



A TRANSFORMATIVE WELLNESS
SANCTUARY ON THE EDGE
OF THE CITY



RE:TREAT

WELCOME TO

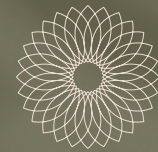
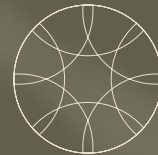
RE:TREAT

∴ AWAKEN

∴ PLENISH

∴ STORE

∴ CONNECT



Situated in Manchester's first five star hotel, RE:TREAT is a wellness escape designed to free your mind, body and spirit from all anxieties and the stresses of the outside world.

Boasting the most highly trained therapists in the city, the level of care and attention given on any visit to our wellness escape is unrivalled.

Enter RE:TREAT at The Lowry Hotel. Arrive sensual, leave revived and refreshed; but healed, free and peaceful. Find peace and serenity in our heavenly escape.

Individual in it's advanced technology offering, RE:TREAT is home to a selection of the finest wellness facilities, including; a Cryotherapy Chamber, Sensory Deprivation Tank, VR Experience and Somadome - the world's first meditation pod.



HOUSE BRANDS



GAIA

Inspired by GAIA, the ancient Greek goddess known as mother nature, GAIA Skincare products are handmade in Britain using traditional production methods. Blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity. Each ingredient thoughtfully selected for its beneficial properties for the body and mind.



GROWN ALCHEMIST

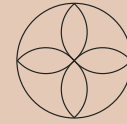
Through the understanding of cellular renewal and nutrient metabolism, Grown Alchemist formulates products which represent a new evolution in skincare. Scientifically-innovative formulas are capable of influencing the way the body repairs and regenerates the skin.

ELEMIS

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. The number one British luxury skincare and spa brand with over 30 years of expertise. Elemis believe in 'truth in beauty'.



GROWN
ALCHEMIST



TREATMENT PRICELIST

GROWN ALCHEMIST DEFENCE FACIAL
50 MINS | From £85.00

GROWN ALCHEMIST RE-GENERATOR FACIAL
50 MINS | From £95.00

GROWN ALCHEMIST DETOX FACIAL
50 MINS | From £85.00

GROWN ALCHEMIST PRECISE
DEFINITION FACIAL
25 MINS | From £55.00

GROWN ALCHEMIST BODY RELEASE
MASSAGE
50 MINS | From £85.00

GROWN ALCHEMIST CHARCOAL
BODY POLISH
50 MINS | From £85.00

GROWN ALCHEMIST URBAN DE-STRESS
MASSAGE
25 MINS | From £55.00

GROWN ALCHEMIST SOOTHING
FOOT MASSAGE
25 MINS | From £55.00

GROWN ALCHEMIST BACK,
NECK & SHOULDER MASSAGE
25 MINS | From £55.00

GROWN ALCHEMIST AGE REPAIR
HAND TREATMENT
25 MINS | From £55.00



GAIA

 TREATMENT
PRICELIST

GAIA BESPOKE MASSAGE
60 MINS | From £95.00

GAIA BESPOKE MASSAGE
90 MINS | From £120.00

GAIA SERENITY
90 MINS | From £120.00

GAIA RESTORATIVE
60 MINS | From £115.00

GAIA HOT STONE MASSAGE
40 MINS | From £85.00

GAIA HOT STONE MASSAGE
60 MINS | From £100.00

GAIA HOT STONE MASSAGE
90 MINS | From £120.00

GAIA POULTICE MASSAGE
60 MINS | From £125.00

MOTHER GAIA
60 MINS | From £95.00

MOTHER GAIA
90 MINS | From £130.00

GAIA INDIAN HEAD MASSAGE
40 MINS | From £69.00

GAIA SALT AND OIL SCRUB
40 MINS | From £69.00

GAIA RAINDROP THERAPY
120 MINS | From £195.00

GAIA CRYSTAL THERAPY
120 MINS | From £195.00

GAIA TOTAL HOLISTIC RITUAL
120 MINS | From £195.00

GAIA HARMONIOUS RITUAL
60 MINS | From £105.00

GAIA JADE FACIAL
60 MINS | From £90.00

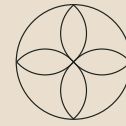
GAIA EQUILIBRIUM CRYSTAL FACIAL
60 MINS | From £100.00

