



- THE -

GREEN ROOMS

CASTLE GREEN HOTEL

BEAUTY & HOLISTIC TREATMENTS

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



- THE -
**GREEN
ROOMS**

Open 7 days a week
For appointments and further information:
www.greenroomskendal.co.uk
☎ 01539 797016

! **Treatments marked with this symbol are not available during pregnancy.**
For more information please refer to our Helpful Information page at the back of this brochure.
Alternatively, please call us on 01539 797016 - we will be more than happy to help.

PAMPER PACKAGES

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

All our Pamper Packages include use of Pulse leisure and pool facilities, robes, slippers and towels.

PURE INDULGENCE

Back, neck and shoulder massage with facial.

⌚ 90 minutes | **£80**

TOP TO TOE

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

⌚ 120 minutes | **£90**

TIME TO GLOW

Scrub and wrap, facial, manicure or pedicure.

⌚ 180 minutes | **£130**

TOTAL INDULGENCE

Full body massage, facial, manicure, pedicure.

⌚ 240 minutes | **£160**

PRE-HOLIDAY

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

⌚ 195 minutes | **£90**

MINI ME

UNDER 16 YEARS

Nail paint to fingers and toes, mini facial.

⌚ 60 minutes | **£35**

TIME TO CELEBRATE

Whether you are planning a hen party, birthday celebration or just want to enjoy some relaxing time with friends, we have the perfect special experience.

Choose one of our most popular treatments from the selection below and unwind with a glass of fizz. The rest of the day is yours to enjoy a swim and a steam in the Pulse leisure club.

MINI FACIAL
BACK, NECK AND SHOULDER MASSAGE
EYE TREATMENT
HOT LAVA BACK MASSAGE
RELAXING NECK, FACE AND SCALP MASSAGE

⌚ 25 minutes | **£40** per person

Minimum of 4 people per group.

MOTHER-TO-BE

Your choice of Aromatherapy Associates Facial or Lava Mama massage, followed by either a pedicure or manicure. With the interest of yourself and your baby at heart, we require that you are over 12 weeks pregnant, have had your first scan and are enjoying a problem-free pregnancy.

⌚ 120 minutes | **£80**

JUST FOR HIM

Refinery facial followed by de-stress back, neck and shoulder massage and a relaxing foot treatment.

⌚ 120 minutes | **£90**



MASSAGE TREATMENTS

AROMATHERAPY ASSOCIATES MASSAGE TREATMENTS

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 your states of physical and emotional well-being.

THE ULTIMATE AROMATHERAPY EXPERIENCE

Based on your pre-treatment consultation, your therapist will choose a signature oil blend adapted to your emotional and physical needs. This luxurious treatment releases tension held in every part of the body and will leave you feeling deeply relaxed and recharged.

[RELAX](#) | [DESTRESS](#) | [REVIVE](#) | [SUPPORT](#) | [ENRICH](#) | [RENEW](#)

Full body

🕒 55 minutes | **£55**

Back, neck and shoulders

🕒 25 minutes | **£33**

INTENSIVE MUSCLE RELEASE

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

Full body

🕒 55 minutes | **£55**

Back, neck and shoulders

🕒 25 minutes | **£33**

INDIAN HEAD MASSAGE

Based on the Ayurvedic system of healing, this head massage has been practiced in India for over a thousand years. This deeply relaxing experience is particularly good for reducing the effects of tension and will leave you feeling energised.

Indian head massage involves kneading and compression movements over the scalp, neck and shoulders and the gentle stimulation of pressure points on the face. It helps increase flexibility, improves circulation, and is especially good for releasing accumulated stress within the tissues, muscles and joints.

🕒 25 minutes | **£30**

🕒 40 minutes | **£40**

🕒 55 minutes | **£50**

HOPI EAR CANDLES

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

🕒 45 minutes | **£35**

LAVA SHELLS MASSAGE TREATMENTS

Using marine polished sea shells or handcrafted porcelain shells, these deep, healing and wonderfully soothing massages combine the heat and smoothness of the Lava Shells with innovative massage techniques. This induces a feeling of calm relaxation and gives you a seriously stress-busting experience.

