

*Le Sanctuaire*  
ON STEEP HILL

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**CLARINS**

# *Le Sanctuaire Spa Retreat...*

As the name indicates Le Sanctuaire offers its customers the opportunity to experience some 'time for me' in quaint and tranquil surroundings. Located on Steep Hill in the heart of Lincoln's Cathedral Quarter, Le Sanctuaire is a treatment spa which offers Clarins and Guinot Face and Body Spa Treatments. These treatments are renowned for their unique qualities and benefits.

Clarins are the number one skincare brand in the UK and are famous for their treatments which are totally unique as they combine the power of the Clarins touch with the purest plant extracts and essential oils. The result is a blissful sensory experience that addresses the way you look and feel. Combined with our additional specialist brand Guinot. Who are renowned for their original Cathiodermie facial and body treatments, this creates a package of 'health, harmony and wellbeing' which is a unique mosaic pattern of infinite variety and choice.



# CLARINS

"Taking time out for a facial or body treatment is no longer a luxury but a necessity of modern living. Feeling good starts with taking care of yourself. At Clarins our aim has always been to maintain your sense of well-being and enhance your beauty." Dr Olivier Courtin-Clarins, Clarins Managing Director.

## CLARINS TOUCH & CLARINSPRO formulas

At the heart of all our treatments is the Clarins Touch, a specialised massage method utilising over 80 intricate rhythmic strokes to stimulate the lymphatic system and blood circulation, to maintain the integrity and health of the skin and to restore the balance and energy of mind and body. These botanical rich supplements fuel the skin with intensive concentrates of active plant extracts and essential oils. Each supplement is formulated to deeply nourish and reactivate a specific function in the skin. This achieves a more successful treatment with visible results. "What we can say for these CLARINSPRO formulas is that we put the scientific and technical experience of the lab at the service of the therapist. And once again we discovered that with the supplements, we could use a much more concentrated and broader range of beneficial active ingredients to treat a clients concerns than is possible in a retail product."

## Spa Treatments

### FACE

Clarins Award Winning Optimised Signature Facial

Includes a 25-minute anti-ageing massage which lifts, reshapes and firms..... 1 hour 20mins .. £65  
(Clarins RRP £75)

### Aromatic Facials

Aromatic Balancer ..... 1 hour .. £57

### Express Treatments

Face and Eyes Refresher ..... 30 minutes .. £30

Energizing Back, Neck and Scalp ..... 40 minutes .. £35

### BODY

Clarins Ultimate Award-Winning

Melting Honey Hot Stone Massage

Relax Honey Massage Gel ..... 1 hour 15mins .. £60

Tonic Honey Massage Gel ..... 1 hour 15mins .. £60

Clarins Ultimate Award-Winning

Rebalancing Massage

Relax Essential Oils ..... 1 hour 20mins .. £60

Tonic Essential Oils ..... 1 hour 20mins .. £60

# CLARINS

## Tri-Active Treatments

Clarins Tri-Active Body Treatments combine high-performing plant extracts with the power of Clarins manual massage movements. A highly personalised consultation before each treatment allows the Beauty Therapist to create a targeted, made-to-measure experience with proven results you will both see and feel\*. Clinically proven\*, immediate contouring results which last!

### CONTOUR SHAPER

An intensive treatment to sculpt and firm your body. Includes over an hour of contouring massage to deeply drain and firm for more refined body contours. A thermo-activated body mask boosts micro-circulation to target areas of stubborn and newly forming cellulite. Your skin will look and feel firm, soft and smooth.

..... 1hr 25mins ..... £70

### MOISTURE QUENCHER

Restores extreme softness, suppleness and comfort to parched or dry skin.

Using a blend of aromatic essential oils, this treatment includes over an hour of moisture replenishing and cocooning massage and a deeply hydrating body mask to restore comfort to dry, dehydrated skin. Your body will feel soft, smooth and velvet to the touch..... 1hr 25mins ..... £70

### SKIN SMOOTHER

An intensive double exfoliation treatment to deep cleanse and retexture skin.

