

 *Ritual.* day spa

  
*Ritual.*  
day spa

*“The Complete multi-sensory experience for men and women to escape the pressures of everyday life”*

In today's busy world most of us seem to be too busy either working long hours in a stressful environment or juggling family commitments and household duties.

As the world around us is changing it is becoming increasingly important to look after our health and well being, and make time for ourselves. At Ritual we believe in the philosophy: if you look good on the outside you feel good on the inside! We also believe in the positive benefits of touch and relaxation and the contribution this can make to both the personal and professional you.

From the beginning at Ritual, we have only worked with products that have been tested on people not animals. All the products we use are kept as natural as possible but with maximum effect.

Everyone is special, and at Ritual we will make you feel it.

CHARISSA GARNER

*Founder / Managing Director*

Website: <http://www.ritualdayspa.co.uk>

Email: [info@ritualdayspa.co.uk](mailto:info@ritualdayspa.co.uk)

**Call us now on: 01603 623366**

## TREATMENT PRICE LIST



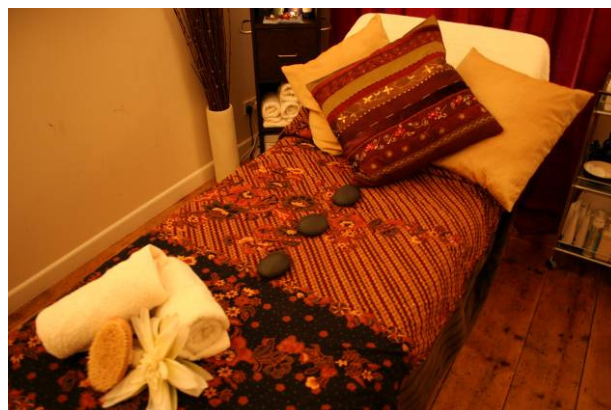
Visit us at **Exchange St** or **St Giles House Hotel**

**Ritual Day Spa**  
36 Exchange St  
Norwich  
NR2 1AX

**01603 623366**  
(Main number)

**Ritual - The Retreat**  
St Giles House Hotel  
41-45 St Giles Street  
Norwich  
NR2 1JR

**01603 275185** (Spa)  
01603 275180 (Hotel)



### OPENING TIMES

	<b>Exchange St</b>	<b>St Giles House*</b>
Monday	9.00-5.30	CLOSED
Tuesday	9.00-7.30	9.30-6.30
Wednesday	9.00-5.30	10.00-8.00
Thursday	9.00-7.30	9.30-6.30
Friday	9.00-5.30	10.00-7.30
Saturday	9.00-5.30	9.30-5.30
Sunday	CLOSED	9.00-2.00

\* Hairdressing and Aveda products not available at St Giles House, except for Weddings by prior appointment.

[www.ritualdayspa.co.uk](http://www.ritualdayspa.co.uk)

## TREATMENT PRICE LIST

### Skin Intelligence Rituals

Elemis Visible Brilliance Facial	£57.00
Elemis Pro-Collagen Quartz Lift Facial	£60.00
Elemis Tri-Enzyme Resurfacing Facial	£60.00
Elemis Oxygen Skin-Calm Facial	£55.00
Elemis S.O.S Purifying Facial	£55.00
Elemis Fruit Active Glow	£41.00
Elemis Exotic Moisture Dew	£41.00
Elemis Herbal Lavender Repair	£41.00
Elemis Taster Facial	£26.00

### Massage Rituals

Elemis Deep Tissue Muscle Massage	£39.00
Elemis Deep Tissue Back Massage	£24.00
Elemis Indian Head Massage	£22.00
Ritual Foot and Ankle Massage	£23.00
Elemis Nurturing Massage for Mother-To-Be	£52.00
Elemis Aroma Stone Therapy	£55.00
Elemis Aroma Stone Back Massage	£30.00
Elemis Face & Body Sensations Ritual	£65.00
Balinese Sensual Aroma Stone Ritual	£95.00
Elemis Absolute Spa Ritual	£85.00
Perfectly Pampering Prenatal Ritual	£89.00