HOT LAVA SHELL RELAX MASSAGE

The shells are worked over palms, arms, neck, legs, feet, back and shoulders to break down muscle knots and induce a calm feeling.

🕒 55 minutes | **£60**

HOT LAVA SHELL BACK MASSAGE

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

🕒 25 minutes | **£35**

HOT LAVA SHELL BACK & LEGS MASSAGE

This massage targets the areas that bear the most fatigue - back, neck, shoulder and the backs of the legs.

🕒 40 minutes | **£45**

MOTHER-TO-BE LAVA MAMA PREGNANCY MASSAGE

This ingenious treatment is a blissful combination of relaxation and gentle massage that eases away aches and pains, assists with circulation and reduces puffiness in the legs and feet. We focus on areas under particular stress (the back, hips and legs) in order to improve energy levels, promote good sleep and enhance your sense of well-being.

🕒 55 minutes | **£60**



FACIAL

AROMATHERAPY ASSOCIATES FACIAL TREATMENTS

ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

A bespoke facial designed to restore and recondition the skin, leaving your complexion smooth and radiant.

⌚ 25 minutes | £30

⌚ 55 minutes | £55

AGE REPAIR FACIAL

An intensive treatment for the signs of maturing skin. The layering of restorative masks is combined with a lifting and firming massage to produce instantly visible results.

⌚ 70 minutes | £60

ESSENTIAL ROSE FACIAL

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

⌚ 55 minutes | £55

SKIN SOLUTIONS FACIAL

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

⌚ 55 minutes | £55

SOOTHING FACIAL

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

⌚ 55 minutes | £55

INSTANT EYE REPAIR

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

⌚ 25 minutes | £30

FOR MEN

AROMATHERAPY ASSOCIATES THE REFINERY - FOR MEN

Specifically formulated for men, the Refinery Skincare Collection combines cutting-edge technology with the finest quality essential oils and plant extracts to leave the skin clean, clear and invigorated.

THE REFINERY ULTIMATE FACE & BODY TREATMENT

Begin with a back cleanse and exfoliation that refreshes the skin, before enjoying a stress-relieving back massage and therapeutic scalp massage that pinpoints areas of tension. Finally, relax with a deep cleansing facial to leave your skin bright, supple and refreshed.

⌚ 85 minutes | £80

THE REFINERY ESSENTIAL FACIAL

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.

⌚ 25 minutes | £30

⌚ 55 minutes | £55

SCRUBS & WRAPS

AROMATHERAPY ASSOCIATES SCRUB & WRAP TREATMENTS



Your body is gently cocooned by hydrating gels, nourishing oils and moisturising creams after an all over body exfoliation. Scalp, face or foot reflexes are then stimulated to complement the specific effects of each treatment.

INTENSE NOURISHMENT

This luxurious, deep treatment for dry, devitalised skin will leave your whole body feeling intensely nourished and calm. An intensive salt and coffee body exfoliation stimulates the circulation and removes dead cells to revive tired skin. Your body is layered in a deeply hydrating gel and massaged before being protected with a velvety moisturising body butter that leaves you feeling amazing.

⌚ 55 minutes | £55

ROSE HYDRATOR

Indulgent and uplifting, this intensely hydrating treatment includes a gentle exfoliation followed by the layering of creams and oils. These are rich in Damask rose, renowned for their rejuvenating and moisturising properties. This treatment will bring back your radiance and leave your body feeling soft and smooth.

⌚ 55 minutes | £55

DETOX & REVIVE

Perfect for times of over-indulgence or when you're just feeling run down. An invigorating exfoliation will stimulate your senses and the application of zesty citrus oils will leave you feeling alive and full of energy.

⌚ 55 minutes | £55

PERFECT BACK

Designed for backs prone to blemishes and oiliness. This treatment restores skin, leaving it smooth, glowing and flawless. Includes a relaxing scalp massage.

