

# ORB *retreat*

UPPINGHAM

Multi-award winning salon specialising in massage treatments, facials and ultimate relaxation. Whether it's a maintenance pick-me-up, or an indulgent spa afternoon, you'll find peace and restoration at ORB Retreat, in the heart of Rutland.



Our motto is that 'You can't serve from an empty vessel'. Taking time out from busy schedules and everyday life, to restore from the outside in. Giving something back to yourself should be a necessity and we strive to provide the perfect haven. Throughout our stunning treatments we use a range of products, majority of which are formulated and blended by Lottie, Salon Owner and Founder.



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# Retreat

Our Relaxation Retreat area is ready for you to enjoy spa-like afternoons. Perfect for couples, mothers and daughters, and friends. Accommodating 2-4 people, you'll have exclusive use of our Relaxation Retreat area which is equipped with indulgent soak bowls (for the feet), unlimited luxury coffees, teas and hot chocolates, a choice of award-winning treatments, and even the add-on option of an afternoon tea, tapas or brunch from a local Uppingham caterer from just £9 per person. There are three different retreat packages to choose from, all of which are also available in voucher form.

## **The Deep Peace Package**

Includes the choice of one of the following treatments:

**Nature Boost Facial**

**Age Reversing Rose Facial**

**Purify and Glow (Back Scrub and Massage)**

**Deep Peace and Stress Relief Massage**

**Signature Organic Pedicure**

£65 pp

## The Divine Pick-Me-Up Package

Includes a choice of two of the following treatments:

**Back to Basics Facial**

**Back, Neck and Shoulder Massage**

**Holistic Head Massage**

**Gel File & Polish on Hands**

**Gel File & Polish on Toes**

**Mini-cure**

£79 pp



## The Simply Classic Package

Includes the choice of one of the following treatments:

**Back, Neck & Shoulder Massage**

**Back to Basics Facial**

**Holistic Head Massage**

£45 pp

# Facials

## **Signature Facial** 75 mins

Graduate Therapist £71 Beauty Therapist £77 Senior Therapist £87

Our most popular and signature facial is specially devised to enrich both your mind and skin. A nourishing treatment that transports you to complete serenity. Starting with an acupressure massage to the back of your body, relaxing your entirety and balancing the body's energies. Your therapist will continue to deep cleanse and exfoliate the upper back, neck, face and décolleté using only organic skincare products, specifically selected for your individual skin type. Our experienced therapists will then perform a detailed facial massage, followed by a revitalising mask to restore the skin's natural balance. Whilst the mask works its magic, you will be treated to a relaxing hand and arm massage. A truly divine experience that will leave you glowing and restored in both mind and body!

## **Gua Sha Facial** 50 mins

Graduate Therapist £58 Senior Therapist £67

Pronounced 'gwa sha', this technique is the 'coolest' facial around and the only of its kind in Rutland. Suitable for all skin types, this traditional Chinese technique has been used for centuries to improve a multitude of skin complaints from acne to fine lines and wrinkles, and can considerably improve the facial contour. It's deeply uplifting with instant and glowing results! A hand and arm massage is also included to encourage ultimate relaxation.

Upgrade to include ice globes, that will leave you even more boosted and glowing, with any facial treatment! £5

## Nature Boost Facial 50 mins

Graduate Therapist £47 Beauty Therapist £54 Senior Therapist £60

A personalised and deeply relaxing treatment. Beginning with an active consultation and detailed assessment of your skin before products are carefully selected to cleanse, tone, exfoliate, hydrate, balance and boost your glow. A glorious facial massage is included, and your treatment completed with both a hand and scalp massage. A truly restoring and remedial treatment for all skin types.

