

# URBAN ESCAPE.

AT CROWNE PLAZA NOTTINGHAM

SPA PACKAGES AND TREATMENTS

---

SIMPLE  
MOMENTS OF  
PEACE, JUST  
FOR YOU.



# SPA PACKAGES

## AFTER WORK RETREAT

5:30pm – 8:30pm

- ◆ Antipasti grazing board
- ◆ Glass of Prosecco or soft drink
- ◆ Use of towel and robe
- ◆ Full access to spa facilities
- ◆ 1 x 30 minute treatment

**£65.00 per person**  
Wednesdays and Fridays

## URBAN RETREAT

10:00am – 4:00pm

- ◆ Two-course lunch
- ◆ Use of towel and robe
- ◆ Full access to spa facilities
- ◆ 1 x 60 minute treatment

**£103.00 per person**  
Monday – Thursday

**£123.00 per person**  
Friday – Sunday

## ROYAL SPA EXPERIENCE

10:00am – 4:00pm

- ◆ Two-course lunch
- ◆ Glass of Prosecco or soft drink
- ◆ Use of towel and robe
- ◆ Full access to spa facilities
- ◆ 1 x 30 minute treatment
- ◆ 1 x 60 minute treatment

**£156.00 per person**  
Monday – Thursday

**£176.00 per person**  
Friday – Sunday

Guests could upgrade to include an evening meal.

## RELAXING MORNING

9:00am – 12:30pm

- ◆ Breakfast
- ◆ Use of towel and robe
- ◆ Full access to spa facilities

## RELAXING AFTERNOON

12:30pm – 4:00pm

- ◆ Light lunch
- ◆ Use of towel and robe
- ◆ Full access to spa facilities

**£43.00 per person**  
Monday – Thursday

Additional treatments can be scheduled at the time of booking or on the day of your appointment. Subject to availability

## CITY ESCAPE

10:00am – 4:00pm

- ◆ Light lunch
- ◆ Use of towel and robe
- ◆ Full access to spa facilities
- ◆ 1 x 30 minute treatment

**£74.00 per person**  
Monday – Thursday

## SERENITY SPA DAY FOR TWO

10:00am – 4:00pm

- ◆ Two-course lunch
- ◆ Use of towel and robe
- ◆ Full access to spa facilities
- ◆ 1 x 60 minute treatment each

**£196.00 per couple**  
Monday – Thursday

**£236.00 per couple**  
Friday – Sunday

## PROSECCO NAIL BAR

2:00pm – 8:00pm

- ◆ A glass of Prosecco
- ◆ 1 x 30 minute gel manicure

**£38.00 per person**  
Fridays

## OVERNIGHT SPA BREAKS

---

### ONE NIGHT SPA BREAK

---

10:00am – 4:00pm

- ◆ 1 x 30 minute treatment
- ◆ Light lunch
- ◆ Three-course dinner
- ◆ Breakfast the following morning

**£134.50 per person**

*Sundays and Thursdays*

**£139.50 per person**

*Mondays and Fridays*

**£147.50 per person**

*Tuesdays, Wednesdays  
and Saturdays*

### TWO NIGHT SPA BREAK

---

10:00am – 4:00pm

- ◆ 2 x 30 minute treatments
- ◆ Breakfast each morning
- ◆ Light lunch on any one day
- ◆ Three-course dinner on the first night

**£224.00 per person**

*Sundays and Thursdays*

**£229.00 per person**

*Mondays and Fridays*

**£237.00 per person**

*Tuesdays, Wednesdays  
and Saturdays*

### THREE NIGHT SPA BREAK

---

10:00am – 4:00pm

- ◆ 2 x 30 minute treatments
- ◆ Breakfast each morning
- ◆ Light lunch on any one day
- ◆ Three-course dinner on the first night

**£303.50 per person**

*Sundays and Thursdays*

**£308.50 per person**

*Mondays and Fridays*

**£316.50 per person**

*Tuesdays, Wednesdays  
and Saturdays*

Each package includes full use of the spa facilities and complimentary use of towels and robes. All prices are based on two people sharing a room.

# TREATMENT MENU

---

## ESPA Body Treatments

### INNER CALM MASSAGE *60 minutes* **£75.00**

Quiet your mind, soothe tension and nourish your skin with this holistic, restorative experience – an indulgent routine for the body. Featuring sensorial textures, relaxing aromatics and intense nourishment.

