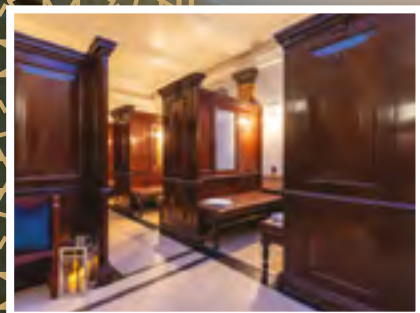




THE CITY BATHS
NEWCASTLE

TURKISH BATHS

SPA TREATMENTS



THE CITY BATHS

The refurbished Turkish Baths at Newcastle City Baths are the perfect venue for a delightful spa experience and a unique relaxation experience of a lifetime.

Their ethos encapsulates flexibility, informality and clarity. Their aim is to offer you a unique experience based on freedom of choice, where you choose how to spend your time.

The Turkish Bath is a core part of your spa experience and can be taken on its own without the need for extra treatments. It is a journey of heating, cooling and cleansing the body to leave you feeling relaxed and revitalised.

Set in the traditional designs of mosaic tiles and Islamic arches, you have the chance to unwind in your own relaxation booth with its ornate wooden screens. From here, you move through the Turkish Bath heated chambers:

- ✦ **The tepidarium is the warm room that gently heats your body**
- ✦ **The caldarium increases the temperature and will create a therapeutic benefit**
- ✦ **The laconium purifies and detoxifies your body by stimulating circulation**

When you are ready to cool down, visit our plunge shower which will help your body flush out the toxins.

TEMPLESPA

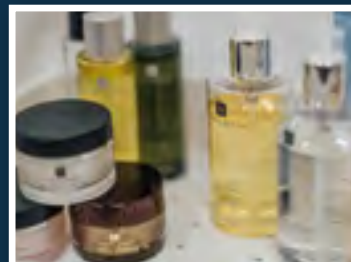
Science-led Skincare. Bathed in Mediterranean sunshine.

Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined.

Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal.

Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But our heart, well, that's full of sunlight.

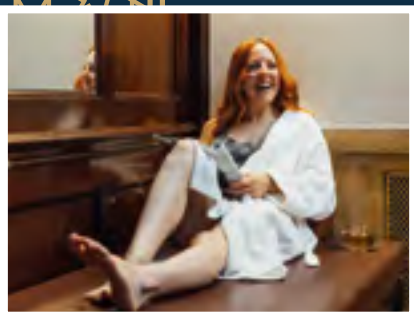
With a deep respect for our awe-inspiring planet, our ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.



TEMPLESPA

Exceptional Skincare
& Experiences





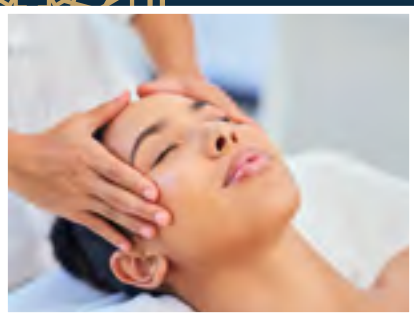
SIGNATURE TREATMENTS

TURKISH DELIGHT BODY EXFOLIATION

Using exfoliating steamed mitts along with our KEEP CALM Aromatherapy Cleansing Bar, the body will be lathered and exfoliated followed by a blissful, warm, DRIFT AWAY Oil massage. You will feel soft, smooth, and totally relaxed.

Your exfoliation will take place within the Turkish bath hammam area followed with your massage within a treatment room.

60 minutes



THE CITY BATHS SIGNATURE SKIN NURTURING FULL BODY EXPERIENCE

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

90 minutes

MEDITERRANEAN SOUL RETREAT TOP-TO-TOE BLISS

Treat yourself to this beautiful nurturing therapy that will leave you feeling comforted and at peace, we commence with our truly wonderful foot ritual. We then massage all the areas of tension and stress in the back, neck and shoulders. This is all completed with a face mask of your choice, plus a relaxing scalp massage.

60 minutes

THE CITY BATHS FACIALS

TEMPLE SPA - MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL FOR YOUR SKIN TYPE

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. Leaving you feeling amazing, and your skin looking radiant.

30 minutes & 60 minutes

TEMPLE SPA MEDITERRANEAN MARINADE HYDRATE & SOOTHE FACIAL

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate, or stressed skin. The secret is in our cooling, calming probiotic products, gentle lymph draining and a tranquil face massage.

30 minutes & 60 minutes

TEMPLE SPA ALL ABOUT THE GLOW – GLOW & RADIANCE FACIAL

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

30 minutes & 60 minutes

TEMPLE SPA CHAMPAGNE & TRUFFLES DELUXE TREATMENT THE CRÈME DE LA CRÈME OF FACIALS

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage, an exquisite warm alginate mask and rose quartz stone therapy that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness.