This complete exfoliating treatment is the ideal preparation for all Clarins Body Treatments. Using both mechanical and biological exfoliation techniques, it promotes extremely soft, bright and more evenly toned skin. .... 45 mins ..... £30

### CLARINS JUST FOR MEN

Energising Back Body Massage ..... 40 mins ..... £39

Deep Cleanse Spritzer Facial ..... 40 mins ..... £39

### CLARINS PREGNANCY TREATMENTS

Pre and post treatments which are specially designed to meet your individual needs. Combining specific Clarins face and body products which will target key areas leaving you feeling relaxed and pampered. .... 1hr 15mins ..... £59

# CLARINS

## LE SANCTUAIRE SPA RETREAT

### Spa Packages

All our Spa Packages offer you **exclusive use of the spa** and its facilities whilst you are with us. You will receive a complimentary Clarins trial skincare set as a thank you from us. We provide robes/towels and Clarins shower toiletries. You will just need to bring swimwear and leisure spa footwear.

#### Le Sanctuaire Clarins Spa Experience

Welcome drink on arrival.

Receive a Clarins aromatic full body and face massage (this is an ideal de-stress treatment using the renowned Clarins body and face oils)..... 3 hours ..... £72 per person

#### Le Sanctuaire Guinot Spa Experience

Welcome drink on arrival.

Receive a Guinot dry body brush and kiwi sugar scrub then followed by a Guinot aromatic full body and scalp massage ..... 3 hours ..... £72 per person

#### Le Sanctuaire Couples Spa Retreat

Receive a full body and face massage in our couples' room and then enjoy a complimentary glass of bubbly to end your special time together ..... 3 hours ..... £125 per couple

#### Le Sanctuaire Taster Spa

This has proved to be a very popular spa session. Welcome drink on arrival and exclusive use of the spa facilities and relaxation areas.

Receive a Clarins neck, back and scalp massage ..... 2 hours ..... £45 per person

#### Le Sanctuaire Ultimate Spa Retreat

Welcome drink on arrival.

This is our ultimate spa package and includes a Clarins full body exfoliation followed by a relaxing Clarins full body massage and to finish with a Clarins aromatic balancer facial treatment ..... 4 hours ..... £95 per person

# CLARINS *Skin Spa*

*Spa Plus*

*Bespoke Spa Packages to make your Spa Retreat even more special...*

## **Clarins Time For Me - Top To Toe**

A very special spa retreat package designed just for you. So you can enjoy some me time just for a little while.

..... 2 hours 30mins .... £85

## **Le Sanctuaire Bath Time Treat**

Enjoy a glass of bubbly while relaxing in our original cast iron bath and finish with a Clarins aromatic full body and face massage.....

2 hours .... £69

## **Guinot Aromatic Spa Retreat Package**

A unique combination of Guinot aromatic face and body treatments. This treatment will leave you feeling completely relaxed and your skin nourished and rejuvenated.....

1 hour 30mins .... £55

## **CLARINS WELLNESS TREATMENTS**

### **Beauty Sleep**

Calm your mind, body and soul and prepare for the best night's sleep of your life, this is bespoke relaxation at its finest. We recommend this at the end of the day. Top-toe full body massage includes a relaxing facial massage using the latest Clarins spa aqua cushion and spa treatment light.

..... 1 hour 25mins (*includes a personalised consultation*).... £70

### **Rise & Shine**

Super charge your mood, let go of anxieties and feel invigorated. An instant shot of invigorating energy and revitalisation for face and body, we recommend this treatment any time of the day. Top-toe full body massage includes a relaxing facial massage using the latest Clarins spa aqua cushion and spa treatment light.

..... 1 hour 25mins (*includes a personalised consultation*).... £70

### **Le Sanctuaire Spa Facilities Include:**

Canadian Cedarwood hot tub; Infared sauna with steam elixor; Pedi spa area; Relaxation room; Wet room including shower areas; Dry changing areas; Relaxing bath tub; Spa lounge; Le Sanctuaire terrace.

*You can add any of our beauty or spa treatments to your spa package – please ask for details*

Guinot history... It began in France more than 50 years ago thanks to Rene Guinot a well-known chemist.  
Today Guinot Paris is renowned for its hydradermic treatments.

