



# ROSLIN RETREAT

*Rebalance and Restore at Roslin Beach Hotel*

TREATMENT MENU



## WELCOME

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Situated just a stone's throw away from the stunning beaches of Thorpe Bay, Roslin Beach Hotel has all you can ask for from a seaside retreat. Offering a wide variety of luxury treatments from Elemis, ESPA, O.P.I, and Lava Shells, The Roslin Retreat has something to suit everybody.

The Roslin Retreat welcomes you into an environment of relaxation and rejuvenation that combines all the benefits of health, wellness and beauty with the care of the face and body. Our highly trained, friendly therapists are here to create that perfect experience just for you.

Whether you are looking for a relaxing afternoon with a partner or a weekend away with the girls, then look no further than the Roslin Retreat.

Offering a variety of packages including The Roslin traditional Afternoon Tea, a two course lunch or even an overnight stay, prices start from just £75 per person. Bespoke packages are available on request as well as tailor made gift vouchers.

All information is available on the website [www.roslinhotel.com](http://www.roslinhotel.com) and to receive up to date special offers please follow us on Instagram @RoslinRetreat Twitter @RoslinRetreat and Facebook [www.facebook.com/RoslinRetreat](http://www.facebook.com/RoslinRetreat)

Please be aware that our current minimum treatment time is 50 minutes per guest, this can consist of one 50 minute treatment or multiple shorter treatments.



Suitable for pregnancy after 12 weeks



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## THE GIFT OF RELAXATION



Relaxation; The ideal present to give to someone special. Whether it's a birthday, anniversary, holiday or a new baby; there's always a good reason for giving a Roslin Retreat Gift Voucher. Choose something personal from our exquisite range of treatments, or let them browse the treatment brochure themselves and put their gift voucher to whatever they choose. You will also find a range of the exclusive products we use in our treatments available to purchase at the Retreat, many in beautiful and cost effective gift sets.

Our team will be more than happy to help advise you to create the perfect gift.



## ESPA TREATMENTS

A bespoke selection of body treatments & massages which use ESPA products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements.

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### ESPA MINDFUL MASSAGE (75 mins) - £100

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

*Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals*

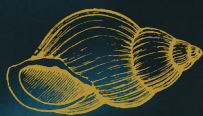
### ESPA INNER CALM MASSAGE (75 mins) - £100

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

*Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals*

*Espa Inner Calm Massage (50 Mins) - £74 - Includes: Breathwork – full body aromatherapy massage*

*Espa Inner Calm Back Massage (25 Mins) - £45 - Includes: Breathwork – aromatherapy back massage*









## ESPA TREATMENTS

A bespoke selection of body treatments & massages which use ESPA products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements.

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### ESPA BODY WRAP (50 Minutes) - £70

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

*Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage*

### ESPA SALT & OIL SCRUB (25 Minutes) - £50

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

*Includes: Skin brush - salt & oil full body exfoliation*

### ESPA PRE-NATAL RELAX & RESTORE (75 Minutes) - £100

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

*Includes: Back exfoliation – focussed body massage – scalp massage*

*Shorter options available (50 minutes - £68 or 25 minutes - £40)*

### SCALP MASSAGE (25 Minutes) – £35

Relax and unwind with a de-stress scalp massage. Helping to reduce tension, increase circulation and leaves you with a feeling of total relaxation.



## ELEMIS BODY RITUALS

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

### ELEMIS FREESTYLE DEEP TISSUE MASSAGE (50 mins) – £75

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### Elemis Freestyle Deep Tissue Back Massage (25 mins) – £45

### SCALP MASSAGE (25 mins) – £35

Relax and unwind with a de-stress scalp massage. Helping to reduce tension, increase circulation and leaves you with a feeling of total relaxation.

### ELEMIS INTENSELY CLEANSING SALT SCRUB

### LIME AND GINGER OR FRANGIPANI (25 mins) – £50

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

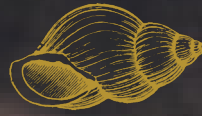
### LAVA SHELL FULL BODY MASSAGE (50 mins) – £80

This indulgent Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. The shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress, followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

### Lava Shell Back Massage (25 mins) – £50









## ELEMIS FACIAL TOUCH TREATMENTS

The hands of a highly trained Elemis therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

## ELEMIS ADVANCED ANTI-AGEING FACIALS

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PRO-GLOW SMOOTH (50 mins) – £85 

### THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro-Glow Smooth Booster Facial (25 mins) – £55

PRO-GLOW RESURFACE (50 mins) – £85 

### RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Resurface Booster Facial (25 mins) – £55

PRO-GLOW GENIUS FACIAL (75 mins) – £110 

### YOUR LINE-FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



## ELEMIS SKIN SOLUTION FACIALS

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PRO-GLOW RENEWAL FACIAL (50 mins) – £70

FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow.

