

TREATMENT MENU

www.iconbeautycumbria.com



Main Site: 01228 523412




WELCOME

Icon Beauty has been established since 2005. Owner Marie has a passion for all aspects of beauty and prides herself on the continued growth of the brand. All the team attend regular training courses to keep up to date with the latest beauty trends and we are proud to have such a high standard of professional holistic/beauty therapists that work along side Marie at Icon.

To become associated with the Sharrow Bay Hotel is a dream come true, it's our promise that the unique experience you have at your time in the award winning hotel will only be enhanced by enjoying one of our treatments in the comfort of your own room.

PLEASE NOTE:

Health Questionnaire will be asked on time of booking and signed paperwork will be required on arrival. This is to prevent any disappointment if the therapist is unable to carry out the treatment due to a contra indication. Please be aware this is for insurance purposes and we will do our utmost to make alternative treatment suggestions.



REN BESPOKE BODY TREATMENTS

REN
CLEAN SKINCARE

The REN SPA body treatments are a unique source of energy and equilibrium that leave the skin toned and radiant. Created by our shiatsu and naturopathy specialist, the treatments include ancestral traditions of Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology techniques.

REN BESPOKE BODY MASSAGE

TREATMENT TIME 1 HOUR £80.00

An indulgent massage taking influence from Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology, it will relieve tension to leave you feeling recuperated, energised and worry-free.

HOT STONE MASSAGE

TREATMENT TIME 30 MINS* £45.00

TREATMENT TIME 1 HOUR £85.00

Our treatment works by using different sized heated volcanic stones. The therapist will select, then place and massage the parts of the body thus promoting a relaxed state it allows a deeper massage working the muscles and alleviating stress, also helping relieve aches and pains. A great treatment for everyone but those who suffer from back pain, stress, anxiety, insomnia and depression will benefit greatly.

DEEP TISSUE MASSAGE

TREATMENT TIME 30 MINS* £45.00

TREATMENT TIME 1 HOUR £85.00

This massage is designed to relieve severe tension in the muscle and the connective tissue. Recommended for individuals who experience constant pain, are involved in heavy physical activity or have suffered an injury. Please note: therapist Marie often has a waiting list for this treatment, booking in advance is advisable.

REN BACK TO LIFE*

TREATMENT TIME 30 MINS £45.00

A back, neck and shoulder massage using Japanese acupressure and Swedish massage techniques. This massage will bring you 'back to life', restoring your inner balance.

REN HEAD IN THE CLOUDS*

TREATMENT TIME 30 MINS £45.00

Melt every bit of tension away with this truly amazing Indian Head inspired scalp, neck and shoulder massage leaving you with your 'head in the clouds'.

* Please note: only available in conjunction with another treatment.

REN BESPOKE FACIAL TREATMENTS

REN
CLEAN SKINCARE

REN RENEW

An advanced anti-ageing facial designed to plump, renew and revitalise wise experienced skin. For the first signs of ageing to mature skin.

75 MINS

£90.00

REN RADIANCE

A brightening facial designed to resurface, renew and re-energise tired, dull and stressed skin. For all skin types.

75 MINS

£90.00

REN BESPOKE

An energising radiance boosting facial, designed to enhance naturally happy, healthy skin. For all skin types.

60 MINS

£75.00

REN BOOST*

A quick and instant firming, lifting and radiance boosting facial.

20 MINS

£30.00

REN EXPRESS*

A purifying, hydrating facial for maximum results in minimum time.

30 MINS

£40.00

REN EYES*

Revive and restore the sparkle in your eyes with this anti-aging, cooling, and calming treatment.

30 MINS

£30.00

* Please note: only available in conjunction with another treatment.

ESSENTIAL MAINTENANCE

Icon can provide other treatments such as: threading, waxing, tanning, lash tinting, lash flares and extensions.

*Please note: 24hr patch/glue test required.

Please ask for more information at reception.

