

Urban Retreat – 18-19 Long Lane, London, EC1A 9PL

Applicant: Hammer Holdings Limited 2 Omega Place, London, N1 9DR

New Premises Licence - Monday 11<sup>th</sup> September 2023 10:00am

Evidence Bundle

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**TAB 1**

## New Premises Licence Summary.

This is an application for a new licence for Urban Retreat at 18-19 Long Lane.

Urban Retreat has been operating within London for over 20 years, initially starting at Harrods and operating there for 17 years, which eventually moved to a Knightsbridge location in 2019. Building on the success of the Knightsbridge location Urban Retreat has moved closer to the city to offer an inner-city wellness escape.

Urban Retreat currently trades in Knightsbridge using a similar format and layout and with a premises licence.

Essentially it is a beauty, health, wellbeing space with educational elements (classrooms etc.) and a food and drink offer.

There are six trading floors with a variety of activities, as indicated on the plans.

The sale of alcohol will take place in the ground floor café and on the third floor which has a roof terrace and event space allowing the premises to host events including educational well-being seminars which may include the sale of alcohol.

The application is submitted for all floors in the building to indicate the variety and principal use and also because there may be consumption (e.g. a glass of champagne) in the health and wellbeing areas.

The ground floor café will trade as “Flavours”.

The hours are not late, the application is policy compliant and off sales are limited by condition and no entertainment is applied for. Its demographic, style of operation (in particular the high levels of service provided) discourages the type of customers (for example hen dos or large groups) who are more likely to consume excessive alcohol and behave in a disruptive manner.

Urban Retreat anticipates and that there will be a strong regular and loyal clientele attending the premises.

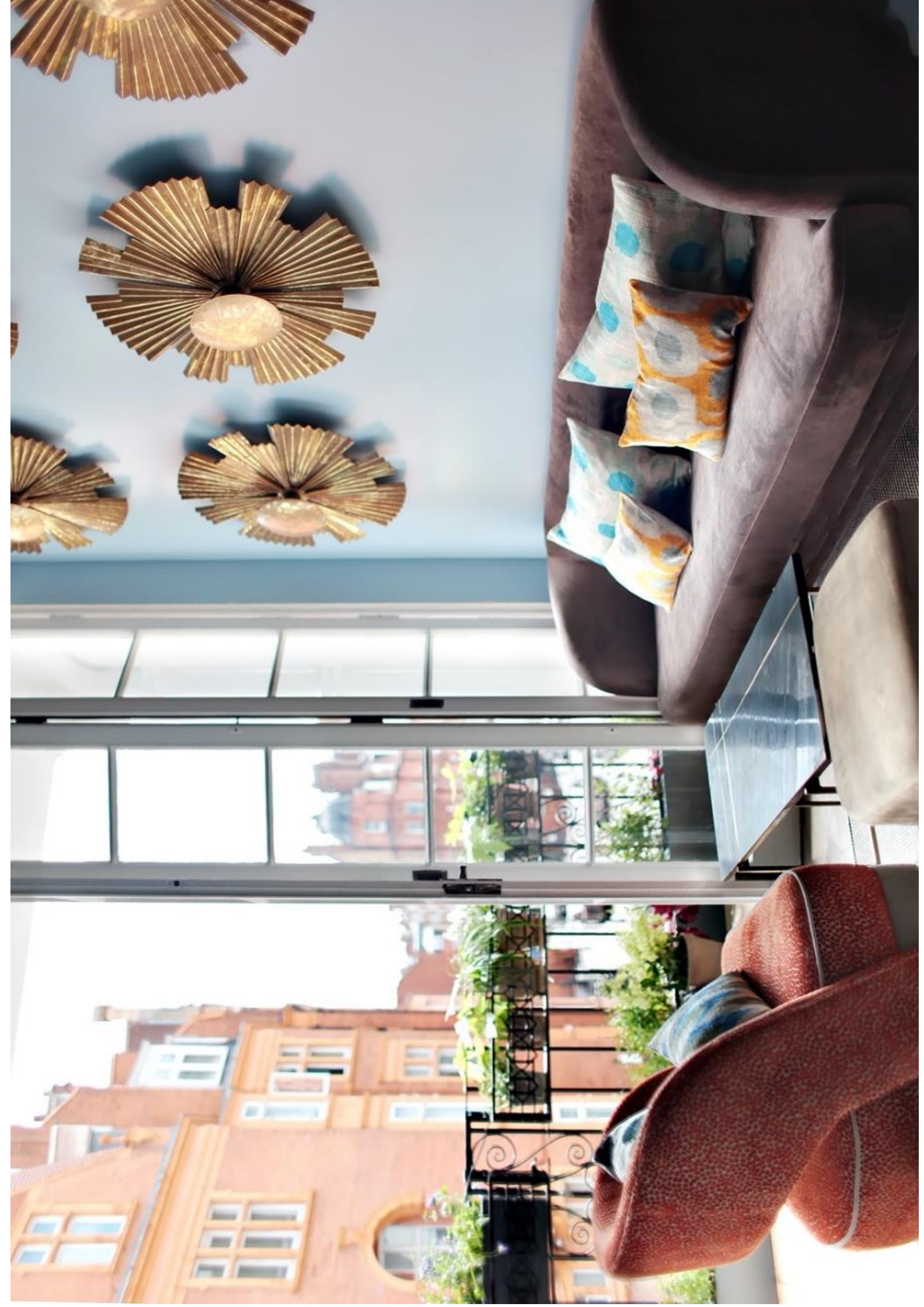
George Hammer, who is a director of the applicant, is a very experienced operator in the hospitality and health and beauty business and has met some of the Responsible Authorities on site to discuss the application prior to submission.

