

# TREATMENT MENU

SPA, HAIR, BEAUTY & WELLBEING



THE VARSITY  
HOTEL & SPA, CAMBRIDGE

ELEMIS

AVEDA  
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

THE GLASSWORKS

# THE GLASSWORKS HEALTH CLUB

*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 Whirl Pool 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 treatments; giving you the rest of the day to visit our panoramic restaurant and bar, or enjoy Cambridge's sights.*

*You can upgrade selected treatments Monday to Friday to include access to the club & spa facilities.*

*Full information can be found in the treatment menu, or by contacting our team on 01223 305060*

## ELEMIS SPA TREATMENTS

*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 HAIR SALON

*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.*

## AFTERNOON TEA

*Why not indulge and book Afternoon Tea, set in the splendour of the sixth floor at the Varsity hotel;*

*with floor to ceiling windows, ensuring spectacular views across Cambridge.*

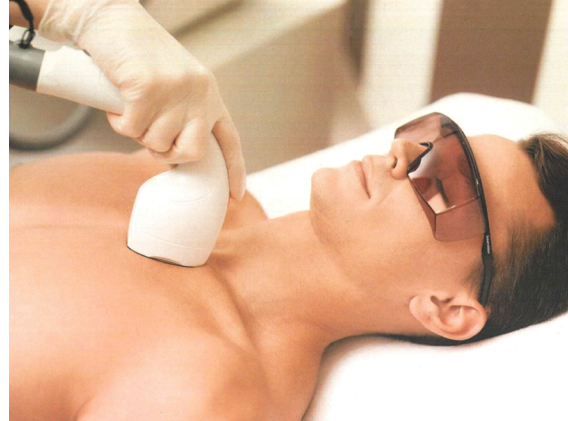
*Available Tuesday to Friday: 12:00-15:00, Saturday & Sunday: 12:00-16:00*

**GIFT VOUCHERS AVAILABLE ONLINE OR FROM OUR FRONT DESK**

Book your Afternoon Tea in our SIX panoramic Bar & Brasserie online at [www.sixcambridge.co.uk](http://www.sixcambridge.co.uk) | Book your Treatments live online 24/7 at [www.theglassworksgym.co.uk](http://www.theglassworksgym.co.uk)

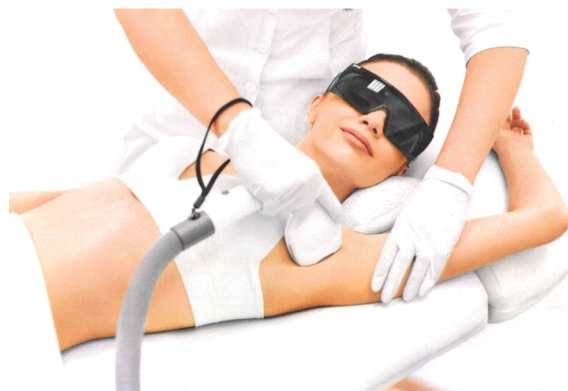
# LASER HAIR REMOVAL

*Laser damages or can destroy the hair follicle root and in most cases lasts several months, even years. Any hair re-growth after this time is lighter and requires fewer treatments as time goes on. Perma-Ice is one of the most technologically advanced laser hair removal system for long lasting and safe hair removal. Perma-Ice is a multiwave length diode laser, providing an enhanced contact cooling system with the benefits of three effective laser wave lengths. You may book your initial consultation where we shall assess what type of treatment you require and perform a patch test. We can take you through the treatment order and the prior and post treatment care required. Any questions you may have relating to the treatment can also be asked.*



Class Leading - Rapid Cooling Handset  
Fast & Effective - Most Skin & Hair Types  
Latest Technology - More Cost Effective

AREA	1 TREATMENT	8 TREATMENTS
EYEBROW	£25	£160
UPPER LIP	£40	£256
CHIN	£40	£256
UPPER LIP + CHIN	£60	£384
FULL FACE	£80	£512
NECK	£60	£384
SHOULDERS	£80	£512
UNDERARM	£60	£384
HALF ARM	£70	£448
FULL ARM	£110	£704
CHEST	£90	£576
ABDOMEN	£80	£512
CHEST + ABDOMEN	£130	£832
UPPER BACK	£90	£576
FULL BACK	£140	£896
BIKINI LINE	£60	£384
BRAZILIAN	£80	£512
HOLLYWOOD	£85	£544
HALF LEG	£110	£704
FULL LEG	£160	£1024
HANDS	£40	£256
FEET	£40	£256