GAIYOGA LIFTING FACIAL
90 MINS | From £110.00

GAIA MUD COCOON
90 MINS | From £110.00



ELEMIS



TREATMENT PRICELIST

ELEMIS DEEPER THAN DEEP HOT STONE
MASSAGE

50 MINS | From £95.00

ELEMIS PEACEFUL PREGNANCY MASSAGE

50 MINS | From £85.00

ELEMIS FRANGIPANI SALT SCRUB

25 MINS | From £49.00

ELEMIS NOURISHING WRAP

50 MINS | From £75.00

ELEMIS THOUSAND FLOWER DETOX WRAP

50 MINS | From £75.00

ELEMIS SKIN SPECIFIC FACIAL

50 MINS | From £85.00

ELEMIS PRO - GLOW BIOTEC FACIAL

50 MINS | From £95.00

ELEMIS MEN'S BESPOKE FACIAL

50 MINS | From £85.00

ELEMIS PRO - GLOW RENEWAL FACIAL

50 MINS | From £85.00

ELEMIS PRO - GLOW SMOOTH FACIAL

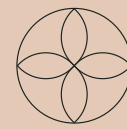
50 MINS | From £85.00

ELEMIS PRO - GLOW RESURFACE FACIAL

50 MINS | From £85.00

ELEMIS PRO - GLOW BRILLIANCE FACIAL

50 MINS | From £85.00



RE:TREATMENTS PRICELIST



RE:TREATMENTS

OPI EXPRESS MANICURE
25 MINS | From £35.00

OPI SIGNATURE MANICURE
WITH NAIL LACQUER FINISH
35 MINS | From £45.00

OPI SIGNATURE MANICURE
WITH GEL COLOUR FINISH
45 MINS | From £55.00

OPI PAMPER MANICURE
WITH NAIL LACQUER FINISH
50 MINS | From £55.00

OPI PAMPER MANICURE
WITH GEL COLOUR FINISH
60 MINS | From £65.00

OPI EXPRESS PEDICURE
40 MINS | From £40.00

OPI SIGNATURE PEDICURE
WITH NAIL LACQUER FINISH
50 MINS | From £55.00

OPI SIGNATURE PEDICURE
WITH GEL COLOUR FINISH
60 MINS | From £65.00

OPI PAMPER PEDICURE
WITH NAIL LACQUER FINISH
60 MINS | From £65.00

OPI PAMPER PEDICURE
WITH GEL COLOUR FINISH
70 MINS | From £75.00

OPI GEL REMOVAL
25 MINS | From £20.00

MII BROW DESIGN
45 MINS | From £20.00

MII BROW EXPRESS
20 MINS | From £30.00

EYELASHES LIFT & TINT
45 MINS | From £49.00

TOP LIP OR CHIN WAX
15 MINS | From £15.00

BACK OR CHEST WAX
30 MINS | From £30.00

FULL LEG WAX
30 MINS | From £30.00

FULL LEG & BIKINI WAX
45 MINS | From £40.00

HALF LEG WAX
30 MINS | From £25.00

HALF LEG & BIKINI WAX
45 MINS | From £30.00

BIKINI OR UNDERARM WAX
15 MINS | From £15.00

HIGH BIKINI WAX
15 MINS | From £20.00



Traditional spa treatments are an important part of the wellness journey, however as technology progresses we have found the importance in a growing movement of new therapies such as Cryotherapy, Meditation Pods and Sensory Deprivation.

Such treatments are high on the agenda of Hollywood celebrities and sports personalities.

For the first time 'the holy trinity of Hollywood' can now be enjoyed under one roof at RE:TREAT at The Lowry Hotel, where all three a-list-adored treatments are available for guests to enjoy together in a UK first.

VIRTUAL REALITY EXPERIENCE

This immersive relaxation experience uses virtual reality, meditation, aromatherapy and binaural beats to provide the ultimate escape from reality.