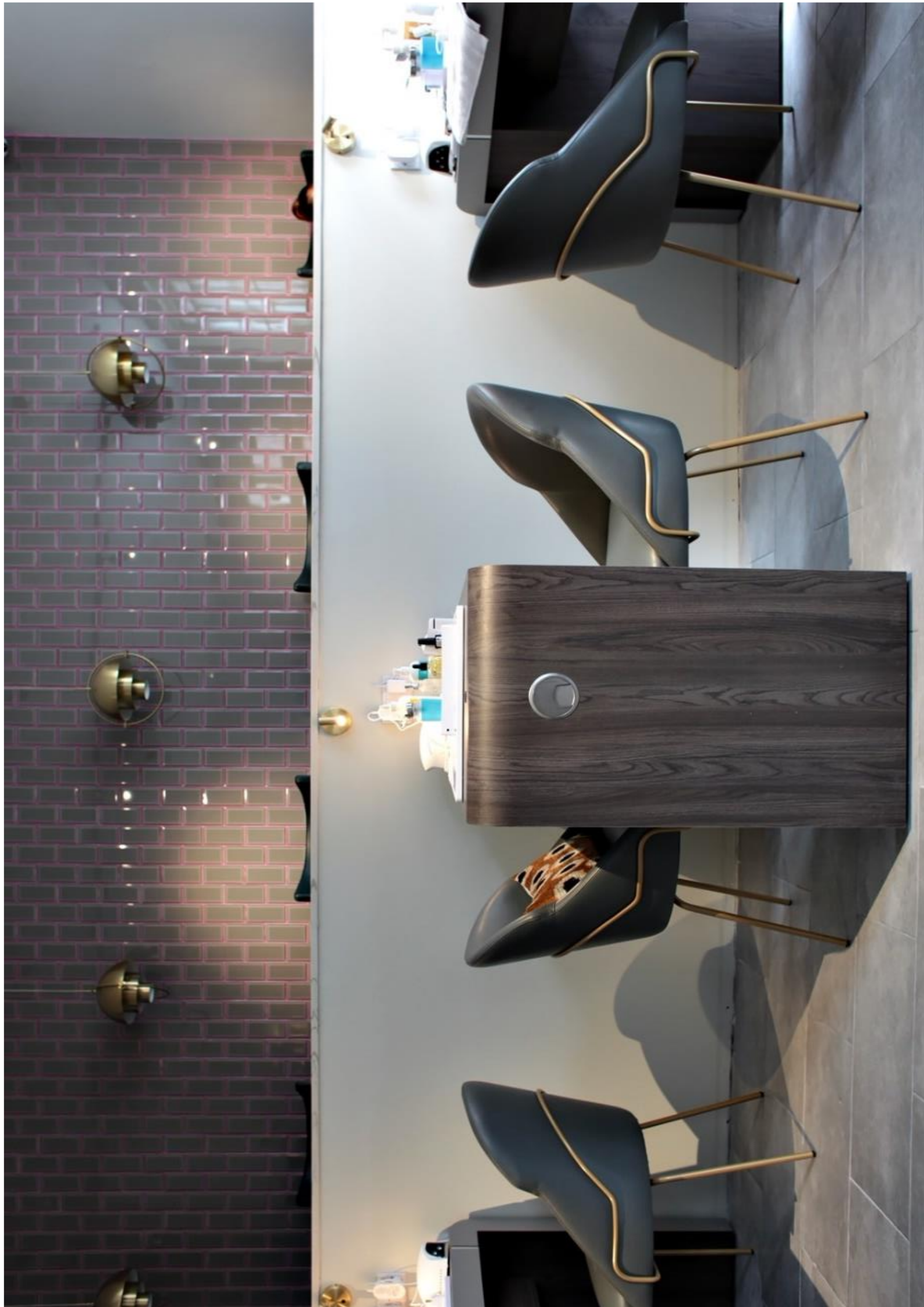
In order to further promote the licensing objectives conditions are offered in relation to CCTV and incident log

**TAB 2**

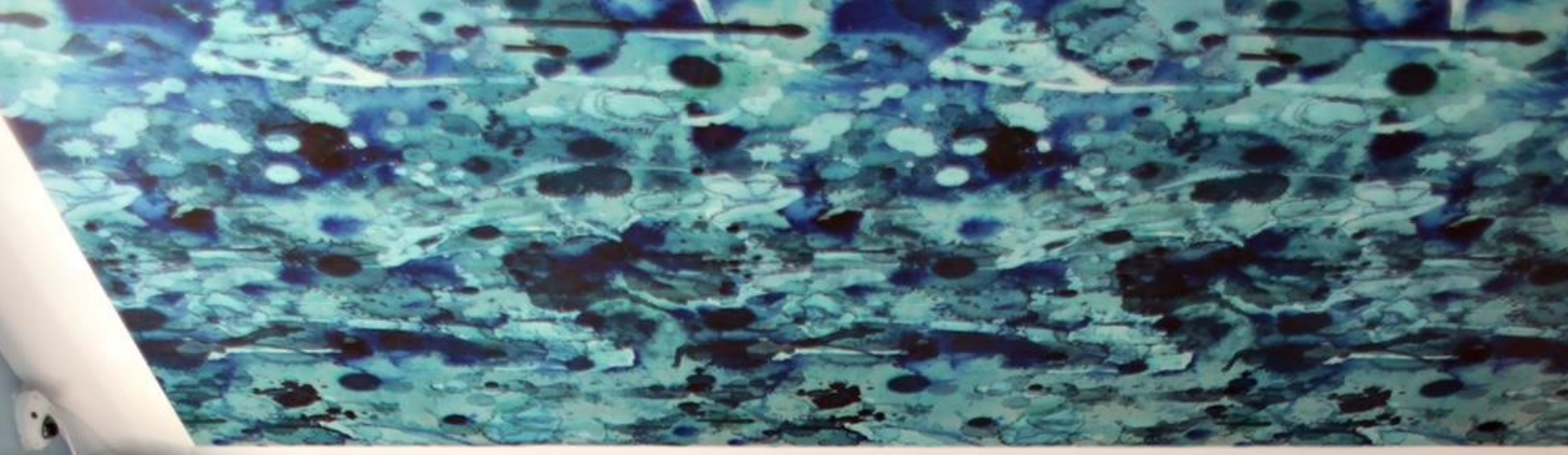












**TAB 3**

# FLAVOUR

CAFE & JUICE BAR

## BREAKFAST, SNACKS & SWEET TREATS

8AM UNTIL 11AM

### BREAKFAST BUNDLE

Pastry & coffee/tea £5.50

Sandwich & coffee/tea £8.50

### **UR BREAKFAST SANDWICH** **£6.50**

*Old spot bacon, smoked cheddar, roast tomato, brown sauce*

### **UR OVERNIGHT OATS (VG)** **£5.00**

*Chia seeds, apple, blackberry, superfood seeds*

### **SNACKS**

Tyrrells crisps £1.50

*Salt & black pepper, cider vinegar & sea salt, sweet chilli, vegetable crisps*

### **SWEET TREATS**

All butter croissant £4.00

Vegan almond croissant (VG) £4.50

Blackberry & custard Danish £4.50

Pain au raisin £4.50

Pistachio & salted caramel croudough £5.00

Matcha raspberry, coconut cookie £3.50

Matcha cookie (GF) £3.50

Almond & blackberry cookie (VG) £3.50

Candied lemon & poppy seed cookie £3.50

Almond butter & black cherry cookie £3.50

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*10 % surcharge will be added for dining in*