### HOT STONE MASSAGE *60 minutes* **£75.00**

ESPA Hot Stone Massage uses heated stones to melt tension, soothe muscles, improve circulation and restore balance, leaving you relaxed and rejuvenated.

### PRE AND POST-PREGNANCY MASSAGE *60 minutes* **£75.00**

A soothing body massage tailored for pre and post-pregnancy, targeting muscular tension to relax, restore and revitalise.

### STIMULATING HIP AND THIGH TREATMENT *60 minutes* **£75.00**

Enhances circulation and promotes lymphatic drainage, reducing fluid retention, smoothing skin and boosting vitality for a lighter, more toned body.

### POSITIVITY MASSAGE *90 minutes* **£105.00**

Wave goodbye to negativity with this uplifting treatment. Boost self-confidence and uncover a sense of optimism to take with you throughout the rest of your day.

## ESPA Face Treatments

### OPTIMAL SKIN PRO FACIAL *60 minutes* **£75.00**

This treatment hydrates, revitalises, brightens and protects against environmental damage, delaying early signs of aging. Suitable for all skin types and ages.

### INNER BEAUTY FACIAL *60 minutes* **£75.00**

Advanced skincare products with plant and marine extracts are tailored to your needs – cleansing, exfoliating, and boosting your complexion, followed by a relaxing scalp massage.

### NATURAL FACE LIFT *80 minutes* **£95.00**

A holistic approach to skincare using pre and probiotics, Kobido massage, and Jade rollers for a firm, lifted and radiant complexion.

## ESPA Rituals

### URBAN RETREAT REVITALISING RITUAL *60 minutes* **£75.00**

A soothing foot soak, followed by exfoliation and a revitalising massage for the feet and lower legs. Tension is then released from the back, neck and shoulders, before a customised facial. Ending with a calming scalp massage, leaving you refreshed, rejuvenated and recharged with luxurious natural products.

### BACK, FACE AND SCALP TREATMENT *90 minutes* **£105.00**

A combination of a relaxing back massage, a deep-cleansing facial and a calming scalp massage. This releases tension, refreshes your skin and promotes relaxation, leaving you glowing and rejuvenated.

### TOTAL BODY RITUAL WITH HOT STONES *120 minutes* **£135.00**

A body brushing, exfoliation and a hot stone massage. This eases tension, enhances circulation and promotes relaxation. Finished with essential oils and a calming scalp massage.

# TREATMENT MENU

---

## Wellbeing and Balance

### INDIAN HEAD MASSAGE *30 minutes* **£45.00**

This uses rhythmic movements on the scalp, neck, and shoulders to relieve tension, reduce stress and promote mental clarity.

### REIKI *60 minutes* **£75.00**

This is a gentle, energy healing practice that promotes relaxation, reduces stress, and supports natural healing by balancing the body's energy flow.

### REFLEXOLOGY *60 minutes* **£75.00**

This focuses on applying gentle pressure to specific points on the feet to restore balance, promote relaxation, and support natural healing, leaving you deeply relaxed and revitalised.

### HEAVENLY HOPI *60 minutes* **£75.00**

A soothing treatment combining Hopi ear candling, hot stone massage, and Gua Sha facial massage to clear congestion, melt tension, and promote circulation, leaving you rejuvenated.

## Luxury Hand and Foot Rituals

### EXPRESS MANICURE *30 minutes* **£33.00**

Short on time? Our Express Manicure includes nail shaping and a polish of your choice, leaving your hands fresh and polished in just 30 minutes.

### EXPRESS PEDICURE *30 minutes* **£33.00**

Our Express Pedicure includes nail shaping and a fresh polish of your choice, leaving your feet refreshed in just 30 minutes.

### SPA MANICURE *60 minutes* **£49.00**

Relax with our Spa Manicure, featuring nail shaping, cuticle care and a soothing hand massage. Finished with a flawless polish.

### SPA PEDICURE *60 minutes* **£49.00**

Relax with our Spa Pedicure, featuring nail shaping, cuticle care, callus removal and a calming foot massage. Finished with a flawless polish.

### LUXURY MANICURE *75 minutes* **£59.00**

Indulge in our Luxury Manicure, featuring nail shaping, cuticle care, a relaxing hand massage and a hydrating hand mask with heated mitts. Finished with a flawless polish.