**HYDRADERMIE YOUTH FACIAL TREATMENTS**

Hydradermic Cellular Energy - This is at the Heart of Guinot's Experience

**HYDRADERMIE YOUTH**

**The Advanced Complexion Rejuvenating Treatment**

Achieve immediate results with this revolutionary treatment which provides the alternative to aesthetic medicine. Using dynamic ionisation and thermal energy beautifully enhances and spectacularly rejuvenates the complexion even after just one treatment. Bespoke variations to suit individual skin types and concerns ..... 1 hour ... £75

Guinot RRP

**HYDRADERMIE YOUTH AGE LOGIC**

**The Anti-Ageing Star Treatment**

This specially designed anti-aging Hydradermic Facial focuses on the eyes, face and neck to target signs of aging

1 hour 15mins ... £90

Guinot RRP

**HYDRADERMIE LIFT**

**The Advanced Complexion Lifting Treatment**

This effective lifting treatment stimulates the facial muscles causing a toning action leaving the skin smoother, firmer and a more youthful appearance to the complexion ..... 1 hour ... £67

Guinot RRP

**HYDRADERMIE LIFT DELUXE**

**The Ultimate Lifting Treatment**

A combination of Hydradermic Age Logic and Hydrdermic Lift will leave, treatment through the stimulation of the muscles, lifting the face, adding firmness and leaving an overall younger appearance ..... 1 hour 30mins ... £130

Guinot RRP

**HYDRACLEAN**

**Deep Cleansing Facial**

A unique combination of hands on and the Guinot Thermoclean device to rid the skin of impurities and help to leave the skin instantly brighter, clearer with a radiant complexion ..... 30 minutes ... £30

Guinot RRP

**EYE LOGIC**

**The Instant Eye Repair Treatment**

This unique treatment targets signs of aging and tiredness around the delicate eye area. Tackles fine lines, wrinkles, puffiness and dark circles. Using a combination of machine technology and a specially designed hands on massage together with a Guinot skin repair serum eye mask to aid maximum effectiveness. This is a beautiful, relaxing and results driven treatment ..... 40 minutes ... £62

Guinot RRP

## MANUAL FACIAL TREATMENTS

### Liftosome Facial Treatment with Pro Collagen

Restoring the face's youthful appearance by redefining its shape and firms skin ..... 50 minutes .... £59  
Guinot RRP

### Hydra Peeling Facial Treatment

A real alternative to aesthetic medicine for erasing visible signs of ageing/recovers a radiant complexion/  
diminish dark spots/brightens skin tone. A great skin renewal treatment ..... 45 minutes .... £75  
Guinot RRP

## TECHNISPA ADVANCED BODY TREATMENTS

Innovative slimming treatment method with quick results due to the latest Innovative Guinot Technispa  
Equipment.

### Double Slimming and Firming Treatment

Designed to tackle cellulite whilst smoothing and firming the body contours, this treatment activates blood  
circulation/relieves congestion and eliminates toxins and excess fluid ..... 45 minutes .... £70  
Guinot RRP

### Thermo-Relax Firming Lifting Treatment

An ideal post weight loss/pregnancy treatment and is great for firming and toning skin tissue/sculpts the  
figure and provides a well-being and all over relaxing treatment ..... 45 minutes .... £70  
Guinot RRP

### Soothing 'Light Legs' Treatment

This is an ideal treatment for tired legs that appear swollen and feel heavy. Technispa penetrates deep and  
stimulates the muscles to help leave the legs feeling lighter and re-energised ..... 30 minutes .... £45  
Guinot RRP

### Post Pregnancy Refining Treatment

This is a great treatment to help ladies to re-new their pre-pregnancy body skin ..... 30 minutes .... £45  
Guinot RRP

## MANUAL TECHNI-SLIMMING & FIRMING TREATMENTS

**Techni-Slimming:** Contains key active ingredients caffeine and IsoSlim complex, this unique manual treatment  
helps to target stubborn cellulite and aid to refine and smooth the skin ..... 1 hour ..... £67

**Techni-Firming:** Contains key active ingredients of Crelastin B this treatment helps to firm and tone the skin's  
elasticity and aid to strengthen slackened skin ..... 1 hour ..... £67  
Guinot RRP

## AROMATIC BODY WRAP TREATMENTS

### Aromatic Body Contour Treatment

This body sculpting treatment works with essential oils combined with clay and green tea sauna masque to  
drain excess water from the body which helps to refine and reduce the signs of cellulite ..... 1 hour ..... £69  
Guinot RRP