# FLAVOUR

CAFE & JUICE BAR

## RYE BREAD TOASTS

FROM 11AM

**RYE BREAD TOASTS BUNDLE £9.50**

Rye bread toast, crisps & soft drink

### **RYE BREAD TOASTS**

**£7.50**

*Served with artisan sourdough Rye flat breads.  
(Gluten free option also available)*

### **SERRANO HAM**

*Smoked cheese, Nduja pesto, sun blushed tomatoes*

### **CHERMOULA ROASTED CHICKEN**

*Avocado, spiced tomato chutney, cucumber*

### **GREEN GODESS**

*Pesto, avocado, green tomatoes, vegan mozzarella (VG)*

### **LONDON BRIE**

*Red onion, baby spinach, thyme marmalade (V)*

### **CLASSIC CHICKEN**

*Pesto, mozzarella, heritage tomato, avocado*

### **SPICED TUNA**

*Sriracha mayonnaise, Korean cucumber, spring onion*

# FLAVOUR

CAFE & JUICE BAR

## SALADS

FROM 11AM

### SALAD BUNDLE

Classic salad & soft drink	£7.45
Protein salad & soft drink	£9.45

### FLAVOUR DELI SALAD COUNTER

*All salads are served with seasonal leaves and below options.*

#### **CLASSIC SALAD    £6.95**

*Seasonal leaves  
Vegetables x 4 options  
Dressing x 1 option  
Topping x 1 option*

#### **PROTEIN SALAD    £8.95**

*Seasonal leaves  
Vegetables x 4 options  
Protein x 1 option  
Dressing x 1 option  
Topping x 1 option*

#### **Vegetables**

*See deli counter for seasonal selection*

#### **Protein**

*Classic roast chicken, chermoula marinated chicken, teriyaki tofu, burrata, Juliano Bruno Burella (VG), spiced tuna, soft boiled hens eggs*

#### **Dressings**

*Classic French vinaigrette, wasabi, soy & citrus, light sesame dressing, extra virgin olive oil*

#### **Toppings**

*Crunchy fried onions, super grain brittle, rye bread crouton*

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**10 % surcharge will be added for dining in**

# FLAVOUR

CAFE & JUICE BAR

## JUICES & DRINKS

### FRESH JUICES **£6.95**

#### **WAKE UP**

Orange, carrot, ginger

#### **GREEN GODESS**

Apple, spinach, cucumber, celery, lime

#### **RAINBOW ZINGER**

Beetroot, apple, carrot, pineapple, lemon

#### **NATURAL**

Choose between orange, carrot, apple, pineapple

### SMOOTHIES **£7.95**

#### **SUPER BERRIES**

Strawberries, raspberries, blackberries, Goji berries, banana, honey, almond milk

#### **VEGAN CHOCOLATE BOUNTY**

Chocolate chips, vegan vanilla ice cream, raw cacao, Himalayan salt, coconut yoghurt, maple syrup, coconut milk

#### **DREAM GREEN**

Spinach, parsley, celery, cucumber, fresh ginger, apple, lime

### WATER **£2.00**

Belu still & sparkling water 500ml

### SOFT DRINKS **£2.00**

#### **SAN PELLEGRINO RANGE**

Orange, lemon, grapefruit

**Coca Cola / Coke Zero**

All our hot beverages are available with a choice of the following milk: coconut, almond, oat, skimmed, full cream

### JINGS TEA **£4.95**

Jasmine silver needle white, Jade Sword™ green, English breakfast, earl grey, chamomile, lemongrass & ginger, peppermint, Darjeeling second flush, blackcurrant & hibiscus, organic matcha ceremonial grade

