

THE
CITY BATHS
NEWCASTLE

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TREATMENT MENU

“YOUR BODY IS A LIVING TEMPLE. HONOUR IT, ENJOY YOUR LIFE AND LIVE IT TO THE FULL”
-Temple Spa philosophy.



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The refurbished Turkish Baths at Newcastle City Baths are the perfect venue for a delightful spa experience and a unique relaxation experience of a lifetime.

Our ethos encapsulates flexibility, informality and clarity. Our aim is to offer you a unique experience based on freedom of choice where you are in control of how you spend your time.

The Turkish Bath experience is a core part of your spa experience and can be taken on its own without the need for extra treatments. It is a journey of heating, cooling and cleansing the body to leave you feeling relaxed and revitalised. Set in the traditional designs of mosaic tiles and Islamic arches you have the chance to unwind in your own relaxation booth with its ornate wooden screens. From here you move through the Turkish Bath heated chambers:

- The tepidarium is the warm room that gently heats your body
- The caldarium increases the temperature and will create a therapeutic benefit
- The laconium purifies and detoxifies your body by stimulating circulation

When you are ready to cool down there is our ice bucket shower which will help your body flush out the toxins.



THE CITY BATHS SIGNATURE TREATMENTS

TURKISH DELIGHT

BODY EXFOLIATION | 60 min | £75

Using steam and exfoliating mitts along with our KEEP CALM Aromatherapy Cleansing Bar, the body will be lathered and exfoliated on the hammam bed should you wish, followed by a blissful, warm, DRIFT AWAY Oil massage. You will feel soft, smooth and totally relaxed. If you've ever wondered what it would be like to be rubbed, scrubbed and lathered up Turkish style this is the one for you.

MEDITERRANEAN SOUL RETREAT

TOP-TO-TOE BLISS | 60 min | £75

Treat yourself to this beautiful nurturing therapy that will leave you feeling comforted and at peace. We commence with our truly wonderful foot ritual where we soak, exfoliate and massage the feet, following this we massage all the areas of tension and stress in the back, neck and shoulders. This is all completed with a face mask of your choice, plus a relaxing scalp massage.





THE CITY BATHS FACIALS

THE POWER BREAKFAST

EXPRESS FACIAL FOR ALL SKIN TYPES | 30 min | £39

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

MY KINDA SKIN

BESPOKE PRESCRIPTION FACIAL FOR YOUR SKIN TYPE | 60 min | £69

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

WINDOWS OF THE SOUL

ANTI-AGEING EYE TREATMENT | 30 min | £39

Perfect for when you look tired, with gentle formulas and rose quartz stone therapy to tighten and tone, plus special eye massage techniques to lift, smoothe and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

THE TOTALLY QUENCHED & DRENCHED

REHYDRATING FACIAL FOR THIRSTY SKIN | 60 min | £69

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

CHAMPAGNE & TRUFFLES DELUXE TREATMENT

THE CRÈME DE LA CRÈME OF FACIALS | 60 min | £85

A luxury facial that combines our award winning truffle skincare with our specialist lifting massage, an exquisite warm alginate mask and rose quartz stone therapy that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate.

GO GUY - THE MALE EXECUTIVE TREATMENT

MEN'S FACIAL FOR ALL SKIN TYPES | 60 min | £69

A facial to revive your skin, soothe aching neck muscles and smoothe away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a detoxifying foot massage.





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MASSAGE TREATMENTS

DRIFT AWAY

RELAXING FULL BODY MASSAGE | 30/ 60 min | £39/ £69

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!

WORK IT OUT MASSAGE

DETOXING / MUSCLE WORKOUT MASSAGE | 30/ 60 min | £39/ £69

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

ROCKS OF THE MEDITERRANEAN

HOT STONES MASSAGE | COMING SOON

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

NEW BEGINNING'S

MUM-TO-BE MASSAGE | 30/60 min | £39/ £69

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!



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BODY TREATMENTS

THE OUTER GLOW

BODY EXFOLIATION | 30 min | £39

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated.

The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

AAAHHH!

LEG & FOOT ENERGISER | 30 min | £39

This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.



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