

A stylized illustration of a green plant with several large, rounded leaves, positioned on the left side of the page. The leaves are layered, creating a sense of depth and texture. The color is a muted, earthy green.

The Green Rooms

at the castle green Hotel

Beauty and Holistic Treatments



Welcome to
The Green Rooms

We have created a place of sanctuary and tranquility,
where you can escape everyday pressure
and re-charge your batteries.

Our focus is on you and doing everything we can to
make the most of your time with us.

Our goal is to provide you with an experience that leaves
you feeling beautifully rejuvenated.

We hope you like it.

Kelly & Emma





AROMATHERAPY ASSOCIATES

Applying the traditional principles of aromatherapy massage, Aromatherapy Associates use a unique pressure point massage technique that targets the nervous system and brings mind and body back into balance.

Carefully selected, natural ingredients ensure the best results; you will experience the true power of essential oils in Aromatherapy Associates treatments.

Massages

Ease away the day's stresses and strains and bring body and mind back into balance.

THE REAL AROMATHERAPY EXPERIENCE

Full body massage	60mins	£41
Back, neck & shoulders	30mins	£26

A fusion of the best massage practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

Choose a blend of aromatherapy oils to match your individual requirements.

DE-STRESS MUSCLE RELEASE

Full body massage	60 mins	£43
Back, neck & shoulders	30 mins	£28

Designed to work on stiff, tight and fatigued muscles and joints, Black Pepper, Rosemary and Ginger essential oils with intensive deep tissue techniques warm, manipulate and ease the body while stretching and drainage release and disperse tension.

RELAX • DE-STRESS • REVIVE • SUPPORT • RENEW





AROMATHERAPY

ASSOCIATES

Facials

PRESCRIPTION FACIAL 60 mins £41

Discover the skin enhancing properties of essential oils with your very own facial unique to your skin type. A personalised prescription uses a range of therapeutic essential oil based products and facial pressure point massage to boost your complexion, revive your skin texture and add a lasting glow to your appearance.

RENEW ROSE RADIANCE FACIAL 60 mins £41

Cleansing, toning, exfoliation, a rejuvenating facial massage and application of a hydrating mask are topped and tailed with a relaxing scalp massage. Natural Damask Rose water, Geranium and Evening Primrose Oil softens, moisturises and nourishes leaving your skin glowing and delicately scented.

RENEW ROSE ANTI-AGE FACIAL 90 mins £51

For mature, dry and devitalized skins. Using the nourishing properties of Rose and Frankincense to smooth and revitalize skin texture, and encourages skin renewal. Includes hydrating and rejuvenating gel and mud masks interspersed with a relaxing yet firming facial massage that concentrates on the areas most affected by the ageing process. Your skin is left conditioned and toned. This treatment also includes a relaxing back massage.

BALANCE ORANGE FLOWER FACIAL 60 mins £41


For oily and combination skin. This facial works deep down using the natural antiseptic properties of Lavender and Tea-Tree to condition the skin and balance the skin's natural oils. Your skin is left feeling fresh, soft and super clean!

REVITALISING EYE TREATMENT 30 mins £26

Refresh eyes and reduce the look of dark circles and fine lines as powerful anti-oxidants in Cranberry, Black Tea and Arctic Strawberry get to work on puffiness, and Shea Butter and Rose Wax optimise moisture retention and combat dryness while specialised massage improves micro-circulation and drainage.

MINI FACIAL 30 mins £26

For tired skin that needs a quick and easy pick me up.



AROMATHERAPY ASSOCIATES

scrubs & wraps

Polish and soften skin with an all over body exfoliation using a green olive stone and sea silk scrub. Indulge in layers of luxury as a hydrating gel, nourishing oil and moisturising cream are smoothed over and gently massaged into your skin. With your body wrapped up in relaxing comfort, enjoy a mind-freeing massage to scalp or feet. Your skin is left feeling super-smooth and velvet-soft, while body and spirit are restored.

DE-STRESS SOOTHER 60 mins £46
Frankincense, Camomile and Rosemary with neck, shoulder and scalp massage carries you off into deep, meditative relaxation.

CITRUS DETOX REVIVER 60 mins £46
Refreshing Citrus gels and oils, stimulating massage and foot reflex points encourage the release and elimination of unwanted toxins.

LAVENDER & PEPPERMINT COOLER 60 mins £49
Lavender cools your sun exposed and overheated skin while Peppermint and Rose comfort and soothe your body.

ROSE HYDRATING COCOON 60 mins £49
Rich oils and creams with Damask Rose and an Ayurvedic scalp massage leave skin glowing, silky soft and revitalised.

