

TREATMENT MENU

SPA, HAIR, BEAUTY & WELLBEING



THE VARSITY
HOTEL & SPA, CAMBRIDGE

ELEMIS

AVEDA
THE ART AND SCIENCE OF PURE FLORAL AND PLANT ESSENCE

THE GLASSWORKS

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 01223 305060*

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: 12:00-16:00, Saturday & Sunday: 12:00-16:00*

LASER HAIR REMOVAL

Our Triple wavelength Diode Laser is the latest technology; Three wavelengths helping to target a broader spectrum of hair, resulting in fewer treatments and with minimal pain.

The triple wavelength laser device may be beneficial for people with darker skin where laser hair removal has not been as successful previously. Giving you the correct pulse duration & enough thermal heat to target only as deep as the hair follicle root, leaving the surrounding tissues unaffected. A patented cooling tip ensures comfort and reduces inflammation.

Laser damages or can destroy the hair follicle root and in most cases lasts several months, even years. Any hair re-growth after this time is lighter and finer requiring fewer treatments as time goes on.



Virtually Pain Free - Rapid Cooling Handset
Fast & Effective - Most Skin & Hair Types
Latest Technology - More Cost Effective



AREA	1 TREATMENT	6 TREATMENTS
EYEBROW	£25	£120
UPPER LIP	£40	£192
CHIN	£40	£192
UPPER LIP + CHIN	£60	£288
FULL FACE	£80	£384
NECK	£60	£288
SHOULDERS	£80	£384
UNDERARM	£60	£288
HALF ARM	£70	£336
FULL ARM	£110	£528
CHEST	£90	£432
ABDOMEN	£80	£384
CHEST + ABDOMEN	£130	£624
UPPER BACK	£90	£432
FULL BACK	£140	£672
BIKINI LINE	£60	£288
BRAZILIAN	£80	£384
HOLLYWOOD	£100	£480
HALF LEG	£110	£528
FULL LEG	£160	£768
HANDS	£40	£192
FEET	£40	£192

BOOK YOUR FREE CONSULTATION ONLINE: WWW.THEGLASSWORKSGYM.CO.UK



AVEDA HAIR

Full Spectrum colour is up to 96% naturally derived

STYLING	Ladies Cut & Blow Dry	£48
	Mens Cut & Blow Dry	£42
	Blow Dry	£38
	Hair Up (Per Hour)	£55

HIGHLIGHTS	Full Head Foils	£140
	1/2 Head Foils	£100
	T-Section Foils	£84
FULL COLOUR	All over colour	£94
	Re-growth roots	£84

Ballayage	> By Consultation
Ombre	
Mens Gentle Blending	£38
Additional colour	£20
After colour Toner	£25

All colour work includes rough dry and finish

ADDITIONAL SERVICES	Intensive Conditioning	Damage Control	£8
		Moisture Boost	£8

If you have particularly thick hair, please do let us know.

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

Book your Afternoon Tea in our SIX panoramic Bar & Brasserie online at www.sixcambridge.co.uk | Book your Treatments live online 24/7 at www.theglassworksgym.co.uk

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 Back of Body Nectar Massage & Traditional Afternoon Tea	£82
CUSTOMISED TEA DAY	25mins Back of Body Massage & 25mins Customised Facial & Traditional Afternoon Tea	£112
SPA ESCAPE TEA DAY	40mins Elemis Facial & 40mins Massage Combination & Traditional Afternoon Tea	£162

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 OR 30mins Advanced Facial	£70
LUXURY COMBINATION DAY	25mins Nectar oil Massage and 25mins ELEMIS Facial	£99
ELEMIS COMBINATION DAY	60mins Advanced Elemis Facial - with scalp, face, hands, neck & shoulder Massage	£118

SPA DAY PACKAGES - available Monday to Sunday

QUIET MINDS	25mins Back, Neck & Shoulder Massage & 25mins Facial. <i>Add Weekend Afternoon Tea for £36.50</i>	£110
SPA ESCAPE	40mins Elemis Facial & 40mins Swedish Massage Combination <i>Add Weekend Afternoon Tea for £36.50</i>	£140
RADIANCE REFRESH	Back, Neck, Shoulder, Hands, Scalp Massage & 80mins Advanced Facial	£150

