



GERMAINE<sup>DE</sup>CAPUCCINI

## ALPINE RETREAT TREATMENTS

### MASSAGES

**Alpine Green Tea Massage:** A detoxing full body massage using a silky green tea jelly with a luxurious texture it simply melts into the skin leaving it perfectly repaired. The massage is finished using obsidian stones to massage the body.

*30 minutes: £37 | 60 minutes: £67*

**Hot Stones Ritual Massage:** A therapeutic full body massage to help relieve tension and muscular pains. Focusing on the deep working of the muscles using heated basalt stones and specific massage techniques. This treatment will leave you feeling deeply relaxed.

*30 minutes: £43 | 60 minutes: £73 | 90 minutes: £90*

**Sperience Elements Massage:** A Feng Shui inspired full body massage using Sperience aromas which are matched to your mood and needs. Your therapist will relieve tension and negative energy throughout your body.

*30 minutes: £35 | 60 minutes: £65 | 90 minutes: £80*

**Mediterranean Candle Massage:** A warming full body massage with a difference. A candle is lit which melts the Shea Butter, this is poured onto your body, helping to hydrate & rejuvenate your skin. Relieves stress and tension whilst soothing your mind.

*30 minutes: £43 | 60 minutes: £70*

**Turkish Delight Massage:** A full body massage with a choice of cinnamon or saffron oil, the oil is applied to the skin and massaged using traditional manual manipulation. The massage is finished with fully body stretches using a cooling silk cloth which aids the stretching of your limbs.

*1hr 15 mins: £75*

**Bamboo Massage:** A luxurious deep tissue full body treatment using bamboo sticks and green tea gel to energise the body, release tension and relieves stress. Working on all areas of the body it is a deeper and more effective massage and can help with tight and aching stiff muscles.

*1hr 15mins: £75 add a bamboo body scrub £85*

**Indian Head Massage:** A complete massage of the head, neck and shoulder and throughout the face. This massage relieves tension and improves circulation, it's a highly effective ancient treatment.

*40 minutes: £45*

**Be Up:** A deep tissue massage sitting on a chair! You decide which area/s you want our Therapist to concentrate on from the head, neck, shoulders, back, arms and hands. Based on acupressure techniques which will help to reduce muscle tension.

*15 minutes: £18 | 30 minutes: £32*

**Himalayan Massage Ritual:** Our unique Himalayan warm stone massage works by boosting your body's energy levels, combining deep tissue massage strokes together with the power of the warm stones which are placed on chakra points of your body. Feel those aches and tense muscles be soothed away.

*90 minutes: £95*

**Mum to Be Massage:** A nurturing and relaxing massage using Baobab Oil, perfect for during your pregnancy to relax both you and your bump. Enjoy being pampered at this special time!

*30 minutes: £40 | 60 minutes: £68*

*30 minutes facial with a 30 minute facial: £70*

## ALPINE RETREAT BODY TREATMENTS

**Phytocare Baobab Body Ritual:** Full body exfoliation, body massage and scalp massage. Begins with a full body exfoliation using a Baobab seed scrub, followed by a soothing lymphatic full body massage with Baobab Oil providing the skin with anti-inflammatory, nourishing and hydrating benefits. Finishes off with our relaxing Baobab scalp therapy. *Full ritual 115 minutes: £85*

**Baobab Leg Treatment:** Perfect for tired legs! Using Baobab Seed Oil to nourish and repair the skin. Starting with a leg exfoliation, followed by a leg massage and finishes off with an application of Germaine de Capuccini's 'Dreamy Legs'. Helps reduce leg swelling, fluid retention, aches and pains.