⌚ 25 minutes | £30

SKIN POLISH

Perfect for before or after a trip to the sun, this whole body and face exfoliation is followed by the layered application of richly nourishing products. It will leave your skin looking radiant and feeling wonderfully smooth.

⌚ 35 minutes | £35



CRYSTAL CLEAR

CRYSTAL CLEAR COMCIT THERAPY

(CRYO OXYGEN MICROCHANNELLING
COLLAGEN INDUCTION THERAPY)

COMCIT is the ultimate skin rejuvenation system. It stimulates collagen production at a cellular level and smooths the skin by deeply penetrating lines and wrinkles. It is the most advanced method of replacing lost moisture to ensure dermal hydration, providing oxygen to all skin tissue layers and reversing the damage caused by free radicals.

Four simultaneous treatment modalities are included in a revolutionary new delivery system.

CRYO OXYGEN cools and oxygenates the skin
MICROCHANNELLING ROLLER induces controlled micro-trauma and stimulates collagen growth, creating pathways for product penetration
PRODUCT INFUSION pushes active anti-ageing ingredients into the skin's deeper layers
PUNCTURE JET OXYGEN soothes and restructures the skin

You can see a difference after the very first treatment. For totally rejuvenated skin we recommend a course of 6 treatments, at fortnightly intervals.

Single treatment
⌚ 60 minutes | **£75**

Course of 6 treatments
⌚ 60 minutes each | **£375**

CRYSTAL CLEAR OXYGEN THERAPY

As we age the oxygen levels in our skin naturally decrease, reducing our skin's elasticity and allowing fine lines to appear. This clinically-proven, intense anti-ageing treatment plumps the skin from the inside out.

Crystal Clear Oxygen Therapy can also help with spot-prone skin, thanks to the antibacterial effect of the serum. This slows the buildup of harmful bacteria and reduces the risk of scarring caused by spots.

Single treatment
⌚ 45 minutes | **£50**

Course of 6 treatments
⌚ 45 minutes each | **£250**

CRYSTAL CLEAR MICRODERMABRASION

Microdermabrasion immediately improves the skin's appearance by gently exfoliating the outer layers. This treatment provides noticeable results and is suitable for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemishes, acne scars and so much more.

You will 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
⌚ 45 minutes | **£50**

Course of 6 treatments
⌚ 45 minutes each | **£255**

For optimal results, enjoy a gentle exfoliation with Crystal Clear Microdermabrasion as a preparation treatment to COMCIT or Oxygen therapies.

**CRYSTAL CLEAR MICRODERMABRASION
& COMCIT THERAPY**
⌚ 75 minutes | **£85**

**CRYSTAL CLEAR MICRODERMABRASION
& OXYGEN THERAPY**
⌚ 60 minutes | **£60**

WEDDINGS

WEDDING MAKE-UP

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

**BRIDE'S CONSULTATION & TRIAL MAKE-UP
£30**

**WEDDING DAY MAKE-UP FOR THE BRIDE
£50**

**WEDDING DAY MAKE-UP FOR MOTHER OF THE
BRIDE OR GROOM, BRIDESMAIDS & GUESTS
£35 per person**

**EVENING & OCCASION MAKE-UP
£35**

“COMCIT...the result is a super glowing, radiant complexion that only gets better as time goes on.” **Glamour Magazine**



HANDS & FEET

THE GREEN ROOMS HAND TREATMENTS

SHAPE & PAINT

The nail shape is perfected and your choice of colour is applied.

🕒 30 minutes | **£17**

MINI MANICURE

The nail shape is perfected, cuticles are cared for and your choice of colour is applied.

🕒 45 minutes | **£25**

MANICURE

Hands are exfoliated and massaged, cuticles are cared for, the nail shape is perfected and your choice of colour is applied for a beautiful finish.

🕒 60 minutes | **£30**

DELUXE MANICURE

Our manicure treatment with the application of heated mittens. This allows deeper penetration of oils and creams and will leave your hands feeling incredibly soft and smooth.

🕒 75 minutes | **£37**

THE GREEN ROOMS FEET TREATMENTS

SHAPE & PAINT

The nail shape is perfected and your choice of colour is applied.

