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GREEN ROOMS

CASTLE GREEN HOTEL

BEAUTY & HOLISTIC
TREATMENTS

MASSAGE

AROMATHERAPY ASSOCIATES

Carefully applied pressures are combined with signature blends of essential oils to target the nervous system and restore your sense of wellbeing.

THE ULTIMATE AROMATHERAPY EXPERIENCE

Uses the blend of oil most appropriate for your emotional and physical needs to leave you feeling deeply relaxed and recharged.

Relax | Destress | Revive | Support | Enrich | Renew

Full Body 50 mins £60

Back Neck & Shoulders 25 mins £35

INTENSIVE MUSCLE RELEASE

Works deep into tight, aching muscles, to instantly release pain and tension.

Full Body 50 mins £60

Back Neck & Shoulders 25 mins £35

ULTIMATE PREGNANCY MASSAGE

Appreciate the joy of pregnancy and feel nurtured at a time of constant change.

Full Body 50 mins £60

Back Neck & Shoulders 25 mins £35

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

LAVA SHELLS MASSAGE

Combining the heat and smoothness of handcrafted porcelain Lava Shells to give you a deep-healing and wonderfully soothing massage.

Full Body	55 mins	£65
Back & Back of Leg	40 mins	£48
Back	25 mins	£37

INDIAN HEAD MASSAGE

Increases flexibility, improves circulation and releases accumulated stress within the tissues, muscles and joints.

Ultimate	55 mins	£55
Scalp, Shoulders & Face	40 mins	£45
Scalp & Shoulders	25 mins	£35

HOLISTIC

EAR CANDLING 45 mins £35

This warm and soothing treatment is effective as a mild, natural therapy for many conditions of the ear, nose and throat. Includes a relaxing pressure point facial massage.

SCRUBS & WRAPS

AROMATHERAPY ASSOCIATES

Glowing, beautiful skin needs good preparation.

INTENSE NOURISHMENT 50 mins £60
A luxurious, deep treatment for dry, devitalised skin.

ROSE HYDRATOR 50 mins £60
Restore your radiance with this hydrating treatment.

DETOX AND REVIVE 50 mins £60
The ideal remedy for over-indulgence.

PERFECT BACK 25 mins £35
For backs prone to blemishes and problem skin.

SKIN POLISH 35 mins £40
Perfect before or after a trip to the sun.

FOR MEN

THE REFINERY

Aromatherapy Associates apply their expertise in skincare to male grooming.

ULTIMATE FACE & BODY TREATMENT 80 mins £85
Indulgent stress release that will leave your skin bright, supple and refreshed.

ESSENTIAL FACIAL 50 mins £60 | 25 mins £35
When time is short and you need to look and feel your best.

FACIAL

AROMATHERAPY ASSOCIATES

ULTIMATE 50 mins £60 | 25 mins £35
A bespoke facial to restore and recondition your complexion.

ESSENTIAL ROSE 50 mins £60
Luxurious, nourishing and relaxing.

AGE REPAIR 70 mins £65
Reducing the signs of maturing skin.

SKIN SOLUTIONS 50 mins £60
Effective at regulating problem skin.

SOOTHING 50 mins £60
Calms irritated or inflamed skin.

INSTANT EYE REPAIR 25 mins £35
Reduce puffiness and restore the twinkle in your eye.

NEOELEGANCE

THE QUAD GLOW 40 mins £40
Non-invasive and with no known side effects, LED therapy uses the natural healing power of light to activate dermal photoreceptors and target a variety of skin issues.

Revival | Purifying | Calming | Lymphatic | Quad

Course of 6 treatments £200

Add to any other facial treatment £20

CRYSTAL CLEAR

H2O GLOW 45 mins £75
Their most intense hydration treatment yet, delivering brighter, fresher skin that is make-up ready in just 30 minutes.

MICRODERMABRASION 45 mins £50
Gentle skin-resurfacing treatment that offers flawless results for problem skin. The ideal preparation treatment for COMCIT or Oxygen therapies.

