

The *Green* Rooms

BEST WESTERN PLUS

Castle Green Hotel

Beauty and Holistic Treatments





‘There are times when we stop, we sit still.
We listen and breezes from a whole other world begin to whisper.’

Welcome to

The Green Rooms

AROMATHERAPY ASSOCIATES

ESSENTIAL WISDOM. ESSENTIAL OILS.

Applying the traditional principles of aromatherapy massage, Aromatherapy Associates use a unique pressure point massage technique that targets the nervous system to restore health and vitality.

Carefully selected natural ingredients are combined to produce a distinctive blend of essential oils designed to enhance the state of physical and emotional wellbeing and bring you an aromatherapy experience that's as effective as it is luxurious.

AROMATHERAPY ASSOCIATES MASSAGE TREATMENTS

THE ULTIMATE AROMATHERAPY EXPERIENCE

Full Body	P M	55 mins	£50
Back Neck and Shoulders		25 mins	£32

■ RELAX

■ DESTRESS

■ REVIVE

■ SUPPORT

■ ENRICH

■ RENEW

Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation leaving you feeling deeply relaxed and re-charged.

■ INTENSIVE MUSCLE RELEASE

Full Body	M	55 mins	£50
Back Neck and Shoulders		25 mins	£32

An intensive massage that works deep into tight, aching muscles, to instantly release pain and tension.



LAVASHELLS®

Using ethically sourced, 100% natural Tiger Clam shells from the Philippines, these deep, healing and wonderfully soothing massages combine the heat and smoothness of the Lava Shells with innovative massage techniques to induce a feeling of calm relaxation and give you a seriously stress-busting experience.

■ HOT LAVA SHELL RELAX MASSAGE

M

60 mins

£55

The shells are worked over palms, arms, neck, legs, feet, back and shoulders to release tension, muscle knots and stress.

■ HOT LAVA SHELL BACK MASSAGE

M

30 mins

£35

A relaxing bespoke back, neck and shoulder massage to ease tension and stress.

■ HOT LAVA SHELL BACK AND LEGS MASSAGE

M

45 mins

£45

A back, neck, shoulder and back of legs massage targeting those areas that bear the most stress.

AROMATHERAPY ASSOCIATES FACIAL TREATMENTS

■ ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

P 55 mins **£50**
25 mins **£30**

A bespoke facial, designed to suit your individual needs to restore and recondition the skin, leaving the complexion smooth and luminous.

■ AGE REPAIR FACIAL

P 70 mins **£55**

An intensive treatment for ageing skin includes a unique dual layering of hydrating and repair masks, with specific lifting and firming massage.

■ ESSENTIAL ROSE FACIAL

P 55 mins **£50**

Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

■ SKIN SOLUTIONS FACIAL

P 55 mins **£50**

This treatment regulates problem skin, leaving the complexion instantly bright and radiant.