Let go and relax by escaping the current reality and entering a virtual reality.

Choose your location and be transported there within seconds, virtual reality is a powerful tool for the treatment of mental health and behavioural issues. Studies have shown that virtual reality can evoke the same reactions, thoughts and emotions as experiences in a real-world situation. This piece of technology is the perfect addition to a traditional spa treatment and offers guests the ability to be transported to a whole new destination whilst receiving

From £20.00

RE:TREAT guests can select from 14 real-world locations from around the world from the beaches of Seychelles, to the great ocean road in south east Australia, experience the beautiful natural environment of the world's most serene locations.



ENHANCE YOUR WELLNESS JOURNEY WITH RE:TREAT



SENSORY DEPRIVATION TANK

ANXIETIES &
STRESS SIMPLY
DRIFT AWAY

Freed from all sensation of gravity, temperature, touch, sight and sound, you conserve and redirect vast amounts of natural physical and mental energy.

This pod is used for restricted environmental stimulation therapy. It is a dark, soundproof tank that is filled with a foot or less of salt water.

The Isopod Floatation Tank is designed to transport you to a new and all-encompassing world of absolute calm and tranquillity.

From £35.00



SOMADOME MEDITATION POD

MINDFULNESS
MEDITATION FOR
MIND, BODY &
SPIRIT BALANCE

This is where you will be able to silence the noise and find your magic.

The somadome meditation tracks are designed to meet you, where you are, at any given time. Sometimes you need rest and rejuvenation, other times focus and creativity. You may be seeking peak physical performance, or achieving deep transcendental states of consciousness. No matter where you are, there is a track for you.

From £35.00

The Somadome boasts colour light therapy which works to transform your mind and body. It also encourages energy through the powerful magnets positioned in the base of the dome which block harmful frequencies & enable chi flow. The crystal strip along your spine activates the body's seven main energy centres and encourages chakra alignment. The sound therapy uses binaural beats, phase modulation and varying frequencies to access varying states of consciousness through sound.



CRYOTHERAPY CHAMBER



Cryotherapy induces the release of anti-inflammatory hormones, reducing inflammation and pain.

It promotes a sensation of deep relaxation, improving sleep and inducing a lasting anti-stress effect.

Faster and more effective healing leads to quicker recovery times with better performance and a sensation of lightness.

Because of these benefits cryotherapy is a popular treatment for athletes and sports people as it can help accelerate the healing process by stimulating blood and lymphatic fluid movement.

In a session you will be exposed to -110 degrees celsius temperature and this will benefit you whether you need to tackle anything from stress and anxiety, sports injury, insomnia, skin conditions and general health and wellness.

From £45.00



PARTNERS



Specialising in Colonic Hydrotherapy and complimentary therapies such as Massage Therapy, Myofascial Release, Natural Rejuvenation Facials, Cupping, Reflexology, and Lymphatic Drainage.



AssureHealth is a high quality and well-established private medical clinic. They offer a wide variety of nutritional and health benefits.

Offering a myriad of health screening services, from biochemistry screening to aid whole health to diagnostic ultrasound scans. In addition to this they also offer facial and body aesthetics treatments, fat loss treatments, wellbeing and lifestyle medicine, IV nutritional therapy and more.



Personal training made bespoke to your needs. Motivated by a deep passion of health and wellness; a duo of specialist coaches and nutritionists who are inspired by making lasting positive changes that lead to happier healthier lives.

SPA MEMBERSHIPS

BRONZE

- ✦ 50 minute treatment of choice per Month. (Excluding ELEMIS BIOTEC)
- ✦ Access to Gym 4 times a month (Monday - Thursday Only)
- ✦ 45 minute complimentary PT session in the gym with Inspirit
- ✦ 50% off additional treatments booked for yourself when having your monthly treatment
- ✦ 20% off treatments for yourself (for the rest of the month)
- ✦ 20% off for any guests you bring along
- ✦ 20% off Drink & Food in the River Restaurant & Lowry Lounge
- ✦ 20% off Retail
- ✦ 20% off AssureHealth Group services
- ✦ Exclusive invites to our Spa events