Course of 6 treatments £250

COMCIT THERAPY 60 mins £80
The ultimate in skin rejuvenation. This pioneering skincare system produces a visible difference after the very first treatment.

Course of 6 treatments £400

With Microdermabrasion 75 mins £90

OXYGEN THERAPY 45 mins £50
A needle-free anti-ageing treatment that plumps the skin from the inside out.

Course of 6 treatments £250

With Microdermabrasion 60 mins £60

DERMOGENERA PEELS

Prescriptive skincare solutions for every type of skin. These light and medium depth peels accelerate exfoliation to remove ageing and dull skin, allowing younger, healthier cells to surface.

MANDELIC 45 mins £50
A delicate, soft peel, ideal for sensitive skin or when enjoying time in the sun.

GLYCOLIC 45 mins £50
A light, exfoliating formula that firms and brightens the skin.

SALICYLIC 45 mins £50
Highly effective in the targeted treatment of mixed or problem skin types and acne.

TANNING

FAKE BAKE

These best-selling products are suitable for all skin tones & types and compliment your natural pigmentation, to develop a gorgeous, natural-looking tan.

ORIGINAL TAN
(Includes exfoliation)

Full Body	75 mins	£42
Upper Body	45 mins	£32
Legs Only	30 mins	£20

FLAWLESS INSTANT TAN

Full Body	45 mins	£30
Upper Body	30 mins	£20
Legs Only	20 mins	£15

WEDDING MAKEUP

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

Bride's Consultation and Trial Makeup	£35
Wedding Day Makeup for the Bride	£75
Wedding Day Makeup for Mother of the Bride or Groom, Bridesmaids and Guests (Price per person)	£35
Evening and Occasion Makeup	£35

WAXING

INTIMATE WAXING FOR WOMEN

Trained by the renowned "Queen of Wax", Kim Lawless, The Green Rooms specialise in her unique and highly sought-after intimate Hot Wax techniques

BRAZILIAN 45 mins £35
With or without a 'landing strip', all hair is removed from the front, the back and everywhere in between.

BIKINI 20 mins £20
A wax in the crease of the legs to remove all hair visible when wearing bikini style knickers.

HIGH LEG BIKINI 30 mins £25
All hair is removed from the crease of the legs so none is visible when wearing high-leg style knickers

FULL MOON 30 mins £20
Both the buttocks and the crease between the buttocks are left hair free and silky soft.

A few important words of waxing advice. You must have at least 4 weeks growth before any hair removal treatments, so don't be tempted to pick up that razor! We also suggest you avoid any perfumed products, heat therapies and swimming for at least 24hrs after your treatment.

WAXING FOR WOMEN

Lip or Chin	15 mins	£8
Lip & Chin	20 mins	£15
Eyebrow	15 mins	£10
Forearm	30 mins	£15
Underarm	15 mins	£10
Half Leg*	30 mins	£20
Half Leg* & Bikini	45 mins	£30
Full Leg	60 mins	£32
Full Leg & Bikini	60 mins	£37
Holiday (Half Leg*, Bikini, Underarm & Eyebrow)	60 mins	£45

THREADING

A thin thread is doubled and twisted, then rolled over the areas of unwanted hair, allowing gentle, precise removal at the follicle.

Lip	15 mins	£8
Chin	15 mins	£8
Eyebrow	20 mins	£10
Lip & Chin	30 mins	£15

WAXING FOR MEN

Back	30 mins	£27
Chest	30 mins	£27

LASHES AND BROWS

NOVALASH

Oil resistant, water proof and with the strongest hold available on the market today, Novalash's award winning Platinum Bond Eyelash Adhesive has revolutionised eyelash extensions and taken the industry by storm. Wave goodbye to your mascara wand and have adorable lashes, for longer!

AMERICAN VOLUME 120 mins £80

Multiple extensions are applied to individual natural lashes to create beautiful, feathery volume and a thicker, darker lash line.