# Beauty at Le Sanctuaire

We offer a range of premium brands and treatments including:



## WAX

½ leg wax.....	£15
Full leg wax.....	£21
Full leg inc standard bikini .....	£25
Standard bikini .....	£10
Intimate wax .....	£25
Lip or chin .....	£ 5
Lip and chin.....	£ 9
Eyebrow wax.....	£ 9

## EYES

Standard Eyelash tint.....	£10
Standard Eyebrow Tint.....	£ 9
Lash and Brow Tint.....	£15

brow  
by *Mii*

## Mii BROWS

Add Mii Brows to your eyebrow treatments to enhance and highlight your natural look and personality.

**FREE with all eyebrow treatments.** Retail homecare products available.



## NOUVEAU LVL LASHES

Length Volume and Lift! LVL is a stunning alternative to eyelash extensions and will dramatically enhance your natural lashes. Lasts up to 8 weeks!..... 1 hour (includes lash tint)....£49

## HOLISTIC TREATMENTS

Ear Candles (including Clarins face and neck detox massage).....	40 mins .....	£28
Indian Head Massage (using Clarins Aromatic oils).....	40 mins .....	£28

# Beauty at Le Sanctuaire

## NAILS

### CLARINS

**Eau Dynamisante Hands or Feet Treat** ..... 30 minutes ..... £15

This is a pure nourishing and strengthening treatment using the famous Clarins hand and nail cream combined with Clarins plant essential oils. The treatment is then sealed with the Eau Dymansante Treatment Fragrance. You change your fragrance choice to Eau De Jardin or Eau Ressourçante.



**Aromatic Hands or Feet Spa Treat** ..... 30 minutes ..... £15

This is a pure nourishing and strengthening treatment using Guinot creams and Guinot Mirific oils. The treatment is then sealed with the Guinot Mirific body fragrance.



### JESSICA®

Standard Manicure ..... 30 minutes ..... £15

Including Jessica Luxury Le Remedie Hand Treat ..... 55 minutes ..... £20

Paraffin Wax Manicure ..... 45 minutes ..... £18

Standard Pedicure ..... 45 minutes ..... £25

Including Jessica Luxury Le Remedie Feet Treat ..... 55 minutes ..... £30

#### **Jessica Geleration: We allow 1 hour for Gel Application**

Gel Application Fingers or Toes ..... £22

FREE gel soak off (pre-applied Gels at Le Sanctuaire)

Gel Soak off ..... £10

# Specialist Treatments

## JENNIFER YOUNG – BEAUTY DESPITE CANCER TREATMENTS

All treatments involve the JY light touch massage therapy movements and are individually tailored just for you.

### \*FACE

30 minutes ..... £29 or 40 minutes ..... £39

### \*BODY

30 minutes ..... £29 or 40 minutes ..... £39

### NAILS

No specific times are set as each treatment may vary depending upon areas of concern.  
We charge one price of £15



*\*We recommend a complimentary relaxing herbal drink in our Le Sanctuaire Lounge following your treatment.*

**JENNIFER YOUNG RETAIL PRODUCTS**  
JY offer a specialist skincare range of products which are specifically designed to help improve your skin and aid to restore your natural skin balance.

You can order your JY product direct with us and is usually a 24 hour delivery.

# Opening Times

Sunday 10am – 4pm  
MONDAY CLOSED  
Tuesday 9.30am – 7pm  
Wednesday 9.30am – 5pm  
Thursday 9.30am – 7pm  
Friday 9.30am – 7pm  
Saturday 9am – 5pm

# Contact Details

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instagram search *Le Sanctuaire* facebook search *Le Sanctuaire*

**GIFT VOUCHERS AVAILABLE**

*Please ask us about our Beauty Club Loyalty Scheme and Le Sanctuaire Clarins Shop Online*

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## CLARINS

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Lycon  
precision waxing™

**JJ**  
JESSICA®

**LWJ**  
LENGTH / VOLUME / LIFT



JENNIFER YOUNG  
As Unique as You

GUINOT  
INSTITUT • PARIS

brow  
by *Mi*

CLARINS Skin Spa

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