SILVER

- ✦ 50 minute treatment of choice per Month. (Excluding ELEMIS BIOTEC)
- ✦ Access to Gym 4 times a month (any day)
- ✦ Access to 2 classes per month
- ✦ 1 x Somadome session per month
- ✦ 45 minute complimentary PT session in the gym with Inspirit
- ✦ 50% off additional treatments booked for yourself when having your monthly treatment
- ✦ 20% off treatments for yourself (for the rest of the month)
- ✦ 20% off for any guests you bring along
- ✦ 20% off Drink & Food in the River Restaurant & Lowry Lounge
- ✦ 20% off Retail
- ✦ 20% off AssureHealth Group services
- ✦ Exclusive invites to our Spa events

GOLD

- ✦ 50 minute treatment of choice per Month with optional add on of VR Guided meditation.
- ✦ Unlimited Gym Access
- ✦ Access to 4 classes per month
- ✦ 1 x Somadome session per month
- ✦ 45 minute complimentary PT session in the gym with Inspirit
- ✦ Access 1 x 45 minute guided mediation group session per month
- ✦ 50% off additional treatments booked for yourself when having your monthly treatment
- ✦ 20% off treatments for yourself (for the rest of the month)
- ✦ 20% off for any guests you bring along
- ✦ 20% off Drink & Food in the River Restaurant & Lowry Lounge
- ✦ 20% off Retail
- ✦ 20% off AssureHealth Group services
- ✦ Exclusive invites to our Spa events

GYM MEMBERSHIPS

BASIC

- ✦ 45 minute complimentary PT session in the gym with Inspirit on joining
- ✦ Full use of the Gym
- ✦ 4 x Vitamin B12 Injections via AssureHealth (1 per quarter)
- ✦ 20% off Food and Drinks in Our River Restaurant and Lowry Lounge
- ✦ 10% off Spa treatments
- ✦ 10% off all classes
- ✦ 20% off AssureHealth services

PRO

- ✦ 45 minute complimentary PT session in the gym with Inspirit on joining
- ✦ Full use of the Gym
- ✦ Access to 1 class per week
- ✦ Basic observations health check via AssureHealth
- ✦ 4 x Vitamin B12 Injections via AssureHealth (1 per quarter)
- ✦ 20% off Food and Drinks in Our River Restaurant and Lowry Lounge
- ✦ 10% off Spa treatments
- ✦ 10% off all classes
- ✦ 20% off AssureHealth services

ELITE

- ✦ 45 minute complimentary PT session in the gym with Inspirit on joining
- ✦ Full use of the Gym
- ✦ Access to 1 class per week
- ✦ 1 icepod session per quarter (additional sessions available with 25% discount)
- ✦ Basic observations health check via AssureHealth
- ✦ 4 x Vitamin B12 Injections via AssureHealth (1 per quarter)
- ✦ 1 x Vitamin IV drip via AssureHealth (only available when signing up for a full year - not available on a 3 month membership)
- ✦ 20% off Food and Drinks in Our River Restaurant and Lowry Lounge
- ✦ 10% off Spa treatments
- ✦ 10% off all classes
- ✦ 20% off AssureHealth services



WELLNESS MEMBERSHIPS

VITALITY

- ✦ 45 minute complimentary PT session in the gym with Inspirit
- ✦ Access to Gym 8 times a month (any day)
- ✦ 2 x classes per week
- ✦ Icepod session per month (additional sessions available with 25% discount)
- ✦ Basic observations health check via AssureHealth
- ✦ 4 x Vitamin B12 Injections via AssureHealth (1 per quarter)
- ✦ 20% off Food and Drinks in Our River Restaurant and Lowry Lounge
- ✦ 10% off Spa treatments
- ✦ 10% off all classes
- ✦ 20% off AssureHealth services

