

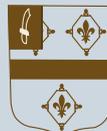
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TREATMENT MENU

www.iconbeautycumbria.com



BEAUTY IN THE LAKES



HUTTON JOHN
ESTATE

Tel: 01228 523412



ABOUT ICON IN THE LAKES

Icon Beauty was founded by Beauty Therapist Marie O'Neil in 2005.

Marie was born in Lazonby, in the Eden Valley, and it was her ambition to provide an extensive range of beauty and holistic therapies for people living in and visiting Cumbria.

"Icon in the Lakes" was launched by Marie in 2016. Marie and her team provide in house treatments for residents at various Hotels and properties in the Lake District.

As founder of both Icon Beauty and Icon in the Lakes, Marie is delighted to be working with Hutton John Estate to provide individual beauty treatments and holistic therapy to holiday makers in the comfort of the various properties within the Lake District, Keswick, Eden Valley, Ullswater, Penrith and the Carlisle area.

Marie, and her fully qualified and experienced team, look forward to meeting the guests, and delivering a high quality service to all clients. We shall be working alongside Hutton John Estate with the combined purpose of providing the highest quality of experience for each individual customer.



REN BESPOKE BODY TREATMENTS

The REN SPA body treatments are a unique source of energy and equilibrium that leave the skin toned and radiant. Created by our shiatsu and naturopathy specialist, the treatments include ancestral traditions of Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology techniques.

THE REN MOROCCAN ROSE RITUAL TREATMENT TIME 2 HOUR 20 MINS £200.00

An exquisite experience indulging you with a REN bespoke facial and body rebalance treatment. Heavenly Moroccan Rose together with our bespoke Ren touch, work to relieve body tension, uplift the spirit and soothe the mind for the ultimate feeling of balance.

REN MAMA MASSAGE TREATMENT TIME 1 HOUR 15 MINS £95.00

Our Iconic mother to be massage ritual begins with you lying comfortably on your side while we perform a gentle yet effective back massage easing away the tension, we gently massage the stomach and apply a hydrating nourishing mask helping the appearance of any stretch marks if present, we complete the treatment with a Ren "What's not to love" facial, removing the mask from the stomach with steamed towels. We promise it will make you feel like you're walking on air.

REN BESPOKE BODY MASSAGE TREATMENT TIME 1 HOUR £85.00

An indulgent massage taking influence from Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology, it will relieve tension to leave you feeling recuperated, energised and worry-free.

HOT STONE MASSAGE TREATMENT TIME 30 MINS* £55.00 TREATMENT TIME 1 HOUR £85.00

Our treatment works by using different sized heated volcanic stones. The therapist will select, then place and massage the parts of the body thus promoting a relaxed state it allows a deeper massage working the muscles and alleviating stress, also helping relieve aches and pains. A great treatment for everyone but those who suffer from back pain, stress, anxiety, insomnia and depression will benefit greatly.

DEEP TISSUE MASSAGE TREATMENT TIME 30 MINS* £55.00 TREATMENT TIME 1 HOUR £85.00

This massage is designed to relieve severe tension in the muscle and the connective tissue. Recommended for individuals who experience constant pain, are involved in heavy physical activity or have suffered an injury. Please note: therapist Marie often has a waiting list for this treatment, booking in advance is advisable.

* Please note: only available in conjunction with another treatment.

REN BESPOKE FACIAL TREATMENTS

REN
CLEAN SKINCARE

REN RENEW

An advanced anti-ageing facial designed to plump, renew and revitalise wise experienced skin. For the first signs of ageing to mature skin.

75 MINS

£90.00

REN RADIANCE

A brightening facial designed to resurface, renew and re-energise tired, dull and stressed skin. For all skin types.

75 MINS

£90.00

REN BESPOKE

An energising radiance boosting facial, designed to enhance naturally happy, healthy skin. For all skin types.

60 MINS

£85.00

REN BOOST*

A quick and instant firming, lifting and radiance boosting facial.

20 MINS

£30.00

REN EXPRESS*

A purifying, hydrating facial for maximum results in minimum time.

30 MINS

£40.00

REN EYES*

Revive and restore the sparkle in your eyes with this anti-ageing, cooling, and calming eye treatment.

30 MINS

£30.00

* Please note: only available in conjunction with another treatment.

BARRIE MARK

PERSONAL TRAINING

Visiting Personal Trainer Barrie Mark is also available, please ask Icon for more details.