BOOK ONLINE AT [WWW.THEGLASSWORKSGYM.CO.UK](http://WWW.THEGLASSWORKSGYM.CO.UK) OR CALL 01223 305060



# AVEDA HAIR

*Full Spectrum colour is up to 96% naturally derived.*

<b>STYLING</b>	Ladies Cut & Blow Dry	£56
	Mens Cut & Blow Dry	£45
	Blow Dry	£40
	Hair Up ( <i>Per Hour</i> )	£58
<b>HIGHLIGHTS</b>	Full Head Foils	£160
	1/2 Head Foils	£120
	T-Section Foils	£104
	Colour	£20-30
<b>FULL COLOUR</b>	All-over Colour ( <i>Roots &amp; Toner</i> )	£99
	Re-growth Roots	£88
	Ballayage	All by Consultation
	Ombre	£140-£220
	Corrections/Full Change	Depending on process
	Mens Gentle Blending	£42
	Additional Colour	£24
After Colour Toner	£29	
<b>INTENSIVE TREATMENTS</b>	Conditioning Treatments	£12
	Botanical Bond Building	£24

*If you have particularly thick hair, please do let us know.*

*You can 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!

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# SPA PACKAGES

Most of our Spa Packages are third or half day experiences. We recommend allowing 1-2 hours prior to use the Spa - longer if using the well equipped Gym. We provide; Towel, Robe and Slippers for all Spa Packages. You may add additional treatments from the menu to any existing package.

## EXPERIENCE SPA PACKAGES

All the below include 1-2 hours access to the Facilities with; robe, towel & slippers

SOOTHING SPA PACKAGE	20mins Scalp, Neck & Shoulder Massage	£55 (per person)
RENEWAL SPA PACKAGE	Choose either a 30mins Back Massage OR a 30mins Signature Customised Facial	£70 (per person)
QUIET MINDS PACKAGE	50mins combination of a 25mins Back Massage & 25mins Signature Customised Facial	£108 (per person)
FRANGIPANI SPA PACKAGE	Frangipani Body Wrap and a 30mins Signature Customised Facial	£108 (per person)
HEALING TOUCH PACKAGE	50mins Swedish Full body Massage	£112 (per person)

## SPA DAY PACKAGES

All the below include 1-2 hours access to the Facilities with; robe, towel & slippers

TOTAL RELAXATION PACKAGE	80mins Full Body Massage include Face and Scalp	£140 (per person)
SPA ESCAPE PACKAGE	80mins combination of a 40mins back of body Massage & 40mins Customised Facial	£140 (per person)
ABSOLUTE SPA DAY	50mins Full Body Massage & 50mins Expert Touch Facial	£170 (per person)
AGE DEFY SPA DAY	50mins Full Body Massage & 80mins Expert Touch Define Facial	£200 (per person)
INDULGENCE SPA DAY	50mins Full Body Massage, 50mins Expert Touch Facial, Manicure & Pedicure	£240 (per person)

## AFTERNOON TEA SPA DAYS

Includes 1-2 hours access to the Facilities and Afternoon Tea in SIX restaurant. Between 12.00-15.00 Tue-Fri & 12.00-16.00 on Weekends.

RENEWAL AFTERNOON TEA PACKAGE	Choose a 30mins Massage OR a 30mins customised Facial Tue-Fri	£82 / Sat & Sun	£90 (per person)
QUIET MINDS AFTERNOON TEA PACKAGE	50mins combination - 25mins Massage & 25mins Facial Tue-Fri	£120 / Sat & Sun	£128 (per person)
SPA ESCAPE AFTERNOON TEA PACKAGE	80mins combination - 40mins Massage & 40mins Facial Tue-Fri	£152 / Sat & Sun	£160 (per person)

You can upgrade your Afternoon Tea package to a Prosecco or a Champagne Afternoon Tea.

ENJOY YOUR TREATMENTS TOGETHER AS A COUPLE IN ONE OF OUR DEDICATED DOUBLE TREATMENT ROOMS

Subject to availability

Add traditional Afternoon Tea  
Tue-Fri £29.50  
Sat & Sun £36.50  
With panoramic views over Cambridge

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# COMBINATION & MASSAGE TREATMENTS

## TECH FACIAL & MASSAGE COMBINATION

60mins £95      1h40mins £130

## SIGNATURE CUSTOMISED FACIAL & MASSAGE COMBINATION

50mins £88      80mins £128

## REFLEXOLOGY

*Relaxing treatment, focusing on pressure points in the feet.*

50mins £92      80mins £130

## BODY SCRUB

35mins £92

## HOT STONE MASSAGE

*Deep relaxation, using warm stones to ease tension & restore balance.*

30mins £58      50mins £98

## INDIAN HEAD MASSAGE

*Gentle massage and pressure points on the face, neck, shoulders & head, melt away tension.*

40mins £80

## SWEDISH MASSAGE

*The most popular massage style, using long flowing strokes & circular movements, personalised to you.*