🕒 30 minutes | **£17**

MINI PEDICURE

Hard skin is removed, the nail shape is perfected, cuticles are cared for and your choice of colour is applied.

🕒 45 minutes | **£28**

PEDICURE

Hard skin is removed from the feet before they are exfoliated and massaged. Cuticles are treated, the nail shape is perfected and your choice of colour is applied.

🕒 60 minutes | **£35**

DELUXE PEDICURE

Our pedicure combined with a complete lower leg and foot treatment and the application of either a peppermint cooling mask or heated booties. The heat allows the oils and creams to penetrate deeper, leaving your feet feeling soft and smooth.

🕒 75 minutes | **£40**



PEDICURE TREATMENTS

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

GELISH

Glamorous and stylish, this semi-permanent, soak-off nail colour applies like a polish and lasts like a gel.

Please let us know if you require existing gels removing on booking.

FINGERS

GELISH & MINI MANICURE

🕒 60 minutes | **£30**

GELISH REMOVAL, REAPPLICATION & MINI MANICURE

🕒 75 minutes | **£32**

GELISH & MANICURE

🕒 75 minutes | **£38**

GELISH REMOVAL, REAPPLICATION & MANICURE

🕒 90 minutes | **£40**

TOES

GELISH, FILE & CUTICLE TIDY

🕒 60 minutes | **£30**

GELISH & MINI PEDICURE

🕒 75 minutes | **£35**

GELISH REMOVAL, REAPPLICATION & MINI PEDICURE

🕒 90 minutes | **£37**

GELISH & PEDICURE

🕒 75 minutes | **£43**

GELISH REMOVAL, REAPPLICATION & PEDICURE

🕒 90 minutes | **£45**

GELISH REMOVAL, & NOURISH

(FINGERS OR TOES)

🕒 30 minutes | **£15**



WAXING

INTIMATE WAXING FOR WOMEN

Kim Lawless, the renowned 'Queen of Wax', is the UK's leading authority on waxing. After training under her, 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.

BRAZILIAN

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

🕒 45 minutes | **£35**

BIKINI

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

🕒 20 minutes | **£15**

HIGH LEG BIKINI

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.

🕒 30 minutes | **£20**

NEW MOON

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

🕒 20 minutes | **£15**

HALF MOON

The buttocks are waxed to leave beautifully smoothed skin.

🕒 20 minutes | **£15**

FULL MOON

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

🕒 30 minutes | **£20**

WAXING FOR WOMEN

LIP OR CHIN

🕒 15 minutes | **£8**

LIP & CHIN

🕒 30 minutes | **£15**

EYEBROW

🕒 15 minutes | **£10**

FOREARM

🕒 30 minutes | **£15**

UNDERARM

🕒 15 minutes | **£10**

HALF LEG*

🕒 30 minutes | **£20**

HALF LEG* & BIKINI

🕒 45 minutes | **£28**

FULL LEG

🕒 60 minutes | **£30**

FULL LEG & BIKINI

🕒 60 minutes | **£34**

HOLIDAY

(HALF LEG*, BIKINI, UNDERARM & EYEBROW)

🕒 60 minutes | **£42**

*Our half leg treatment extends to above the knee.

WAXING FOR MEN

BACK

🕒 30 minutes | **£25**

CHEST

🕒 30 minutes | **£25**

THREADING

This traditional method of hair removal is thought to have originated in India over 6,000 years ago. A thin thread is doubled, twisted and rolled over the areas of unwanted hair, allowing the gentle, precise and controlled removal of hair at the follicle.

LIP

🕒 15 minutes | **£8**

CHIN

🕒 15 minutes | **£8**

EYEBROW

🕒 20 minutes | **£10**

LIP & CHIN

🕒 30 minutes | **£15**

ADVICE FOR OUR WAXING TREATMENTS

Hair must have at least 4 weeks' growth before any hair removal treatments, so don't be tempted to pick up that razor! It pays to be patient. We also advise that you avoid swimming or using any perfumed products or heat treatments for at least 24 hours afterward your treatment.