*40 minutes: £47*

**Baobab 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. Uses revitalising Hair Essence. *15 minutes: £15*

**Sperience Silk Wrap (with exfoliation):** Your therapist will exfoliate your skin and gently apply a luxurious, smoothing body wrap. The mask envelopes your skin with velvety smooth silk extract and is like a second skin! Deeply hydrating, providing a satin appearance and a silky touch. *60 minutes: £67*

**Calming Hand, Foot and Scalp Therapy:** Starting with a gentle exfoliation of the hands and feet, followed by a deeply & hydrating mask to relieve extreme dryness & dehydration. Completely relax and unwind with an ending revitalising scalp massage using Baobab hair oil to revitalise and soothe. *60 minutes: £60*

**Aloe and Mint Cooling Body Therapy:** A light touch massage using Aloe Vera products to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. Completed with a de-stressing scalp pressure massage to aid relaxation. *60 minutes: £70, 90 minutes: £90 (Alternative option: 30 mins body massage with Silk & Aloe Mint: £35)*

## SPECIALIST TREATMENTS

**Dermatech Microneedling Pen:** Using the most advanced microneedling technology, a non-invasive treatment stimulates natural collagen production in a safe and controlled way. Can be used to treat large pores, wrinkles, loss of elasticity, acne scarring, pigmentation/sun damage, stretch marks and more.

*1st treatment: £120 (1.5 hrs) Course of 4 treatments: £420 (4th treatment is half price - saving you £60)*

*Course of 4 treatments plus home care products: £500, saving you over £100*

**LED-XPERT Skin Light Therapy:** The most powerful LED mask available to beauty salons. A fast and effective non-invasive treatment using high purity LED light energy to trigger natural skin regeneration. With 4 light colours offering 4 solutions; anti-ageing, imperfections, skin sensitivity & hyperpigmentation. Repairs wrinkles, solar damage, acne, rosacea, dark spots and scars. *15 minutes: £25*

**Milia Removal:** Milia are small white or yellowish raised cysts, bumps or spots on the skin, normally found around the eye or cheek area but can appear anywhere on the face or body. Milia are not contagious or harmful but some people may feel self-conscious about them and therefore want them professionally removed. *10 minutes: £10, 15 minutes: £15*

## ALPINE RETREAT FACIALS

**Time Expert Rides with Facial Yoga:** Combat the signs of ageing with this soothing facial. Reduces expression lines and wrinkles (a great alternative to injections!). Key ingredients increase your natural collagen & skin elasticity giving you visible and long-lasting results. *60 minutes: £82, with LED Mask: £100*

**Time Expert Lift Facial:** From Germaine de Capuccini's 'Intelligent Range' this facial emulates the effects of surgical lifting providing sagging skin with volume, lift and firmness. It helps redefine the facial contours whilst hydrating and reducing the signs of ageing. *60 minutes: £88, with LED mask: £110*

**Pure Expert Facial:** Ideal for both young and menopausal clients, helps with oily skin, acne and congested pores. Using hydrating, oil-free products to leave your skin with a clean and healthy matt appearance. *60 minutes: For Face: £68 | For Upper Back: £76*

**Be Calm Facial:** Perfect for those with sensitive skin or Rosacea. An advanced treatment using a calming balm and mask for the face & neck to lock in moisture and protect your skin. Proven to improve and relieve sensitive skin. Hypoallergenic & fragrance-free. *60 minutes: For Face: £75 | For Upper Back: £83*

**Alpine Zen Facial:** Bring back your youthful glow with this radiance facial. Using warm Rose oil known for its healing and soothing effects to nourish the skin. This facial will leave your complexion looking radiant and naturally beautiful. *60 minutes: £66*

**Royal Elixir De Stress Facial:** A strengthening facial treatment perfect for tired and stressed skin. The Royal Elixir facial is packed full of antioxidants and essential nutrients to renew the skin and help you to maintain healthy skin. *60 minutes: For Face: £75 | For Upper Back: £83*

**Hydracure Deep Hydration Facial:** Especially for dehydrated skin. A unique blend of ingredients are used including hyaluronic acid and natural spring water from the Izumo Yumura thermal spring in Japan. Your skin is healed to help retain moisture. *60 minutes: £82*

**Time Expert C+ Age Facial:** An advanced anti-glycation facial using Ume Extract to help combat the signs of ageing. Using Vitamin C to provide a powerful antioxidant, protector and firmer leaving your skin with a fresh and healthy glow. *60 minutes: £82*

**Radiant Express Facial:** An express facial which will leave your skin looking youthful and healthy. Specially designed to give you maximum results when you are short of time. Tailored for all skin types to reveal a radiant look. *30 minutes: For Face: £42 | For Upper Back: £50*