SPIRITUAL

- ✦ 45 minute complimentary PT session in the gym with Inspirit
- ✦ 2 x classes per week
- ✦ Access to 1 x sound bath class per month
- ✦ 2 x VR Guided Meditation sessions per month
- ✦ 1 x Sensory Deprivation Tank Session per month
- ✦ 2 x Somadome sessions per month
- ✦ Access 1 x 45 minute guided meditation group session per month
- ✦ Basic observations health check via AssureHealth
- ✦ 4 x Vitamin B12 Injections via AssureHealth (1 per quarter)
- ✦ 20% off Food and Drinks in Our River Restaurant and Lowry Lounge
- ✦ 10% off Spa treatments
- ✦ 10% off all classes
- ✦ 20% off AssureHealth services

WELLNESS MEMBERSHIPS

ULTIMATE WELLNESS

- ✧ 45 minute complimentary PT session in the gym with Inspirit
- ✧ Access to Gym 8 times a month (any day)
- ✧ 1 icepod session per month (additional sessions available with 25% discount)
- ✧ 2 x VR Guided Meditation sessions per month
- ✧ 1 x Sensory Deprivation Tank Session per month
- ✧ 2 x Somadome sessions per month
- ✧ 1 x colonic with coffee enema per quarter via The Complete Health Clinic
- ✧ Access to 1 x sound bath class per month
- ✧ Basic observations health check via AssureHealth
- ✧ 4 x Vitamin B12 Injections via AssureHealth (1 per quarter)
- ✧ 1 x Vitamin IV drip via AssureHealth (only available when signing up for a full year - not available on a 3 month membership)
- ✧ 20% off Food and Drinks in Our River Restaurant and Lowry Lounge
- ✧ 10% off Spa treatments
- ✧ 10% off all classes
- ✧ 20% off AssureHealth services



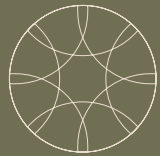
THE FOUR WELLNESS PILLARS

RE:TREAT



EMOTIONAL

RE:AWAKEN YOUR MIND AND SENSES



PHYSICAL

RE:PLENISH YOUR BODY



SPIRITUAL

RE:STORE PEACE AND TRANQUILITY



SOCIAL

RE:CONNECT WITH LOVED ONES



MEMBERSHIPS

✦ SPA MEMBERSHIPS

BRONZE

£900 PER ANNUM
(can be 3 monthly sign up at £275 per quarter)

SILVER

£1200 PER ANNUM
(can be 3 monthly sign up at £375 per quarter)

GOLD

£1500 PER ANNUM
(can be 3 monthly sign up at £450 per quarter)

✦ GYM MEMBERSHIPS

BASIC

£460 PER ANNUM
(can be 3 monthly sign up at £150 per quarter)

PRO

£660 PER ANNUM
(can be 3 monthly sign up at £200 per quarter)

ELITE

£900 PER ANNUM
(can be 3 monthly sign up at £260 per quarter)

✦ WELLNESS MEMBERSHIPS

VITALITY

£1200 PER ANNUM
(can be 3 monthly sign up at £375 per quarter)

SPIRITUAL

£1800 PER ANNUM
(can be 3 monthly sign up at £525 per quarter)

ULTIMATE WELLNESS

£2400 PER ANNUM
(can be 3 monthly sign up at £675 per quarter)



THE STUDIO



The RE:TREAT studio plays host to a variety of specialised wellness classes.

From yoga classes to guided meditation and sound healing, expert instructors are holding sessions that will allow you to kickstart, or continue your wellness journey the right way.

RE:PLENISH your body and leave each session feeling lighter and re:balanced.

There is no better start to a successful lifestyle change than to begin your transformative journey in a relaxing wellness escape.

Our studio classes are specially curated to offer a unique blend of activities and to suit all fitness and wellness abilities.



GYM

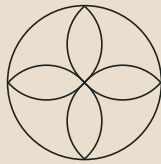
Our intimate and varied gym has all you need for a proper workout to improve your fitness or strength.

Free weights for muscle building and toning as well as machines for speed and stamina. All modern equipment so you're guaranteed an intensive session.

We also have mats for stretching out your body for your pre or post workout routine.



TO BOOK AND VIEW OUR LATEST
STUDIO CLASS SESSIONS FOLLOW
THE QR CODE



RE:TREAT

AT THE LOWRY HOTEL