CLASSIC 90 mins £70

Individual lashes are attached to your natural lashes to give you a luscious, glossy, longer lasting look.

Maintenance 60 mins £35
(Recommended every 2 weeks)

Removal 15 mins £10

LASH PERFECT LASH LIFT 60 mins £40

Ideal for anyone looking for a natural curl without the application of extensions. Last up to 6-8 weeks. Includes eyelash tint.

Patch test must be performed at The Green Rooms at least 48 hours prior to your tint treatment. Unfortunately, tinting cannot be performed during pregnancy.

TINT & SHAPE

Lash Tint 30 mins £17

Brow Tint 15 mins £12

Brow Shape 15 mins £10

Brow Tint & Shape 30 mins £20

Lash Tint & Brow Tint 30 mins £22

Lash & Brow Tint + Brow Shape 30 mins £27

HANDS & FEET

MINI MANICURE 45 mins £27

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

MANICURE 60 mins £35

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.

DELUXE MANICURE 75 mins £40

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.

MINI PEDICURE 45 mins £30

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

PEDICURE 60 mins £37

Feet are exfoliated and hard skin removed, then massaged. Cuticles are treated, the nail shape is perfected and your choice of colour is applied.

DELUXE PEDICURE 75 mins £40

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.

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

GELISH

Glamorous semi-permanent soak-off gel polish that applies like a polish and last like a gel.

FINGERS

With Mini Manicure 60 min £32

Removal & reapplication + Mini Manicure 75 min £34

With Manicure 75 min £40

Removal & reapplication + Manicure 90 min £45

TOES

With file & cuticle tidy 60 min £30

Removal & reapplication with file & cuticle tidy 75 min £34

With Mini Pedicure 75 min £37

Removal & reapplication with Mini Pedicure 90 min £40

With Pedicure 90 min £45

Removal & reapplication with Pedicure 105 min £45

Removal & nourish 30 min £15

PAMPER PACKAGES

We have carefully combined our most popular treatments to create a range of fabulously indulgent experiences. Includes the use of Pulse leisure and pool facilities, robes and towels.

PURE INDULGENCE 80 mins £85
Back, neck & shoulder massage with facial.

TOP TO TOE 110 mins £95
Back, neck & shoulder massage, mini facial, manicure or pedicure.

TIME TO GLOW 170 mins £140
Scrub & wrap, facial, manicure or pedicure.

TOTAL INDULGENCE 230 mins £170
Full body massage, facial, manicure & pedicure.

MOTHER-TO-BE 110 mins £85
Your choice of Aromatherapy Associates' facial or massage followed by either a pedicure or manicure.

JUST FOR HIM 110 mins £95
Essential facial followed by De-Stress back, neck & shoulder massage and a relaxing foot treatment.

PRE HOLIDAY 195 mins £90
Full body Fake Bake Original tan, full body exfoliation, Gelish nails on hands and feet.

TIME TO CELEBRATE 25 mins £45

Whether you are planning a hen party, birthday celebration or just want to enjoy some relaxing time with friends, we have the perfect experience. Enjoy one of our most popular treatments and unwind with a glass of fizz. Choose from...

MINI FACIAL

BACK, NECK & SHOULDER MASSAGE

INSTANT EYE REPAIR

NECK, FACE & SCALP MASSAGE

Minimum of 4 people per group

GIFT VOUCHERS

The perfect gift for a special person in your life.

BOOKING INFORMATION

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 and we regret that any pre-payment may not be refunded after this time. Please contact The Green Rooms directly on (01539) 797016.

SAFETY & WELLBEING

For your safety and wellbeing 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 – Not all our treatments are appropriate when pregnant, however, 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 wellbeing of you and your baby are our highest priority so we ask you share with us your good news at the time of booking. We can then discuss all available treatment options and ensure the treatment you receive is 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).

Open 7 days a week
For appointments and further information:
Telephone: (01539) 797016
www.greenroomskendal.co.uk
Download 'The Green Rooms' mobile app



The Green Rooms
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