### COFFEE & HOT BEVERAGES

Iced coffees also available upon request

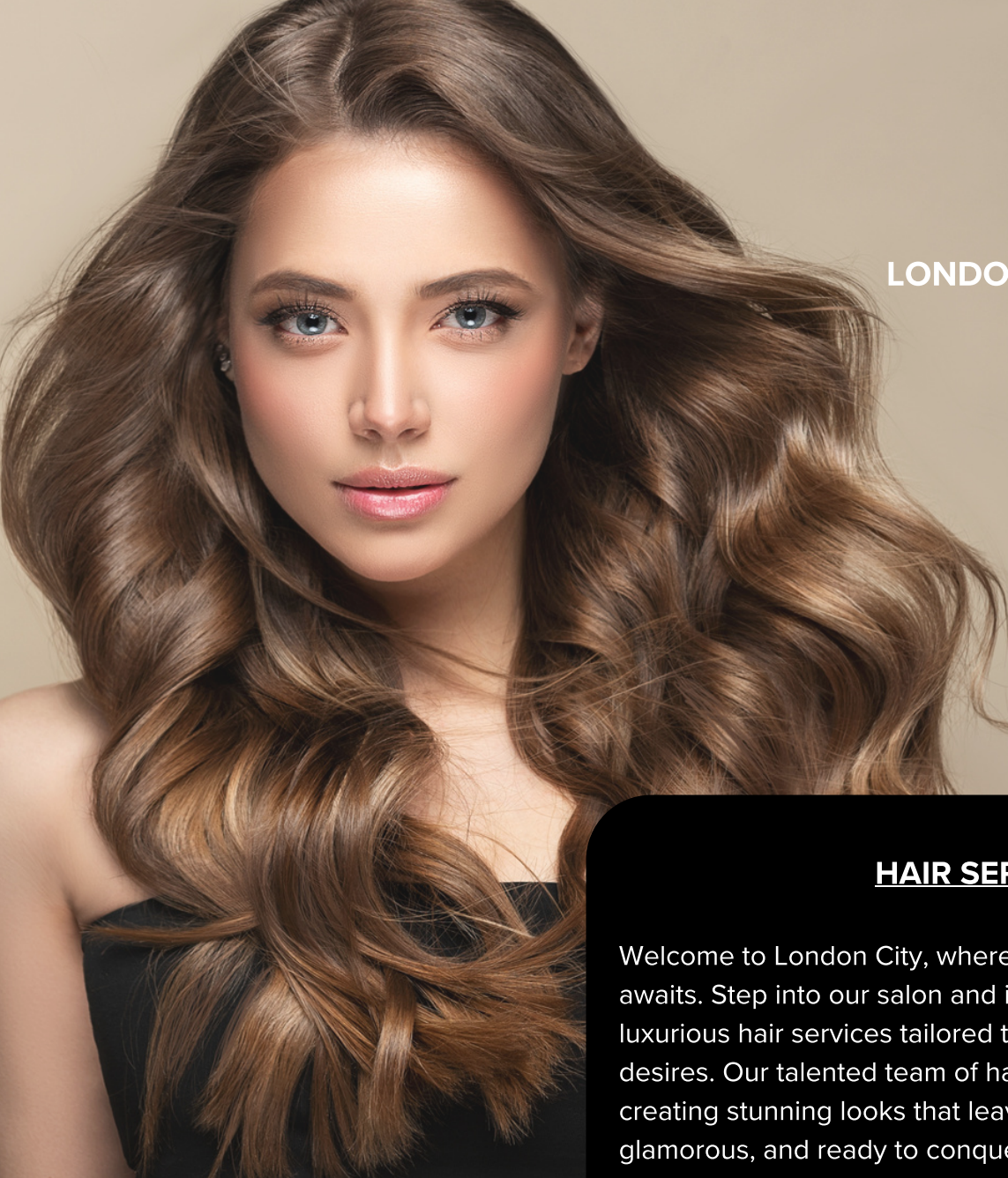
Espresso / double espresso	£3 / £3.25
Macchiato / double macchiato	£3.25 / £3.50
Americano	£3.25
Latte, flat white, cappuccino, mocha, cortado	£3.50
Chai latte, green tea latte	£3.75
Honey lemon & ginger (served hot or cold)	£3.75
Infused warm milk	£3.75
Turmeric, ginger, cinnamon, black pepper, manuka honey, Madagascan vanilla	
Hot chocolate	£3.75

### ALCOHOL

Prosecco	20cl - £11.50
2021 Malbec can	18.7cl - £7.50
2022 Rose can	18.7cl - £7.50
2022 Sauvignon Blanc can	18.7cl - £7.50
Brixton Larger	33cl - £5.50

10 % surcharge will be added for dining in

**TAB 4**



## **HAIR SERVICES**

Welcome to London City, where your hair transformation awaits. Step into our salon and indulge in a world of luxurious hair services tailored to your unique style and desires. Our talented team of hairstylists is passionate about creating stunning looks that leave you feeling confident, glamorous, and ready to conquer the city.

### **UR SIGNATURE DRY STYLE**

Our dry styling service is perfect for those times when you need a quick touch-up or a sleek finish to your already washed and dried hair. Whether you're attending a special event, a night out on the town, or simply want to elevate your everyday look, our stylists will work their magic to create a hairstyle that perfectly complements your features and personal style.

**£25**  
**(20mins)**

### **UR ULTIMATE DRY UP DO**

For those attending a special occasions and prefer an exquisite up do or an intricate hairstyle that turns heads, our hair up service is designed to impress. From elegant chignons to braided styles we guarantee to create you a glamorous red carpet-worthy style.

**£55**  
**(50mins)**

### **UR BLOW DRY MENU**

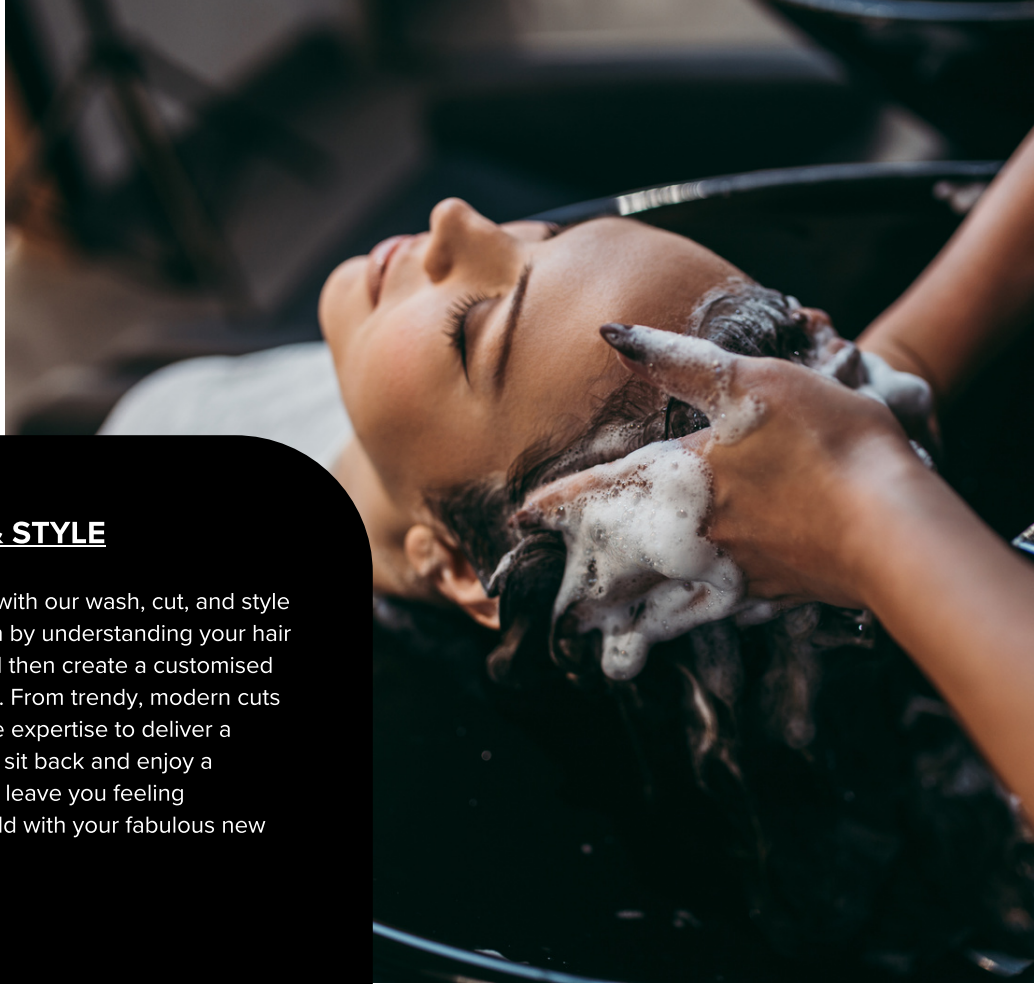
Experience the art of the perfect blowout with our blow dry service. Sit back and relax as our skilled hairstylists transform your locks into voluminous, bouncy, and silky-smooth tresses. Whether you prefer a sleek and straight style, loose waves, or glamorous curls, our experts will use professional techniques and high-quality styling tools to achieve your best hair day yet.

