

# NORTHSTAR CLUB TREATMENT MENU



GET IN TOUCH

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RELAX & ENJOY A RANGE OF PROFESSIONAL  
PAMPER TREATMENTS DURING YOUR STAY

## ABOUT RUTH

Hello I'm Ruth and I have been working as a Beauty & Holistic Therapist since 2007.

I offer a professional service with a full range of treatments and pamper packages at a time to suit you and all of your needs.

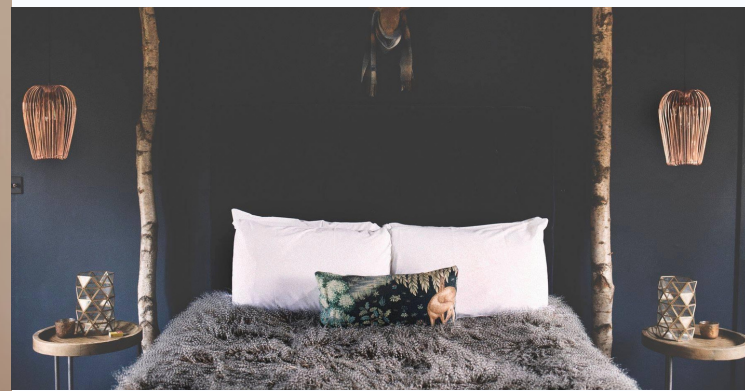
I am fully insured with Associated Beauty Therapists (ABT) and a member of Association of Reflexologists (AOR).



## RELAX & ENJOY

All treatments are provided within the comfort of the Suite you are staying in.

With the added luxury, you can pro-long the benefits of your treatments, and tumble straight into your own bed for a snooze afterwards or enjoy a luxurious soak in your tub for a really blissful experience.



## BOOKING TERMS & CONDITIONS

- A 20% non-refundable deposit is required to confirm your booking.
- Remaining balance is due 2 weeks before your booking.
- Bookings made within 2 weeks of booking date will be required to make full payment to confirm your booking.
- If your stay needs to be cancelled you can either rearrange your pamper booking or the following cancellation policy will apply.
- Cancellations made with 7 days or more notice will receive 100% refund excluding deposit payment.
- Cancellations made with less than 7 days notice will receive 50% refund excluding deposit payment.

TO BOOK OR FOR ADVICE ON RECOMMENDED TREATMENTS

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# MASSAGE THERAPY

## SWEDISH MASSAGE

A relaxing massage using classic techniques to improve circulation & soothe muscles for a total sense of well-being.

## DEEP TISSUE MASSAGE

A deep rhythmic pressure massage to alleviate stress, ease aching muscles & revive the senses.

30 mins £35

45 mins £45

60 mins £55

## HOT STONE MASSAGE

30 mins £40

60 mins £60

*\*Subject to availability\**

A thermodynamic massage using a selection of warm basalt stones to melt away tension, ease and relax your muscles.

**\*Please note only 1 x 60 min or 2 x 30 min Hot Stone Massage can be booked in one session\***

## MUM TO BE MASSAGE

30 mins £40

60 mins £60

A very relaxing, safe and nurturing massage which can be of enormous benefit to both mother and baby. Suitable for pregnancies over 12 weeks. Includes a full consultation.



## DE-STRESS SCALP MASSAGE

30 mins £35

A stimulating massage of the neck, shoulders, face and scalp to soothe nerve endings, relax your muscles and mind.

## REFLEXOLOGY

30 mins £35

45 mins £45

60 mins £55

Reflexology is a very relaxing holistic treatment that encourages the body to rebalance and heal itself, using specialised techniques, working reflex points on the feet.

## FACIAL REFLEXOLOGY

30 mins £35

45 mins £45

60 mins £55

An extremely relaxing and effective reflexology treatment on the face, focusing on reflex points to help reduce stress. Improves circulation, relieves muscle tension and brings a general feeling of calmness and relaxation with the added benefit of leaving you with a healthy glow afterwards.

# FACIALS

## MONU TASTER FACIAL

30 mins £35

Cleanse, tone, exfoliation, mask and finishing products to suit your skins needs with a relaxing scalp massage included.

## MONU AROMATIC FACIAL

50 mins £50

A facial specifically tailored to you with a deep cleanse, exfoliation, mask and finishing products. Includes a neck, shoulder, face and scalp massage to leave your skin feeling, fresh, revitalised and toned.



