

A woman with dark hair is lying on a massage table, receiving a facial massage. Her eyes are closed, and she has a relaxed expression. A therapist's hands are visible, gently massaging her forehead and temples. The background is a bright, clean spa environment with a white table and a vase of flowers.

THE VARSITY TREATMENT MENU

SPA, HAIR, BEAUTY, & WELLBEING

ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

AVEDA
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

THE GLASSWORKS HEALTH CLUB AT THE VARSITY HOTEL

We are an urban spa located within the historic centre of Cambridge with everything The City has to offer on our doorstep.

All of our Spa Packages include use of our fully equipped Gym and Spa; incorporating the Steam Room, Sauna and Jacuzzi with river views. We also provide you with a robe, towel and sandals.

We recommend arriving 1 – 2 hours prior to your Spa Package to make use of the Spa and/or Gym and then enjoy your selected treatments ; giving you the rest of the day to enjoy afternoon tea, lunch, take in the sights of Cambridge, or perhaps some retail therapy.

ELEMIS
DEFINED BY NATURE. LED BY SCIENCE

The #1 luxury skincare brand. Your skin, your body, and your wellness lie at the heart of ELEMIS groundbreaking technology and the innovative blend of science and nature provide the best experience.


AVEDA
THE ART AND SCIENCE OF PURE ESSENCES AND PLANT ESSENCES

Using up to 96% Naturally derived ingredients for essentially damage-free hair.
Full-spectrum hair colour has you covered.
From permanent to glossing services, it's hair colour customised just for you.

SIX AFTERNOON TEA

Why not indulge and book Afternoon Tea set in the splendour of the sixth floor of the Varsity hotel, with floor to ceiling windows ensuring spectacular views across Cambridge.

Available Tuesday to Friday: 12:00-16:30, Saturday & Sunday: 14:30-16:45

 @glassworksgym

 @theglassworksgym

 @theglassworksgym

 The Glassworks Health Club



Gift
Vouchers
available
online or
from our
Front Desk

SPA PACKAGES

MINI MIDWEEK AFTERNOON TEA PACKAGES - Tuesday, Wednesday & Thursday (All minimum of two persons)

Afternoon Tea served in our restaurant SIX between 12:00 and 16:30. Please allow 1-2 hour for this.

NECTAR NOURISH TEA DAY 35 mins Full Body Nectar Massage & Traditional Afternoon Tea **£63 PER PERSON**

CUSTOMISED TEA DAY Back of body Massage & 25min Customised Facial & Traditional Afternoon Tea **£79 PER PERSON**

SPA DAYS

QUIET MINDS Back, Neck & Shoulder Massage & 25mins Facial. **Mon-Fri £80 | Sat-Sun £90**

NECTAR NOURISH 35 mins Full Body Nectar Massage & 25mins Facial. **Mon-Fri £85 | Sat-Sun £95**

RADIANCE REFRESH Back, Neck, Shoulder, Hands, Feet, Scalp Massage & 60min BIOTEC Facial **Mon-Fri £115 | Sat-Sun £125**

TOTAL REJUVENATION 25min Facial, Back of Body Massage & GELeration Manicure **or** Pedicure. **Mon-Fri £115 | Sat-Sun £125**

TOTAL RELAXATION Full Body, Face, and Scalp Massage **Mon-Fri £120 | Sat-Sun £130**

ABSOLUTE SPA RITUAL Full Body Massage & 60mins Advanced Facial **Mon-Fri £140 | Sat-Sun £150**

INDULGENCE DAY 60mins Advanced Facial, Full Body Massage, GELeration Manicure & Pedicure **Mon-Fri £190 | Sat-Sun £210**

ULTIMATE DAY 90mins BIOTEC Facial, Full Body Massage, GELeration Manicure & Pedicure **Mon-Fri £250 | Sat-Sun £270**

PRENATAL PAMPERING 50mins Facial, Hand, Feet & Scalp Massage, & Mini Pedicure **Mon-Fri £90 | Sat-Sun £100**

PEACEFUL PREGNANCY Full Body Massage & 60mins Advanced Facial **Mon-Fri £135 | Sat-Sun £150**

ENJOY YOUR PACKAGES TOGETHER AS A COUPLE IN ONE OF OUR DEDICATED DOUBLE TREATMENT ROOMS. SUBJECT TO AVAILABILITY



BOOK ONLINE AT WWW.THEVARSITYHOTEL.CO.UK OR CALL 01223306030

ELEMIS FACIALS

Our ELEMIS facials follow a skin care consultation and include your personalised; Cleanse, Tone, Exfoliate & Moisturise. Suitable for men & women

Why not energise your facial with ELEMIS BIOTEC and switch your skin back on using cutting edge technology alongside hands-on therapy!