**UR Express Oh So Smooth Wash & Dry**  
**£35**  
**(30mins)**

**UR Signature Bouncy Blow Dry Wash & Dry**  
**£40**  
**(40mins)**

**UR Ultimate Curls and Waves Wash & Dry**  
**£50**





## **UR SIGNATURE WASH, CUT & STYLE**

Discover the ultimate hair transformation with our wash, cut, and style service. Our talented hairstylists will begin by understanding your hair goals, face shape, and personal style, and then create a customised haircut that enhances your natural beauty. From trendy, modern cuts to classic and timeless styles, we have the expertise to deliver a haircut that suits you perfectly. Afterward, sit back and enjoy a relaxing wash and styling session that will leave you feeling rejuvenated and ready to take on the world with your fabulous new look.

**70**  
**(60mins)**

## **UR Invisible Hair Cut**

Step into our salon and let our expert hairstylists work their magic on your tresses. This service is ideal for those that want to keep their locks tidy without losing any length. Our experience hair stylist will talk you through the areas you want to trim, before you sit back and let our team wash your hair in our premium leather chairs. The service will be finished with one of our express blow dries.

**£55**  
**(50 mins)**

## **ADD ON SERVICES**

**FRINGE TRIM**  
**£15**  
**(10 mins)**

**HAIR TRIM**  
**£20**  
**(20 mins)**

**HAIR BRAIDING**  
**£30**  
**(£1 per minute after 30 min)**

## **BRIDAL HAIR**

At UR London City we understand the importance of perfect tresses on your special day. Our skilled team of hair stylists are dedicated to ensuring you radiate with confidence and grace as you walk down the aisle.

All brides or bridal parties will be invited in for a trial allowing us to collaborate with you to create a personalised style which perfectly complements your unique features, hair type, and wedding theme.

We believe that every bride deserves to feel like the most beautiful version of herself on her wedding day, and our trial session is designed to achieve exactly that.

During the trial, our experienced hair stylist will take the time to understand your vision, preferences, and any specific inspirations you may have.

Your wedding day is a celebration of love and joy, and our Bridal Hair Trial is a crucial step towards achieving the wedding look of your dreams.

**Trial**  
**£70**  
**(60mins)**

### **Address:**

18-19 Long Lane  
London  
EC1A 9PL

### **Open Hours:**

Monday - Friday 10am - 7pm

### **Website:**

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



URBAN RETREAT

## LONDON CITY HAIR REMOVAL MENU

### WAX HAIR REMOVAL

At UR London City we use Ashmira Botanica Wax, a premium and natural waxing solution infused with botanical extracts and gentle ingredients. Combined with our highly skilled hair removal therapists we are on hand to provide you with a smooth, hair-free experience.

Each treatment involves a consultation to understand your specific hair removal needs and concerns. We will discuss any allergies, skin sensitivities, or medical conditions you may have to ensure your safety and comfort during the treatment. Our goal is to create a tailored experience to address your unique requirements.

Before we start the waxing process, your skin will be cleansed and prepped to remove any oils, lotions, or debris that might interfere with the wax's adherence. This step ensures optimal hair removal and minimises the chances of skin irritation.

Then it's time for the magic of Ashmira Botanica Wax. Your therapist will apply the warm, melted wax evenly onto the desired areas using a disposable wooden spatula or roller, depending on the treatment area. The unique formulation of Ashmira Botanica Wax combines the benefits of natural ingredients, such as botanical extracts, essential oils, and soothing agents, to provide a gentle and effective hair removal experience. The strip is then firmly pressed onto the wax, allowing it to adhere to the hairs. With a quick and confident motion, the strip is swiftly removed against the direction of hair growth, taking the unwanted hair with it. This process is repeated until the desired area is free of hair, ensuring thorough hair removal.

Once complete we will provide you with soothing post-wax care to alleviate any redness or discomfort, promoting skin hydration and rejuvenation. Additionally, you will receive personalised aftercare instructions to follow at home to maintain the results and keep your skin healthy.



ASHMIRA  
BOTANICA

## PRICE LIST



### BODY

Back  
£35 (30 mins)

Stomach  
£30 (30mins)

Chest  
£25 (15 mins)

Shoulder  
£25 (15 mins)

Full Arm  
£30 (30 mins)

Half Arm  
£20 (15 mins)

Full Leg  
£45 (30mins)

Lower Leg  
£25 (15 mins)

Thigh  
£30 (30 mins)

Underarm  
£20 (15 mins)

Hand/Feet £10  
(15 mins)

### BIKINI

Thong Bikini  
£30 (15 mins)

Extended Bikini  
£40 (30 mins)

Full Bottom  
£30 (30mins)

### FACE

Full Face  
£30 (30mins)

Lip  
£10 (15 mins)

Chin  
£10 (15 mins)

Nose  
£15 (15 mins)

Ear  
£15 (15mins)

Cheek  
£15 (15 mins)

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The logo consists of the letters 'UR' in a large, white, serif font, positioned above the words 'URBAN RETREAT' in a smaller, white, sans-serif font.