■ SOOTHING FACIAL

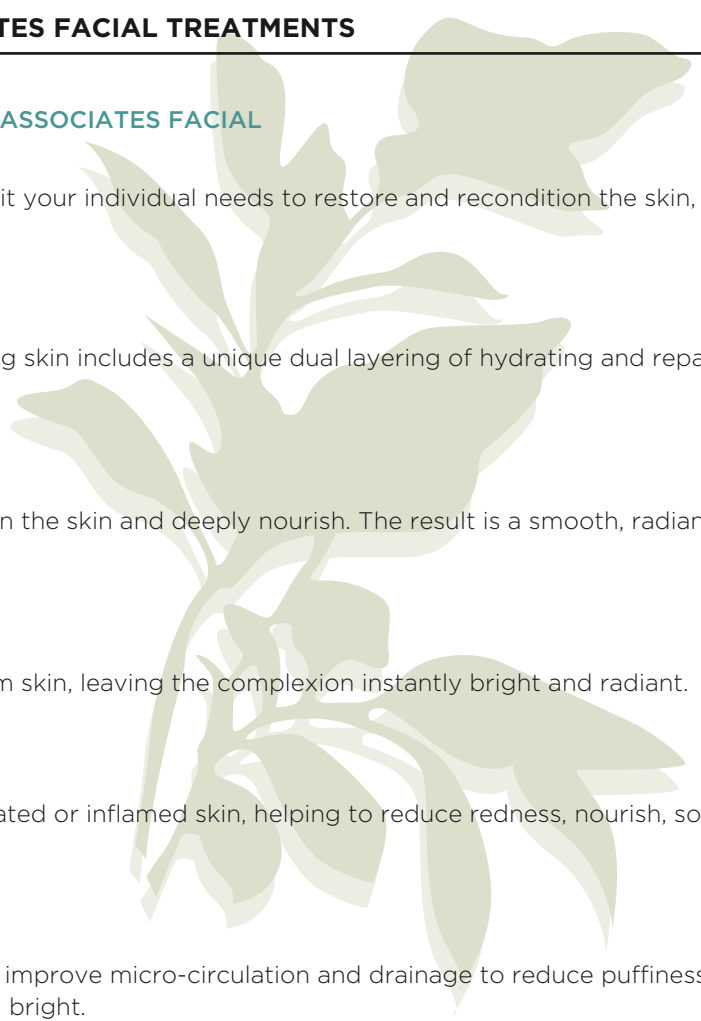
P 55 mins **£50**

A calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe and restore the skin's natural radiance.

■ INSTANT EYE REPAIR

P 25 mins **£30**

Specialised massage techniques improve micro-circulation and drainage to reduce puffiness, whilst natural plant extracts and oils leave the eyes fresh and bright.



AROMATHERAPY ASSOCIATES SCRUB AND WRAP TREATMENTS

With an all over body exfoliation and application of hydrating gels, nourishing oils and moisturising creams, the body is gently enveloped and attention given to scalp, face or foot reflexes to complement the specific effects of each treatment.

■ INTENSE NOURISHMENT

55 mins **£55**

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

■ ROSE HYDRATOR

P 55 mins **£55**

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth.

■ DETOX AND REVIVE

55 mins **£55**

Perfect for times of over-indulgence or when you're just feeling run down, zesty citrus oils combine to leave you feeling invigorated and full of energy.

■ PERFECT BACK

M 25 mins **£30**

Designed for backs prone to blemishes and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless.

■ BESPOKE SKIN POLISH

40 mins **£38**

A whole body and face exfoliation and the layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.



CRYSTAL CLEAR MICRODERMABRASION

Microdermabrasion provides immediate and visible results for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemishes, acne scars and so much more, by gently exfoliating the outer layers of skin.

You'll see the difference after just one treatment and with regular treatments, the skin increases its collagen and elastin formation, improving tone and giving you a naturally firmer and rejuvenated appearance.

■ SINGLE TREATMENT	M	45 mins	£49
■ COURSE OF 6 TREATMENTS			£255
■ COURSE OF 10 TREATMENTS			£375



The ultimate mud treatment for super radiant skin, the award winning GLAMGLOW is one of the hottest brands in skincare. GLAMGLOW's range of mud treatments deliver both instant and cumulative results - whatever your skin type and leave you with flawless skin and a glowing complexion.

GLAMGLOW MUD TREATMENTS

■ GLAMTASTIC FACIAL	P M	25 mins 55 mins	£30 £50	
■ POWERMUD	■ THIRSTYMUD	■ YOUTHMUD	■ SUPERMUD	■ BRIGHTMUD

The Refinery



AROMATHERAPY ASSOCIATES “THE REFINERY” ~ FOR MEN

Extensive research and development has resulted in a new and improved, pioneering collection, specifically formulated **for men** and their skincare needs.

The Refinery Skincare Collection combines cutting edge technology with the force of the finest quality ingredients and highly concentrated essential oils and plant extracts.

The products leave the skin clean, clear and invigorated.

■ THE REFINERY ULTIMATE FACE AND BODY TREATMENT

M

85 mins

£70

Begin with a back cleanse and exfoliation that refreshes the skin, then enjoy a stress relieving back massage and therapeutic scalp massage to pinpoint areas of tension. Finally enjoy a deep cleansing facial to leave your skin bright, supple and refreshed.

