

THE RETREAT SOHAM

EVER WANTED YOUR OWN LITTLE RETREAT?..

OPENING TIMES

MONDAY.....9:00AM - 1:00PM
TUESDAY.....10:30AM - 8:00PM
WEDNESDAY.....9:00AM - 5:00PM
THURSDAY.....10:30AM - 8:00PM
FRIDAY.....9:00AM - 4:00PM
SATURDAY.....9:00AM - 4:00PM

OPENING/CLOSING TIMES MAY VARY, TO ACCOMMODATE CUSTOMER'S REQUIREMENTS.

3A CHURCHGATE STREET, SOHAM CB7 5DS

TEL: 01353 725680

www.theretreatsoham.co.uk | enquiries@theretreatsoham.co.uk



Find us on Facebook

SKIN BASE MICRODERMABRASION

Thousands of tiny crystals are jetted across the skin to gently remove the outer layer of dead skin cells and reveal new, fresh rejuvenated skin.

MIRCRODERMABRASION TREATMENT 30min £35

MIRCRODERMABRASION FACIAL 1hour £45

This facial treatment includes a hydrating mask followed by a relaxing face and neck massage.

Mircrodermabrasion Courses

Pay in full on time of booking

BUY 5 GET 2 FREE (£29 each treatment) £203

BUY 8 GET 2 FREE (£28 each treatment) £280



SOTHYS FACIALS

Sothys Paris is an exclusive professional range of skin care products from Paris, formed over sixty years ago. With their own laboratories in Paris they continually develop a range of professional beauty products that perfectly meet the changing needs of the skin.

SEASONAL FACIAL 45min £37

A facial treatment which changes ingredients with the seasons to suit all skin types of all ages.

HYDRADVANCE FACIAL 1hour £51

The ultimate hydration and relaxation treatment for all skin types presenting areas of dehydration, skin is left instantly fresh and hydrated.

COLLAGEN HYALURONIQUE 1hour £51

An intensive anti-ageing treatment adapted to the age of the skin, exclusive massage methods, a true relaxing treat.

TEEN FACIAL 30min £27

A great treat for young skin, a deep cleanse, exfoliation, and mask, including neck and shoulder massage.

PACKAGES

BODY RETREAT 1hour 15min £51

Full body exfoliation followed by a relaxing full body aromatherapy massage for the ultimate treat.

MOTHER TO BE INDULGENCE 1hour 45min £57

Spa pedicure including a leg and foot massage, seasonal facial including scalp, face, neck and shoulder massage.

MINI PRINCESS 1hour £36

Mini facial including skin care advice and a mini-cure on fingers or toes.

GENTLEMEN'S RETREAT 1hour £37

Mini facial, with a back, neck, shoulder and scalp massage.

PURE RELAXATION 1hour 15min £53

Seasonal facial, back, neck and shoulder massage.

TOTAL RETREAT 4hours 10min £138

Full body aromatherapy massage, a facial of your choice, deluxe manicure and deluxe pedicure.



Appointment duration times where given, includes consultation if required.

Clients, who wish to change or cancel an appointment, are requested to provide 24 hours notice otherwise 50% cancellation fee will be imposed.

Any treatment of a 2 hour or over duration, will require full payment at time of booking.

GIFT VOUCHERS ARE AVAILABLE

Vouchers valid for 6 months from date of purchase.

EYELASH EXTENSIONS*

Full set of individual lashes	£55
Infills from	£12.50
Express lashes	£30
Application of strip lashes including lashes	£10
Removal of lashes	£15

EYE TREATMENTS*

Eyebrow shape, wax or tweezed	£7
Eyelash tint	£10
Eyebrow tint	£6.50
Eyelash & eyebrow tint	£15
Eyebrow tint, wax and powder infill	£15
Eyebrow infills from	£10
Individual eyebrows are placed on the brow area to fill in gaps and give the appearance of full brows. Please ask for more details	

HI BROWS*

Redesign your brows using methods such as waxing, threading, tinting, tweezing, cutting and measuring.	£20
Maintenance 4-6 weeks	£15

LVL*

LVL stands for length, volume and lift. It's a stunning alternative to eyelash extensions and has been designed to dramatically enhance the clients natural eyelashes.	£45
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WAXING

Full leg	£18
Half leg	£13
Standard bikini	£7.50
High line bikini	£9
Underarm	£7
Forearm	from £10
Back or chest	£14
Lip or chin	£6.50
Lip & chin	£9.50
Eyebrow wax	£7



SIENNA X SPRAY TANNING

FULL BODY SPRAY TAN	£23
For a gorgeous looking tan.	

