effective for **congested spotty backs & chests**. Deep cleansing of the skin is carried out using ultrasound, the specially modulated frequencies working to **destroy bacteria & rid the skin of impurities**. Micro-current is then used to apply ETR (Enhancement of Tissue Repair), **this being especially efficacious in the reduction of acne, blemishes & any scarring**. Blue light laser is then used to **calm any inflammation & destroy the bacteria** causing the blemishes. A specific resonance of ultrasound is then used in combination with a specially formulated healing gel to accelerate the healing of **blemishes & stimulate** the cells responsible for the repair of damaged skin tissue.

Single Session	£35.00
Course of 10 Sessions	£315.00

Courses can be paid for in full or in 3 instalments.

Session 1 Instalment	£125.00	Session 3 Instalment	£95.00
Session 3 Instalment	£95.00	Session 6 Instalment	£95.00

CACI Jowl Lift

This facial treatment firms and tones the jaw line and helps to improve the appearance of sagging jowls by using quad probes which have been specifically developed to target muscle laxity around the jaw line and to double the lifting action of the CACI treatment.

Single Session	£40.00
Course of 10 Sessions	£360.00

Courses can be paid for in full or in 4 instalments.

Session 1 Instalment	£140.00	Session 3 Instalment	£100.00
Session 6 Instalment	£60.00	Session 8 Instalment	£60.00

CACI jowl can be added onto any of the CACI facials for £15 extra.

CACI Bum Lift

This treatment will firm and tone the buttocks and thighs as well as sculpting and contouring the buttocks. The use of an Electro Cellulite Massager gives instant lifting. It will improve the appearance of cellulite and will break down fatty deposits. It stimulates circulation and lymphatic drainage, which will help flush toxins away giving the skin a smoother, tighter and brighter, dimple-free complexion.

Single Session	£35.00
Course of 10 Sessions	£315.00

Courses can be paid for in full or in 3 instalments.

Session 1 Instalment	£125.00	Session 3 Instalment	£95.00
Session 6 Instalment	£95.00		£95.00

CACI Hydratone Gel Mask

Intensive skin hydration and face firming is achieved by combining the traditional 'CACI Non-Surgical Facelift' with a unique gel mask that has been infused with powerful hydrating properties (collagen, hyaluronic acid, Vitamin C and Vitamin E). Dehydrated and sun damaged skin is immediately quenched, whilst deep lines and wrinkles are plumped out. The face will be left with a remarkably softer, radiant and more youthful appearance.

Can be added to any CACI Facial Treatment	£10.00
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60 Minutes CACI Ultra Non Surgical Facial

The classic CACI non-surgical face lift treatment **gently lifts and tones facial muscles** using micro-current, whilst intensive micro massage and enhanced tissue repair (ETR) pads work on improving the appearance of **fine lines and wrinkles**.

Single Session	£50.00
Course of 10 Sessions	£450.00

Courses can be paid for in full or in 4 instalments.

Session 1 Instalment	£150.00	Session 3 Instalment	£110.00
Session 6 Instalment	£100.00	Session 8 Instalment	£90.00

Up to 1 Hour 30 Minutes CACI Ultra Anti-Ageing Facial Toning

This facial uses all 4 technologies of the CACI machine delivering dramatic results. Ultrasonic skin peeling provides deep exfoliation, removing impurities and brightening the complexion. Micro current is then used to lift and tone facial muscles. Enhanced tissue repair works on the appearance of the skin, combating sun damage, dehydration, pigmentation, blemishes and fine lines. Advanced LED light therapy combined with the high frequency wrinkle comb plumps out lines and wrinkles. A needle-free alternative to Botox and Dermal fillers!

Single Session	£65.00
Course of 10 Sessions	£585.00

Courses can be paid for in full or in 4 instalments.

Session 1 Instalment	£200.00	Session 3 Instalment	£150.00
Session 6 Instalment	£150.00	Session 8 Instalment	£85.00

Dermologica Age Smart Facial Customised with CACI Ultra

The Ultimate Retreat anti-ageing facial.

This facial combines the expert use of potent anti-ageing products with the CACI Ultra facial, providing the ultimate in anti-ageing results for skin rejuvenation and muscle tone. This facial has the added indulgence of a relaxing shoulder and neck massage.

1 Hour 45 Minutes Combination Facial	£75.00
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Eye Therapy

Eye therapy can also be added to any facial treatments.

The eye treatments below make all the difference.

Eyelash and Eyebrow Treatment	Price
Eyelash Tint	£15.00
Eyebrow Tint	£13.00
Eyelash and Eyebrow Tint	£20.00
Eyebrow Shape or Threading	£10.00

Please note: Patch Test is required 24 hours before any tint.

Hair Removal and Electrolysis

Hair Removal	Price
Full Leg and Bikini	£29.00
Half Leg, Bikini and Underarm	£29.00
Full Leg	£23.00
Three Quarter Leg	£20.00
Half Leg	£17.00
Hollywood (All off)	£23.00
Brazilian (Just a strip)	£18.00
High Bikini	£12.00
Bikini or Underarm	£10.00
Lip or Chin	£10.00
Facial Wax	£11.00
Back or Chest Wax	£20.00
Eyebrow Wax	£10.00

Electrolysis is the removal of unwanted hair on the face using a hair-like probe that can remove stubborn hair from areas like the chin and upper lip.

15 minutes Electrolysis	£15.00
20 minutes Electrolysis	£18.00
30 minutes Electrolysis	£21.00

Courses: Buy a course of 5 treatments and receive the 6th treatment free.

