

the Retreat

@ HEMSBY BEACH



Perfecting
the art of
relaxation

We've perfected the art of relaxation by ensuring that unwinding and taking it easy becomes second nature.



This sensibility has been lovingly applied to The Retreat, making it the perfect sanctuary for relaxation and well-being.

If you are looking for a little pampering or a soothing massage, our highly trained therapists are on hand to offer a range of treatments and therapies suited for the mind, body and soul.

The Retreat also offers a choice of luxurious treatments for the hands and feet through our partnership with Mii Nails, providing manicures and pedicures for all.

So if you wish to unwind, release a bit of tension, experience a rejuvenating facial or simply need a pedicure or manicure, a trip to The Retreat will do wonders and so much more.

Mii BEAUTYLAB
LONDON

FIND THE TREATMENT THAT'S RIGHT FOR YOU


Massages	4
Body Treatments	7
Facial Treatments	8
Nails – Manicure & Pedicure	10
Mii Makeup	12
Brows and Lashes	14
Waxing Treatments	15
Teen Treatments	16
More Information	18



LOVED YOUR TREATMENT?

Post a photo of your new nails on Instagram and tag us to get **5% OFF** your next treatment.

Plus, if you've loved your latest treatment, book your next appointment before you leave to get an **EXTRA 5% OFF** your next visit.

 @the_retreat_hemsby_beach

Massages

TENSION RELASING AND
CALM INDUCING PARADISE

YOUR INDIVIDUAL MASSAGE

A tailored restorative massage, which can incorporate deeper work to relieve muscles in need of rest and relaxation to lighter strokes which soothe and calm the nervous system. Our therapists are trained to take your needs into consideration and help you feel your best.

🕒 30 minutes | £35 🕒 60 minutes | £60

COUPLES MASSAGE

Two massage couches side by side in one room. With two therapists. Massage tailored to each client. Perfect for those wanting to spend time together.

🕒 30 minutes | £45 🕒 60 minutes | £95

BACK MASSAGE AND FACIAL

Back massage followed by BeautyLab facial.

🕒 60 minutes | £45

MASSAGE & BODY EXFOLIATION

Back, neck and shoulder massage, followed by a BeautyLab full body exfoliation.

🕒 60 minutes | £45

TASTER PACKAGE

Not sure what to have? Choose four mini treatments out of the list below for a tailored treatment specifically for you;

- Back, neck and shoulder massage
- Facial
- Back of legs
- Foot
- Scalp
- Hand and arm massage

🕒 60 minutes | £48



Body Treatments

INVIGORATION OILS AND GENTLE TOUCHES
LEAVING YOU BRIGHT AND SILKY SMOOTH

BEAUTYLAB BODY EXFOLIATION

🕒 30 minutes | £30

GLYCOLIC BACK TREATMENT

Turn your back on problem skin. A deeply cleansing application of Glycopeel removes impurities and smooths skin. This treatment is complemented with a soothing scalp massage. As clients progress through their treatment course the Glycopeel concentration level can be increased to deliver continual, visible improvement. For optimum results a course of 6 weekly treatments is recommended.

🕒 45 minutes | £45

BEAUTYLAB BODYCARE TREATMENT

Care for your body and your body will care for you. A smoothing, sculpting and firming full body treatment. BeautyLab BODYCARE incorporates a refreshing full body exfoliation, stimulating thermal clay mask and targeted massage techniques. Skin is left softer, smoother, firmer and healthier.

🕒 50 minutes | £50

BEAUTYLAB BODYCARE DELUXE TREATMENT

Perfect for clients who want to sculpt and reshape whilst maintaining softer, smoother, firmer and healthier looking skin. The Bodycare Deluxe routine includes 20 minutes of targeted massage techniques.

🕒 70 minutes | £70



Facial Treatments

NATURE SKIN CARE FOR A RENEWED AND SMOOTH APPEARANCE

ESSENTIAL FACIAL

A wonderful welcome to BeautyLab, or for clients short on time. Rich in plant collagen and Hawaiian sea algae, the ESSENTIALS treatment is rejuvenating, deeply hydrating and protects from free radicals and UV damage. Skin is left cleansed, polished and beautifully conditioned for healthy, soft, radiant results. Your expert therapist will customise your facial to optimise your treatment.

🕒 30 minutes | £30

ANTI-AGEING FACIAL

Highly active and ageless for those who remain highly active and ageless. With exclusive peptides and high performance plant derived extracts, this ANTI-AGEING treatment is developed for skin that requires a firm, smooth approach. Advanced formulations and relaxing targeted massage techniques ease the appearance of fine lines, leaving skin looking and feeling radiantly invigorated.

