



INN
FITNESS
& SPA

SPA DAY EXPERIENCES

Our spa day experiences are a wonderful day escape that lets you enjoy a set number of treatments with full use of the leisure facilities (shared area with hotel guests, families and members), use of robe (deposit required) and towels. Food is served in one of our private restaurant booths or within in hotels open lobby*.

All our therapies are created to offer a unique experience with rituals and protocols from around the world, combined ingredients and products to provide results. Our therapies have been selected to offer wellness to the mind, body and soul.



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SPA PACKAGES

Tranquility Treat spa package

£89 per person – Monday to Sunday 10am until 4pm.

Choice of either an afternoon tea or light lunch served within the hotel's restaurant.
60 minute treatment from the choice of:

- Pomegranate back massage and exfoliation
- Bespoke Germaine Facial tailored to your skin type.
- Baobab moments (back massage and lighter legs) – suitable for pregnant guests.

OVERNIGHT SPA PACKAGES AVAILABLE

For more information
please contact our spa
or reservations team.

Pure Indulgence spa package

£106 per person – Monday to Sunday 10am until 5pm.

Choice of either an afternoon tea or light lunch served within the hotel's restaurant. 90 minute treatment from the choice of:

- 60 minute pomegranate ritual (includes dry body brushing and wrap) plus a 30 minute bespoke Germaine facial
- 60 minute Bespoke Germaine facial tailored to your skin type plus a 30 minute lighter legs treatment – suitable for pregnant guests.

Ultimate Bliss spa package

£127 per person – Monday to Sunday 10am until 5:30pm.

Choice of either an afternoon tea or light lunch served within the hotel's restaurant. 120 minute treatment:

- Pomegranate ritual including full body massage and exfoliation/ wrap with a rose and honey facial.

Twilight spa package

£58 per person – Monday to Friday 4pm until 8pm.

Choice from our evening spa menu: Pasta or pizza dish served within the hotel's restaurant.

25 minute treatment from the choice of:

Back massage, Facial, Scalp massage or Foot & leg massage.

Pure Pamper spa package

£70 per person –

Monday to Friday 10am until 4pm.

Choice of either an afternoon tea or light lunch served within the hotel's restaurant. 30 minute treatment: Back massage, Facial, Scalp massage or Foot & Leg massage.

Please note: All treatments include pre and post relaxation, consultation and 1-2-1 spa aftercare with your spa therapist. This is included within your set treatment time. We do not supply any footwear (slippers) within the spa or leisure club, guests are welcome to bring own appropriate poolside footwear.



GERMAINE DE CAPUCCINI FACIALS

Spa Prescriptive Facial £69. 55 minutes.

A personalised facial to suit all skin types.

A tailored facial designed specially to suit your skin's needs. Regardless of age or skin type this facial will specifically cater to your skin's needs. An introduction to the brand and assessment of your skins needs.

Skin Zen Rose and Honey Facial £74.

55 minutes. For sensitive, dehydrated and stressed skin.

A beautiful facial therapy rich in natural ingredients with a highly soothing and anti-stress action on the skin. Steeped in beautiful massage rituals including our luxurious Japanese steamed towel cleanse, this therapy will nourish, repair and protect the skin. Suitable for all skin types. Ideal for skin which is in need of a boost or suffering emotional stress.



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ADVANCED ANTI-AGEING FACIALS

Timexpert Hydraluronic Facial £95. 60 minutes. *A carefully selected combination of ingredients that hydrate, plump, redensify and protect the skin's hyaluronic acid, making it a cosmetic alternative to medical-aesthetic injections.*

After just one treatment, 100% of clients have more hydrated skin*. This is achieved through our unique "hydractive" blend of ingredients including Hyaluronic Acid and natural thermal spring water from a volcanic spring in Japan, which provides your skin with the natural healing ability to retain moisture.

Timexpert C+ Radiance Facial £95. 60 minutes. *Illuminating facial to combat the first signs of ageing.*

An advanced facial using the power of Ume extract (from Japanese plum) to fight against damaged elastin and collagen fibres caused by UV radiation and excess sugar in the diet. Additional Vitamin C derivative is a powerful antioxidant protector and firmer, offering the skin a fresh, healthy glow. In just one session 97% of clients declare their skin is smoother, more radiant and healthier.





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GERMAINE DE CAPUCCINI BODY TREATMENTS

Mediterranean Candle Massage £74.

60 minute. A warming body massage.

A Mediterranean inspired massage candle which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

SPERIENCE World of Aromas £69.

60 minutes. A Feng Shui inspired full body massage.

Based on traditional Chinese philosophy, our Spierience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body. Oil blend choices: Vitality, Relax, Energize, Hydrate or Stimulate .

For Men Cinnamon Body Massage
Back, Neck & Shoulders - 30 minutes £42.
Full Body –60 minutes £74. *Relieves muscle tension.*

A deep tissue massage that uses a unique massage balm infused with cinnamon extract and oil to reduce tension and increase circulation. Inspired by Sri Lankan culture, this delightful body massage will leave your skin nourished and hydrated.

New Life Massage £85.
60 minutes. *A firming massage adapted to suit pregnant ladies.*

Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to soothe tension in the muscles whilst firming and toning the skin.



GERMAINE DE CAPUCCINI X INN FITNESS & SPA TREATMENTS

• Enjoy a whole range of treatments from Inn Fitness & Spa.
All treatments are 30 minutes in length.

- **Inn Fitness and Spa Swedish freestyle massage back neck and shoulder massage £37. (Upgrade to Germaine aroma therapy oil £5)**

The Swedish massage is a tailored massage designed to suit all clients. This type of massage is performed to help energize the body and improve overall health.

