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# MINERAL HOUSE

SPA, POOL & GYMNASIUM





Mineral House offers a stunning compliment of therapeutic and rejuvenating face and body care treatments, using only the best products with the finest ingredients. We have chosen top skin care houses including Germaine de Capuccini and Lycon Wax. Based in the heart of the city, you can relax, unwind and feel rejuvenated in the swimming pool, spa, steam room and gymnasium, or escape to the serene treatments of Mineral House.

If you are looking for pure indulgence and total relaxation, we at Mineral House Spa can provide you with a haven where you will find the most incredible unique sensations, where the mind, body and spirit converge to feel an unforgettable and deeply pleasurable experience. Choose from a variety of treatments which include traditional massage alongside ritualistic massage therapies from around the world.

Our team of experienced and highly qualified therapists can put together a package designed specifically for your needs, and will be happy to offer you advice on your skin's requirements. Please note that all of our facials can be adapted to suit pregnant ladies. Body therapies marked with a (P) symbol are also ideal during pregnancy. Some movements and positions may be adapted for comfort.

# SPA ETIQUETTE

**Essential reading to get the most from your spa day.**

## **ETIQUETTE**

While in Mineral House please respect all spa guests' right to privacy and serenity. In light of this, we are a mobile phone, pager, camera and smoke free zone. Alcohol and food can only be consumed and purchased from The Gin Bar or Hawthorns and if you are using the pool facilities or having treatments with us there are limits all alcohol intakes.

We have limited loungers and chairs around poolside so do try to be respectful of others and please do not reserve for a whole day.

## **ARRIVAL TIME**

We recommend that you arrive up to 30 minutes before your therapy so that you can change, relax and fill in your consultation card. Please be advised that late arrivals will result in a reduction of therapy time.

## **CANCELLATION POLICY**

Cancellations within 48 hours will be refunded or rescheduled. 24 hours or less, cancellations will incur a 100% charge.

## **TREATMENT TIME**

Your treatment time as advertised in the brochure is not hands on therapy time. This time does include before and after care which is inclusive of your treatment.

## **WHAT TO BRING WITH YOU**

We recommend that you bring warm comfortable clothing to change into after your workout, spa experience or pool sessions. We have hair dryers and amenities.

### **SCHEDULING AN APPOINTMENT**

To schedule an appointment for your perfect treatment, please contact Spa Reception who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

To book please call: **0191 5623333**  
or email [leisure@cpnewcastlehotel.co.uk](mailto:leisure@cpnewcastlehotel.co.uk)

### **LEISURE DAY PASSES**

Leisure day pass are available Monday to Thursday for £25 and Friday to Sunday for £35 for 2 hours use of the facilities. If you are having treatments which are not part of a spa package you can upgrade for only £10.00 for 2 hours use. All children under the age of 16 must be supervised at all times.

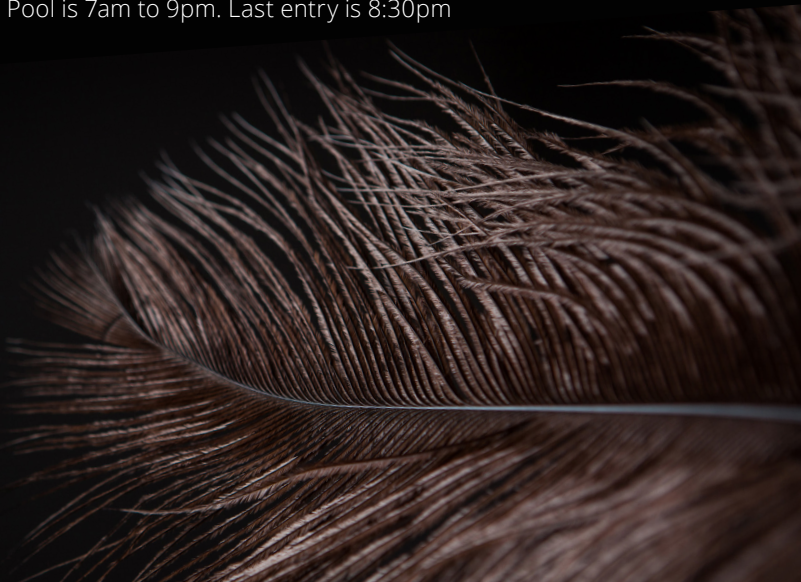
## **OPENING TIMES**

### **SPA OPENING TIMES**

Monday including bank holidays 11am to 7pm  
Tuesday to Sunday is 10am to 6pm

### **POOL AND GYMNASIUM OPENING TIMES**

Gym is 24 hours  
Pool is 7am to 9pm. Last entry is 8:30pm



# LUXURY SKINCARE

The premium products and treatments offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world and are offered only by the most highly trained beauty therapists in the industry.