Pro-Glow Renewal Booster Facial (25 mins) - £45

PRO-GLOW BRILLIANCE (50 mins) – £75

YOUR RECIPE FOR RADIANCE

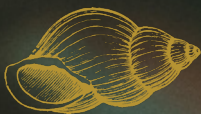
Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Pro-Glow Brilliance Booster Facial +(25 mins) –£50

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All Booster Facials include, cleanse, tone, exfoliation of skin, mask and specific finishing products.







## ELEMIS TECHNOLOGY TREATMENTS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo - charges touch. the clinically proven result?

Visibly healthy, nourished and energised skin.

### ELEMIS ADVANCED ANTI-AGEING FACIALS

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PRO-GLOW SMOOTH+ (50 mins) – £100

#### THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity. Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, Microcurrent & O2 Infusion.

Pro-Glow Smooth Booster Facial+ (25 mins) – £65

PRO-GLOW RESURFACE+ (50 mins) – £100

#### REVEAL STUNNINGLY SMOOTH SKIN

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear. Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, LED Light Therapy & Galvanic.

Pro-Glow Resurface Booster Facial+ (25 mins) – £65

PRO-GLOW GENIUS FACIAL+ (75 mins) – £125

#### THE ULTIMATE AGE-DEFYING EXPERIENCE

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 2.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment. Supercharged with ELEMIS BIOTEC 2.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & CryO2.





## ELEMIS SKIN SOLUTION FACIALS

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PRO-GLOW BRILLIANCE +(50 mins) - £90

### YOUR RECIPE FOR RADIANCE

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing. Includes ELEMIS' BIOTEC: Ultrasonic, Galvanic & Oxygen Infusion.

Pro-Glow Brilliance Booster Facial+ (25 mins) - £60

## ELEMIS HANDS AND FEET

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ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT  
(25 mins) – £35 

This is the last word in conditioning, restorative, anti-ageing hand treatments.

Targets age spots and dryness.

ELEMIS BEST FOOT FORWARD (25 mins) – £35 

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.









## HANDS & FEET WITH MII

Blended products with active ingredients including; antioxidant and brightening Blueberry, Rosemary and Vitamin C plus nourishing Shea Butter, Argan Oil and Aloe Vera, with a calming signature fragrance of Bergamot, Earl Grey and Cucumber for added sensorial bliss.

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### MII SHAPE & POLISH OF HANDS OR FEET – £20

Includes shaping of the nails, followed by the application of your chosen polish.

### MII GEL SHAPE & POLISH OF HANDS OR FEET – £32

Includes shaping of the nails, followed by the application of your chosen gel polish.

### MII LUXURY MANICURE (45-55 mins) – £38

Hand reviving exfoliation followed by a rich hand mask and heavenly hand and forearm massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish, or finish. Alternatively select the final flourish of a Statement Gel Polish.

Without Polish - £36

With Gel Polish – £43

### MII LUXURY PEDICURE (40 mins) – £40

Feet are cleansed and exfoliated followed by a deeply rich and nourishing foot mask and rejuvenating foot and lower leg massage, with hard skin removed and cuticles made neat and tidy. Feet and ankles are massaged with conditioning creams. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively select the final flourish of a Statement Gel Polish.

Without Polish - £38

With Gel Polish – £45



### MII SHAPE & POLISH OF HANDS OR FEET – £20

Includes shaping of the nails, followed by the application of your chosen polish.

### MII GEL SHAPE & POLISH OF HANDS OR FEET – £32

Includes shaping of the nails, followed by the application of your chosen gel polish.

### MII GEL REMOVAL & TIDY – £15

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French Polish is available on request for an additional £3.00.

The Roslin Retreat are unable to take responsibility for nails that are damaged after leaving the manicure or pedicure room (this does not apply to GelColor).

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### PLEASE NOTE:

Mii GelColor should be removed from nails professionally. Removal of Mii GelColor is included in the treatment price providing the GelColor was applied at the Roslin Retreat and is combined with an Mii GelColor Treatment Manicure (£36) in the same appointment, alternatively it will cost an additional £15.

Please ensure you make the receptionist aware upon booking if you need a removal as this will add around 20 minutes to your treatment time.



## LASHES & BROWS

Tinting of the eyelashes and eyebrows enhances the colour and definition of the eyes.

This is particularly effective to have before a special occasion or holiday. Please note that tinting will require a patch test at least 24 hours prior to first appointment to ensure you receive the best possible treatment and results.