🕒 60 minutes | £60

GLYCOLIC FACIAL

A visible transformation for pigmented or congested skin. Targeting specific skin conditions such as blemishes, pigmentation, age spots and sun damage; GLYCOLIC is a unique resurfacing treatment that utilises pomegranate enzyme for a softer, smoother and brighter approach to skincare. The deeply cleansing Glycopeel relieves congestion, pigmentation, age spots or dullness. As clients progress through their treatment course the Glycopeel concentration level can be increased to deliver continual, visible improvement. For optimum results a course of 6 weekly treatments is recommended.

🕒 45 minutes | £45

GLYCOLIC FACIAL INCLUDING HANDS

A visible transformation for pigmented or congested skin. Targeting specific skin conditions such as blemishes, pigmentation, age spots and sun damage; GLYCOLIC is a unique resurfacing treatment that utilises pomegranate enzyme for a softer, smoother and brighter approach to skincare. The deeply cleansing Glycopeel relieves congestion, pigmentation, age spots or dullness on the face, neck and hands. As clients progress through their treatment course the Glycopeel concentration level can be increased to deliver continual, visible improvement. For optimum results a course of 6 weekly treatments is recommended.

🕒 50 minutes | £50

REJUVENATING EYE TREATMENT

For clients looking to revitalise and recharge their eye area. A highly effective eye treatment, using targeted massage techniques and peptides to reduce dark circles, puffiness and deliver visible line softening results. Eyes are left looking bright, youthful and revitalised. Recommended for all skin types.

🕒 30 minutes | £35 🕒 60 minutes | £60

MEN'S FACIAL

A beautiful welcome to BeautyLab or for clients short on time. Our taster treatment combines all the essentials for healthy, soft and radiant skin every day. Skin is left cleansed, polished and beautifully conditioned in just 30 minutes.

🕒 30 minutes | £30

BLACK DIAMOND ANTI-AGEING/ GLAMOURISING

A dazzling combination of precious black diamonds, gemstones, crushed mother of pearl and anti-ageing peptides, the BLACK DIAMOND treatment visibly illuminates and plumps, reducing fine lines and wrinkles to award the look of youthfulness to skin. This treatment includes an energising and resurfacing application of Pyruvic Gel.

🕒 75 minutes | £90

Nails by Mii Manicure & Pedicure

DAZZLING HANDS AND FEET WITH A
TOUCH OF COLOUR TO SUIT YOUR MOOD

REMOVE MII

Fast, efficient and gentle removal of Statement Gel Polish. Taking the greatest care of the cuticles and natural nails, leaving them conditioned and hydrated, with a blissful coconut fragrance.

🕒 30 minutes | £8

TREAT MII MANICURE/PEDICURE

A hand reviving exfoliation, moisturising massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Luxury Manicure/Pedicure Polish. Available in Manicure and Pedicure.

🕒 50 minutes | £40

🕒 Gel Polish: 90 minutes | £45

INDULGE MII LUXURY MANICURE/PEDICURE

Treat Mii Manicure above, with the additional indulgence of a rich hand mask and heavenly hand and forearm massage. Available in Manicure and Pedicure.

🕒 60 minutes | £45

🕒 Gel Polish: 90 minutes | £50

FLY BY MII FILE AND GEL HANDS & TOES

This package includes file and shape of the natural nails, cuticle work and preparation for your chosen gel polish on hands and toes, finishing with a hydrating and nourishing cuticle oil.

🕒 90 minutes | £30

PAMPER PEDI FOR TWO

Sit back and relax with our Pamper Pedi, a refreshing and deeply nourishing pedicure for two. Choose from a normal polish or gel polish for an additional fee. You can relax in our dual room together with a juice of your choice.

🕒 Polish: 60 minutes | £60 for two

🕒 Gel Polish: 75 minutes | £65 for two

FLY BY MII FILE & VARNISH

Luxury Manicure/Pedicure varnish.

🕒 35 minutes | £15

FLY BY MII FILE & GEL

Luxury Manicure/Pedicure gel.

🕒 45 minutes | £18

HAND CARE

A manicure without Polish, suitable for all. Hand and nail soak, cuticle work, gentle scrub, nail oils and massage.

🕒 30 minutes | £20

FOOT CARE

A pedicure without polish, suitable for all. Foot and nail soak, cutical and nailwork, dry skin removal, callous peel, nail oils and moisture massage.

