



TREATMENT MENU

SPA, HAIR, BEAUTY & WELLBEING

THE VARSITY
HOTEL & SPA

ELEMIS
DEFINED BY NATURE. LED BY SCIENCE.

AVEDA
THE ART AND SCIENCE OF PURE ESSENCE AND PLANT ESSENCES

THE GLASSWORKS
HEALTH CLUB



THE GLASSWORKS HEALTH CLUB

*We are an urban spa located within the historic centre of Cambridge
with everything the city has to offer on our doorstep.*

*All of our Spa Packages include use of our fully equipped Gym and Spa; incorporating
the Steam Room, Sauna and Whirlpool with river views. We also provide you with a robe, towel and sandals.
We recommend arriving 1–2 hours prior to your Spa Package to make use of the Spa and/or Gym and then enjoy your
treatments ; giving you the rest of the day to visit our panoramic restaurant and bar, or enjoy Cambridge's sights. You
can upgrade selected treatments Monday to Friday to include access to the club & spa facilities. Full information can be
found in the treatment menu, or contact our team on 01223305060*

ELEMIS SPA TREATMENTS

*The #1 luxury skincare brand. Your skin, your body, and your wellness lie at the heart of
ELEMIS groundbreaking technology, and the innovative blend of science and nature provide the best experience.*

AVEDA HAIR SALON

*Using up to 96% Naturally derived ingredients for essentially damage-free hair;
Full-spectrum hair colour has you covered.
From permanent to glossing services, it's hair colour customised just for you.*

AFTERNOON TEA

*Why not indulge and book Afternoon Tea set in the splendour of the sixth floor at the Varsity hotel;
with floor to ceiling windows ensuring spectacular views across Cambridge.
Available Tuesday to Friday: 12:30-16:00, Saturday & Sunday: 14:30-16:00*



AVEDA HAIR

Full Spectrum colour is up to 96% naturally derived

STYLING	Ladies Cut & Blow Dry	£48
	Mens Cut & Blow Dry	£42
	Blow Dry	£35
	Hair Up	£55
HIGHLIGHTS	Full Head Foils	£140
	½ Head Foils	£100
	T-Section Foils	£79
FULL COLOUR	All over colour	£89
	Re-growth roots	£79
	Ballayage	> By Consultation
	Ombre	> By Consultation
	Mens Gentle Blending	£30
	Additional colour	£20
	After colour Toner	£25
	<i>All colour work includes rough dry and finish</i>	
ADDITIONAL SERVICES	Intensive Conditioning	£8
	Damage Control	£8
	Moisture Boost	£8

You can book a FREE AVEDA consultation to discuss your hair with one of our stylists.

Please arrange for a patch test at least 48 hours before any colour work.

Colour corrections are by consultation. 24 hours cancellation is required for bookings.

Book our panoramic
restaurant SIX for
Afternoon Tea, Lunch
or Dinner to
complete your day!

www.sixcambridge.co.uk

GIFT VOUCHERS AVAILABLE ONLINE OR FROM OUR FRONT DESK

SPA PACKAGES

ENJOY YOUR TREATMENTS TOGETHER AS A COUPLE IN ONE OF OUR DEDICATED DOUBLE TREATMENT ROOMS.
Subject to availability

MINI MIDWEEK AFTERNOON TEA PACKAGES - available Tuesday to Friday ONLY

NECTAR NOURISH TEA DAY	30mins Full Body Nectar Massage & Traditional Afternoon Tea	£70
CUSTOMISED TEA DAY	25mins Back of body Massage & 25mins Customised Facial & Traditional Afternoon Tea	£99

Afternoon Tea is served in our restaurant SIX between 12:00 and 16:30. Please allow 1-2 hours for this.

MIDWEEK SPA DAY PACKAGES - available Monday to Friday ONLY

RENEWAL DAY	30mins Back of body Nectar Massage <u>OR</u> 30mins Advanced Facial	£65
-------------	---	-----

LUXURY COMBINATION DAY	25mins Nectar oil Massage and 25mins ELEMIS Facial	£100
------------------------	--	------

SPA DAY PACKAGES - available Monday to Sunday

QUIET MINDS	Back, Neck & Shoulder Massage & 25mins Facial.	£99
SPA ESCAPE	40mins Facial & 40mins Swedish Massage	£140
RADIANCE REFRESH	Back, Neck, Shoulder, Hands, Scalp Massage & 60mins Advanced Facial	£140