ELEMIS BIOTEC ADVANCED FACIALS

30mins	Target Area; choose from lifting, firming, or Anti-Wrinkle	Mon-Fri £45 Sat-Sun £50
60mins	Full BIOTEC facial	Mon-Fri £75 Sat-Sun £80
90mins	Full BIOTEC facial with scalp, neck and shoulder massage	Mon-Fri £90 Sat-Sun £105

COURSES OF 8 BIOTEC FACIALS

Recommended one every three weeks


60mins	Mon-Fri £510 Sat-Sun £544 <i>saving 15%</i>
90mins	Mon-Fri £574 Sat-Sun £672 <i>saving 20%</i>

ELEMIS ADVANCED ANTI-AGEING FACIALS

30mins	including neck and shoulder massage	Mon-Fri £50 Sat-Sun £55
60mins	including face, neck shoulder, hands and scalp massage	Mon-Fri £70 Sat-Sun £75

ELEMIS CUSTOMISED FACIALS

25mins	Cleanse, tone, exfoliate & moisturise	Mon-Fri £35 Sat-Sun £40
40mins	PLUS masque therapy & scalp, shoulder & foot massage	Mon-Fri £50 Sat-Sun £55
50mins	PLUS a relaxing face, neck and hands massage	Mon-Fri £65 Sat-Sun £70



Book our panoramic restaurant SIX for Afternoon Tea, Lunch or Dinner to complete your day!

www.sixcambridge.co.uk

GIFT VOUCHERS AVAILABLE



MASSAGES

SWEDISH MASSAGE

Back, neck, shoulders	25mins	Mon-Fri £38 Sat-Sun £44
Back, neck, shoulders, hands feet & scalp	40mins	Mon-Fri £60 Sat-Sun £70
Full body	50mins	Mon-Fri £70 Sat-Sun £80
Full body, face & scalp	80mins	Mon-Fri £95 Sat-Sun £105

ELEMIS MASSAGE

(Not suitable during pregnancy)

Back, neck, shoulders	25mins	Mon-Fri £40 Sat-Sun £46
Full body	50mins	Mon-Fri £75 Sat-Sun £85
Full body, face & scalp	80mins	Mon-Fri £100 Sat-Sun £110

AROMATHERAPY ESSENTIAL OIL MASSAGE

(Not suitable during pregnancy)

Back, neck, shoulders	25mins	Mon-Fri £40 Sat-Sun £46
Full body	50mins	Mon-Fri £75 Sat-Sun £85
Full body, face & scalp	80mins	Mon-Fri £100 Sat-Sun £110

INDIAN HEAD MASSAGE

40mins Mon-Fri £60 | Sat-Sun £70

REFLEXOLOGY

50mins Mon-Fri £75 | Sat-Sun £85
80mins Mon-Fri £100 | Sat-Sun £110

DEEP TISSUE AND SPORTS MASSAGE

30mins	(eg back or legs)	Mon-Fri £40 Sunday £46
60mins	(eg back and legs)	Mon-Fri £75 Sunday £85
90mins	(eg full body)	Mon-Fri £100 Sunday £110

Speak to one of the team about a Glassworks club membership with full access to gym and spa facilities and over 35 classes every week
PLUS treatment and salon discounts*

*Available Monday to Wednesday

Gift
Vouchers
available
online or
from our
Front Desk

MASSAGE, FACIAL, & BODY COMBINATIONS

CUSTOMISED BODY TREATMENTS

NECTAR NOURISH	Full body nectar massage	35mins	Mon-Fri £45 Sat-Sun £55
BODY SCRUB	Skin smoothing full body salt scrub	35mins	Mon-Fri £45 Sat-Sun £55

CUSTOMISED BODY COMBINATIONS

EXPRESS COMBINATION	Mini scalp massage & mini facial	25mins	Mon-Fri £35 Sat-Sun £40
CUSTOMISED COMBINATION	Back of body massage & 25min facial	50mins	Mon-Fri £65 Sat-Sun £75
BODY NECTAR COMBINATION	Full body nectar massage & 50min facial	80mins	Mon-Fri £85 Sat-Sun £95