Germaine de Capuccini has developed some of the world's most talked about formulations and ground breaking advances in skincare. The successful combination of natural active ingredients with cutting edge technology has enabled the company to produce some of the most influential skin care products and professional spa therapies the beauty industry has ever seen. The incredible results from these therapies are complimented by the most pampering experiences.

If environmental issues are your concern, the Germaine de Capuccini Carbon Zero policy has official certification meaning that they not only recycle and re-use, but they also plant trees to offset any small amount of Carbon produced. We at Mineral House Spa are delighted to provide you with simply the very best available!



# SPA PACKAGES

## RETAIL THERAPY

Treating yourself and a loved one to a luxurious spa getaway in Newcastle is truly unparalleled.

- A glass of fizz
- One gift bag containing 200ml Germaine De Capuccini toner, 200ml Germaine De Capuccini cleanser, 2ml Rose Hip Oil Sample

### Choose one of the following

#### 55 min treatments:

- Mineral Candle Full Body
- Body Elements Full Body
- Holistic Stress Booster
- Mummy Massage Full Body
- Radiance Vitamin C+ Facial
- Rose Calming Skin Zen Facial
- Pomegranate Scrub Back Massage

**£150pp from Mon-Sun**

## RELAX & REVIVE

Designed to rejuvenate your mind, body, and spirit with soothing treatments and calming therapies.

- Cheese board and glass of Prosecco

### Choose one of the following

#### 55 min treatments:

- Germaine Prescriptive Facial
- Rose Calming Facial
- Vitamin C Facial
- Experience Full Body Massage
- Dreamy Legs & Baobab Scalp Massage
- Mineral Facial & Baobab Scalp Massage
- Mummy Back Massage & Mineral Facial
- Pomegranate Back Massage & Mineral Facial
- Pomegranate Scrub & Back Massage
- Pregnancy massages

**£100pp from Mon-Sun**

## PIZZA & PROSECCO

Combining luxurious treatments with delicious pizza and a glass of prosecco for a truly delightful experience.

- Glass of Prosecco & 12" pizza of choice

### Choose one of the following

#### 25 min treatments:

- Body Elements Back Massage
- Pomegranate Back Massage
- Candle Back Massage
- Mummy Back Massage
- Baobab Scalp Massage
- Mineral Facial
- Dreamy Legs
- Baobab Body Scrub
- Oil and Sea Salt Exfoliation
- Pregnancy massages

**£90pp from Mon-Sun**

# FACIALS

## ROSE CALMING SKINZEN

*Containing real rose petals to soothe stressed skin.*

This exquisite facial uses the extract of 5 different roses to neutralise the effects of emotional stress. Stressed skin can show redness, signs of fatigue, dehydration and premature ageing. Relax and breathe in the natural scents of the roses whilst this facial soothes, hydrates and nourishes the skin whilst strengthening it's natural barrier. For all skin types including delicate skin.

**55 minutes - £80**

## TIMEXPERT HYDRALURONIC FACIAL

*Plump, hydrate and improve your skin*

A new dimension of hydration is delivered to the skin by exclusive ingredient formulations plumping and adding volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin, allowing recovery and preserving of naturally occurring HA in the skin. Whilst the slow release technology delivers and retains moisture reserves for longer lasting effects.\*

\*Self-assessment test on 43 individuals after 1 treatment.

**60 minutes - £80**



Add **Expert LAB Exfoliating Peel (15 min)**  
to any facial for an additional £25.



## TIMEXPERT RADIANCE C+ ILLUMINATING FACIAL

*Combat the first signs of ageing.*

An innovative facial to increase firmness and generate new collagen whilst reducing dark spots and even pigmentation.

Incorporating a patented formulation that increases the benefits of Pure Vitamin C by 6 times. To complement the handson therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for the increased glow.\*

\*Self-assessment test on 63 individuals after 1 session

**55 minutes - £80**

## TIMEXPERT SRNS GLOBAL ANTI-AGE

*Anti-ageing face & eye treatment based on epigenetics.*

Every day, our cells are damaged by lifestyle and environmental factors. Over time, the gene structure within these cells stop producing essential proteins that naturally slow down the ageing process. Global Anti-age ON reactivates these dormant genes and boosts cellular regeneration using Epigenol and Zinc-Glycine Complex. A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session\*.

\*Self-assessment test on 173 individuals after 1 treatment.

**70 minutes - £90**



Add **Expert LAB Exfoliating Peel (15 min)**  
to any facial for an additional £25.