🕒 45 minutes | £35



Mii Makeup

BOOK TIME WITH OUR MII CONSULTANTS, TO GIVE YOU A NEW LOOK. PRICE OF MAKEUP CLASS REDEEMABLE AGAINST ANY PURCHASES



YOUR PERFECT BASE

Learn the art of colour matching, we'll show you how to choose and apply the right combination of primer, concealer, foundation and powder.

🕒 10 minutes | £10

SHOW MII

Name your dilemma and let Mii solve it.

🕒 10 minutes | £10

FRESH LOOK IN MINUTES

Discover time saving techniques to get your day off to a flying start.

🕒 15 minutes | £15

NATURAL RADIANCE

Enhance your natural beauty and bring your glow inside out.

🕒 15 minutes | £15

MII WITH MINERALS

We'll show you how to apply and work with mineral powders for a purely flawless radiance.

🕒 20 minutes | £20

ALL ABOUT EYES

This comprehensive session will build your confidence to create your desired eye look.

🕒 30 minutes | £30

RED CARPET READY

Indulge yourself and take centre stage for any special occasion. Let our Mii makeup professional give you that A-list treatment.

🕒 45 minutes | £45

BRIDAL MAKEUP

Get that romance ready feel with our dreamy bridal looks. Whether you want to be bold, natural, timelessly classic or somewhere in between let's create the perfect look for you.

🕒 60 minutes | £60

MASTERCLASS

Led by a Mii expert, this interactive session will give you the skills to recreate your look at home.

🕒 60 minutes | £60

* 24hr patch test required

Brows & Lashes

EYEBROW SHAPE

Our expert therapist will define and shape your brows using Mii's professional sculpting wax.

🕒 15 minutes | £8

EXPRESS MII*

This service includes specialist tint, wax and shape for an express brow transformation. Does not include measuring.

🕒 20 minutes | £20

MAINTAIN MII*

The ideal treatment to maintain perfect brows following a Design Mii treatment. Includes consultation, tinting, waxing, shaping and finishing.

🕒 25 minutes | £25

DESIGN MII*

This bespoke eyebrow treatment begins with an in-depth consultation, followed by tinting, waxing, shaping and finishing. Whether your eyebrows are in need of nurturing, refining or just a little TLC, Brow by Mii is the perfect treatment to achieve the look you desire.

🕒 40-45 minutes | £40

EYEBROW TINT*

🕒 15 minutes | £6

LVL LASH LIFT AND TINT

🕒 60 minutes | £35

* 24hr patch test required

EYELASH TINT*

A semi-permanent tint giving you dark, full lashes without the need for mascara.

🕒 15 minutes | £6

EYEBROW AND EYELASH TINT*

A formulated dye used on the brows and lashes, leaving you with darker, more enhanced features without the need for makeup.

🕒 35 minutes | £10

Waxing Treatments

FOR A RENEWED AND SMOOTH APPEARANCE

EYEBROW

🕒 15 minutes | £8

LIP

🕒 15 minutes | £8

CHIN

🕒 15 minutes | £8

BIKINI

🕒 15 minutes | £10

MEN'S BACK WAX

🕒 45 minutes | £25

UNDERARM

🕒 15 minutes | £10

LIP AND CHIN

🕒 15 minutes | £12

HALF LEG

🕒 30 minutes | £16

FULL LEG

🕒 60 minutes | £25

Teen Treatments

SPECIALLY SELECTED TREATMENT
FOR 13 – 17 YEAR OLDS

NAILS BY MII MANICURE & PEDICURE

PAMPER PEDI FOR TWO

Sit back and relax with a friend and enjoy a refreshing and deeply nourishing pedicure for two. Choose a polish from our wide range. Sit back and relax in our dual room together with a juice of your choice.

🕒 60 minutes | £60

TREAT MII MANICURE & PEDICURE

A reviving exfoliation, moisturising massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen polish. Available in manicure and pedicure.

🕒 50 minutes | £40

FLY BY MII FILE & VARNISH

Manicure/Pedicure file with a polish of your choice.

🕒 35 minutes | £15

HAND CARE

A manicure without polish, suitable for all. Hand and nail soak, cuticle work, gentle scrub, nail oils and massage.

🕒 30 minutes | £20

FOOT CARE

A pedicure without polish, suitable for all. Foot and nail soak, cuticle and nailwork, dry skin removal, callous peel, nail oils and moisture massage.