TOTAL RELAXATION	Full Body, Face, and Scalp Massage 80mins	£140
ABSOLUTE SPARITUAL	50mins Full Body Massage & 60mins Advanced Facial	£180
INDULGENCE DAY	60mins Advanced Facial, 50mins Full Body Massage, Manicure & Pedicure	£240
ULTIMATE DAY	90mins BIOTEC Facial, 50mins Full Body Massage, GEL Manicure & Pedicure	£315

Add traditional Afternoon Tea

Tue-Fri £29.50
Sat & Sun £36.50

With panoramic views over Cambridge

COMBINATION & MASSAGE TREATMENTS

BIOTEC FACIAL & MESSAGE COMBINATION

60mins	£95	<i>with spa access Mon-Fri £115</i>
1h40mins	£130	<i>with spa access Mon-Fri £150</i>

ELEMIS FACIAL & MESSAGE COMBINATION

50mins	£88	<i>with spa access Mon-Fri £108</i>
80mins	£128	<i>with spa access Mon-Fri £148</i>

REFLEXOLOGY

50mins	£92	<i>with spa access Mon-Fri £112</i>
80mins	£130	<i>with spa access Mon-Fri £150</i>

BODY SCRUB

35mins	£62
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ELEMIS BACK TREATMENT

A facial for the back

35mins	£62
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INDIAN HEAD MESSAGE

40mins	£80
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SWEDISH MESSAGE

The most popular massage style using long strokes to relax

30mins	£52	
50mins	£92	<i>with spa access Mon-Fri £112</i>
80mins	£130	<i>with spa access Mon-Fri £150</i>

ELEMIS MESSAGE

ELEMIS' own deeper massage, using elbow and forearm techniques

AROMATHERAPY MESSAGE

A gentle and soothing massage, with essential oils

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

30mins	£56	
50mins	£98	<i>with spa access Mon-Fri £118</i>
80mins	£134	<i>with spa access Mon-Fri £154</i>

MESSAGE TIMING OPTIONS

30mins	<i>Back, neck & shoulders</i>
50mins	<i>Full body</i>
80mins	<i>Full body, face & scalp</i>

DEEP TISSUE AND SPORTS MESSAGE

30mins	£52
60mins	£92
90mins	£130

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 TREATMENTS ONLINE AT WWW.GLASSWORKSGYM.CO.UK OR CALL 01223 305060

Book your Afternoon Tea in our SIX panoramic Bar & Brasserie online at www.sixcambridge.co.uk

FACIALS

ELEMIS BIOTEC ADVANCED FACIAL THERAPY

Transform your skin with BIOTEC, the ultimate in ELEMIS Facial therapy. Suitable for both Men & Women. Your facial therapist will assist prescribing the best facial type for your skin's need and your own requirements. Oxygen Infusion technology, LED Light Therapy & Ultrasonic Resurfacing help to Smooth, Hydrate & Renew.

OXYGEN INFUSION: Bursts of Oxygen visibly plump and smooth out lines, increasing firmness and hydration. Resulting in healthier looking skin that feels tighter whilst stimulating tissue repair.

ULTRASONIC RESURFACING: The Painless Peel; Skin resurfacing for a brighter and smoother looking skin. The 27,00 vibrations per second gently exfoliate surface impurities and pollutants.

LED LIGHT THERAPY: Soothe and calm troubled skin, minimising skin bacteria and bringing back to balance. Stimulating collagen production, and aiding cellular renewal through light therapy.

MICROCURRENT: Your instant face lift; visibly lifts, tones and firms to sculpt and contour.

TYPES OF BIOTEC FACIAL

PRO-GLOW RENEWAL: A deep cleansing skin wellness facial to draw out impurities, improve texture and boost renewal.
PRO-GLOW RESURFACING: Transform the skin's texture whilst minimising enlarged pores, pigmentation and uneven tone.
PRO GLOW BRILLIANCE: A radiance boosting facial using Oxygen infused technology to energise and brighten the skin.
PRO-GLOW SMOOTH: A powerful facial using Microcurrent + Oxygen technology to plump out lines and wrinkles.