### Hair Rituals (Exchange St only)

Cut & Style	£35.00
Restyle	£39.00
Wash & Style	£15.00
Men's Dry Cut	From £15
Highlights / lowlights (full head)	From £65
Highlights / lowlights (half head)	From £55
Tint / Re-growth	From £33
Semi-permanent	From £33
Hair treatments	From £12
Aveda Fashion Colour/Colour correction	£POA
Perming	£POA

### Exotic Rituals

Elemis Exotic Lime and Ginger Salt Glow	£29.00
Elemis Exotic Coconut Rub and Milk Ritual Wrap	£43.00
Elemis Exotic Frangipani Body Nourish Wrap	£43.00
Exotic Frangipani Flower Ritual	£54.00
Exotic Soul to Sole Nourishing Ritual	£60.00
Fake Bake (Original or Gold) Tanning	£39.00
Aromas of the Orient	£75.00

### Detox & Body Cleanse Rituals

Detoxifying Delights Ritual	£68.00
Elemis Cellutox Aroma Spa Ocean Wrap	£50.00
Elemis Complete Cleansing Ritual	£84.00
Elemis Fennel Cleansing Cellulite and Colon Therapy	£45.00
Elemis Musclease Aroma Spa Wrap	£50.00

### Men's Grooming Rituals

Elemis Deep Tissue Muscle Massage	£39.00
Elemis Deep Tissue Back Massage	£24.00
Elemis Indian Head Massage	£22.00
Elemis Exotic Lime and Ginger Salt Glow	£29.00
Elemis Aroma stone Therapy	£55.00
Elemis Skin IQ Facial	£51.00
Elemis Urban Cleanse Facial	£51.00
Executive Hand & Nails	£22.00
Executive Footcare	£29.00
Elemis Total Time-out	£80.00

### Hand & Feet Rituals

Elemis Exotic Hand Ritual	£25.00
Elemis Sole Delight Foot Treatment	£25.00
Jessica Prescriptive Manicure	£26.00

Jessica Deluxe Prescriptive Manicure	£30.00
LeRemedi Hand Treatment by Jessica	£20.00
Jessica Glamour Puss Polish	£9.50
Jessica Hot Stone Hand Ritual	£27.00
Executive Hand & Nails for Men	£22.00
ZenSpa Pedicure	£30.00
ZenSpa Pedicure Deluxe	£34.00
Elemis Hot Stone Pedicure Ritual	£47.00
Reflexology	£35.00

### Beautification Rituals

Half Leg Wax	£16.00
¾ Leg Wax	£22.00
Full Leg Wax	£26.00
Full Leg & Bikini Line Wax	£32.00
Bikini Line – Normal Wax	£9.00
Bikini Line – High Wax	£14.00
Bikini Line – Brazilian Wax	£20.00
Under arm Wax	£9.00
Arm Wax	£13.00
Back/Chest Wax	£16.00
Lip or Chin Wax	£7.00
Eyebrow Wax	£7.50
Lip and Chin Wax	£9.50
Eyelash Tint	£13.00
Eyebrow Shape	£7.50
Eyebrow Tint	£7.50
Eyelash & Eyebrow Tint	£14.50
Make-up	£35/hr

### Wedding Rituals

Bridal make-up	£35
Wedding Hair	£POA
Relaxation & Pamper Packages	£POA
Hen Nights	£POA
Wedding consultation	£FREE

### Ritual Party Packages

Teen Parties (12-18 years) - 2hours (minimum 6 teenagers)	
Adult Parties (18+ years) – 2 hours (minimum 6 adults)	

### Teenage Rituals

Twinkle Toes	£15.00
Happy Hands	£15.00
Princess party polish	£8.00
Mini Back Massage	£12.00
Mini Scalp Massage	£12.00
Mini Hand or foot Massage	£7.50
Mini Shoulder and neck massage	£15.00
Fruity Deluxe facial	£18.00
Body Polish	£25.00
Make up Lesson	£18.00

### Ritual Packages

Ritual for Two (Double Room)	10% off
New You Package	£105.00
Top to Toe Package	£89.00
Holiday Package	£99.00
Mum to be / New Mum Package	£110.00
Complete Escape Package	£120.00
Luxury Pamper Half Day (St Giles only)	£99
Luxury Pamper Day (St Giles only)	£185
Relaxation Day (St Giles only)	£175
Detox Day (St Giles only)	£185

### Ritual Product Range

Elemis
Aveda
Jessica Nails
Young and Pure
Gift Vouchers available