■ THE REFINERY ESSENTIAL FACIAL

M

25 mins

£30

55 mins

£50

When time is short and you need to look your best, this deep cleansing and brightening facial, will leave your skin looking clean and luminous.

THE GREEN ROOMS HAND TREATMENTS

■ SHAPE AND PAINT	30 mins	£15
The nail shape is perfected and your choice of colour is applied.		
■ MINI MANICURE	45 mins	£23
The nail shape is perfected, cuticles are cared for and your choice of colour is applied.		
■ MANICURE	60 mins	£29
Hands are exfoliated and massaged, cuticles are cared for, the nail shape is perfected and colour is applied for a beautiful finish.		
■ DELUXE MANICURE	75 mins	£35
Our manicure treatment with the application of heated mittens to allow deeper penetration of oils and creams to leave your hands feeling softer and smoother.		

THE GREEN ROOMS FOOT TREATMENTS

■ SHAPE AND PAINT	30 mins	£15
The nail shape is perfected and your choice of colour is applied.		
■ MINI PEDICURE	45 mins	£26
Hard skin is removed, the nail shape is perfected, cuticles are cared for and your choice of colour is applied.		
■ PEDICURE	60 mins	£33
Feet are exfoliated and hard skin removed, then massaged. Cuticles are treated, the nail shape is perfected and colour is applied.		
■ DELUXE PEDICURE	75 mins	£38
Our pedicure combined with a complete lower leg and foot treatment and the application of either a peppermint cooling mask, or heated booties to allow deeper penetration of oils and creams.		



GELISH

A semi-permanent soak off nail colour that applies like a polish and lasts like a gel. The nail shape is perfected cuticles are cared for and a choice of gel colour is applied.

■ GELISH NAILS	60 mins	£27
■ GELISH REMOVAL AND APPLICATION	75 mins	£30
■ GELISH REMOVAL AND NOURISH	30 mins	£15
■ ADD GELISH TO YOUR MANICURE OR PEDICURE	15 mins	£7

LASH AND BROW

■ EYELASH TINT	30 mins	£15
■ EYEBROW TINT	15 mins	£10
■ EYEBROW SHAPE	15 mins	£10
■ EYELASH TINT AND EYEBROW TINT	30 mins	£20
■ EYELASH TINT, EYEBROW TINT AND EYEBROW SHAPE	30 mins	£25

A patch test must be performed at The Green Rooms 24 hours prior to every tint treatment.



TANNING

No streaks, no mess, just sun kissed glow. Original Tan includes exfoliation.

■ ORIGINAL TAN

Full Body	75 mins	£40
Half Body	30 mins	£20

■ FLAWLESS INSTANT TAN

Full Body	30 mins	£25
Half Body	20 mins	£15

WEDDING MAKEUP

Using the biggest names in professional cosmetics to create the perfect look for your special day.

■ BRIDE'S CONSULTATION AND TRIAL MAKEUP **£30**

■ WEDDING DAY MAKEUP FOR THE BRIDE **£50**

■ WEDDING DAY MAKEUP FOR MOTHER OF THE BRIDE OR GROOM, BRIDESMAIDS AND GUESTS (Price per person) **£35**

■ EVENING AND OCCASION MAKEUP **£35**

HOPI EAR CANDLES

45 mins **£35**

Used by the Native American Hopi tribe for centuries, this mild, natural therapy generates a warm and soothing sensation and includes a relaxing pressure point facial massage. It can be used to treat many conditions of the ear, nose and throat.



Kim Lawless Trained

Trained by the UK's leading authority on waxing, the renowned 'Queen of Wax', Kim Lawless, the girls of The Green Rooms are skilled in her unique **Hot Wax** techniques and use the finest Perron Rigot wax to leave you feeling smooth and feminine.

INTIMATE WAXING FOR WOMEN

A few words of explanation to avoid confusion...

■ BRAZILIAN

45 mins **£35**

With or without a 'landing strip', all hair is removed from the front, the back and everything in between.

■ BIKINI

20 mins **£15**

A wax in the crease of the legs to remove all hair visible when wearing bikini style knickers.