🕒 45 minutes | £35

FACIAL TREATMENTS

ESSENTIAL FACIAL

A wonderful welcome to BeautyLab, or for clients short on time. Rich in plant collagen and Hawaiian sea algae, the ESSENTIALS treatment is rejuvenating, deeply hydrating and protects from free radicals and UV damage. Skin is left cleansed, polished and beautifully conditioned for healthy, soft, radiant results. Your expert therapist will customise your facial to optimise your treatment.

🕒 30 minutes | £30

BROWS BY MII

EYEBROW SHAPE

Our expert therapist will define and shape your brows using Mii's professional sculpting wax.

🕒 15 minutes | £8



More information

MEDICAL & ALLERGY INFORMATION

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments.

You must declare any surgery that has taken place in the last 12 months before your appointment. If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted.

A patch test may be required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments.

Treatments may be cancelled at the discretion of our therapists.

Beauty Lab products are not suitable for those with a nut allergy.

TERMS AND CONDITIONS

The minimum age requirement for treatments, Mii Nail treatments and use of facilities is 16*. If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.

BOOKING INFORMATION

Individual treatments will require a pre-payment of 50% of the total treatment charge at time of booking, the remaining 50% will then be charged after your treatment. Full payment of Packages will be required upon booking. Please ensure that you arrive at least 15 minutes prior to your appointment in order to make full use of your treatment time and consultation.

CANCELLATION POLICY

Treatments must be cancelled within 24 hours prior to booking. Packages and group bookings must be cancelled within 48 hours prior to booking. If notice is not given the full cost of the treatment will be charged.

* With the exception of children's nail and polish treatment.

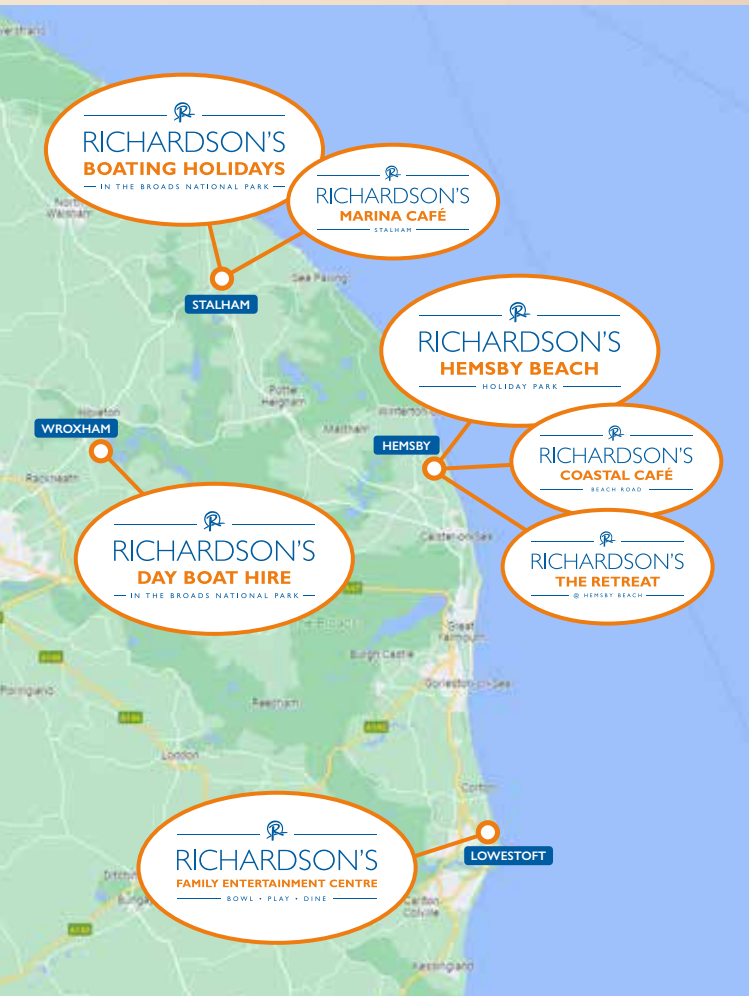
Now it's time for Coffee & Cake



OPEN 9AM-6PM | SEVEN DAYS A WEEK

FREE
1 HOUR
PARKING

Enjoy amazing coffee, cookies, cakes and milkshakes at Richardson's Coastal Café. Located next to our public car park, it's the ideal spot to indulge after your treatment.



the Retreat

@ HEMSBY BEACH

Find us at Richardsons Holiday Park, Hemsby NR29 4HS

To book an appointment contact
us directly on 01493 809966

 @the_retreat_hemsby_beach

 @theretreatathemsbybeach