SOTHYS BODY TREATMENTS

WAKE UP EXFOLIATION	45min £30
A marine salt exfoliation with citrus essentials oils, ultra stimulating to leave you feeling invigorated with smooth soft skin.	

ORIENT ESSENCE CEREMONY	1hour 15min £56
A full body exfoliation with the delicious peeling balm is introduction to this ritual, followed by a deeply relaxing full body massage using aromatic bags with hot stones, infused with warming spices soaked in hot oil. The warmth of the treatment, combined with the fragrance of the spices is guaranteed to totally relax.	

ORIENT ESSENCES BACK TREATMENT	30min £31
A deeply relaxing back massage using aromatic bags with hot stones infused in warming spices, soaked in hot oil to soothe the stresses away.	



HOLISTIC TREATMENTS

FULL BODY MASSAGE	1hour £36
Tailored to suit your needs, designed to help de-stress and ease aching muscles and strains.	

BACK, NECK AND SHOULDERS	30min £21
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BACK, NECK, SHOULDER, FACE AND SCALP MASSAGE	1hour £36
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LEG AND FOOT MASSAGE	30min £21
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AROMATHERAPY MASSAGE	
Full body massage	1hour £41
Back, neck and shoulders	30min £26

INDIAN HEAD MASSAGE	30min £25
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HOPI EAR CANDLES	45min £28
Including a deeply relaxing pressure point face and scalp massage.	

*A skin test is required 24-48 hours before treatment.

MANICURES & PEDICURES

MANICURE BY O.P.I

45min £21

An ultra moisturising treatment that nourishes and replenishes the skin and nails, includes cutting and filing the nail, cuticle work, exfoliation and massage finished off with a lacquer of your choice.

DELUXE MANICURE

1hour £26

As above, plus the added extra of heated mittens for a total treat for your hands and nails.

SMOOTHIE MANICURE BY O.P.I

30min £16

Bursting with natural fruit extracts and moisturisers, smoothies are light, fun and refreshing for all ages, includes cutting and filing the nail, massage and finished off with a lacquer of your choice.

GENTLEMEN'S MANICURE BY O.P.I

30min £16

A great treat to tidy those hands including, massage, cuticle work, shaping and buffing the nails.

SPA PEDICURE BY O.P.I

1hour £25

A luxurious and relaxing treatment packed with botanical ingredients, including foot soak, hard skin removal, exfoliation, filing and cutting the nails cuticle work, foot massage and finished off with a lacquer of your choice. This pedicure is a must have treatment to keep your feet looking good.

DELUXE PEDICURE

1hour 10min £30

All the benefits of the spa pedicure, plus the added extra of heated booties for a total relaxing treat.

FILE AND POLISH

£11

A quick fix for fingers or toes, nail shaping and a choice of a fabulous lacquer to finish.

Please add £2 for French polish to any of the above



GELISH

The perfect polish when you're on the go, gelish is a soak off gel polish that cures under a uv light which instantly dries.

Gelish manicure	£23
Gelish toes	£23
Gelish pedicure	£30
Gelish manicure & pedicure	£48
Gelish manicure & toes	£43
Gelish removal	£12
Gelish removal and new set	£30
Gelish removal including pedicure	£38

Please add £2 for French polish



MINX NAILS

A nail coating of fabulous designs and colours.

Full set for fingers or toes	£24
Full set of minx with a manicure	£30
Full set of minx with a pedicure	£33
One finger or toe & complimentary colour to match	£15



CALLUS PEEL FOOT TREATMENT

Callus peel is a four-step professional system that eliminates stubbornly dry or cracked heels and toe calluses.

Callus peel	30min £20
Callus peel including pedicure	1hour £30



LILY LOLO MINERAL MAKE UP

MAKE UP APPLICATION

For a naturally gorgeous look.

£28

BRIDAL MAKE UP

Including consultation & trial.

£48