30MINS ELEMIS BIOTEC FACIAL	£55	
60MINS ELEMIS BIOTEC FACIAL	£95	<i>With spa access Mon-Fri £115</i>
90MINS ELEMIS BIOTEC inc. scalp, neck & shoulder massage	£122	<i>With spa access Mon-Fri £142</i>

ELEMIS PRO-GLOW ADVANCED FACIALS (HANDS ON FACIALS)

Using clinically proven anti-aging products.

30MINS ADVANCED HANDS ON FACIAL	£55	
60MINS ADVANCED HANDS ON FACIAL	£90	<i>With spa access Mon-Fri £170</i>



NAIL TREATMENTS

MANICURES

EXPRESS MANICURE: £45

File, shape, buff and nail polish (gel not available)

SPA MANICURE: £50

Soak, exfoliate, clipping, buffing, shaping, massage and polish application

GEL MANICURE: £55

Soak, exfoliate, clipping, buffing, shaping, massage and cured GEL polish application

DELUXE ADD ON: £10

A deep cleansing treatments in addition to a manicure

PEDICURES

EXPRESS PEDICURE: £45

File, shape, buff and nail polish (gel not available)

SPA PEDICURE: £50

Soak, exfoliate, scrub, clipping, buffing, shaping, massage and polish application

GEL PEDICURE: £55

Soak, exfoliate, scrub, clipping, buffing, shaping, massage and cured GEL polish application

DELUXE ADD ON: £10

A deep cleansing treatments in addition to a pedicure

COMBINATIONS

EXPRESS MANICURE & PEDICURE: £85

EXPRESS MANICURE & SPA PEDICURE: £95

SPA MANICURE & PEDICURE: £100

GEL MANICURE & PEDICURE: £105

GEL POLISH REMOVAL: £25



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www.sixcambridge.co.uk



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.*

ELEMIS PEACEFUL PREGNANCY MASSAGE

30mins Pregnancy massage	£56
60mins Pregnancy massage	£95
Pregnancy prep (two 60min massages)	£180
60 minute pregnancy massage, 30 minute facial & spa pedicure	

PREGNANCY COMBINATIONS

60mins Combination	£90
Foot soak exfoliation & massage to lower legs & feet	
80mins Combination	£135
Foot soak exfoliation, 30 minute facial and a scalp, neck & shoulder massage	
Ultimate Combination (140mins)	£190
60 minute pregnancy massage, 30 minute facial, spa & pedicure	

PREGNANCY SPA DAYS

Parental pampering days	£100
30 minute facial & hands, scalp & foot massage	
Peaceful pregnancy day	£155
60 minute full body massage & 30 minute advanced facial	

*Gift
Vouchers
available
online or
from our
Front Desk*



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.

WAXING

We recommend leaving 3-6 weeks between waxing appointments

LADIES PHD™ WAXING

UPPER LIP	£18
CHIN	£18
LIP & CHIN	£25
BIKINI LINE	£25
EXTENDED BIKINI LINE	£28
BRAZILLIAN/HOLLYWOOD	£40

COMBINATIONS

½ LEG & STD BIKINI	£41
FULL LEG & STD BIKINI	£48
½ LEG & BRAZILIAN/HOLLYWOOD	£58
FULL LEG & BRAZILIAN/HOLLYWOOD	£63
COMBO 1 (ANY BIKINI, LEG & UNDERARM WAX)	£78
COMBO 2 (ANY BIKINI, LEG & FACE WAX)	£88
COMBO 3 (ANY BIKINI, LEG, FACE & ARM WAX)	£98

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
BACK	£30
CHEST & STOMACH	£35
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



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

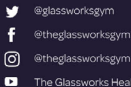
We are located 100metres from Park Street car park, with good bus and Park & Ride connections. Cambridge is a historic city, so driving can take longer than expected – do leave enough time for your journey.

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



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