**Upgrade with a Skin Peel:** Breathe new life into your skin with this anti-ageing peel. Targets sun damaged skin, lines and wrinkles and dullness through the process of advanced resurfacing. *£20 to upgrade*

**Hopi Candle Therapy:** For ear, nose and throat problems. A non-invasive treatment that soothes, relieves and relaxes. The heat from the candles travel down into your inner ear and helps to unblock any impurities such as wax & mucus to help relieve congestion, headaches, rhinitis and sinusitis. *30 minutes: £39*

## ALPINE RETREAT HANDS AND FEET TREATMENTS

<b>Manicures and Pedicures</b>	
Cut and file (no polish)	£15
Shape and Polish	£20
Manicure	£30
Pedicure	£37
French Manicure/Pedicure	£36/£37
Germaine Luxury Manicure	£42
Germaine Luxury Pedicure	£45
Manicure with Paraffin Wax	£35
Pedicure with Paraffin Wax	£40
Soak off, file and condition	£18
Soak off only	£8
Gelish Manicure	£32
Gelish Pedicure	£40

### Speciality Treatment

Himalayan Manicure/Pedicure with hot towels. Using a heated Himalayan salt hand and foot therapy dome which allows the hands to soak and feet to soak up the nutrients from the Himalayan salt. Includes scrub and massage. *Manicure: £40 (Pedicure: £45)*

## ALPINE RETREAT WAXING TREATMENTS

<b>Hot Wax Treatments with London Spa</b>	
Lip or chin	£15
Lip and chin	£19
Bikini/high bikini	£17/£20
Underarm	£17
Brazilian/Hollywood	£30/£37
Eyebrows	£15
Feet and toes	£7

<b>Warm Wax (with strips)</b>	
½ Leg or ¾ Leg	£22/£27
Full Leg	£32
Full Leg and Bikini	£45
Bikini/Brazilian	£15/£22
Underarm	£16
Forearm	£18
Face	£17
Lip or Chin/Lip and Chin	£12/£17
Eyebrows	£13
Toes	£5

<b>Men's Waxing</b>	
Back	£25
Chest	£25
Nose	£14
Eyebrows	£13
Shoulders/Back	£36
Ears	£15

Abdomen	£15
Chest and Abdomen	£33
Chest and Back	£43

<b>Eyes</b>	
Eyebrow Shape	£13
Eyebrow Tint	£14
Eyebrow Shape and Tint	£25
Eye Lash Tint	£17
Eye Lash Tint and Brows	
Lash and Brow Tint with Shape	

*All tinting will require a patch test 24 hours prior to the treatment*

**Alpine Retreat Beauty Salon  
Coppid Beech Hotel  
John Nike Way  
Bracknell, RG12 8TF**

**Call us to book an appointment: 07305 253759  
or email: [alpineretreatbeauty@gmail.com](mailto:alpineretreatbeauty@gmail.com)**

We are located in the Wellness Centre of the Coppid Beech Hotel, next to the swimming pool.

We are happy to help with any specific requirements you might have and we host pamper parties.

Gift Vouchers are available from the salon.

### Opening hours

<i>Monday</i>	<i>Closed</i>
<i>Tuesday</i>	<i>10am – 6pm</i>
<i>Wednesday</i>	<i>10am – 6pm</i>
<i>Thursday</i>	<i>11am – 7pm</i>
<i>Friday</i>	<i>10am – 6pm</i>
<i>Saturday</i>	<i>10am – 6pm</i>
<i>Sunday</i>	<i>10am – 4pm</i>

*Please note we are closed on Bank Holidays*

**Terms and Conditions:** *Please note we ask for a £20 deposit per person to secure your booking, any cancellations must be made within 24 hours to be entitled to a refund of your deposit.*

**Late arrivals:** *We regret that arriving late will decrease the time of your treatment, but you will still be charged the full price of your treatment and your scheduled treatment must end on time so that the next client is not delayed.*

Find us on Facebook and Instagram @alpineretreatbeauty for our latest news and offers.