TANNING



FAKE BAKE

In our experience we have found Fake Bake produces the best results; developing a gorgeous, natural-looking tan. These best-selling products are suitable for all skin types and tones, complimenting your natural pigmentation. No streaks, no mess, just sun-kissed glow.

ORIGINAL TAN

INCLUDES EXFOLIATION

Full body

🕒 75 minutes | **£40**

Upper body

🕒 45 minutes | **£30**

Legs

🕒 30 minutes | **£20**

FLAWLESS INSTANT TAN

Full body

🕒 30 minutes | **£25**

Upper body

🕒 20 minutes | **£15**

Legs

🕒 15 minutes | **£10**

PLEASE INFORM US IF YOU ARE PREGNANT

The well-being of you and your baby is our highest priority. Letting us know of your pregnancy at the time of booking your waxing or tanning treatment will help us to ensure that both your treatment and your therapist are the most appropriate for you both.

LASHES & BROWS

LASH PERFECT

Lash Perfect eyelash extensions blend evenly with your natural eyelashes to give the appearance of naturally thicker and longer lashes. Lash Perfect eyelash extensions are semi-permanent, lasting up to 8-12 weeks (with regular maintenance).

EYELASHES

🕒 90 minutes | **£70**

MAINTENANCE

Recommended every 2 weeks

🕒 60 minutes | **£35**

REMOVAL

🕒 15 minutes | **£15**

LASH PERFECT EXPRESS

Lash Perfect Express gives you longer, fuller and thicker lashes in only 30 minutes. These show-stopping lashes last up to two weeks and are perfect for parties or holidays, or any occasion where statement lashes are a must!

🕒 30 minutes | **£35**

HI BROW

Hi Brow professional treatment shapes, colours and styles your brows, creating perfectly arched and defined brows that frame and enhance your features.

A combination of waxing, threading and tweezing structures and tidies the brow, before a tint is applied to balance the colour and create an even contrast throughout.

🕒 30 minutes | **£25**

TINT & SHAPE

EYELASH TINT

🕒 30 minutes | **£15**

EYEBROW TINT

🕒 15 minutes | **£10**

EYEBROW SHAPE

🕒 15 minutes | **£10**

EYEBROW TINT & SHAPE

🕒 30 minutes | **£18**

EYELASH & EYEBROW TINT

🕒 30 minutes | **£20**

EYELASH & EYEBROW TINT, PLUS EYEBROW SHAPE

🕒 30 minutes | **£25**

Patch testing

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

HELPFUL INFORMATION

The Green Rooms

Open 7 days a week

For appointments and further information:

www.greenroomskendal.co.uk

📞 01539 797016

GIFT VOUCHERS

The Green Rooms offer gift vouchers - a perfect gift for a special person in your life.

BOOKING TIPS & 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. To avoid inconveniencing our other clients, if you arrive late your treatment time may be reduced or even cancelled and no pricing adjustments can be made.

Booking in advance is recommended and we require payment in full at the time of booking to confirm your treatments.

We request 48 hours notice of any changes and cancellations. 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 well-being, we ask that you consult our medical questionnaire and discuss any health problems with our team at the time of booking as some medical conditions may preclude certain treatments. We regret that

if medical conditions disclosed at the time of treatment result in the treatment being cancelled, no pricing adjustments or refunds can be made.

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

EXPECTANT MOTHERS

Please rest assured that there is no reason for you to miss out on an amazing experience with us at The Green Rooms because of your little bundle of joy. The well-being of you and your baby are our highest priority so we ask that you share your good news with us at the time of booking. There are a number of things for us to consider and this way we can discuss all available treatment options with you as well as ensuring the treatment and therapist are the most appropriate for you both. We also require that you are enjoying a problem-free pregnancy, have had your first scan and are beyond the first trimester (12 weeks). Congratulations!

Enjoy!





THE GREEN ROOMS, CASTLE GREEN HOTEL, KENDAL, CUMBRIA LA9 6RG
DIRECTOR: KELLY MEYRICK