30mins £54

50mins £96

80mins £132

## ELEMIS EXPERT TENSION EASE MASSAGE

## AROMATHERAPY MASSAGE

*A relaxing, gentle massage with use of aromatherapy blends to target overall well-being.*

## ELEMIS or AROMATHERAPY MASSAGE (Not suitable during pregnancy)

30mins £56

50mins £96

80mins £134

## DEEP TISSUE/REMEDIAL/SPORTS MASSAGE

*Tailored, hands-on treatments that aid recovery and relieve tension for anyone, not just athletes.*

30mins £56

60mins £98

90mins £140

## MIDWEEK SPA UPGRADES

Upgrading treatments - as detailed - to include up to two hours of spa access is subject to availability and is only available **Monday - Friday**. Speak to one of our dedicated reservation team for more information.

# FACIALS

## **SIGNATURE CUSTOMISED FACIALS** (HANDS ON FACIALS)

30mins **CUSTOMISED** (HANDS ON FACIAL) £44

*Cleanse and exfoliation followed by moisturise. Including a relaxing shoulder and face massage.*

50mins **CUSTOMISED** (HANDS ON FACIAL) £84

*Cleanse, exfoliation, mask and moisturise. Including a relaxing shoulder, face, scalp, hand and arm massage.*

## **ELEMIS EXPERT TOUCH FACIALS** (HANDS ON FACIALS)

*Expert touch facials use advanced formulas and are clinically proven. All include a consultation and facial prescription.*

**Touch Reveal:** *Resurface, Smooth & Glow. Minimise pores and uneven texture leaving smoother, glowing skin.*

**Touch Nourish:** *Cleanse, Rebalance & Revive. Triple cleansing leaves skin radiant, nourished and balanced.*

**Touch Renew:** *Hydrate, Lift & Firm. Reduce lines and firm up with skin lifting and supreme hydration.*

30mins **EXPERT TOUCH** (HANDS ON FACIAL) £50

50mins **EXPERT TOUCH** (HANDS ON FACIAL) £90

## **ELEMIS EXPERT TOUCH DEFINE FACIAL** (HANDS ON FACIALS)

*The Ultimate facial experience. This innovative facial captures the power of clinically proven Intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.*

80mins **EXPERT TOUCH DEFINE FACIAL** (HANDS ON FACIAL) £128

## **ELEMIS EXPERT TECH FACIALS** (TECH THERAPY)

*Aesthetic Tech, Expert Touch and professional strength serums deliver transformative results.*

**Expert Tech Radiance Revive:** *Rebalance, Nourish & Glow. Revive tired skin with Ultrasonic Peel, Oxygen & Galvanic Tech.*

**Expert Tech Lift & Rejuvenate:** *Renew, Plump & Tone. Restore your skin with Microcurrent, Ultrasonic & Oxygen Tech.*

**Expert Tech Smooth & Polish:** *Reset, Resurface & Brighten. Rest uneven skin tone with Ultrasonic Peel, LED light & Galvanic.*

30mins **EXPERTTECH** (TECH FACIAL) £55

60mins **EXPERT TECH** (TECH FACIAL) £95

## **ELEMIS ULTRA SMART SCULPT & FIRM FACIAL** (TECH THERAPY)

*Our Ultimate treatment. This multi-faceted facial is customised to target your skins needs using all BIOTEC technologies for a transformative experience like no other. (Your complexion will be left revitalised, strengthened and defined).*

80mins **ULTRA SMART SCULPT & FIRM** (TECH FACIAL) £135



# NAIL TREATMENTS

## MANICURE TREATMENTS

*Manicures include shape, cuticle work, massage and colour application.*

Manicure (Regular polish) £50

Gel Manicure £55

Gel Manicure (With removal) £55

*We can only remove gel polish.*

Express Manicure £45

*Shape, cuticle work and massage. No polish.*

## PEDICURE TREATMENTS

*Pedicures include soak, hard skin removal, shape, cuticle work, massage and colour application.*

Pedicure (Regular polish) £50

Gel Pedicure £55

Gel Pedicure (With removal) £55

*We can only remove gel polish.*

Express Pedicure £45

*Soak, hard skin removal, shape, cuticle work and massage. No polish.*

# JUNIOR SPA TREATMENTS

*Suitable for under 16's (Not permitted in the Gym or Spa areas).*

## CHILDRENS NAIL TREATMENTS

Mini Nail Treatment £28 (per person)

*Shape, polish and hand massage.*

*Any age with an adult present.*

*Bring a friend or up to 3 friends for a nail party!*

## CHILDRENS FACIALS AND MESSAGES

*An adult must be present in the room - ideally joining them for their own treat!*

Mini Facial £38 (per person)