URBAN RETREAT

## LONDON CITY MAKEUP MENU

### MAKEUP SERVICES

#### UR SIGNATURE FULL FACE MAKEUP

Our UR Signature Full Face Makeup service is designed to cater to your needs efficiently and effectively, ensuring you leave our studio or salon feeling confident and ready to conquer the world. Our talented team of makeup artists possesses the expertise and creativity to enhance your natural beauty, accentuate your best features, and create a personalised makeup look tailored to your preferences.

Using only premium makeup products from trusted brands, we prioritise the health of your skin and ensure that your makeup not only looks stunning but also feels comfortable and lightweight. Our artists are knowledgeable about a wide range of makeup styles, from natural and everyday looks to glamorous and bold aesthetics.

You can trust us to deliver a look that aligns with your personal style and preferences.

**£65**  
**(50 mins)**

#### UR EXPRESS MAKEUP

Introducing our UR Express Makeup Application Service, where beauty meets efficiency in a delightful and time-saving experience. Whether you have a busy schedule, need a quick touch-up, or want to look your best for a special occasion, our skilled makeup artists are here to help you achieve a flawless look in no time.

We understand that time is of the essence, so our express service is specifically designed to provide you with a high-quality makeup application in a short timeframe. Our skilled artists are well-versed in the art of quick yet precise makeup techniques, allowing us to transform your appearance without compromising on the quality of our work.

**£40**  
**(30 mins)**

## **BRIDAL MAKEUP**

At UR London City we understand the importance of flawless beauty on your special day, and our skilled team of makeup artists is dedicated to ensuring that you radiate with confidence and grace as you walk down the aisle.

All brides or bridal parties will be invited in for a trial allowing us to collaborate with you to create a personalised and breath-taking makeup which perfectly complements your unique features, style, and wedding theme.

We believe that every bride deserves to feel like the most beautiful version of herself on her wedding day, and our trial session is designed to achieve exactly that.

During the trial, our experienced makeup artists will take the time to understand your vision, preferences, and any specific inspirations you may have. We will discuss your desired level of coverage, colours, and finishes, ensuring that every detail is taken into account.

We use only the highest quality, professional-grade makeup products to ensure a flawless and long-lasting finish that will withstand tears, laughter, and all the emotions of your big day. Our artists are skilled in creating a natural, radiant glow that enhances your best features while maintaining the integrity of your skin. We prioritise your comfort and work meticulously to ensure that your makeup feels lightweight and comfortable throughout the entire day.

Your wedding day is a celebration of love and joy, and our Bridal Makeup Trial is a crucial step towards achieving the wedding look of your dreams.

**Trial**  
**£95**  
**(75mins)**

**Makeup**  
**PAO**  
**(90mins)**

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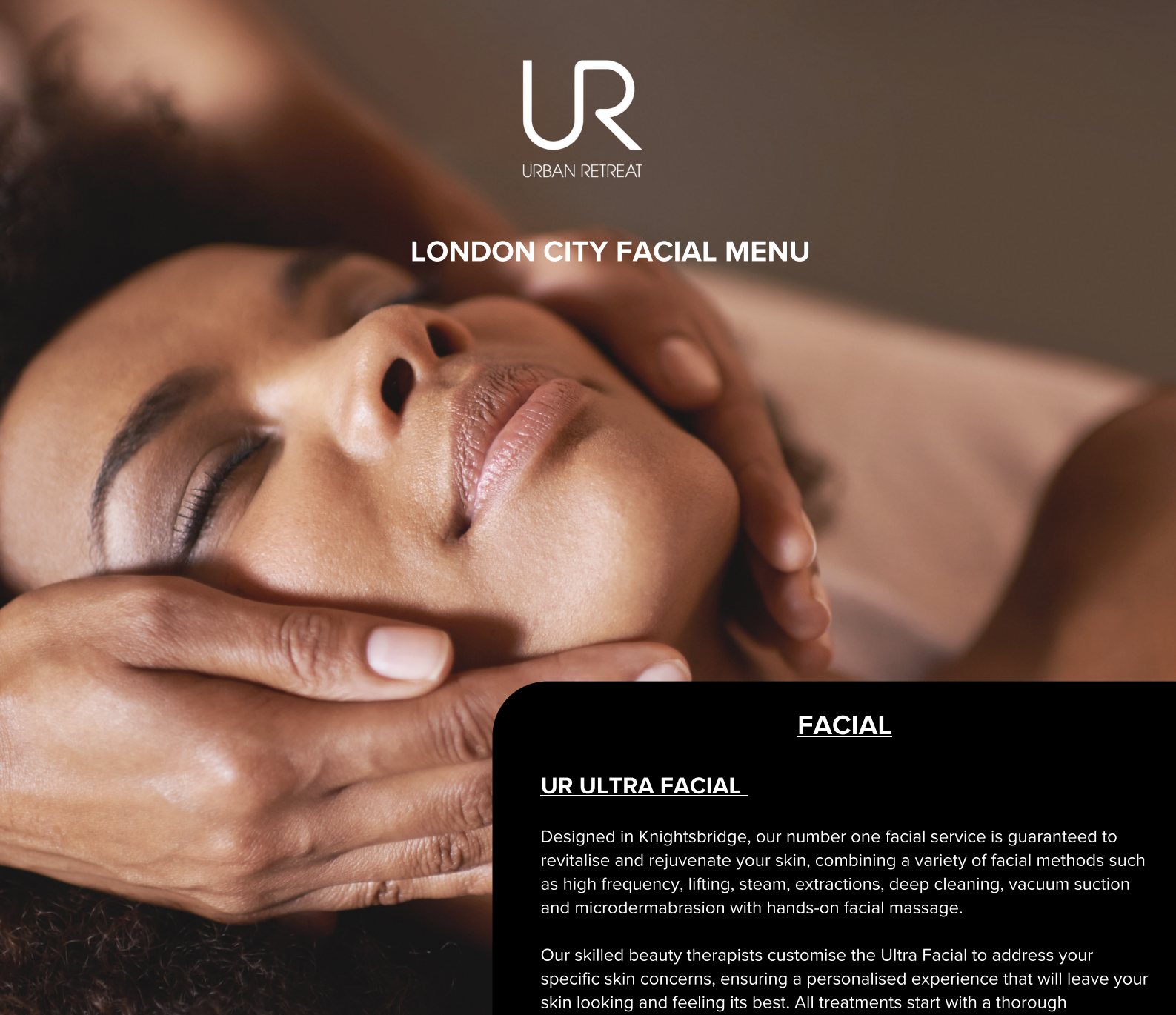
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## LONDON CITY FACIAL MENU



### EXPRESS CLEANSE & TREAT FACIAL

This express facial treatment is the perfect lunchtime treat or pre-event service as it gets to work ensuring your skin looks and feels its best in under an hour.