- **Inn Fitness and Spa Deep tissue back neck and shoulder massage £42. (Upgrade to Germaine aroma therapy oil £5)**

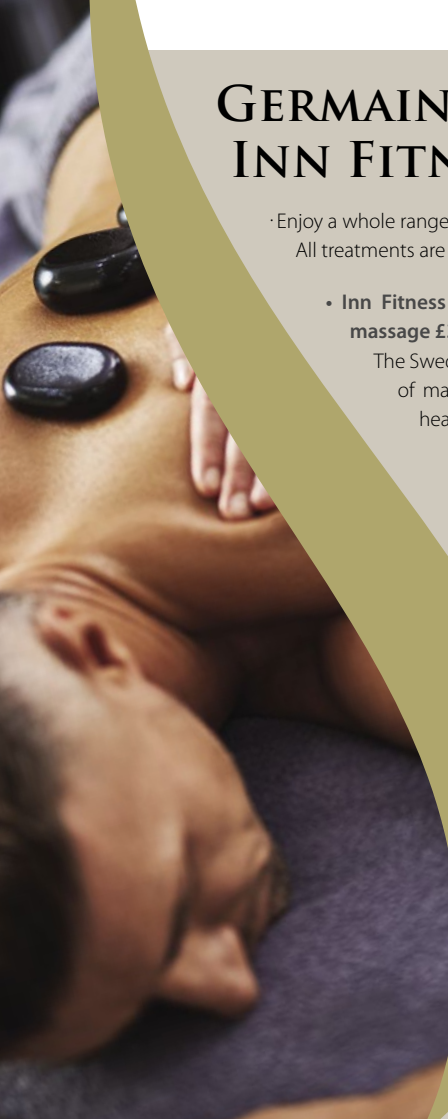
Deep tissue massage technique which applies sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. The benefits of a deep tissue massage: reducing muscular stress, tension and easing aches and pains.

- **Hot stone upgrade £6 on the back, £12 for the full back of body.**

Relax and unwind during a hot stone massage therapy session. Warm smooth, flat stones are massaged on specific parts of your body to help you relax, destress and release muscular tension.

- **Inn Fitness and Spa Scalp massage £37.**

(Upgrade to Germaine head and hair revitalising oleo-essences oil £5) A relaxing and destressing massage technique which helps to stimulate blood flow and promote pure relaxation. Scalp massage aims to relieve general tension from top of the head to the jaw and neck.



• **Prescriptive facial £43**
(Germaine De Capuccini)

To create that personal touch this customised facial treatment is tailored to your needs.

By using the latest GDC products and massage techniques helps reduce stress and allow the ultimate relaxation setting.

• **Full body pomegranate exfoliation £43.**
(Germaine De Capuccini)

The Spérience POMEGRANATE COLLECTION immerses you in a world of colour, textures and sensations to help you find the perfect balance of the mind, body and soul.

The incredible properties of pomegranate and the treatment's delightful Pomegranate Dream fragrance create a sense of calm, relaxation and tranquility to help you regain perfect balance day to day while restoring vitality and softness to your skin.

• **Lighter legs £43.**

Perfect for tired, achy legs this energising therapy uses ethically sourced Baobab seed oil to nourish, repair, and protect the skin. Your therapy commences with an exfoliation, followed by a leg massage, and finishes with a touch of cooling Dreamy Legs gel, leaving you radiant and walking on air.



FINISHING TOUCHES

Whether it is a special occasion or your regular treat, our team of therapists will ensure you are always looking your best

WARM WAXING

Traditional strip wax.

Full leg	£32	Full forearm	£22
Half leg	£22	Eye brow wax	£12
Standard bikini wax	£14	Lip or chin	£8
Full leg with standard bikini wax	£41	Lip and chin	£12
Underarm wax	£14	Chest wax	£22
		Back wax	£22

HOT WAXING

Hot wax - perfect for sensitive and intimate areas.

Hollywood	£38	Lip or chin	£10
Brazilian	£32	Lip and chin	£14
High bikini	£27	Eyebrows	£14

BEAUTIFUL EYES

A patch test is required 48 hours prior to any tint treatments

Eye brow tint £12 | Eyelash tint £16

Eye package £30 | Eye brow wax and tint £16

(Includes eyebrow shape and tint and eyelash tint)

MEMBERSHIP & DAY PASSES

Our memberships are available from only £40 per month, giving you use of our extensive facilities, including a 15 metre indoor heated swimming pool, spa pool, steam room and sauna and fully equipped Cybex fitness suite.

Day pass available for £16 per adult and £8.50 per child.

GIFT VOUCHERS

Looking for the ideal gift? Why not purchase one of our gift vouchers for a treatment featured in this brochure? Ask a member of the team for more details or call the spa direct on 0191 201 9965.



OPENING HOURS

Monday to Friday 10.00am-8.00pm
Saturday & Sunday 10.00am-6.00pm

0191 201 9965

leisure@innfitness.co.uk

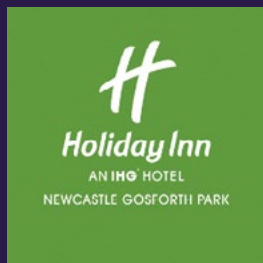
Holiday Inn Hotel, Gosforth Park, Great North Road,
Seaton Burn, Newcastle upon Tyne NE13 6BP.

Subject to availability. Please note a 50% non refundable deposit is required per person to secure all bookings. Full cancellation charges apply if cancelled within 72 hours of spa day experiences and 48 hours for treatments. Treatments and lunches will be booked at our discretion unless you specify otherwise, these may be subject to change.

Gift Vouchers are valid from 6 months and are non refundable.

Ask about additional discount on treatments when booking any spa day experience.

Please note that all our treatment times include a pre and post relaxation.



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