# RITUALS

## PHYTOCARE BAOBAB RITUAL

*An energising full body massage and exfoliation.*

Using ethically sourced Baobab seed oil, this African-inspired full body massage promises an invigorating, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal pregnancy body treatment.

**85 minutes - £90**

## POMEGRANATE RITUAL

*Wellness Moments, Incomparable Experiences.*

A dream experience that fills the mind with serenity and relaxation. Fruity and floral notes, on a soft base of musk and vanilla and delicate fruits of the earth, create Pomegranate Dream, a scent specifically selected to convey calm, tranquility and freshness.

**105 minutes - £120 (Including back, full body exfoliation and rose calming facial).**



## MUMMY RITUAL

*A firming massage adapted to suit pregnant ladies.*

Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to sooth tension and tone the skin.

**100 minutes - £120 (Including back, full body exfoliation and rose calming facial).**

## THE SPICE PINDA RITUAL

*A deep exfoliating massage with exotic spices and warm floral oil. Scalp massage included.*

A highly relaxing massage using our exquisite Oriental Oil based with oriental flowers and macadamia oil, in conjunction with our specialised spiced pinda pouches containing cardamon, cinnamon & poppy seeds. The steamed pindas are dipped within the warm oil allowing the equisite aromas to be released. The pindas are then massaged over the body, for a totally invigorating massage.

**90 minutes - £125**



# BODY MASSAGES

## SPERIENCE ELEMENTS MASSAGE

*A Feng Shui inspired full body massage.*

Based on traditional Chinese philosophy, our Spेरience Elements massage is specifically catered for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body.

**25 minutes - £50 / 55 minutes - £90**

## BODY ELEMENTS

*Full body massage using a range of massage tools.*

This deep tissue massage uses a combination of hands on techniques, ritual sticks and pindas to relieve stress and tension in the body and muscles.

**25 minutes - £50 / 55 minutes - £90**

## MEDITERRANEAN CANDLE MASSAGE

*A warming full body massage.*

Choose one of our Mediterranean inspired massage candles; lavender, olive or citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

**25 minutes - £50 / 55 minutes - £90**

## POMEGRANATE MASSAGE (P)

*A sensory journey to serenity.*

A pleasantly soothing antioxidant massage that helps regenerate the skin and strengthen the skin barrier thanks to pomegranate oil and extract. The delicate massage cream provides extra hydration and nourishment to dry, mature or sun-damaged skin.

**25 minutes - £50 / 55 minutes - £90**

## MUMMY TO BE (P)

*A firming massage adapted to suit pregnant ladies.*

Our collagen body cream which firms, hydrates and tones the skin is combined with relaxing massage movements and warm pindas to sooth tension and tone the skin.

**25 minutes - £50 / 55 minutes - £90**

## HOLISTIC STRESS BOOSTER

*Back, neck and shoulders.*

Drift away with a warm stone back, neck, and shoulder massage which will ease tension and promote comfort. Next your back will be treated to an exfoliation using a highly effective sea salt scrub. This treatment is completed with a soothing scalp massage using baobab oil which will hydrate and protect hair and scalp.

**55 minutes - £90**





# EXPRESS TREATMENT MESSAGES

## HOPI EAR CANDLING

*An ancient relaxation therapy to improve well-being.*

This therapy helps to reduce the build-up of excess ear wax and alleviate pressure caused by headaches, colds and flu.

**25 minutes - £50**

## DREAMY LEGS

*Luxury leg and foot therapy with Baobab.*

Perfect for tired, achy legs this energising therapy uses ethically sourced baobab seed oil to nourish, repair and protect the skin.

**25 minutes - £50**

## SCALP MASSAGE (P)

*Stress relieving neck and scalp massage.*

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced baobab seed oil. A highly effective stress relieving experience, ideal to add to any face or body treatment.

**25 minutes - £50**



# BODY EXFOLIATIONS

## OIL AND SEA SALT

*A refreshing exfoliation containing sea salt and algae.*

Free your skin of dead cells and enjoy a delicious, invigorating exfoliation with a taste of the sea. Rich in salts and algae, your skin will be left smooth and deeply renewed.

**25 minutes - £50**

## ORGANIC SEED OF BAOBAB (P)

*A nourishing exfoliation with organic baobab oil.*

Known of the tree of the life, the baobab tree provides oil rich in amino acids and vitamins. This gentle exfoliator combines seeds from the baobab tree with a complex of oils to soften and smooth the skin. **25**

**minutes - £50**

## POMEGRANATE SCRUB

*A sense of calm, relaxation and tranquillity.*

Pomegranate seeds mixed with the massage cream create an original exfoliating body mousse, perfect for a pleasant massage that helps to remove dead skin cells, leaving the skin nourished and repaired. **25**

**minutes - £50**









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