ANTI CELLULITE TREATMENT 60 mins £46
Course of 6 treatments (recommended) £240

A citrus burst of gel, oil and mud containing purifying Pink Grapefruit, Sweet Orange and Mandarin with Juniper Berry and Rosemary to add zest and positive energy to your life. Detox, eliminate, tone and invigorate!

FULL BODY EXFOLIATION 30 mins £26
Green Olive stone and sea silk scrub will leave your body glowing from head to toe. Perfect for before or after your holiday.

RE-BALANCING DEEP CLEANSE

BACK TREATMENT 30 mins £26
including back massage 60 mins £46

A combination of Orange Flower, Lavender and Tea-Tree balance out the skins natural oils and gives your back a polished, non-oily appearance and lasting anti-bacterial protection.



AROMATHERAPY

ASSOCIATES

For Mothers-to-be

FOR MOTHERS-TO-BE 60 mins £51

Soothing massage with the nourishing properties of Rose oil helps to ease aches and pains and that 'heavy' feeling with attention paid to back, neck, shoulders and lower legs.

ROSE HYDRATING COCOON

FOR MOTHERS-TO-BE 60 mins £51

After gentle body exfoliation, your skin is smoothed over top to toe with rich and softening gels, oils and creams as you lie wrapped up in a comfortable, aroma cocoon. A Relaxing scalp massage carries you off to the land of your dreams.

RENEW ROSE RADIANCE FACIAL

FOR MOTHERS-TO-BE 60 mins £51

Using natural Damask Rose Water to support circulation and purify, your skin is left toned, polished, delicately scented and quite simply radiant. Includes cleansing, toning, exfoliation, hydrating mask, with face, scalp and hand massage.

RENEW ROSE


LEG & FOOT FRESHENER 75 mins £33

For tired legs and feet carrying extra weight during pregnancy. This soothing treatment to lower legs, ankles and feet encourages effective circulation and elimination in the areas needing it most. Includes pedicure.

ROSE HYDRATING COCOON

FOR THE NEW MOTHER 60 mins £51

Restore skin condition and refine stretch marks with over olive grain body exfoliation, layers of deeply moisturising Damask Rose Water and a skin-nourishing, fragrant envelopment. An Ayurvedic scalp massage supports circulation and promotes healthy hair growth.



AROMATHERAPY ASSOCIATES

Treatments for Men

THE REAL AROMATHERAPY

EXPERIENCE	Full Body	60 mins	£41
	Back, neck & shoulders	30 mins	£26

A fusion of the best of massage practices from East and West. Spinal pressures and Swedish and neuromuscular techniques work to relax and unwind body and mind with the power of essential oils.

DE-STRESS MUSCLE

RELEASE	Full Body	60 mins	£46
	Back, neck & shoulders	30 mins	£28

For sportsmen and gym enthusiasts this intensive, physical massage with releasing and energizing essential oils focusing on areas that bear the most stress and strain. A double layer of gel and oil of Ginger, Rosemary and Black Pepper stimulates and invigorates.

RE-BALANCING DEEP CLEANSE

BACK TREATMENT	30 mins	£26
Back, neck & shoulder massage	60 mins	£46

A back-smoothing Corn Cob and Jojoba scrub with a fresh water mud and clay back mask to draw out impurities, balance the skin's natural oils and maintain a soft skin texture.

SPECIALISED PRESCRIPTION

FACIAL TREATMENT	60 mins	£41
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Tailor your treatment to suit your skin's requirements. Whether you want to clear up congested skin, condition and protect your skin under the sun, smooth the appearance of wrinkles or simply maintain an even complexion.

DEEP CLEANSING FACIAL TREATMENT	60 mins	£41
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For oily and combination skin. These facials work deep down using the natural antiseptic properties of Lavender and Tea-Tree to condition the skin and balance the skin's natural oils. Your skin is left feeling fresh, soft and super clean!

GINGER & BLACK PEPPER

HAND TREATMENT	30 mins	£21
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Keep your hands looking well groomed and polished after a long, hard day at work with specially selected essential oils to support circulation and re-invigorate your hands and arms?

GINGER & BLACK PEPPER

FOOT SMOOTHER	30 mins	£21
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For those of you who are endlessly on the go. This skin smoothing, revitalising treatment will leave you more than ready to get back in the saddle.



AROMATHERAPY

ASSOCIATES

Shape & Polish	30 mins	£13
Manicure	60 mins	£24

The hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and colour is applied for the perfect finish.