## Age Reversing Rose Facial 50 mins

Graduate Therapist £53 Beauty Therapist £58 Senior Therapist £63

Pamper your skin with the many benefits of rose's calming and repairing properties. A rich and effective treatment which will deeply cleanse, exfoliate, hydrate and lift your skin. Leaving you with a radiant and youthful complexion, complimenting a balanced state of mind. We include cooling rose quartz facial rollers into our lifting facial massage to naturally banish puffiness, fine lines and areas of redness. A hand and scalp massage completes your facial treatment experience.



“ No matter the extent of treatment, from the smallest to the most extravagant, you make the client feel that she is the centre of the equation. ”

- Gail

“ Truly delightful with the right blend of professionalism and informality. ”

- Richard





## Head to Toe ORBit Ritual 90 mins

Graduate Therapist £93.50 Beauty Therapist £100 Senior Therapist £110

Indulge your senses in the ultimate treatment, encompassing the entire body. Beginning with a herbal tea to compliment your experience, allow yourself to unwind as we begin a vitality natural foot soak and scrub before being treated to an acupressure massage to the back of the body and back 'facial'. We go on to treat your face, neck and décolleté to a deep cleansing and nourishing facial with our beautiful Organic Ritual Beauty products, all tailored to suit your unique skin type. A luxury hand, foot and scalp massage concludes your restoring therapy that will have balanced your entire body and being.

## Back to Basics 20 mins

Graduate Therapist £28 Beauty Therapist £32 Senior Therapist £36

A swift and classic pick-me-up for your skin. The back to basics facial is an excellent introduction to organic skincare. Treat yourself to a luxurious blend of natural ingredients, tailored specifically by our therapists to meet and promote your skin's needs. A delightful boost to your skincare routine and a blissful way to relax and unwind.

## Radiant Eyes Ritual 15 mins

Graduate Therapist £14.50 Beauty Therapist £15.50 Senior Therapist £17.50

The ultimate revitalising, anti-ageing eye treatment that can be enjoyed as a stand-alone pick-me-up to awaken and brighten eyes, or simply added to one of our longer facial experiences. Delicate lifting and soothing movements are used to apply the divine Organic Ritual Beauty Super Serum, to plump and firm the area. Cooling rose-quartz crystals are then used to reduce dark circles and puffiness and leave you feeling fresh faced, bright eyed and glowing.

# Body Treatments

## **Reverse Ritual** 60 mins

Graduate Therapist £62 Beauty Therapist £67 Senior Therapist £75

The perfect release for those that hold stresses and tensions in the reverse of the body. Using our gently blended Organic Ritual Beauty Lemongrass and Rosemary Oil, this treatment focuses on the reverse of the frame, easing and balancing aches and tensions in key areas. We deeply and expertly massage the back of the legs, feet, back, neck and shoulders, including a range of techniques from both Eastern and Western inspirations. Leaving you feeling lengthened, supple and eased in body, and calm in mind. (Please don't wear your best underwear for this treatment, in case of contact with oil!)

## **Deep Peace & Stress Relief** 50 mins

Graduate Therapist £51 Beauty Therapist £56 Senior Therapist £61

An unwinding and tension relieving treatment for both the soul and frame. Our therapists blend powerful massage movements from both the East and West, in order to ease physical aches and calm the mind. Our delightful organic Hibernata Oil is used, offering notes of soothing frankincense, lavender and geranium, to help you escape from the stresses of everyday life. This massage includes the back, neck, shoulders and scalp.

## **Rest & Restore** 90 mins

Graduate Therapist £86 Beauty Therapist £91 Senior Therapist £110

An in-depth and indulgent full body treatment beginning with a facial cleanse and hot mitt foot cleanse. Your scalp is massaged, with or without oil, followed by the face and décolleté, before we move onto the arms and hands, legs and feet. Releasing knots of tension and soothing aches and pains, as we move around the body. The back of your legs and an exact back, neck and shoulder massage is also included, leaving no knots or areas of tension lingering, and the mind calmed. All using your choice of organic, pre-blended aromatherapy oil.