## CLINICCARE ANTI-AGEING FACIALS

60 mins £60

Choose from;

### 'CINDERELLA' FACIAL

Restore radiance with re-hydrated, plumped and smoother skin with a natural luminosity lasting up to 48 hours!

### 'GLOW' BRIGHTENING FACIAL

Soothing and rejuvenating with hyaluronic acid for a targeted anti-pigmentation and anti-ageing effect leaving skin looking brighter and more radiant.

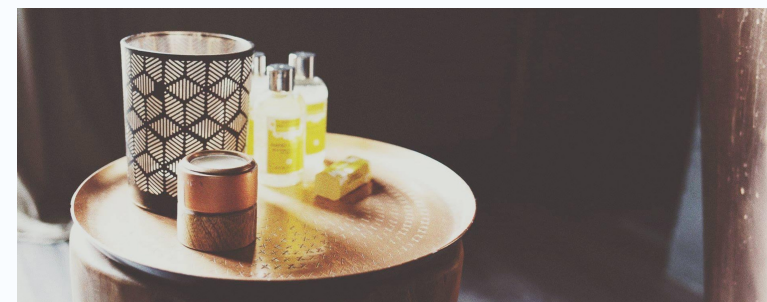
### 'PURE' COMPLEXION CLEARING FACIAL

This complexion-clearing and anti-inflammatory facial soothes, rehydrates and helps activate skin rejuvenation.

## HOPI EAR CANDLING

45 mins £45

A very gentle and soothing treatment of the ears to help treat a variety of conditions, including a relaxing face and scalp massage.



## NAILS

### MANICURE

30 mins £28

A pampering hand and nail treatment including file, buff, soak, cuticle tidy, hand & arm massage, finished with a colour of your choice.

### PEDICURE

45 mins £32

A deluxe foot treatment including soak, file, buff, cuticle tidy, hard skin removal, foot scrub, a relaxing leg & foot massage finished with a colour of your choice.

## SPA PACKAGES

Can't decide what to have or would like some extra Me Time?

Indulge in a luxurious Spa Package and enjoy the benefits of a mix of treatments combined together for the ultimate pamper experience.



### SANCTUARY

75 mins £75

Back, Neck & Shoulder Massage  
Foot Reflexology

### WOLD'S RETREAT

80 mins £80

Back, Neck & Shoulder Massage  
MONU Aromatic Facial

### NATURE'S ESCAPE

90 mins £85

Full Body Massage  
MONU Taster Facial

### TRANQUILITY

90 mins £85

Facial Reflexology  
Full Body Massage

### HOLISTIC TOUCH

90 mins £85

Facial Reflexology  
Foot Reflexology

### WOODLAND RITUAL

90mins £90

Full Body Massage  
Clinicare Anti-Ageing Facial

### NORTHSTAR HOLISTIC RITUAL

120 mins £120

MONU Aromatic Facial  
Facial Reflexology  
Foot Reflexology



### NORTHSTAR SIGNATURE EXPERIENCE

120 mins £120

Back, Neck & Shoulder Massage  
Foot Reflexology  
MONU Aromatic Facial

# GROUP BOOKINGS

Perfect for Hen Parties, Birthday Celebrations, Families or any other special occasion.

I can cater for small or large group bookings and an additional therapist can be arranged subject to availability.

You can mix between the packages or a pamper package can be tailored to suit your needs.



**ME TIME -**  
**20 MINUTES @£25PP**  
Minimum 6 Guests

Mini Manicure  
Mini Pedicure  
Back Massage  
Scalp Massage  
Leg & Foot Massage

**TOTAL HEAVEN -**  
**30 MINUTES @£30PP**  
Minimum 4 Guests

Taster Facial  
Back, Neck & Shoulder Massage  
De-Stress Scalp Massage  
Facial or Foot Reflexology

**COMPLETE BLISS -**  
**45 MINUTES @£40PP**  
Minimum 3 Guests

Facial or Foot Reflexology  
Body Massage  
MONU Aromatic Facial  
Hopi Ear Candling  
Mini Manicure + Mini Pedicure

**TEEN PAMPER -**  
**25 MINUTES @£20PP**  
Ages 12-16

Mini Manicure  
Mini Pedicure  
Express Facial  
Scalp Massage  
Taster Reflexology

**MINI PAMPER -**  
**15 MINUTES @£15PP**  
Under 12's

File & Polish Fingers or Toes



**FOR MORE INFORMATION, PLEASE CONTACT RUTH.**

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