Deluxe Manicure	75 mins	£29
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The ultimate in hand and nail care, your hands will feel softer, smoother, firmer, and look more attractive. Using thermal mittens for deeper penetration of oils and creams, always finishing with the perfect polish.

Pedicure	60mins	£28
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Feet are exfoliated and a luxurious massage leaves feet smooth and soft. Nails are cut and shaped, cuticles are treated. Always finishing with the perfect polish.

Deluxe Pedicure	75 mins	£33
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Pedicure including heated booties to soothe and relax; masque to soften and revitalise, and a complete foot and leg treatment up to the knee. Nails are cut and shaped, cuticles are treated. Always finishing with the perfect polish.

Gel Nails

Gel nails offers a permanent nail colour that lasts for weeks without wearing or chipping. It also strengthens and promotes the growth of the natural nail. Applied onto a prepared nail, the product sets under a u.v lamp, leaving the nail strong but flexible and the natural nail will not be damaged.

Gel nails can be applied to the fingers or toes

Full Set of Gel Nails	60mins	£26
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Removal and Re-application of Gels	90mins	£30
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Removal and Nourish	30mins	£15
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*Please remember to bring flip flops with you for pedicures.





The Green Rooms

Waxing

Full leg	60 mins	£24
Full leg & bikini	60 mins	£29
Half leg	30 mins	£16
Half leg & bikini	30 mins	£23
Bikini	15 mins	£11
Under arm	15 mins	£9
Lip & chin	15 mins	£11
Eyebrow	15 mins	£8
Holiday special	60 mins	£31

(Half leg wax, bikini wax, under arm wax & eyebrow wax.)

For Men

Back wax	30 mins	£25
Chest wax	30 mins	£25
Eyebrow tidy	15 mins	£11

It is advisable to avoid any heat treatments immediately after any waxing, i.e. sunbathing, sun beds, steam rooms.

Lash & Brows

Eyelash tint*	30 mins	£11
Eyebrow tint*	15 mins	£9
Eyebrow shape	15 mins	£8
Eyelash tint, eyebrow-tint & eyebrow shape*	30 mins	£21

*a patch test is required 24 hours prior to treatment





The Green Rooms

Hot Stones

Full body massage	90 mins	£56
Back, neck & shoulders	45 mins	£33

The ancient healing art of stone therapy. Traditional massage techniques and warm basalt stones relax the body at its deepest level to promote a sense of harmony, balance and well being.

Hopi Ear Candles	45 mins	£33
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A mild and natural therapy, the healing properties have been known to the Native American Hopi tribe for hundreds of years. Generating a warm and soothing sensation, it can be used to treat many conditions of the ear, nose and throat. Includes a relaxing facial massage.

Fake Bake Tanning

No streaks, no mess, just sun kissed glow

Full body	75 mins	£36
Legs only	30 mins	£21

Please bring loose, dark clothing and flip flops.

Wedding Makeup £125

Bodyography Professional Cosmetics is a leading source of products for some of today's biggest names in makeup artistry. Offering more than 300 products, new formulas are constantly being developed to reflect the very latest in fashion colour palettes.

Includes:

- Bride's trial makeup
- Wedding day makeup for the Bride and two Bridesmaids
- Additional makeup £25 per person





PAMPER PACKAGES

Spoil yourself with the Green Rooms exclusive selection of Pamper Packages. We can offer a variety of treatments combined to meet your personal requirements.

Wedding Package

let us make you feel perfect for your big day.

Pamper Parties

Celebrate birthdays, Hen nights and special occasions in style.

Pure Indulgence

Give yourself the treat you deserve.

GIFT VOUCHERS

The Green Rooms gift voucher is the perfect present for a special person in your life. Contact the Green Rooms on 01539 797016 for more details and prices.

BOOKING TIPS

Booking in advance is recommended and we may require a 50% deposit. We always aim to start your treatment on time so we request punctuality. Please arrive in good time prior to your appointment so we can go over your requirements and offer you an opportunity to relax. We regret that if you arrive late, your treatment time may be reduced.

CHANGES & CANCELLATIONS

We request 48 hours notice of any changes and cancellation. Please contact the Green Rooms directly on (01539) 797016. We regret that deposits may not be refunded for late changes and cancellations.



The Green Rooms

Open from 10am
7 days a week

Telephone: (01539) 797016

For appointments and further information.

The Green Rooms
Castle Green Hotel
Kendal, Cumbria.
LA9 6BH

Proprietors
Kelly Meyrick
Emma Thomson

