

The Urban Rooms at URBAN ESCAPE. Crowne Plaza Hotel, Wollaton Street, Nottingham NG1 5RH T: 0115 958 6323 E: spa@cpnottingham.valoreurope.com









treatments and packages

City Hideaway Spa Experience £72.00pp

Enjoy a day of relaxation and pampering

Your experience includes:

- A 25 minute ESPA facial and 25 minute ESPA back massage treatment
- · Robe & towel hire
- · A sandwich lunch with tea, coffee or a soft drink
- · Full use of URBAN ESCAPE. including the heated swimming pool, steam room, Jacuzzi, relaxation room and gymnasium

 Complimentary parking (Arrival time from 10am.

Available every day.)

Indulgent Spa Day £105.00pp

Rejuvenate your mind, body and soul before continuing your relaxing experience by staying on a Spa Day

Your experience includes a choice of either:

- A 25 minute ESPA facial or massage, a 55 minute ESPA facial or massage and a full manicure or pedicure
- · Robe & towel hire
- A sandwich lunch with a glass of sparkling wine or soft drink
- Full use of URBAN ESCAPE, including the heated swimming pool, steam room, Jacuzzi, relaxation room and gymnasium
- · Complimentary parking (Arrival time from 10am. Àvailable every day.)

Earlybird Spa Day £39.00pp

Enjoy a day of relaxation and pampering.

Your experience includes:

- A 25 minute treatment of your choice to be taken between 8am - 10am*
- · Robe & towel hire
- · Breakfast with tea or coffee
- Full use of URBAN ESCAPE. including the heated swimming pool, steam room, Jacuzzi, relaxation room and gymnasium
- *Choose from the following treatments: ESPA salt and oil scrub, ESPA express facial, invigorating foot treatment or file & polish on fingers or toes
- · Complimentary parking

(Arrival time from 8am. Available Monday and Friday.)

overnight packages

1 Night Overnight Spa Break £199 based on two people sharing

- **A £20 supplement applies for Saturday night
- · Overnight accommodation
- Light lunch
- Use of robes &

(Only £99.50 each)

slippers • 1 x 25 minute treatment each*

- Full use of URBAN ESCAPE
- Full buffet breakfast the following day

*Choose one of the following

treatments: facial, back massage or file and polish on fingers or toes.

2 Nights Overnight Spa Break

Includes dinner on first night £175 per night

- *A £20 supplement applies for Saturday night
- Overnight accommodation
- Light lunchUse of robes & slippers
- 1 x 25 minute treatment each*
- Full use of URBAN ESCAPE
- 2 course dinner served in Swatch on the first night only
- · Full buffet breakfast the following day

*Choose one of the following

treatments: facial, back massage or file and polish on fingers or toes.

Spa Special

(Sunday & Thursday evenings only) £220 based on two people sharing (Only £110 each)

- Overnight accommodation
- Light lunch
- · Use of robes &

slippers • 1 x 25 minute treatment each*

- Full use of URBAN ESCAPE
- 2 course dinner served in Swatch
- Full buffet breakfast the following day

*Choose one of the following

treatments: facial, back massage or file and polish on fingers or toes.

All our packages are strictly based on two people sharing

Group bookings of 4-8 people will receive the following extras: Complimentary Prosecco arrival drink for all guests. 20% discount off additional spa treatments purchased in advance. Complimentary bedroom upgrade for the group leader.



pamper me



ESPA Facials

All ESPA facials include a full consultation and Skin analysis. Your therapist will select the most suitable facial for your skin.

ESPA Personalised

Express Facial £33.00 Includes cleanse, exfoliation, personalised facial mask and finishes

with an application of a booster serum to suit your skin. (25 mins)

ESPA Personalised full facial (55 mins)

£61.00

Includes cleanse, exfoliation, personalised facial mask and facial massage with targeted Massage to Shoulders, Neck and Scalp finished with a facial serum and appropriate facial moisturiser

ESPA Lift & Firm Eye Treatment £33.00

A soothing eye treatment perfect for tired eyes, especially good for people who spend a lot of time in front of a

Ideal if you are concerned about the first signs of ageing around the eyes. (20

relax me



ESPA Body Treatments

ESPA Salt and Oil Scrub £33.00

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA massage (20 mins)

ESPA Body Polish

£37.00

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin, or as a preparation for any massage. This complete exfoliation will cleanse and invigorate the body. (45 mins)

ESPA Shoulder, Neck and Scalp Massage

£39.00

This massage focuses on the key areas of tension using an ESPA body oil chosen for your specific needs. (25 mins)