Massage

65 minutes Full Body Massage	Price
With scalp or facial pressure point massage with heat lamp.	£40.00
35 minutes Stress Release Massage	Price
Back, neck, shoulder, scalp and facial massage with heat lamp.	£35.00
20 minutes Back, Neck and Shoulder Massage	£25.00
20 minutes Seated Massage	Price
Acupressure massage performed over clothes, which includes deep relaxation techniques, stretches and joint mobilisations. Applied to the back, neck, shoulders, head, arms and hands.	£30.00

Sports Massage

Ideal for people who engage in regular physical activity helping to enhance performance, aid recovery and prevent injury and for those who require a deep tissue massage.

Sports Massage	Price
50 minutes	£45.00
35 minutes	£40.00
20 minutes	£30.00
Sports massage with hot/cold stones to enhance the treatment.	+£ 5.00

Holistic Therapy

85 minutes Hot Stones Massage	£55.00
35 minutes Hot Stones Back, Neck and Shoulder Massage	Price
You're in for a treat, using soothing oils to help melt away the knots, aches and worries. Warm basalt and sometimes cold marble stones to relax your muscles, allowing for a deeper and more intense all-over massage.	£35.00



Hopi Ear Candles

A light suction action (chimney effect), the movement of the flame creates a vibration of air in the ear canal, generating a massage-like effect on the eardrum. A pleasant feeling of warmth, a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache, headache, ear noise, stress and nervousness.

35 minutes Hopi Ear Candles	£30.00
With scalp and facial pressure point massage.	
20 minutes Hopi Ear Candles	£20.00
With no massage.	

Dermalogica Thermal Body Treatments

A "heat activation system" says **goodbye** to chilly body treatments of the past and **hello** to the complete relaxation and pampering your skin deserves, keeping the body warm and comfortable during treatment.

50 minutes Dermalogica Nourishing Sea Mud Therapy	Price
A cleansing and detoxifying body wrap. Suitable for all skin conditions but not recommended for pregnant clients.	£40.00
50 minutes Dermalogica Power Recovery Therapy	Price
An intense all over body wrap. Ideal for those suffering with the signs of premature ageing or with dry sensitive/irritated skin conditions.	£40.00
35 minutes Dermalogica Body Microfoliant Treatment	Price
Polishes skin to a soft glow while providing critical hydration and nourishment to the skin. Ideal for all skin conditions, especially sensitive skins.	£35.00
35 minutes Dermalogica Thermal Back Purification Treatment	Price
De-stress your muscles and cleanse the skin of impurities, with this purifying and relaxing back treatment.	£35.00
90 minutes Thermal Therapy Body Wrap and Exfoliation Treatment with Thermal Stamp	Price
A unique fabric stamp filled with skin benefitting ingredients and the power of heat to detoxify, de-stress, exfoliate and relax you, using deep manipulations along pressure points to relieve aching muscles and restore balance to the body.	£55.00

Massage

65 minutes Aromatherapy Massage	Price
Carefully using a blended mix of essential oils specifically selected to suit the needs of the individual. The oils are massaged and absorbed into the body to help with emotional, physical and spiritual wellbeing and to rebalance the inner you.	£45.00
50 minutes Reflexology	Price
By applying pressure to reflex points on the foot and pinpointing areas of stress in the body, this ancient massage will ease tension, improve circulation and unblock energy channels, leaving you with a sense of wellbeing.	£36.00

Indian Head Massage

A wonderful relaxing therapy applied to the upper back, neck, scalp and face. Helps to restore harmony to the physical and mental energy points, brings balance and wellbeing to the whole body. Effective for neck and shoulder tension, stress headaches, stiffness and insomnia.

20 minutes Indian Head Massage	£35.00
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St Tropez Spray Tan

St Tropez tanning gives you a wonderful natural sun-kissed tan without the dangers of UV damage; quick, safe and flattering.

St Tropez Full Body Spray Tan	£30.00
St Tropez Half Body Spray Tan	£20.00

St Tropez Classic Fake Tan

Relaxing, pampering hands-on treatment begins with a full body exfoliation and full body St Tropez tan. You will leave the salon with a natural, golden brown colour which can last 5-7 days if well maintained. Please wear very loose clothing and ideally flip-flops.

75 minutes St Tropez Full Body Classic Tan and Exfoliation.	£40.00
45 minutes St Tropez - Top or Bottom Half	£30.00

Hand Therapy

File and Paint	£12.00
Manicure without Polish	£23.00
Manicure with Polish	£25.00
Artistic Gel Polish Manicure	£35.00
IBX Nail Repair Treatment	Price
Intense nail treatment to have on its own or under polish to treat weak, thin, damaged nails; to target natural nail imperfections and weaknesses that prevent natural nails from growing.	£14.00

Highly recommended for keeping your nails in healthy condition when wearing gel polish.

Add on to manicure - IBX Nail Repair Treatment: £7.

Buy a course of 4 IBX nail repair treatments: £20 saving £8.

Foot Therapy

File and Paint	£12.00
Pedicure without Polish	Price
Soak, file, cuticle tidy, hard skin removal and massage.	£30.00
Pedicure with Polish	Price
Soak, exfoliation, file, cuticle tidy, hard skin removal, massage and polish.	£32.00
Artistic Gel Polish Pedicure	Price
File, cuticle work, foot rasping, massage and gel polish.	£40.00

Hand or Foot Therapies

Artistic Gel Application Only	Price
File, cuticle work and Artistic Gel application.	£28.00
45 minutes Artistic Gel Removal	Price
File, hydrate cuticles, massage and treatment polish.	£25.00

Gel Soak-off for non-Retreat products prior to Artistic Gel application will be charged £5 extra.

Upgrade to a luxury manicure or pedicure with paraffin wax or intensive masque and heated booties for £10.