30 minutes & 60 minutes

THE CITY BATHS MASSAGE TREATMENTS

TEMPLE SPA DRIFT AWAY RELAXING FULL BODY MASSAGE

This deeply relaxing massage, formulated with a blend of Mediterranean essential oils including Frankincense, Lavender, and Patchouli, this is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away.

30 minutes – Back, neck & shoulders

60 minutes – Full body

TEMPLE SPA WORK IT OUT MASSAGE DETOXING / MUSCLE WORKOUT MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the WORK IT OUT detox massage oil including essential oils of Juniper, Lavender, and Cypress. Treatment includes full body brushing to improve circulation followed with deep tissue massage techniques and movements to give your muscles a workout focusing on knots, tensions, and tightness.

30 minutes – Back, neck & shoulders

60 minutes – Full body



TEMPLE SPA ROCKS OF THE MEDITERRANEAN HOT STONES MASSAGE

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage.

30 minutes – Back, neck & shoulders

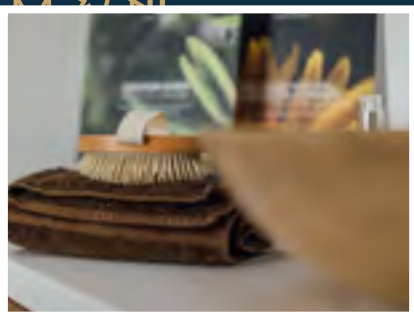
60 minutes – Full body

TEMPLE SPA NEW BEGINNING'S MUM-TO-BE MASSAGE

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired, and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over.

30 minutes – Back, neck & shoulders

60 minutes – Full body



THE CITY BATHS BODY TREATMENTS

TEMPLE SPA BACK TO LIFE A FACIAL FOR THE BACK

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

30 minutes



TEMPLE SPA THE OUTER GLOW BODY EXFOLIATION

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised, and hydrated.

The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event.

30 minutes

TEMPLE SPA AAAHHH! LEG & FOOT ENERGISER

This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

30 minutes

THE CITY BATHS SIDE ORDERS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

- ★ Stressed Out? Enjoy our hot stone neck & shoulder treatment.
- ★ Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
- ★ Love your hands to be pampered? Select our indulgent hand ritual.
- ★ Want a spring in your step? Select our Indulgent foot ritual.
- ★ Want to look less tired? Discover our Replenishing Eye Ritual
- ★ Himalayan Salt Scrub inside the Turkish Hammam.

15 minutes



SERAIL MUD CHAMBER TREATMENT

A hugely popular treatment, you and your loved one (or friend) apply healing muds to your bodies before entering the chamber.

Then you simply relax and let the herbal warmth of the room kickstart the ingredients into cleansing your skin and removing toxins. The Serail Mud Chamber has gentle music and lighting to further accentuate the calming experience.

Afterwards, you enjoy a steam bath and then a warm shower, both of which help remove the muds. Your skin will be so soft, you won't believe it! This decadent treatment is naturally the most requested by couples, so early booking is recommended.

45 minutes (for 1 or 2 people)



HALF DAY SPA PACKAGES

Unwind at Newcastle City Baths... Enjoy a luxurious 60 minute treatment, prescribed for you by one of our expert therapists followed by a relaxing visit to the Turkish Baths.

Simply book your half day spa package and on arrival, one of our friendly, professional therapists will help you create a personally tailored spa visit.

1/2 Day Spa Package - 3 hours

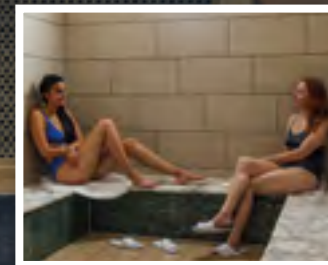
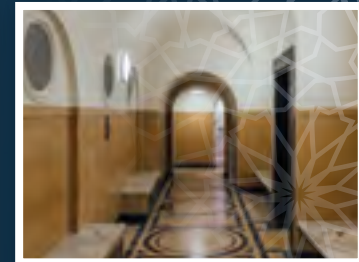
Turkish Baths and Swim **plus** a 60-minute treatment of your choice.

Deluxe 1/2 Day Spa Package - 4 hours

Turkish Baths and Swim, Himalayan Salt Scrub, Rasul Mud Treatment **plus** a 60-minute treatment of your choice.



RELAX...



Scan for
treatment
price list.



& ENJOY



THE CITY BATHS

NEWCASTLE