



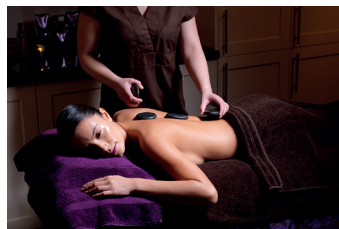
the urbanrooms

beauty • nails • spa

The Urban Rooms at URBAN ESCAPE. Crowne Plaza Hotel, Wollaton Street, Nottingham NG1 5RH

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 Urban Escape Nottingham  urbanescapenottingham



treatments and packages

packages

City Hideaway Spa Experience

£79.00pp

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 £115.00pp

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. Available Sunday to Friday.)

Earlybird Spa Day £45.00pp

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.)

Twilight Spa Day £59.00pp: • A 25 minute treatment • A Mezze sharing platter and a glass of Prosecco

• 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 (Available Tuesday, Wednesday and Thursday - Arrival time from 4pm-8pm.)

overnight packages

One Night Spa Escape package includes an overnight stay with 1 x 25 min treatment, use of URBAN ESCAPE, use of robes and slippers, light lunch & 3 course dinner and a full buffet breakfast the following day.

Sun & Thu = £134.50pp
(£269 based on two people sharing a standard room)

Mon & Fri = £139.50pp
(£279 based on two people sharing a standard room)

Tue, Wed & Sat = £147.50pp
(£295 based on two people sharing a standard room)

Two Night Residential Spa

including 2 x 25 min treatment, use of URBAN ESCAPE, use of robes and slippers, light lunch on any one day, 3 course dinner on the first night and a full buffet breakfast each morning.

Sun & Thu = £224pp
(£448 based on two people sharing a standard room)

Mon & Fri = £229pp
(£458 based on two people sharing a standard room)

Tue, Wed & Sat = £237pp
(£474 based on two people sharing a standard room)

Three Night Residential Spa

including 2 x 25 min treatment, use of URBAN ESCAPE, use of robes and slippers, light lunch on any one day, 3 course dinner on the first and last night and a full buffet breakfast each morning.

Sun & Thu = £303.50pp
(£607 based on two people sharing a standard room)

Mon & Fri = £308.50pp
(£617 based on two people sharing a standard room)

Tue, Wed & Sat = £316.50pp
(£633 based on two people sharing a standard room)

Guests can choose from the following treatments – ESPA express facial, ESPA back, neck and shoulder massage, ESPA invigorating foot treatment, ESPA salt and oil scrub or file and polish on fingers or toes. Single supplements £50.00 per room, per night.

Please Note that we require 24 hours cancellation notice for treatments, 48 hrs notice for spa day packages and 7 days notice for overnight packages.

Opening Times Monday 8am to 6pm • Tuesday 10am to 8pm • Wednesday 10am to 8pm
Thursday 10am to 8pm • Friday 8am to 6pm • Saturday 10am to 6pm • Sunday 10am to 4pm

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

£35.00

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

ESPA Personalised full facial (55 mins)

£65.00

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

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)

relax me

ESPA Body Treatments

ESPA Salt and Oil Scrub

£35.00

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 Shoulder, Neck and Scalp Massage

£42.00

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

£42.00

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 Back, Face and Scalp Treatment

£82.00

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)

£70.00

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

ESPA Hot Stones Relaxing Back Massage

£42.00

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)

£70.00

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

Pregnancy Massage

£42.00

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

£35.00

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

Hopi Ear Candles

£35.00

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

wax me

Warm Wax

Eyebrow tidy (15 mins)

£10.00

Bikini (30 mins) from

£18.00

Lip or chin (15 mins)

£8.00

Lip & chin (25 mins)

£12.00

Under arm (15 mins)

£12.00

Half leg (30 mins)

£20.00

3/4 leg (45 mins)

£22.00

Full leg (60 mins)

£30.00

Hot Wax

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

Bikini

£22.00

Brazilian (60 mins)

£35.00

maintain me

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

Tinting & Lashes

Eyelash tint (20 mins)

£15.00

Eyebrow tint (15 mins)

£12.00

Eyelashes & eyebrow tint (30 mins)

£22.00

polish me

Manicures

File & polish (30 mins)

£20.00

Manicure

£35.00

Add Shellac polish for an additional

£13.00

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

Deluxe manicure

£42.00

CND Shellac 7 to 14 day polish

£30.00

Pedicures

File & polish (30 mins)

£20.00

Pedicure & polish (60 mins)

£35.00

Add Shellac polish for an additional

£13.00

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

Deluxe pedicure (75 mins)

£42.00

CND Shellac 7 to 14 day polish

£35.00

(60 mins)

Nails

Gel overlays - Biosculpture gel over your natural nail in colour (60 mins)

£35.00

Gel overlays - Biosculpture gel over your natural nail in French

£35.00

(75 mins)

CND Shellac 7 to 14 day

£30.00

polish with no nail damage (60 mins)

bronze me

Spray Tan

Full body (20 mins)

£25.00

Full body for 2 people

£35.00

groom me

ESPA Treatments for Men

ESPA Men's Express Facial

£35.00

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

ESPA Men's Age Rebel Facial

£65.00

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

£65.00

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)

£89.00

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 massage (with hot stones) facial and scalp massage. (90 mins)

ESPA Men's Aromatherapy Back Massage

£42.00

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

£42.00

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

ESPA Men's Swedish Back Massage

£42.00

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

Men's Waxing

Shoulder wax (30 mins)

£16.00

Back wax (60 mins)

£33.00

Chest wax (45 mins)

£25.00

Men's Urban Manicure

£25.00

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

Men's Urban Pedicure

£30.00

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