TOTAL RELAXATION	Full Body, Face, and Scalp Massage 80mins	£140
ABSOLUTE SPA RITUAL	Full Body Massage & 60mins Advanced Facial	£170
INDULGENCE DAY	60mins Advanced Facial, Full Body Massage, GELeration Manicure & Pedicure	£230
ULTIMATE DAY	90mins BIOTEC Facial, Full Body Massage, GELeration Manicure & Pedicure	£295

WE RECOMMEND ARRIVING 1-2 HOURS PRIOR TO YOUR APPOINTMENT TO MAKE USE OF THE SPA & GYM FACILITIES

COMBINATION & MASSAGE TREATMENTS

BIOTEC FACIAL & MASSAGE COMBINATION

60mins £90 *with spa access Mon-Fri £110*

1h40mins £125 *with spa access Mon-Fri £145*

ELEMIS FACIAL & MASSAGE COMBINATION

50mins £80 *with spa access Mon-Fri £100*

80mins £120 *with spa access Mon-Fri £140*

REFLEXOLOGY

50mins £85 *with spa access Mon-Fri £105*

80mins £110 *with spa access Mon-Fri £130*

BODY SCRUB

35mins £55

INDIAN HEAD MASSAGE

40mins £70

SWEDISH MASSAGE

The most popular massage style using long strokes to relax

30mins £50

50mins £88 *with spa access Mon-Fri £108*

80mins £128 *with spa access Mon-Fri £148*

ELEMIS MASSAGE

ELEMIS' own deeper massage, using elbow and forearm techniques

AROMATHERAPY MASSAGE

A gentle and soothing massage, with essential oils

ELEMIS or AROMATHERAPY MASSAGE *(Not suitable during pregnancy)*

30mins £52

50mins £92 *with spa access Mon-Fri £112*

80mins £130 *with spa access Mon-Fri £150*

MASSAGE TIMING OPTIONS

30mins *Back, neck & shoulders*

50mins *Full body*

80mins *Full body, face & scalp*

DEEP TISSUE AND SPORTS MASSAGE

30mins £50

50mins £88

90mins £125

MIDWEEK SPA UPGRADES

Upgrading treatments - as detailed - to include up to two hours of spa access is subject to availability and is only available **Monday to Friday**.

Speak to one of our dedicated reservation team for more information.

BOOK ONLINE AT WWW.THEGLASSWORKSGYM.CO.UK OR CALL 01223 305060

FACIALS

Our ELEMIS facials follow a skin care consultation and include your personalised; Cleanse, Tone, Exfoliate & Moisturise. Suitable for men & women.

BIOTEC

Where touch & technology combine giving you the ultimate Facial using the BIOTEC machine

30mins	£55
60mins	£90
	<i>with spa access Mon-Fri</i>
90mins <i>inc. scalp, neck, & shoulder massage</i>	£110
	<i>with spa access Mon-Fri</i>
	£135