■ HIGH LEG BIKINI

30 mins **£20**

A wax to neaten and shape. All hair is removed from the crease of the legs so none is visible when wearing high-leg style knickers.

■ NEW MOON

20 mins **£15**

All hair is gently waxed from the crease between the buttocks. Ever so feminine!

■ HALF MOON

20 mins **£15**

The buttocks are waxed to leave beautifully smoothed skin.

■ FULL MOON

30 mins **£20**

Both the buttocks and the crease between the buttocks are left hair free and silky soft.

We advise that you avoid any perfume products, heat treatments and swimming for 24hrs after any hair removal.



WAXING FOR WOMEN

LIP OR CHIN	15 mins	£7	HALF LEG	30 mins	£19
LIP AND CHIN	20 mins	£13	HALF LEG AND BIKINI	45 mins	£27
EYEBROW	15 mins	£10	FULL LEG	60 mins	£29
FOREARM	30 mins	£15	FULL LEG AND BIKINI	60 mins	£33
UNDERARM	15 mins	£10	HOLIDAY (Half Leg, Bikini, Underarm and Eyebrow)	60 mins	£40

WAXING FOR MEN

BACK	30 mins	£25	CHEST	30 mins	£25
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THREADING

This traditional method of hair removal is thought to have originated in India over 6000 years ago. A thin thread is doubled, twisted then rolled over the areas of unwanted hair, allowing the gentle, precise and controlled removal of hair at the follicle.

LIP	15 mins	£7	EYEBROW	20 mins	£10
CHIN	15 mins	£7	LIP AND CHIN	30 mins	£13

We advise that you avoid any perfume products, heat treatments and swimming for 24hrs after any hair removal.

PAMPER PACKAGES

Carefully selected to complement and enhance, we have combined our most popular treatments to create a range of fabulously indulgent experiences.

■ PURE INDULGENCE

Back, neck and shoulder massage with facial.

1 1/2 hrs

£70

■ TOP TO TOE

Back neck and shoulder massage, mini facial, manicure or pedicure.

2 hrs

£85

■ TIME TO GLOW

Scrub and wrap, facial, manicure or pedicure.

3 hrs

£125

■ TOTAL INDULGENCE

Full body massage, facial, manicure, pedicure.

4 hrs

£145

■ MOTHER-TO-BE

Ultimate Aromatherapy Associates Facial or full body massage, pedicure or manicure.

2 hrs

£75

■ MINI ME (Under 16yrs)

Nail paint to fingers and toes, mini facial.

1 hr

£30

■ JUST FOR HIM

Refinery facial, De-stress back, neck and shoulder massage, mini pedicure or mini manicure.

2 1/4 hrs

£90

■ PRE HOLIDAY

Full body Fake Bake original tan, full body exfoliation, Gelish nails on hands and feet.

3 1/4 hrs

£85



THE GREEN ROOMS GIFT VOUCHERS

The perfect gift for a special person in your life.

BOOKING TIPS AND ADVICE

The timings listed are recommended treatment times.

We want you to get the most from your experience at The Green Rooms, so we request that you arrive in good time for your appointment. This will give us the opportunity to complete a consultation form, discuss your requirements and allow you to relax. We regret that if you arrive late, your treatment time maybe reduced and no pricing adjustments can be made.

Booking in advance is recommended and we may require pre-payment for some treatments.

We request 24 hours notice of any changes and cancellations and we regret that any pre-payment may not be refunded after this time. Please contact The Green Rooms directly on (01539) 797016.

For your safety and wellbeing we ask that you consult our medical questionnaire or discuss any health problems with our team at the time of booking as some medical conditions may prohibit certain treatments.

Following some treatments, we provide tried and tested after-care advice intended to ensure that you get the most from your stay with us. Following these simple steps can make a big difference to your experience. Enjoy!

Please remember to bring flip flops with you to wear after your pedicure.

THE SMALL PRINT

P - Treatments suitable during pregnancy after the first trimester.

M - Treatments suitable for men.

The Green Rooms



Open 7 days a week

Telephone: (01539) 797016

For appointments and further information.

www.greenroomskendal.co.uk



The Green Rooms
BEST WESTERN PLUS

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