TRILOGY FACIALS

trilogy®

REVITALISING FACIAL

1 HOUR

£85.00

AGE PROOF FACIAL

1 HOUR

£85.00

SENSITIVE SKIN FACIAL

1 HOUR

£85.00

Shellac™

SHELLAC MANICURE*

TREATMENT TIME 1 HOUR*

£55.00

SHELLAC FRENCH*

£60.00

SOAK OFF AND REAPPLY*

£65.00

SHELLAC PEDICURE*

£65.00

SHELLAC FRENCH PEDICURE*

£65.00

* Please note: only available in conjunction with another treatment or when having a group booking.

HOLISTIC TREATMENTS

SWEDISH MASSAGE

£85.00

AROMATHERAPY MASSAGE

1 HOUR

£85.00

ESSENTIAL MAINTENANCE

Icon can provide other treatments such as: threading, waxing, tanning, lash tinting, lash flares and extensions.

*Please note: 24hr patch/glue test required.

Please ask for more information at reception.

PAMPER PACKAGES

COUPLES MASSAGE £160.00
1 HOUR

Lay side by side as you are treated to a wonderful soothing massage complete with aromatherapy oils and candles.

REWIND AND REVIVE £150.00 PP
1 HOUR 45 MINS

AVAILABLE AT 4PM

This pamper is recommended before your evening meal. Starting with a full body massage complimented with a prescriptive REN facial. Include an Indian Head Massage (optional).

SOME ME TIME (1 PERSON) £170.00
2 HOURS 30 MINS

ALWAYS BY MY SIDE (2 PEOPLE) £300.00
3 HOURS

Experience uninterrupted bliss, treat yourself / yourselves to a Warm Oil Body Massage (hot stones optional, add £10.00) easing away the stiffness and tension out of your muscles. Then indulge in a 90 minute customised facial, addressing any concerns you may have, with the extended facial massage this includes neck and scalp massage, then drift away whilst you have a 30 minute hand and foot massage.

WALKERS ESSENTIAL £85.00
1 HOUR

(INCLUDING FOOT SALT SCRUB TREATMENT)

Once you have returned from discovering our beautiful Lake District... This treatment is a must! For the hour we work on your legs and feet to bring them back to life and ready for your next adventure.

TREAT A LOVED ONE WITH A GIFT VOUCHER FOR ANY OF OUR DIVINE TREATMENTS

Ask a member of staff for further information.

We can post vouchers out to you and take payment over the phone.

Please take into account the postal service charge and delivery.



PICK AND MIX

1 HOUR 15 MINS

£110.00PP

This has become a favorite in our salons.

Choose from the 3 sections of the treatments below and create your own package and add on.

30 MINUTE REN FACIAL

please choose from the full list of named facials for your personal choice.

30 MINUTE BACK MASSAGES

Deep tissue, sport, relaxing, remedial, aromatherapy, Swedish.

ADD ON:

Feet As They Should Be

Hands As They Should Be

Indian Head Massage

CRYSTAL CLEAR FACIAL

MICRODERMABRASION

"Instant beautiful rejuvenated skin can be yours with Crystal Clear". Crystal clear micro dermabrasion, the treatment allows you to treat lines, wrinkles, dehydrated skin, skin laxity, acne scarring congestion, sun damaged skin, using a controlled method of skin resurfacing, by gently exfoliating the outer layers of skin.

1 HOUR DELUXE FACIAL

£85.00

30 MINS EXPRESS FACIAL*

£50.00

"FROM THIS DAY FORWARD"

Please see below some examples of packages that can be put together for your wedding party, please call to discuss your individual package needs.

THE GLOWING BRIDE

POA

3 HOURS

Ren Radiance Facial full body exfoliation.

Rose moisturising full body massage.

Optional: add £50 to package French Shellac or OPI Manicure and Pedicure.

MOTHER OF THE BRIDE

POA

2 HOURS 30 MINS

Revitalizing REN eye treatment, REN WNTL facial, Indulgent moisturising massage and Shellac or OPI manicure.

GROOMED TO PERFECTION

POA

2 HOURS 30 MINS

Exfoliating back salt scrub.

Deep tissue back, neck and shoulder massage.

Nail conditioning treatment.

REN Suits You Sir Facial

Marie specialises in bridal and fashion make up, please ask for further details.

Icon Hair / Icon Barbering is also available, Traditional Barber has over 50 years experience, please contact Marie direct for more information on: 07733 320701.

* Please note: only available in conjunction with another treatment.

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Find us on



'Icon Beauty & Spa'



'Icon in the Lakes'

GIFT VOUCHERS AVAILABLE - WHICH CAN BE POSTED

Coulton House, Harrison Way, Harraby Green Business Park, Carlisle CA1 2NU

Tel: 01228 523412

Email: marieoneil@btinternet.com

www.iconbeautycumbria.com