ESPA Back, Neck and Shoulder £39.00 Massage

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA body oil to suit your needs. (25 mins)

ESPA Back, Face and Scalp Treatment £77.00

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone. (70 mins)

ESPA Aromatherapy Massage (Ladies Only) £66.00

The ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/ shoulder massage. (55 mins)

ESPA Hot Stones Relaxing Back £39.00 Massage

A relaxing back massage using hot stones to penetrate warmth and help ease aches and pains. (25 mins)

ESPA Hot Stones Relaxing Full Body £66.00 Massage (Ladies Only)

A relaxing full body massage using hot stones to penetrate warmth and help ease aches and pains. (55 mins)

Pregnancy Massage £39.00

Suitable for ladies over 12 weeks of pregnancy. Relaxing back, neck and shoulder massage to ease pain and aid relaxation (30 mins)

ESPA Invigorating Foot Treatment

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. (25 mins)

Hopi Ear Candles £33.00

A gentle, warm, balance and release of pressure in the ears, head & sinuses. (45 mins)

wax me

Marm May



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idy (15 mins) £9 .	.00
mins) from £16.	.00
n (15 mins) £7 .	.00
(25 mins) £11.	.00
n (15 mins) £11 .	.00
30 mins) £18.	.00
5 mins) £20 .	.00
0 mins) £28 .	.00

Hot Wax

Excellent for more sensitive/intimate areas. Get a silk smoothness with less pain.

£20.00 Brazilian (60 mins) £33.00

maintain me



Patch test required 24 hours prior to any of these treatments.

Tinting & Lashes

Eyelash tint (20 mins) £14.00 Eyebrow tint (15 mins) £11.00 Eyelash & eyebrow tint (30 mins) £20.00

polish me



Manicures

File & polish (30 mins) £17.00 £33.00 Manicure

Add Shellac polish for an additional £11.00

Including cuticle removal, reshaping, exfoliation, massage and painting. (60 mins)

£39.00 Deluxe manicure CND Shellac 7 to 14 day polish £28.00

File & polish (30 mins) £17.00 Pedicure & polish (60 mins) £33.00 Add Shellac polish for an additional £11.00

Including cuticle & hard skin removal, reshaping, exfoliation and massage

Deluxe pedicure (75 mins) £39.00 CND Shellac 7 to 14 day polish £31.00 (60 mins)

Gel overlays - Biosculpture gel £33.00 over your natural nail in colour

Gel overlays - Biosculpture gel over your natural nail in French

(75 mins)

CND Shellac 7 to 14 day £28.00 polish with no nail damage (60 mins)

Soak off Shellac and Gel (30 mins)

£22.00

£33.00

bronze me



Full body (20 mins) £22.00 Full body for 2 people £33.00

groom me



FSPA Treatments for Men

ESPA Men's Express Facial Includes: cleanse, exfoliate and moisturiser. (25 mins)

£33.00

ESPA Men's Age Rebel Facial £61.00 An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles. Includes: cleanse, exfoliate, facial massage, mask and application of face moisturiser. (60 mins)

ESPA Men's Shoulder, Neck and Face **Treatment** £61.00

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment, which combines a relaxing, shoulder, neck, face and scalp massage with a tailored solution to your skin's needs. Includes: double cleanse, exfoliation, face massage, mask and scalp massage.

ESPA Men's Back, Face and Scalp Treatment (with Hot Stones) £ £83.00

Renowned as our 'Hero' treatment; this ESPA experience delivers triple results by targeting three key areas: the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation, back massage (with hot stones) facial and scalp massage. (90 mins)

ESPA Men's Aromatherapy Back £39.00 Massage

ESPA's aromatherapy back massage is essential, professional and specific, using a blend of individually chosen oils. (25 mins)

ESPA Men's Hot Stones Back Massage £39.00

A therapeutic back massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

ESPA Men's Swedish Back Massage £39.00

A traditional back massage using firm pressure to promote relaxation and ease muscle tension. (25 mins)

Men's Waxing

Shoulder wax (30 mins) £14.00 Back wax (60 mins) £30.00 Chest wax (45 mins) £22.00 **Men's Urban Manicure**

Skin is exfoliated, cuticles tidied and conditioned, nails are shaped. (30 mins)

Men's Urban Pedicure £28.00

Hard skin is rasped, feet are exfoliated, cuticles tidied and conditioned, nails are shaped leaving the feet smooth and conditioned. (30 mins)