BARRIE MARK

PERSONAL TRAINING

Visiting Personal Trainer Barrie Mark is also available, please ask Icon for more details.

PICK AND MIX

1 HOUR 15 MINS

£95.00PP

This has become a favorite in our salons. Choose from the 3 sections of the treatments below and create your own package and add on.

30 MINUTE REN FACIAL

Please choose from the full list of named facials for your personal choice.

30 MINUTE BACK MESSAGES

Deep tissue, sport, relaxing, remedial, aromatherapy, Swedish.

ADD ON:

Feet As They Should Be
Hands As They Should Be
Indian Head Massage

CRYSTAL CLEAR FACIAL

MICRODERMABRASION

"Instant beautiful rejuvenated skin can be yours with Crystal Clear". Crystal clear micro dermabrasion, the treatment allows you to treat lines, wrinkles, dehydrated skin, skin laxity, acne scarring congestion, sun damaged skin, using a controlled method of skin resurfacing, by gently exfoliating the outer layers of skin.

1 HOUR DELUXE FACIAL

£85.00

30 MINS EXPRESS FACIAL*

£55.00

* Please note: only available in conjunction with another treatment.

PAMPER PACKAGES

COUPLES MASSAGE

£140.00

1 HOUR

Lay side by side as you are treated to a wonderful soothing massage complete with aromatherapy oils and candles.

SOME ME TIME (1 PERSON)

£170.00

2 HOURS 30 MINS

ALWAYS BY MY SIDE (2 PEOPLE)

£300.00

3 HOURS

Experience 2 hours of uninterrupted bliss, treat yourself to a Warm Oil Body Massage (hot stones optional, add £10.00) easing away the stiffness and tension out of your muscles. Then indulge in a 90 minute customised facial, addressing any concerns you may have, with the extended facial massage this includes neck and scalp massage, then drift away whilst you have a 30 minute hand and foot massage.

WALKERS ESSENTIAL

£80.00

1 HOUR

(INCLUDING FOOT SALT SCRUB TREATMENT)

Once you have returned from discovering our beautiful Lake District... This treatment is a must! For the hour we work on your legs and feet to bring them back to life and ready for your next adventure.

TRIOLOGY FACIALS *trilogy*

1 HOUR SKIN CALMING FACIAL £75.00

Nurtures and naturally fortifies your skin, reducing signs of inflammation and redness. Nurturing plant oils soothe and calm sensitivities, leaving skin protected, nourished and radiant.

1 HOUR SKIN RESCUE FACIAL £75.00

Brings life and vitality to skin in need of a rejuvenating boost. This stimulating treatment helps minimise the appearance of pores whilst naturally firming and plumping skin. The perfect facial for a skin pick-me-up.

1 HOUR SKIN CLARITY FACIAL £75.00

Uses specialist preparations to help deeply cleanse, regulate and restore balance to your skin, leaving it refreshed, refined and revitalised at every level.

1 HOUR YOUTHFUL BOOST FACIAL £75.00

Nurtures, strengthens and hydrates skin, minimising the appearance of fine lines and wrinkles, restoring a youthful appearance to your skin.

1 HOUR HYDRATION BOOST FACIAL £75.00

Richly nourishes and hydrates your skin. Moisture-boosting products containing natural oils and special plant extracts deeply hydrate, making this the perfect facial for dry or sensitive skin.

TREAT A LOVED ONE WITH A GIFT VOUCHER FOR ANY OF OUR DIVINE TREATMENTS

Ask a member of staff for further information.

We can post vouchers out to you and take payment over the phone. Please take into account the postal service charge and delivery time.



'BEAUTY TIPS'

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you'll find one at the end of each of your arms.

As you grow older you will discover that you have two hands, one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman must be seen from her eyes, because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not a facial mode, but the true beauty of a woman is reflected in her soul.

It is the caring that she lovingly gives the passion that she shows.

The beauty of a woman grows with the passing years.

Audrey Hepburn.



EST. 2005

www.iconbeautycumbria.com