## **Purify & Glow** 50 mins

Graduate Therapist £49.95 Beauty Therapist £55 Senior Therapist £60

An organic scrub perfectly balanced with essential oils, polishes your back, neck and shoulders to clear away any dead skins cells and congestion in those hard-to-reach areas. The exfoliant is removed and a deep and powerful Lemongrass massage nourishes and detoxifies the often-neglected skin. You'll feel balanced, uplifted and revived, with silky-smooth skin, as tensions are eased and impurities lifted.

## **Holistic Head Massage** 35 mins

Graduate Therapist £36 Beauty Therapist £40 Senior Therapist £45

Inspired by the traditional Ayurvedic Indian head massage, this is a holistic and balancing massage to your upper back, arms and hands, shoulders, neck, scalp and face. This beautifully relaxing treatment focusses on well-being and is designed to release stress and tensions in your mind and shoulders.

## **Pregnancy Peace Massage** 45 mins

Senior Therapist £55

Our pregnancy massage experts focus on the back, neck and shoulders for all mums-to-be over 12 weeks of their pregnancy. Using our deeply relaxing Hibernate Oil, or our ache-easing Awaken oil, you are lulled into a place of calm whilst aches, pains, stresses and strains are melted away from the areas that need it most as the body changes. Sensitive, intuitive and pregnancy specific massage techniques are used, connecting you with your baby and body, leaving you feeling restored and revived.

## **Hopi Ear Candling With Sinus & Scalp Massage** 40 mins

Graduate Therapist £41 Beauty Therapist £45 Senior Therapist £50

The perfect treatment to decongest and rebalance ear and sinus pressure, completed with a vitally calming sinus drainage massage and scalp massage. This holistic treatment is both heavenly and energy balancing at any time, but particularly beneficial after winter colds, or to ease hayfever symptoms.

## **Ultimate Back, Neck & Shoulder Massage**

30 mins- Graduate Therapist £36 Beauty Therapist £40 Senior Therapist £46

45 mins- Graduate Therapist £46 Beauty Therapist £51 Senior Therapist £56

Upgrade your back massage with deeply relaxing hot stones £7.50

Our therapists tailor the massage to your individual needs. Starting with a consultation, we will establish your preferred massage pressure, any particular areas of tension or concern, and offer you the choice of two indulgent, organic massage oil scents. We combine powerful body massage techniques and influences, from both the East and West, in order to leave you feeling balanced and revived in both mind and body.



“Serenity surrounds you when you walk through the door and stays with you for hours afterwards. This retreat is my absolute favourite place for a little bit of me time - whether I deserve it or not!”

- Heidi

# Hands and Feet

## **Signature Organic Manicure** 60 mins (Gel Finish)

Graduate Therapist £49.50 Beauty Therapist £54 Senior Therapist £58

Revel in the pampering and nutritional benefits of our signature manicure. Treat your hands to an indulgent Himalayan Crystal and Dead Sea Mineral soak, followed by an organic hand scrub. A balm or lotion is applied and palms massaged to release the aches, pains and tension from overworked hands. Cuticles are tidied, nails groomed, all topped off with a gel polish colour of your choice. This unique treatment brings you closer to nature and leaves your hands feeling rejuvenated, relieved and soothed.

## **Signature Organic Pedicure** 60 mins (Gel Finish)

Graduate Therapist £57 Beauty Therapist £61 Senior Therapist £67

We introduce your overworked feet to heated mitts and begin your treatment by immersing them into a luxurious Himalayan Crystal soak, to soften and warm. You will then embark in a divine organic scrub, followed by a stimulating foot and lower leg massage to revive tired, fatigued feet. Nail and cuticle work is also included, along with hard skin removal and a gel polish colour of your choice. You will be left feeling uplifted and revitalised, your feet and lower legs soft, supple and soothed!

## **Gel File & Polish** 45 mins

Graduate Therapist £30 Beauty Therapist £32 Senior Therapist £37

Nail shape and application of long-lasting gel polish, giving you beautiful manicured nails for up to 3 weeks, and much longer on toes!