It starts with a deep cleansing ritual to remove any dirt, grime or impurities from your skin before using a combination of exfoliating techniques, steam and extractions to deeply clear your pores and get rid of any dead skin cells.

The treatment is finished with a targeted Urban Retreat Acti-Lab Facial mask which will be chosen depending on your skin's needs.

Great for regular maintenance following your Ultra Facial.

**£70**  
**(50 Mins)**

### FACIAL

#### UR ULTRA FACIAL

Designed in Knightsbridge, our number one facial service is guaranteed to revitalise and rejuvenate your skin, combining a variety of facial methods such as high frequency, lifting, steam, extractions, deep cleaning, vacuum suction and microdermabrasion with hands-on facial massage.

Our skilled beauty therapists customise the Ultra Facial to address your specific skin concerns, ensuring a personalised experience that will leave your skin looking and feeling its best. All treatments start with a thorough consultation to understand your skin type, concerns, and desired outcomes, so our experts can analyse your skin, identifying areas that need extra attention and tailoring the treatment accordingly.

To address specific skin concerns, your beauty therapist will then use targeted treatments such as steam, extractions, galvanic therapy, high frequency, vacuum suction, microcurrent lifting, microdermabrasion or hot and cold hammers customised specifically to your skins needs. Whether you struggle with dryness, acne, uneven skin tone, or signs of aging, we have carefully curated products to deliver visible results. These methods work in harmony specialised facial massage movements, to deeply nourish and revitalise your skin.

As the treatment nears its conclusion, a luxurious Urban Retreat by Acti-Lab's mask is applied, infusing your skin with essential nutrients and hydration. This intensifies the effects of the facial, leaving your skin plump, glowing, and incredibly soft to the touch. Finally, a carefully selected moisturiser and SPF protection are applied, ensuring your skin remains hydrated and shielded from environmental stressors long after the treatment is complete.

**£90**  
**(70 Mins)**



URBAN RETREAT

## LONDON CITY MASSAGE MENU

### MASSAGE

#### UR EXPRESS MASSAGE

Treat yourself to a quick moment of bliss with our UR Express 20-Minute Massage. Designed for those who are short on time, but still in need of relaxation and tension relief, this rejuvenating massage delivers targeted benefits in just a fraction of the time.

As you lay on our luxurious Italian heated beds, our massage therapists will focus on specific areas of tension and stress. This treatment focuses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition allowing you to experience immediate relief and a renewed sense of well-being.

Within the condensed time frame, our therapists will skilfully manipulate your muscles, promoting improved circulation, relaxation, and an overall sense of rejuvenation.

**£40**  
**(20 Mins)**

#### UR RELAX & REJUVENTATE MASSAGE

Experience pure tranquillity and deep relaxation with one of our UR Relax & Recover Massage. Designed to melt away stress, tension, and fatigue, this indulgent massage offers a serene escape from the demands of daily life, leaving you feeling rejuvenated and restored.

As you step into our tranquil urban oasis, where soft lighting, soothing music, and a calming ambiance will ensure you experience ultimate relaxation. Our skilled massage therapists will work their magic, using a combination of gentle strokes, rhythmic movements, and expert techniques to provide you with an unforgettable experience.

Whether you seek relief from mild muscle tension, want to promote relaxation, or simply crave a peaceful respite, our therapists will tailor this light to medium pressure massage to meet your individual needs. So, you can leave with your body relaxed and rejuvenated, and your mind clear and refreshed.

**£70**  
**(50 mins – two areas)**

**£95**  
**(70 mins – full body)**

Step into our tranquil oasis and let the stresses of everyday life melt away as you indulge in one of our facial or body services.

Book your Urban Retreat beauty treatment today and embark on a journey to revitalised skin and total relaxation.



## **UR RELIEF & RECOVER MASSAGE**

Experience the revitalising benefits of our UR Relief & Recover Massage, a medium to firm pressure therapeutic treatment designed to target stubborn muscle tension and release knots. Ideal for those seeking relief from chronic pain, sports-related injuries, or muscular tightness, this massage technique focuses on the deeper layers of muscle tissue to promote healing and restore balance to your body.

This massage technique employs slow, deliberate strokes, firm pressure, and concentrated focus on specific areas of tension. Through expert manipulation of the deeper layers of muscle tissue, our therapists will gradually release built-up knots and relieve chronic muscle tightness.

As the massage progresses, you'll feel tension and knots gradually give way to a sense of deep relaxation as the deep massage stimulates blood flow to the treated areas, promoting the delivery of oxygen and nutrients to the muscles while flushing out metabolic waste. This process can help alleviate pain, reduce inflammation, and improve mobility.

**£85**  
**(50 mins – two areas)**  
**£115**  
**(70 mins – full body)**

## **UR MUMMY MASSAGE**

Indulge in a soothing and nurturing experience with our Mummy Massage, specially designed to provide comfort and relaxation for expectant mothers starting from the second trimester, or postnatally. Tailored to the unique needs of pregnancy, this gentle and nurturing massage promotes physical and emotional well-being, allowing you to embrace the transformative journey of motherhood.

Our pregnancy massage offers numerous benefits for expectant and new mothers. It can help alleviate common pregnancy discomforts such as back pain, and leg cramps. Additionally, it promotes relaxation, reduces stress and anxiety, improves sleep quality, and enhances overall physical and emotional well-being to help you relax before your little one arrives.