BIOTEC COURSE OF EIGHT *(save up to 15%)*

Recommended one every three weeks

8x 30mins	£370
8x 60mins	£590

ADVANCED

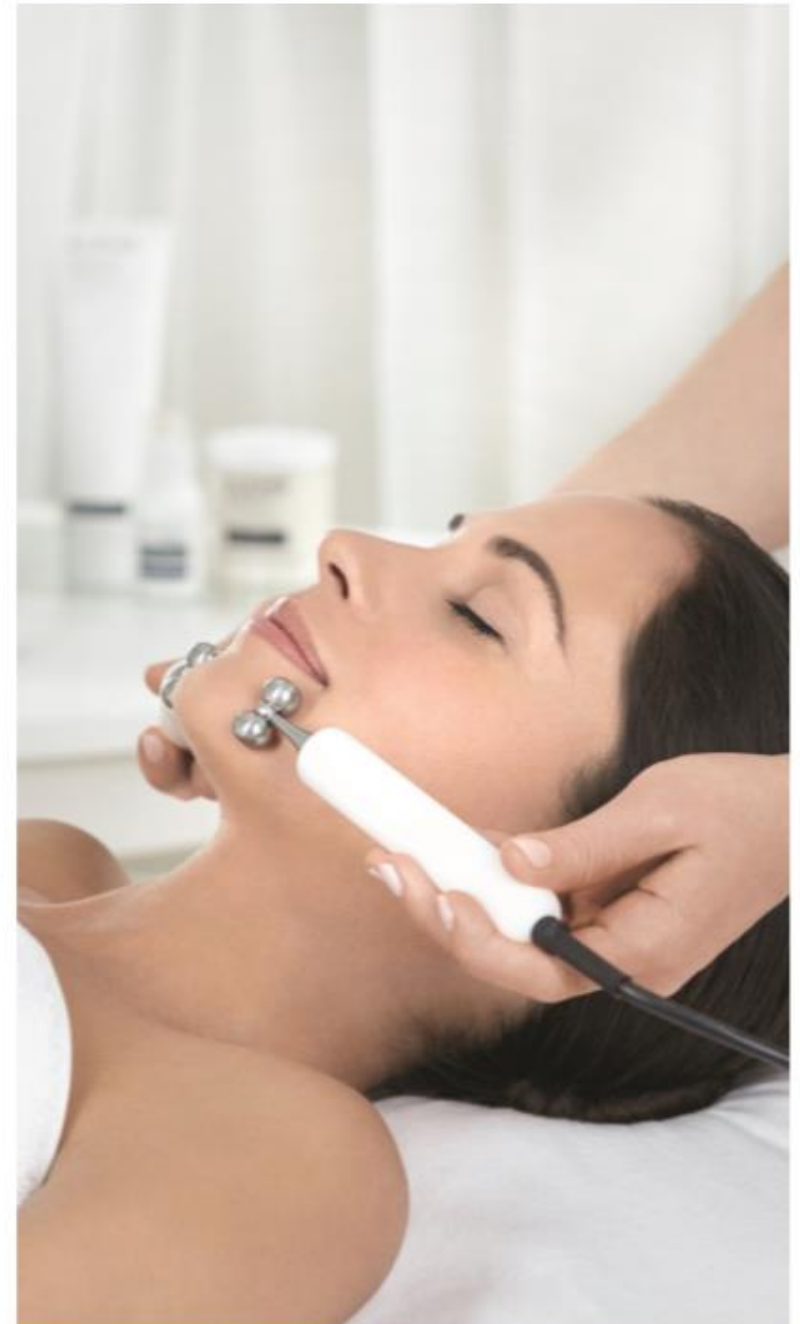
Using clinically proven anti-ageing products, with an additional prescribed serum & peel off masque

30mins	£60
60mins <i>inc. scalp, face, hands, neck, & shoulder massage</i>	£85
	<i>with spa access Mon-Fri</i>
	£105

CUSTOMISED

The entry level ELEMIS facial including a prescribed cleanse, exfoliate, tone and moisturise

30mins	£50
50mins <i>inc. scalp, face, hands, neck, & shoulder massage</i>	£80
	<i>with spa access Mon-Fri</i>
	£100



WHY NOT ADD AFTERNOON TEA AT OUR PANORAMIC RESTAURANT! WWW.SIXCAMBRIDGE.CO.UK

NAIL TREATMENTS

MANICURES

SPA MANICURE £60

Cuticle work, hand massage, file & polish

GELERATION MANICURE - FULL £70

Cuticle work, hand massage, file & GELeration polish

MENS MANICURE £40

Cuticle work, hand massage, file & buff

PEDICURES

For all Pedicures, please bring suitable footwear to avoid damaging nails.

SPA PEDICURE - FULL £70

Cuticle work, hard skin removal, exfoliation, foot massage, file & polish

GELERATION PEDICURE - FULL £80

Cuticle work, hard skin removal, exfoliation, foot massage, file & GELeration polish

MENS PEDICURE £50

Cuticle work, hard skin removal, exfoliation, foot massage, file & buff

Upgrade your pedicure to include a luxurious foot conditioning treatment for £15!

COMBINATION TREATMENTS

SPA MANICURE & PEDICURE £110

GELERATION MANICURE & PEDICURE £135

MENS MANICURE & PEDICURE £75

GELERATION REMOVAL £30

GELeration removal is free with repeat appointments.

We are only able to remove our own GELeration polish.



BOOK ONLINE AT WWW.THEGLASSWORKSGYM.CO.UK OR CALL 01223 305060

A photograph of a spa treatment room. In the foreground, a massage table is covered with a dark brown towel, with a pink and white flower resting on it. In the background, there is a counter with various bottles of products, a large mirror, and a shower area with a glass door. The lighting is soft and warm.