### LUXURY PEDICURE *75 minutes* **£59.00**

Treat your feet to our Luxury Pedicure, featuring nail shaping, cuticle care, callus removal, a soothing foot massage and a hydrating foot mask with heated booties. Finished with a flawless polish.



# TREATMENT MENU

---

## Express Relaxation *Each treatment is £45.00 for 30 minutes*

### ESPA SALT AND OIL SCRUB

Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application, Exfoliating Body Polish is applied instead of Salt and Oil Scrub.

### ESPA EXPRESS FACIAL

A quick, effective treatment that combines deep cleansing, exfoliation and a hydrating mask, leaving your complexion refreshed and glowing.

### BACK, NECK AND SHOULDER MASSAGE

Target tension and discomfort with soothing techniques and therapeutic oils to ease muscle stiffness and promote relaxation.

### SHOULDER, NECK AND SCALP MASSAGE

Release tension and improve circulation with a soothing massage for the shoulders, neck and scalp. Ideal for stress relief.

### ESPA LIGHTER LEGS

A foot ritual that cleanses, exfoliates and rejuvenates the legs and feet with a nourishing massage and cooling moisturiser.

## Men's Signature Treatments

### THE GENTLEMAN'S BROW TIDY

**£15.00**

Shaping and defining your eyebrows with precision, removing stray hairs for a clean, natural look. Ideal for men seeking a well-groomed, defined appearance with minimal fuss.

### CHEST WAX

**£30.00**

Removes unwanted hair quickly and effectively, leaving your skin smooth and fresh with minimal discomfort. Ideal for a sleek, polished look and enhanced confidence.

### BACK, NECK AND SHOULDER WAX

**£30.00**

Removes unwanted hair for a smooth, clean look with minimal discomfort. Using high-quality wax, it provides long-lasting results, leaving your back refreshed and well-groomed.

### THE EXECUTIVE MANICURE

**£45.00**

This treatment offers quick, precise grooming in 30 minutes, including nail trimming, shaping, buffing and a soothing hand massage, leaving your hands refreshed and polished. Perfect for both work and personal care.

### THE GENTLEMAN'S PEDICURE

**£45.00**

A 30 minute treatment with nail trimming, shaping, exfoliation and a relaxing foot massage. Perfect for maintaining healthy feet and well-being.

### ESPA FITNESS MASSAGE *60 minutes*

**£75.00**

This massage relieves tension, improves flexibility and accelerates recovery with deep tissue techniques and muscle manipulation. Ideal for active men, it boosts circulation, reduces stiffness, and leaves you feeling refreshed and ready for your next workout.

### ESPA AGE REBEL FACIAL *60 minutes*

**£75.00**

This facial targets fine lines and skin fatigue, using high-performance products to hydrate and rejuvenate. Tailored to men's needs, it includes a relaxing massage to boost circulation, leaving skin smoother, firmer and revitalised.



## TREATMENT MENU

### Essential Maintenance Treatments

#### HAIR REMOVAL

|               |               |                 |               |               |
|---------------|---------------|-----------------|---------------|---------------|
| Full leg      | Half leg      | Standard bikini | High bikini   | Underarm      |
| <b>£39.00</b> | <b>£29.00</b> | <b>£25.00</b>   | <b>£30.00</b> | <b>£18.00</b> |
| Lip           | Chin          | Lip and chin    | Brazilian     |               |
| <b>£15.00</b> | <b>£15.00</b> | <b>£18.00</b>   | <b>£35.00</b> |               |

#### LASH AND BROW GROOMING

|                     |                              |               |               |               |
|---------------------|------------------------------|---------------|---------------|---------------|
| Lash and brow tint* | Lash and brow tint and shape | Brow shape    | Lash Tint     | Brow Tint     |
| <b>£27.00</b>       | <b>£35.00</b>                | <b>£15.00</b> | <b>£20.00</b> | <b>£15.00</b> |

\* All tinting treatments require a patch test 48 hours prior to your appointment.



# URBAN ESCAPE.

SCAN HERE FOR TERMS  
AND CONDITIONS:



## URBAN ESCAPE.

Crowne Plaza Hotel, Wollaton Street, Nottingham NG1 5RH

T: 0115 9586323 E: [spa@cpnottingham.com](mailto:spa@cpnottingham.com) W: [urbanescape-nottingham.co.uk](http://urbanescape-nottingham.co.uk)

f Urban Escape Nottingham  @urbanescapenottingham