



INN
FITNESS
& SPA



ELEMIS
SPA THERAPY

RELAX & UNWIND...

Welcome to Inn Fitness and Spa, a new way to relax and unwind, with a range of treatments to cater for your every wish and desire.

Your skin, your body and your wellness lie at the heart of ELEMIS.

Hands-on, our ELEMIS therapists harness the power of nature and science to create groundbreaking formulations that genuinely transform your skin. Personally prescribed... Sublimely sensory... The experience is exceptional, the results are real.

Pamper days are also available, which include unlimited use of our leisure facilities, boasting an indoor heated swimming pool, beautiful steam room as well as a luxurious sauna room and spa pool, as well as our fully equipped gymnasium. Fluffy robes, towels and slippers are included for your comfort. A two course lunch is also provided with all our spa day experiences.

SPA DAY EXPERIENCES

Our spa day experience is a wonderful day escape that lets you enjoy a set of treatments with full use of the facilities, use of robe, towel and slippers and either a 2 course light lunch or afternoon tea.

Pure Pamper - £45 per person

30 minutes of selected treatments.

Pure Harmony - £75 per person

60 minutes of selected treatments.

Pure Escape - £95 per person

90 minutes of selected treatments.

Pure Bliss - £115 per person

120 minutes worth of selected treatments.

Afternoon Tea & Spa - £39 per person

A choice of a 30 minute treatment and afternoon tea.

Twilight & Spa - £39 per person

This includes a choice of a 30 minute treatment and a pizza or pasta supper.

**CONTACT THE SPA FOR OUR SEASONAL
AND ADDITIONAL SPA DAY OFFERS!**



ELEMIS FACIAL TREATMENTS

ELEMIS Dynamic Resurfacing Facial - 30 minutes £39 | 60 minutes £59

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. **Independent Clinical Trials.*

Pro Collagen Age Defy Facial - 30 minutes £39 | 60 minutes £59

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. **Independent Clinical Trials.*

ELEMIS Pro Definition Lift Effect Facial -

30 minutes £39 | 60 minutes £59

The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix.

The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

ELEMIS Super Food Pro Radiance Facial -

30 minutes £39 | 60 minutes £59

Energise and detoxify stressed, dull skin with a nutritional super food boost. Leaves skin, plumper, radiant and lit up with good health.

Peptide 24/7 Skin Sync Facial -

30 minutes £39 | 60 minutes £59

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.



ELEMIS BODY THERAPIES

Let our therapist help you unwind, destress and indulge in one of our body therapy treatments

Thousand Flower Detox Wrap - 60 minutes £60

Omega-rich Green Tea seed oil is massaged into the skin followed by the Thousand Flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender it's toxins. A nourishing Green Tea balm, rich in minerals, proteins and Omegas - the superfoods of the skin - is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

Intensely Cleansing Salt Scrub- Lime and Ginger or Frangipani - 45 minutes £35

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

Essential Back, Neck & Shoulder Massage - 30 minutes £30

Everyday stresses and strains will disappear with our heavenly massage using potent ELEMIS oil blends to soothe and relax the most tense and aching muscles.

Essential Body Massage - 60 minutes £55

This bespoke treatment using ELEMIS oils is the complete rebalancing treatment. our therapist will leave your body and mind soothed, rebalanced and revived from head to toe.



INN SPA SIGNATURE THERAPY

Inn Spa Signature Relaxing Back, Neck & Shoulder Therapy
- 25 minutes £25

A popular massage that focuses on the build-up of stress and tension in all areas around the neck, shoulders and across the

Inn Spa Signature Relaxing Full Body Therapy Massage -
55 minutes £45

This massage technique is designed specifically to increase the oxygen flow in the blood and release toxins from the muscles. It's ideal after sporting activities or simply as a means of relaxation as it is recommended to reduce stress both physical and emotional.

Inn Spa Signature Hot Stone Back Therapy Massage -
25 minutes £30

An indulgent and truly pampering massage. An idyllic treatment combining the warmth of the lava stones with deeply relaxing massage techniques.

Inn Spa Signature Hot Stone Full Body Therapy Massage -
55 minutes £55

An indulgent and truly pampering massage. An idyllic treatment combining the warmth of the lava stones with deeply relaxing massage techniques.

Inn Spa Foot & Leg Relief Massage - 25 minutes £25

Hot towels and a warm oil relax the feet and lower legs, giving an increase in circulation and any excess fluids dispersed, leaving your feet feeling light and fresh.

RAPIES

rapy Massage

nd muscle
ne back.



Inn Spa
Signature Therapies

HD BROW & NAIL BAR

Everyday essentials to make you look and feel great.

Jessica Prescriptive Manicure - 45 minutes £30

Nails are analysed and treated for their specific type. Jessica's prescriptive manicure including an exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with a perfect polish.

Jessica Therapeutic Pedicure - 60 minutes £35

This luxury treatment includes hard skin removal, a foot and leg massage with deep conditioning creams leaving your skin softer and smoother. Your cuticles will be groomed and your toenails will be beautiful shaped and perfectly polished.

Jessica Geleration - 35 minutes	£26
Gel Removal - 20 minutes	£10
Gel Upgrade to any Manicure or Pedicure	£15
Jessica Shape & Polish	£15
Inn Spa French Shape & Polish	£20

HD Brows - £29

(patch test required 48 hours prior to treatment)
HD Brows is a bespoke eyebrow treatment that is completely personalised to you. So much more than a standard eyebrow wax and tint; our custom-blended colour, precise hair removal, unique design formula and make up application creates brows that complement you and your style.

HD Day/Night makeup	£35
HD Wedding makeup trial	£45
HD Wedding makeup 'on the day'	£45
(Save £10 when you book your wedding trial and 'on the day' makeup together)	



FINISHING TOUCHES

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

Beautiful Eyes

A patch test is required at least 24 hours prior to any of our beautiful eyes treatments.

Eyebrow Tint	£10
Eyelash Tint	£15
Eyebrow & Eyelash Tint	£20
Party Lashes	£15

Hot Waxing

More effective than traditional waxing and much less painful

Full Leg Wax	£30	Eyebrow	£8
Half Leg Wax	£20	Lip or Chin	£6
Standard Bikini Wax	£12	Lip & Chin	£10
Full Leg & Bikini	£36	Chest	£20
Underarm Wax	£12	Back	£20
Forearm	£15	Chest & Back	£35

Semi Permanent Lashes - £35

Maintenance - £15

(Patch test required 24 hours prior to treatment)



TIME FOR MEN

Enjoy a whole range of treatments, specifically designed to suit men.

High Performance Skin Energiser for Men - 30 minutes £39 | 60 minutes £59

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, and decongests the skin. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

Men's Muscle Easing Back, Neck & Shoulder Therapy Massage - 30 minutes £30

This highly targeted treatment focuses on releasing tension in the back and shoulders. Intensely de-stressing this powerful massage helps to break down and disperse all aches and pains caused by tight muscle.

Men's Muscle Easing Therapy Massage - 60 minutes £55

This intense therapeutic massage help to deep stress tense muscles around the whole body. Using a potent ELEMIS oil, this massage can be tailored to suit the needs of each concern. This massage encourages relaxation, relieves stress, improves circulation and relaxes muscles. It is also good for relieving tension headaches, improving flexibility and can help to strengthen the immune system.

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 £10 per adult and £5 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.

Gift Voucher

Gift Voucher



INN
FITNESS
& SPA



OPENING HOURS

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

0191 201 9965

spa@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.



INN
FITNESS
& SPA

Follow us:



Design & Print: www.grievessdesign.com