## **Gel Removal & Reapplication** 75 mins

Graduate Therapist £40 Beauty Therapist £46 Senior Therapist £51

A gentle, professional removal of existing gel polish followed by thorough shaping and tidying of the nail plate. We care for the nail, ensuring it's health, before reapplying a gel polish colour of your choice.

## **Mini-icure** 20 mins

Graduate Therapist £23 Beauty Therapist £27 Senior Therapist £32

A total treat for busy hands; enter into a hot mitt welcome, tidy of the nails and cuticles, nourishing them with our indulgent Organic Botanicals products. We work to release tension in over-worked hands, leaving them refreshed, smart and revived.

## **Gel Polish Removal** 30 mins

Graduate Therapist £10 Beauty Therapist £12 Senior Therapist £15

## **Gel File and Polish with Builder Gel on Hands**

Graduate Therapist £38 Beauty Therapist £43 Senior Therapist £47



# Waxing & Tinting

	Graduate Therapist	Beauty Therapist	Senior Therapist
Half Leg	£18.75	£22.00	£27.00
Three Quarter Leg	£24.00	£27.00	£31.00
Full Leg	£27.50	£32.00	£37.00
Standard Bikini	£11.75	£14.00	£17.00
Extended Bikini	£14.50	£17.00	£19.75
Brazilian		£34.00	£41.00
Hollywood		£37.00	£44.00
Upper Lip	£8.00	£9.00	£10.00
Chin	£8.50	£9.00	£10.00
Underarm	£11.50	£14.00	£17.00
Forearm	£16.50	£18.00	£21.00
Back or Chest Wax	£26.50	£30.00	£35.00
Eyebrow Shape	£10.75	£13.00	£15.50



## **Eyebrow Tint** 15 mins

Graduate Therapist £10.50 Beauty Therapist £12.50 Senior Therapist £15

Adding definition to your brows, an eyebrow tint frames the eyes and reduces the need for make up. We tailor the shade to you. They gradually fade and we recommend a top up every three to five weeks.

## **Eyebrow Shape & Tint** 20 mins

Graduate Therapist £19.75 Beauty Therapist £25 Senior Therapist £28

## **Eyelash Tint** 20-30 mins

Graduate Therapist £17.50 Beauty Therapist £21 Senior Therapist £25

We darken the lashes to raven black, giving definition and reducing the need for mascara, or to a more natural brown tone. Whilst the tint develops, you are always treated to a deep hand massage whilst you relax in our space.

Please note, a patch test is required 24 hours before your first tinting treatment with us. We also need to re-patch test if you have had any medical changes including your first, second or booster covid vaccination, having suffered with covid itself, or if you have not had a treatment with us for over six months.



Throughout your treatments we will be using Organic Ritual Beauty Products, from oils to cleansers, toners to candles. All our team are on hand to help advise and support you if you would like to purchase any products, to continue your retreat at home. All of the Organic Ritual Beauty products are available from the ORB Retreat and online, [www.organicritualbeauty.co.uk](http://www.organicritualbeauty.co.uk)

# Appointments

If you are running 10 minutes late or more, please be aware that we may not be able to complete your full treatment as it may interrupt other bookings and in some cases, we may need to reschedule your ORB Retreat experience. You may still be charged for the altered or missed appointment, due to our loss of time. Please kindly note that if you are unable to keep your appointment, or need to reschedule, we appreciate at least 48 hours notice to avoid a charge of 50% of your appointment being applied, and 75% with less than 24 hours notice of appointment changes.

Fancy the silent treatment?

Sometimes clients love to chat, and on other occasions you may prefer total silence and relaxation. We always follow our clients lead, and remain quiet in relaxation treatments, but if you would particularly like your treatment to be enjoyed in silence, except for your consultation, please simply request the silent treatment upon booking or on arrival.

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