**£70**  
**(50 mins)**

**£95**  
**(70 mins)**

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**UR**  
URBAN RETREAT





UR

URBAN RETREAT

## LONDON CITY NAILS MENU

### MANICURES

#### UR EXPRESS SHAPE & POLISH

The UR Express Shape & Polish is designed to enhance the beauty of your nails in just 20 minutes, making it the perfect way to indulge in self-care when you're limited for time.

Our skilled nail technicians will work with you to create a customised look that complements your hands and overall aesthetic.

Once your nails have been beautifully reshaped, our technicians will meticulously apply a traditional polish of your choice. You can select from an extensive range of high-quality nail lacquers, featuring an array of stunning shades and finishes, allowing you to express your personal style and enhance your overall appearance.

£20  
20 Min

#### UR SIGNATURE MANICURE

Immerse yourself in a tranquil and stylish environment as you relax and enjoy our UR Signature Manicure. Whether you're preparing for a special occasion, want to maintain a polished look, or simply desire a moment of self-indulgence, this service provides a rejuvenating experience that leaves your nails looking impeccable and your spirits uplifted.

Our skilled nail technicians will expertly work on your cuticles, reshape and sculpt your nails, and provide a deeply relaxing and restorative hand massage, before expertly applying traditional polish.

£40  
40min

#### UR ULTIMATE GEL MANICURE

The UR Ultimate Gel Manicure treatment includes all the luxurious benefits of our signature manicure like cuticle work, reshape and our signature hand massage, however it is finished with gel polish for a long-lasting flawless finish instantly.

£50  
40 Min

#### UR EXPRESS GEL HANDS

Limited for time? Treat yourself to a UR Express Gel Hands and let our expert technicians create a stunning and long-lasting manicure that will make you feel confident and glamorous in just half an hour.

£35  
30 Min

#### UR NO-POLISH BARE AND BETTER

The UR No-Polish Bare and Better treatment not only enhances the aesthetic appeal of your nails but also promotes their health and strength. The skilled technicians prioritise the use of premium products and adhere to strict hygiene protocols, ensuring that your nails receive the utmost care and attention.

£35  
30 Min

## PEDICURES

### UR SIGNATURE PEDICURE

The Urban Retreat Signature Pedicure is a comprehensive and indulgent foot treatment that pampers your feet, leaving them refreshed, rejuvenated, and looking their absolute best. This luxurious pedicure experience combines relaxation, grooming, and skincare to provide you with a truly transformative and blissful escape.

The Urban Retreat Signature Pedicure goes beyond aesthetic enhancements, prioritising foot health and hygiene. Premium products and sterilised tools are used throughout the treatment to ensure the highest standards of cleanliness and safety.

**£50**  
**50 Min**

### UR ULTIMATE GEL PEDICURE

Treat yourself to the Urban Retreat Ultimate Gel Pedicure and let the skilled pedicurists transform your feet whilst you sit back and relax. Whether you're preparing for a special occasion, seeking a moment of self-care, or simply craving a luxurious escape, this comprehensive pedicure, finished with gel polish, will leave your feet feeling pampered, revitalised, and ready to take on the world.

**£60**  
**50 Min**

### UR EXPRESS GEL POLISH FEET

The UR Express Gel Polish Feet is designed to enhance the beauty of your feet in just 30 minutes, making it the perfect way to indulge in self-care when you're limited for time.

Our skilled nail technicians will reshape your nails and finish with a gel polish so you can walk away with flawless feet in half an hour.

**£35**  
**30 Min**

### UR NO POLISH BARE AND BETTER

The UR No-Polish Bare but Better treatment not only enhances the aesthetic appeal of your feet but also promotes toenail health and strength. The skilled technicians prioritise the use of premium products and adhere to strict hygiene protocols, ensuring that your toes and feet receive the utmost care and attention.

**£35**  
**30 Min**



## NAIL BUNDLES

### UR SIGNATURE MANICURE & PEDICURE

Our Signature treatment finished with traditional polish and performed by two nail technicians at the same time to ensure you have a full set of flawless fingers and toes in just 50 minutes.

**£85**  
**50 Mins**

### UR ULTIMATE GEL MANICURE & PEDICURE

Indulge in our Ultimate Gel Manicure & Pedicure treatment where two of our highly skilled technicians will give you our signature treatment finished with a gel polish. In just one hour you will walk out the salon with flawless long-lasting nails on your hands and feet.

**£95**  
**60 mins**



## **NAIL EXTENSIONS**

Our highly skilled nail technicians specialise in nail extensions. Our team use BIAB Builder Gel on either your natural nails or extensions to create incredible looks. All our treatments are finished with gel polish to ensure long-lasting results.

### **UR ULTIMATE NAIL OVERLAY**

Your nails will be expertly shaped by our skilled team before we apply a layer of BIAB builder gel to your natural nail length, and finish with gel polish. Great for those that need a little bit of structure and strength to their nails.

**£65**  
**(60min)**

### **UR ULTIMATE NAIL EXTENSIONS**

Your nails will be expertly built and shaped by our skilled team before we apply a full set of extensions that are sculpted with BIAB builder gel and gel polish to finish.

**£80**  
**90min**

### **UR ULTIMATE EXTENSIONS INFILL & POLISH**

Maintain the signature style of extensions with this infill and reshape service.

**£60**  
**60 mins**

### **NAIL EXTENSIONS REMOVAL**

Sit back as we remove your nail extensions and ensure your nails are filed and reshaped.

**£20**  
**30 mins**

### **ADDITIONAL SERVICES**

#### **Gel Removal**

Sit back as we soak off your gel polish and ensure your nails are filed and reshaped.

**£10**  
**10 Min**

#### **Nail Repair**

Repaint, reshape or rebuild nail (per nail)

**£5**  
**10 Min**

#### **French Design**

Add on service of a French design for any gel polish service

**£10**  
**20 Min**

**Address:**  
18-19 Long Lane  
London, EC1A 9PL

**Open Hours:**  
Monday - Friday 10am - 7pm

**Website:**  
[www.urbanretreat.co.uk](http://www.urbanretreat.co.uk)

**UR**  
URBAN RETREAT