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EYEBROW TINT – £10

EYELASH TINT – £18

EYEBROW & EYELASH TINT – £23

ROSLIN SIGNATURE BROW TREATMENT – £26

Transform your brows with a combination of tinting, waxing and tweezing, completed and perfected with our Chelsea brows treatment for a flawless finish.







## WAXING Perron Rigot

At the Roslin Retreat we pride ourselves on offering the highest standard of waxing, we assure the up-most comfort throughout this semi-permanent hair removal method, providing you with smooth, long lasting results for up to 8 weeks. For small and more intimate areas we use a Premium Wax from the Award Winning French Brand, Perron Rigot, this is a Hot Wax system which is gentler on the skin, reducing redness, more comfortable and ensures a better result on sensitive areas. For larger areas we use a Roller Wax system which ensures a clean, hygienic and quick hair removal treatment.

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LIP OR CHIN – £12

EYEBROW – £12

BIKINI – £28

HOLLYWOOD WAX – £43

FULL ARM – £22

FULL LEG WAX – £35

UPPER LEG & STANDARD  
BIKINI – £35

HOLLYWOOD / BRAZILIAN  
& ½ LEG – £55

LIP & CHIN - £20

UNDERARM – £18

BRAZILIAN WAX – £43

FOREARM £18

½ LEG WAX – £22

FULL LEG & STANDARD BIKINI – £45

HOLLYWOOD / BRAZILIAN  
& FULL LEG – £65

CHEST OR BACK- £30



## PAMPER PACKAGES

Treat yourself or a loved one with one of our signature packages or call and speak to one of our friendly team and we'll design a tailor made package just for you. Prices are per person.

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### ROSLIN RELAXATION – Mon-Thurs from £120pp, Fri-Sun from £130pp

Treat yourself to an ESPA Inner Calm Back Massage, ESPA Scalp Massage & 50 minute ESPA Inner Beauty Facial. A complete relaxation experience at the Roslin Retreat.

### OVERNIGHT PAMPER BREAK – Sun-Thurs from £145pp, Fri-Sat from £165pp

One night in a Classic Double room with breakfast (based on 2 sharing), two 25 minute treatments per person (Elemis or ESPA Back Massage & Elemis Skin Solution Booster Facial), £35 per person towards dinner. Upgrades available. Discounts available for additional treatments.

### RELAX & INDULGE WITH ESPA – Mon-Thurs from £82pp, Fri-Sun from £92pp

Enjoy a luxurious ESPA Inner Calm Back Massage & ESPA Inner Beauty Booster Facial in the Roslin Retreat. Choose from a 2-Course Set Lunch or Traditional Afternoon tea.

### RELAX & INDULGE WITH ELEMIS – Mon-Thurs from £87pp, Fri-Sun from £97pp

Enjoy a luxurious Elemis Deep Tissue Back Massage & Elemis Pro-Glow Renewal Booster Facial in the Roslin Retreat. Choose from a 2-Course Set Lunch or Traditional Afternoon tea.

### MOTHER TO BE – Mon-Thurs from £120pp, Fri-Sun from £130pp

The perfect package for that special Mother to be, relax with an ESPA Pre-Natal Relax & Restore Massage, ESPA Inner Beauty Booster Facial & Elemis Best Foot Forward.

### TIME FOR TWO – Mon-Thurs from £175, Fri-Sun from £189

Enjoy some time for the two of you with an Elemis or ESPA Full Body Massage combined with Elemis or ESPA Booster Facial or Scalp Massage.

### WHY NOT UPGRADE? – from £25 per person

Upgrade any 25 minute treatment to a 50 minute Full Body Massage or 50 minute Facial from £25 per person.



## WEDDING PACKAGES

A wonderful way to spend some time together before the big day or a chance to unwind and relax with your wedding party.

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### BRIDESMAIDS

Treat your bridesmaids to something special for the big day. Minimum 3 guests.

OPI File and Paint Hands and Feet from £30 per person

OPI GelColor Application Hands and Feet from £52 per person





## ROSLIN RETREAT

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### TREAT CARD

For every pound spent on treatments you will receive a point, and for every pound spent on products you will receive two points! Once you have collected up to 400 points you will receive a 25 minute treatment. The more points collected, the more luxurious the treatment offered will be!

### COURSES

All of the treatments that we offer you can book on a course. This makes pampering yourself that little bit easier. Pay for 5 treatments and receive the 6th for FREE!

### TREATMENT OF THE MONTH

Each month one of our fantastic treatments or packages is offered at a special discounted rate. Keep an eye on our Instagram page, or contact us via phone or email for the current treatment of the month.