PREGNANCY TREATMENTS

*Please advise how many weeks along you are when making your appointment
During 1st Trimester we can offer a range of Nails, Facials, & Waxing bookings.
During 2nd & 3rd Trimester you can choose from Massages, Facials, Nails, Waxing,
and any other Pregnancy Treatments.*

PEACEFUL PREGNANCY MASSAGE

30mins £52

Back, neck & shoulder massage

60mins £95

Full body massage

PREGNANCY COMBINATION

40mins £80

Foot soak exfoliation & massage to lower legs and feet

80mins £125

Foot soak with massage, 50 minute facial & scalp, neck, shoulder massage

PREGNANCY SPA DAYS

PRENATAL PAMPERING £120

50mins Customised facial, hands, scalp & foot massage

PEACEFUL PREGNANCY £165

Full body massage & 30mins advanced facial

*Gift
Vouchers
available
online or
from our
Front Desk*

Book our panoramic restaurant SIX for Afternoon Tea, Lunch or Dinner to complete your day! www.sixcambridge.co.uk



WAXING

We recommend leaving 3-6 weeks between waxing appointments

LADIES PHD™ WAXING

UPPER LIP	£18
CHIN	£18
LIP & CHIN	£25
BIKINI LINE	£25
BRAZILIAN/HOLLYWOOD	£38

COMBINATIONS

½ LEG & STD BIKINI	£41
FULL LEG & STD BIKINI	£48
½ LEG & BRAZILIAN/HOLLYWOOD	£54
FULL LEG & BRAZILIAN/HOLLYWOOD	£59
COMBO 1 (ANY BIKINI, LEG & UNDERARM WAX)	£70
COMBO 2 (ANY BIKINI, LEG & FACE WAX)	£80
COMBO 3 (ANY BIKINI, LEG, FACE & ARM WAX)	£90

HOT WAX

UNDERARMS	£28
BIKINI	£38
BRAZILIAN /HOLLYWOOD	£48
BRAZILIAN /HOLLYWOOD & ½ LEG	£60
BRAZILIAN /HOLLYWOOD & FULL LEG	£68

Leg Waxing uses the Phd™ waxing system

BODY WAXING

UNDERARMS	£25
FOREARMS	£25
FULL ARMS	£30
½ LEG	£30
¾ LEG	£33
FULL LEG	£42

MENS WAXING

NOSE & EARS - <i>Using Hot Wax</i>	£18
EYEBROWS	£22
CHEST & STOMACH	£30
BACK & SHOULDERS	£35
CHEST, STOMACH, BACK & SHOULDERS	£50

EYE TREATMENTS

Tint Patch Test required 24 hours before

EYEBROW TINT	£22
EYEBROW SHAPE	£22
EYELASH TINT	£25
EYEBROW SHAPE & TINT	£28
EYELASH & EYEBROW TINT	£33
EYELASH & EYEBROW SHAPE & TINT	£38



Phd™ Safewax offers a unique patented application system for waxing. Disposable applicator heads have a single gate mechanism to prevent wax from re-entering the tube, eliminating the danger of cross contamination.

BOOK ONLINE AT WWW.THEGLASSWORKSGYM.CO.UK OR CALL 01223 305060



BOOKINGS AND CANCELLATION

We require payment in full at the time of booking. This is fully refundable up until 24 hours prior to the treatment time.

Non arrivals or rescheduling of the appointment will still be charged in full. If you arrive late for your appointment, we may have to shorten the treatment time, but the full amount will still be charged. Gift vouchers may be used as part or full payment and in the event of rescheduling or cancellation within 24 hours, the full amount will be retained.

ARRIVAL

Please arrive 15 minutes prior to your appointment.

USE OF THE GYM, STUDIO CLASSES, STEAM ROOM, SAUNA AND JACUZZI

All of our **Spa Packages** include use of our fully equipped Gym, Class Studio, and Spa; incorporating the Steam Room, Sauna, and Jacuzzi with river views. You can also upgrade selected treatments Monday to Friday to include access to spa (subject to availability). We provide you with a robe, towel, and sandals. Alcohol is not permitted in the Spa.

PARKING

We are located 100metres from Park Street car park, with good bus and Park & Ride connections. Cambridge is a historic city, so driving can take longer than expected – do leave enough time for your journey.

GYM MEMBERS AND STUDENTS DISCOUNT


10% on treatments Mondays, Tuesdays and Wednesdays.

TREATMENT TIMES

Mon-Fri	07:30 - 20:30
Sat	09:00 - 19:00
Sun	10:00 - 18:00

 @glassworksgym

 @theglassworksgym

 @theglassworksgym

 The Glassworks Health Club

THE GLASSWORKS HEALTH CLUB
THOMPSON'S LANE
CAMBRIDGE, CB5 8AQ

• OPEN EVERY DAY
• MONDAY TO FRIDAY 06:30-21:30
• WEEKENDS 08:00-19:30

01223 305060

WWW.THEGLASSWORKSGYM.CO.UK