ADVANCED FACIAL COMBINATIONS


MINI ADVANCED COMBINATION	Mini facial & scalp massage	40mins	Mon-Fri £50 Sat-Sun £60
ULTIMATE COMBINATION	Back, neck, shoulder, hands, feet, & scalp massage & 40min facial	80mins	Mon-Fri £90 Sat-Sun £100

BIOTEC COMBINATION

30MINS BIOTEC COMBINATION	Back, neck & shoulder massage & 30min BIOTEC facial	60mins	Mon-Fri £70 Sat-Sun £80
60MINS BIOTEC COMBINATION	Back, neck, shoulder, hands, feet, scalp massage, & 60min facial	1h40mins	Mon-Fri £100 Sat-Sun £110



WHY NOT ADD AFTERNOON TEA AT OUR PANORAMIC RESTAURANT! WWW.SIXCAMBRIDGE.CO.UK



Gift
Vouchers
available
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PREGNANCY TREATMENTS

Please advise how many weeks along you are when making your appointment

During your 1st Trimester we can offer a range of Nails, Facials, & Waxing bookings only.

During your 2nd & 3rd Trimester you can choose from our Swedish & Pregnancy Massages, Facials, Nails, Waxing, and Pregnancy Treatments.

PEACEFUL PREGNANCY MASSAGE

RELAXING SCALP, NECK, & SHOULDER MASSAGE

25mins

Mon-Fri £35 | Sat-Sun £40

BACK, NECK, & SHOULDER MASSAGE

30mins

Mon-Fri £40 | Sat-Sun £46

FULL BODY MASSAGE

60mins

Mon-Fri £70 | Sat-Sun £80

PREGNANCY COMBINATIONS

TIRED FEET

Foot soak exfoliation & massage to lower legs and feet

40mins

Mon-Fri £55 | Sat-Sun £65

BEAUTIFUL BUMPS

Foot soak with massage, 50mins customised facial & scalp neck and shoulder massage

80mins

Mon-Fri £90 | Sat-Sun £100

PRENATAL PAMPERING

50mins customised facial, hand, feet & scalp massage & mini pedicure

80mins

Mon-Fri £90 | Sat-Sun £100

PEACEFUL PREGNANCY

60mins advanced facial, & full body massage

2hrs

Mon-Fri £135 | Sat-Sun £150

BOOK ONLINE AT WWW.THEVARSITYHOTEL.CO.UK OR CALL 01223306030



HAND & FOOT TREATMENTS

GELERATION POLISH— *We are only able to remove our own Jessica GELeration polish.*

SPA MANICURE Cuticle work, file & polish with massage

Mon-Fri £54 | Sat-Sun £64

SPA PEDICURE Cuticle work, hard skin removal, soak, exfoliation, file & polish with massage to feet & lower leg

Mon-Fri £64 | Sat-Sun £74

SPA MANICURE & PEDICURE

Mon-Fri £98 | Sat-Sun £115

GEL REMOVAL

GEL REMOVAL IS FREE WITH REPEAT APPOINTMENTS. WE ARE ONLY ABLE TO REMOVE OUR OWN JESSICA GELERATION POLISH.

Mon-Fri £20 | Sat-Sun £30

JESSICA SPA POLISH

SPA MANICURE Cuticle work, heated mitts, file & polish with massage

Mon-Fri £44 | Sat-Sun £54

SPA PEDICURE Cuticle work, heated boots, hard skin removal, soak, exfoliation, file & polish with massage to feet & lower leg

Mon-Fri £54 | Sat-Sun £68

SPA MANICURE & PEDICURE

Mon-Fri £84 | Sat-Sun £94

MENS NAIL TREATMENTS

SPA MANICURE Cuticle work, file & buff with massage

Mon-Fri £24 | Sat-Sun £34

SPA PEDICURE Cuticle work, hard skin removal, file & buff with massage to feet and lower leg

Mon-Fri £34 | Sat-Sun £44

*For Pedicures, please bring suitable footwear to avoid smudging nails.
If having your nails done as part of a spa package, we would recommend using our facilities prior to your appointment.*