### CANCELLATION POLICY (For treatments and parties of less than 6 people)

All treatments are prepaid, therefore we ask that you respect that our therapists time is valuable. Therefore we kindly request 48 hours' notice when cancelling or rescheduling an appointment, otherwise we regret that your total treatment value will be charged.

### CANCELLATION POLICY (For packages and large parties)

All deposits are non-refundable, however, if you would like to move the date of your booking we are happy to transfer the deposit providing we have a minimum of two weeks notice. The full balance must be paid 48 hours prior to arrival.

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ELEMIS

O·P·I

gelcolor  
by OPI

*Perron Rigot*



## WHERE TO FIND US

The hotel is located within the Roslin Beach Hotel on Thorpe Esplanade to the East of Southend town centre in the desirable location of Thorpe Bay. Complimentary guest car parking is available to the rear of the building.

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### BY ROAD

The two principal routes into Southend are from the A127 Arterial Road or A13 London Road. Both connect to the M25. Sat nav postcode SS1 3BG.

### BY RAIL

The hotel is within convenient proximity of two train stations.

#### THORPE BAY STATION – DISTANCE 1.1 MILES

Operating a C2C service into London Fenchurch Street (average journey time 50mins).

#### SOUTHEND VICTORIA STATION – DISTANCE 2.2 MILES

Operating a national rail service into London Liverpool Street (average journey time 60mins).

### TELEPHONE

01702 586375

### EMAIL

[roslinretreat@roslinhotel.com](mailto:roslinretreat@roslinhotel.com)

### WEB

[www.roslinhotel.com](http://www.roslinhotel.com)

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**ELEMIS**  
BIOTEC

LAVASHELLS®

ESPA









## FAQ'S

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### WHY DOES BEING ON MEDICATION/HAVING MEDICAL CONDITIONS MEAN I POTENTIALLY CANNOT HAVE MY CHOSEN TREATMENT?

At the Roslin Retreat our guests health comes first and therefore there are certain medical conditions and medications that would prevent a guest from having treatments. If you are taking any medication or have/had any medical conditions in the past 5 years you must make our team aware when booking. We offer specialist treatments for guests living with and beyond cancer.

### I AM PREGNANT, CAN I STILL HAVE A TREATMENT?

Yes, we have a variety of Elemis treatments that are pre-natal which are marked throughout with a . Our ESPA treatments are suitable for anybody in the second & third trimester. Please ensure you let the booking team know that you are pregnant upon making your reservation.

### I AM COMING WITH A FRIEND/PARTNER CAN WE HAVE OUR TREATMENTS TOGETHER?

Absolutely, we are able to book in groups of up to 8 people in at one time and even have two double treatment rooms and one triple - meaning you can share the experience. We cannot guarantee being in our double treatment room however we will always do our best to allocate this to you so please request upon booking.

### IS THERE A MINIMUM AGE FOR HAVING TREATMENTS?

Yes, the minimum age for all body treatments is 16. We do offer manicures, pedicures & some waxing treatments to guests age 14 and over, however the guest must have a parent or guardian with them and must sign a consent form.

### WHY DO I NEED TO PREPAY?

Our therapists time is valuable and there for to enable us to keep enforce our 48 hour cancellation policy, we must take pre payments for all bookings. Bookings cancelled outside of our 48 hour policy are able to transfer the appointment date, otherwise will be charged.



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### DO I NEED TO PAY A DEPOSIT FOR MY TREATMENT?

All package bookings will be subject to a £20 deposit per person which must be paid upon booking, individual treatments require prepayment. The balance will be due 7 days before.

### WHAT TIME SHALL I ARRIVE?

In order to complete a consultation form we ask that all guests to arrive at least 15 minutes before your scheduled treatment, however if you wish to arrive earlier and have a tea or coffee in the lounge you are welcome to do so.

### WHAT HAPPENS IF I AM LATE?

Our therapists have a busy schedule, therefore arriving late will limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time to ensure the next guest will not be delayed and the full value of your treatment will still be charged.

### I AM STAYING IN THE HOTEL DO I NEED TO BOOK?

Absolutely, our therapists get extremely booked up therefore we recommend booking your treatment in advanced to avoid any disappointment, if you are staying in the hotel you will also receive a 10% discount on all individual treatments.

### WHERE CAN I PARK?

We have 2 car parks at the rear of the hotel which are open for guests using the Roslin Retreat. We cannot guarantee available spaces in our car park therefore we do recommend you arrive early for your treatment in case the car park is full.



CALL NOW ON 01702 586375

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ROSLIN BEACH HOTEL  
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