*A cleanse and exfoliation, followed by moisturise and mini face massage.*

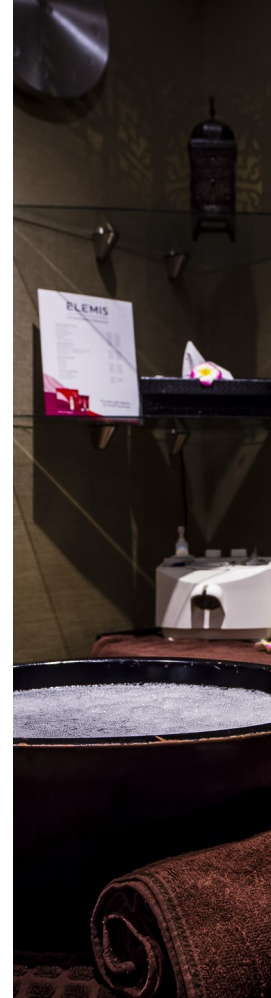
Mini Massage £38 (per person)

*A 20 minute scalp, hands and arm massage.*

## TREAT YOURSELF

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

[www.sixcambridge.co.uk](http://www.sixcambridge.co.uk)





# PREGNANCY TREATMENTS

*Suitable from the first weeks of pregnancy but most beneficial from 18 weeks onwards.  
We do not advise use of the spa whilst pregnant.*

## EXPERT PEACEFUL PREGNANCY MASSAGE

*This Tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.*

30mins PEACEFUL PREGNANCY (MASSAGE)

£56

60mins PEACEFUL PREGNANCY (MASSAGE)

£98

## PREGNANCY COMBINATIONS

*Selected treatment combinations that are most suited to a mother-to-be.  
From Facials and Massage to Nails, drainage and foot treatments. You deserve it!*

TREAT YOUR FEET PREGNANCY (COMBINATION)

£70

50mins *Classic Foot soak, exfoliation with a Massage to lower legs and feet.*

NURTURING PREGNANCY (COMBINATION)

£110

80mins *Classic Foot soak, exfoliation with a Massage to lower legs and feet and 30-minute facial.*

PREGNANCY PREP (COMBINATION)

£180

2h30mins *A 60 minute Pregnancy Massage, A 30 minute Touch Facial and a Pedicure.*

## ELEMIS PREGNANCY FACIALS

*Touch Nourish Facial: Cleanse, Rebalance & Revive.  
Triple cleansing leaves skin radiant, nourished and balanced.  
Adapted to be safe during pregnancy.*

60mins PREGNANCY (TOUCH FACIAL)

£98

GIFT  
VOUCHERS  
AVAILABLE  
ONLINE OR  
FROM OUR  
FRONT DESK



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.

# WAXING

*We use hot wax & PhD applicator wax.*

## FACE & BODY (Men or Women)

Underarm	£25
Forearm	£25
Full Arm	£32
1/2 Leg	£32
Full Leg	£44
Nose or Ears	£18
Nose & Ears	£22
Back & Shoulders	£38
Chest or Stomach	£24
Chest & Stomach	£38

## INTIMATE WAXING (Women only)

Bikini	£30
Extended Bikini	£33
Brazilian/Hollywood	£48

## COMBINATIONS

1/2 Leg & Bikini	£54
1/2 Leg & Brazilian/Hollywood	£60
Full Leg & Bikini	£62
Full Leg & Brazilian/Hollywood	£68

Combo 1 <i>Bikini, 1/2 leg &amp; underarm wax</i>	£84
Combo 2 <i>Bikini, 1/2 leg &amp; any face wax</i>	£75
Facial Combo <i>Eye brow, lip &amp; chin</i>	£35
Chest, Stomach, Back & Shoulders	£54

# EYE TREATMENTS

*Tint patch test required 24 hours prior to 1st appointment.*

Eye brow Tint	£15
Eye brow Shape	£18
Eye lash Tint	£20
Eye brow Shape & Tint	£23
Eye lash & Eye brow Tint	£30
Eye lash & Eye brow Shape & Tint	£43
Upper Lip	£18
Chin	£18
Lip & Chin	£25

## LASH LIFT

*Includes a complimentary tint.*

Enhance your natural beauty with a lash lift and tint.	£60
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## 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. You can also upgrade selected treatments Monday to Friday to include access to spa (subject to availability). We provide you with a robe, towel, and sandals. Alcohol is not permitted in the Spa.

## PARKING





We are located 100metres from Park Street car park, with good bus and Park & Ride connections. 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

-  @glassworksgym
-  @theglassworksgym
-  @theglassworksgym
-  The Glassworks Health Club

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

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

01223 305060

WWW.THEGLASSWORKSGYM.CO.UK