WAXING

LADIES PHD™ WAXING

UPPER LIP	£15
CHIN	£15
LIP + CHIN	£22
EYEBROW	£18
STD BIKINI	£20
EXTENDED BIKINI	£24
UNDERARMS	£20
FOREARMS	£24
FULL ARMS	£26
½ LEG	£30
¼ LEG	£34
FULL LEG	£33
BRAZILIAN	£33
HOLLYWOOD	£37
½ LEG & STD BIKINI	£43
FULL LEG & STD BIKINI	£49
½ LEG & BRAZILIAN/HOLLYWOOD	£52
FULL LEG & BRAZILIAN/HOLLYWOOD	£8
PATCHES OF WAX	

HOT WAX

UNDERARMS	£23
BRAZILIAN /HOLLYWOOD	£43
BRAZILIAN /HOLLYWOOD & ½ LEG	£55
BRAZILIAN /HOLLYWOOD & FULL LEG	£60

Leg Waxing uses the Phd™ waxing system

MENS WAXING

CHEST	£30
BACK & SHOULDERS	£32
CHEST & BACK	£40
EYEBROW GROOMING	£15

EYE TREATMENTS

Tint Patch Test required 24 hours before

EYELASH TINT	£22
EYEBROW TINT	£18
EYEBROW SHAPE & TINT	£22
EYELASH & EYEBROW TINT	£30
EYELASH & EYEBROW TINT & SHAPE	£34

*We recommend leaving 3-6 weeks
between waxing appointments*



Phd™ Safewax offers a unique patented application system for waxing. Disposable applicator heads have a single gate mechanism to prevent wax from re-entering the tube, eliminating the danger of cross contamination.

AVEDA HAIR

Full Spectrum colour is up to 96% naturally derived

STYLING	Ladies Cut & Blow Dry	£44	
	Mens Cut & Blow Dry	£35	
	Blow Dry	£35	
	Hair Up	£50	
HIGHLIGHTS	Full Head Foils	£130	
	½ Head Foils	£90	
	T-Section Foils	£74	
FULL COLOUR	All over colour	£84	
	Re-growth roots	£72	
	Ballayage/Ombre	£84	
	Mens Gentle Blending	£25	
	Additional colour	£10	
	<i>All colour work includes rough dry and finish</i>		
ADDITIONAL SERVICES	After colour Cut & Blow Dry	£34	
	After colour Toner	£15	
	Intensive Conditioning	Damage Control	£8
		Moisture Boost	£8

If you are unsure, book a FREE AVEDA consultation to discuss your hair with one of our stylists.

Please arrange for a patch test at least 48 hours before any colour work.

Colour corrections are by consultation. 24 hours cancellation is required for bookings.

Book our panoramic
restaurant SIX for
Afternoon Tea, Lunch
or Dinner to
complete your day!

www.sixcambridge.co.uk



GIFT VOUCHERS AVAILABLE

BOOKINGS AND CANCELLATION

We require payment in full at the time of booking. This is fully refundable up until 24 hours prior to the treatment time. Non arrivals or rescheduling of the appointment will still be charged in full. If you arrive late for your appointment, we may have to shorten the treatment time, but the full amount will still be charged. Gift vouchers may be used as part or full payment and in the event of rescheduling or cancellation within 24 hours, the full amount will be retained.

ARRIVAL

Please arrive 15 minutes prior to your appointment

USE OF THE GYM, STUDIO CLASSES, STEAM ROOM, SAUNA AND JACUZZI

All of our Spa Packages include use of our fully equipped Gym, Class Studio, and Spa; incorporating the Steam Room, Sauna, and Jacuzzi with river views. We also provide you with a robe, towel and sandals. Alcohol is not permitted in the Spa.

TREATMENT PRICES

For some treatments and Spa Packages we have a reduced rate on Monday to Friday. All treatments include a consultation & aftercare.

PARKING

We are located 100metres from Park St car park, with good bus and Park & Ride services. Cambridge is a historic city, so driving can take longer than expected – do leave enough time for your journey.

GYM MEMBERS AND STUDENTS DISCOUNT

10% on treatments Mondays, Tuesdays and Wednesdays.

TREATMENT TIMES

Mon-Fri	07:30 - 20:30
Sat	09:00 - 19:00
Sun	10:00 - 18:00

THE GLASSWORKS HEALTH CLUB
THE VARSITY HOTEL, THOMPSON'S LANE
CAMBRIDGE, CB5 8AQ

• OPEN EVERY DAY
• MONDAY TO FRIDAY 06:30-21:30
• WEEKENDS 08:00-19:30

WWW.THEVARSITYHOTEL.CO.UK

