



treatments and packages

The Urban Rooms at URBAN ESCAPE. Crowne Plaza Nottingham, Wollaton Street, Nottingham NG1 5RH
T: 0115 958 6323 **E:** enquiries@theurbanrooms.co.uk **W:** www.theurbanrooms.co.uk
f: The Urban Rooms **@:** @theurbanrooms

the urbanrooms

Pamper me

ESPA Facials

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

ESPA Personalised Express Facial £30.00

Includes cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin. (25 mins)

ESPA Lift & Firm Eye Treatment £30.00

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

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

ESPA Skin Radiance Facial £55.00

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. (55 mins)

ESPA Re-Hydrator Facial £55.00

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. (55 mins)

ESPA De-Sensitiser Facial £55.00

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. (55 mins)

ESPA Skin Purifying Facial £55.00

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. (55 mins)

ESPA Lifestage Facial £70.00

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line. (70 mins)

Relax me

ESPA Body Treatments

ESPA Shoulder, Neck and Scalp Massage £35.00

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 Massage £35.00

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 Salt and Oil Scrub £30.00

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. (30 mins)

ESPA Invigorating Foot Treatment £30.00

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

ESPA Back, Face and Scalp Treatment £70.00

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. (90 mins)

Hopi Ear Candles £30.00

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

ESPA Aromatherapy Massage (Ladies Only) £60.00

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)

Overnight Packages

1 Night Overnight Spa Break

£172 based on two people sharing (Only £86 each)

- Overnight accommodation
- Light lunch
- Use of robes & 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 £146 per night

- 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 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.

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

Packages

City Hideaway Spa Experience £65.00pp

Enjoy a day of relaxation and pampering. (Arrival from 10am or 2pm)

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, ice station, steam room, Jacuzzi, relaxation room and gymnasium
- Complimentary parking (Arrival time from 10am. Available every day.)

Indulgent Spa Day £95.00pp

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, ice station, steam room, Jacuzzi, relaxation room and gymnasium
 - Complimentary parking (Arrival time from 10am. Available every day.)

Earlybird Spa Day £35.00pp

Enjoy a day of relaxation and pampering. (Arrival time 8am)

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, ice station, 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.)

ESPA Hot Stones Relaxing Back Massage £35.00

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

ESPA Hot Stones Relaxing Full Body Massage (Ladies Only) £60.00

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

ESPA Body Polish £33.00

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)

Wax me

Warm Wax

- Eyebrow tidy (15 mins) £8.00
- Bikini (30 mins) from £14.00
- Lip or chin (15 mins) £6.00
- Lip & chin (25 mins) £10.00
- Under arm (15 mins) £10.00
- Half leg (30 mins) £16.00
- ¾ leg (45 mins) £18.00
- Full leg (60 mins) £25.00

Hot Wax

- Excellent for more sensitive/intimate areas. Get a silk smoothness with less pain.
- Bikini £18.00
 - Brazilian (75 mins) £30.00
 - Hollywood (75 mins) £35.00

Maintain me

Patch test required 48 hours prior to any of these treatments.

Tinting & Lashes

- Eyelash tint (30 mins) £12.00
- Eyebrow tint (30 mins) £10.00
- Eyelashes & eyebrow tint (30 mins) £18.00

Polish me

Manicures

- File & polish (30 mins) £15.00
- Manicure £30.00
- Add Shellac polish for an additional £10.00
- Including cuticle removal, reshaping, exfoliation, massage and painting. (60 mins)
- Deluxe manicure £35.00
- CND Shellac 7 to 14 day polish £25.00

Pedicures

- File & polish (30 mins) £15.00
- Pedicure & polish (60 mins) £30.00
- Add Shellac polish for an additional £10.00
- Including cuticle & hard skin removal, reshaping, exfoliation and massage
- Deluxe pedicure (75 mins) £35.00
- CND Shellac 7 to 14 day polish (60 mins) £28.00

Nails

- Gel overlays - Biosculpture gel over your natural nail in colour (60 mins) £28.00
- Gel overlays - Biosculpture gel over your natural nail in French (75 mins) £30.00
- Gel extensions (150 mins) £45.00
- Acrylic extensions in colour (120 mins) £38.00
- Acrylic extensions in French (90 mins) £35.00
- Minx fingers or toes (Colourful wraps) (60 mins) £20.00
- CND Shellac 7 to 14 day polish with no nail damage (60 mins) £25.00
- Acrylic removal and tidy (90 mins) £25.00
- Soak off Shellac and Gel (30 mins) £20.00

Bronze me

Spray Tan

- Full body (20 mins) £20.00
- Full body for 2 people £30.00

Glamour me

Professional Makeup Application

- 2 different looks available £30.00
- Choose from daytime natural or evening glamour (45 mins)
- Prom/Wedding makeup application (60 mins) £35.00

Semi Permanent Lash FX Eyelashes

- Patch test required 48 hours prior to any of these treatments.
- Full set (120 mins) £60.00
 - 1/2 set (60 mins) £30.00
 - Infill (90 mins) from £20.00
 - Cluster lashes (50 mins) £30.00
 - Party lashes (30 mins) £22.00

Groom me

ESPA Treatments for Men

ESPA Men's Express Facial £30.00

Includes: cleanse, exfoliate and moisturiser. (25 mins)

ESPA Men's Age Rebel Facial £55.00

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 £55.00

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. (45 mins)

ESPA Men's Back, Face and Scalp Treatment (with Hot Stones) £75.00

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 Massage £35.00

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 £35.00

A therapeutic back massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. (25 mins)

ESPA Men's Swedish Back Massage £35.00

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

Men's Waxing

- Shoulder wax (30 mins) £20.00
- Back wax (45 mins) £30.00
- Chest wax (45 mins) £22.00
- Men's Urban Manicure £20.00

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

Men's Urban Pedicure £25.00

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

Spa Special

(Sunday & Thursday evenings only) £180 based on two people sharing (Only £90 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.