



## OPENING TIMES

### HAIRDRESSING AND BEAUTY THERAPY

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**Tuesday and Thursday**  
**9:15am – 8:30pm**

**Monday, Tuesday and Friday**  
**9:15am – 4:30pm**

**Please note:** Not all services and treatments are available every day

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**For an appointment or for further details**  
**telephone 01757 211021 (direct line)**



## THURSDAY AND FRIDAY PAMPER / SPA DAYS

### **NOT AVAILABLE UNTIL FUTURE NOTICE DUE TO COVID-19**

**Select from 2.5 hours' worth of treatments followed by a three-course meal in the restaurant including a hot drink.**  
**From £30.00**

For example:

- Full body massage / hot stone massage
- Facial
- Electrical Facial
- Body wrap
- File and polish
- Use of spa facilities
- Three-course meal



## HAIRDRESSING SERVICES

*We offer a full range of ladies and gents hairdressing services, using high quality professional products by Goldwell, Joico and Bed Head that are not available from high street retail outlets.*

### LADIES

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Cut and Finish	£7.50
Wet Cut	£4.75
Dry Cut	£4.00
Blow Dry	£4.00
Shampoo and Set	£4.00
Hair-Up (with shampoo & set)	£7.50
Hair-Up (with dry set)	£5.00
Plaiting	£4.50
Straightening (inc blow dry)	£5.50
Straightening (exc blow dry)	£3.00

### GENTS

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Cut and Finish	£7.00
Wet Cut	£4.75
Dry Cut	£4.00
Beard Trim	£1.25



## COLOURING SERVICES

ALL colours require a skin test 48 hours prior to each application.

PRICES do NOT include cutting and finish.

**Temporary Colour** £1.50

**Semi-permanent Colour** £6.00

### QUASI-PERMANENT COLOUR

**Hair Manicure** £8.50

Creates a subtle or dramatic colour change. Will not lighten natural hair colour. Covers up to 40% of white hair and gradually fades from the hair in good condition. Can be more permanent on porous poor condition hair.

**Glossing** £8.50

Just adds shine to your hair.

**Pastel Toning** £8.50

Removes excessive gold tones from hair that has previously been bleached or lightened (does not include bleaching and lightening).

### PERMANENT COLOUR

**Full Head** £13.50

**Re-Growth** £10.25

**Half Head** £9.25

**Half Head Re-Growth** £7.25

**Re-Growth Permanent Colour and Colour Balancing** £15.00

Combing your permanent hair colour through to the ends to refresh the colour can actually make your hair more porous, which in turn, can make the colour fade even faster. Colour balancing replaces the permanent hair colour normally combed through your hair with Goldwell's Colorance Acid Colour.

**ALL** colours require a skin test 48 hours prior to each application.

**PRICES** do **NOT** include cutting and finish.

### **HIGHLIGHTS / LOWLIGHTS**

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**Cap Highlights** **£10.00**

### **INTERWOVEN HIGHLIGHTS / LOWLIGHTS**

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**Full Head (one colour)** **£16.00**

**Full Head (two colours)** **£19.50**

**Full Head (three colours)** **£22.75**

**Half Head (one colour)** **£10.25**

**Half Head (two colours)** **£15.50**

**Half Head (three colours)** **£18.75**

**Colour Correction** **from £31.75**

**Please note:** This service requires a consultation prior to making the appointment.



## PERMING SERVICES

**PRICES** do **NOT** include cutting and finish.

*Please check for availability before booking.*

**Alkaline Perms** **£12.50**

*(Vitensity)*

Suitable for most hair types, except very porous or chemically treated hair.

**Alkaline/Acid System** **£13.50**

*(Biolife)*

Depending on your hair type, the perm lotion used will be either alkaline or acid. Suitable for all hair types, including those with highlights.

**Acid Perms** **£14.50**

*(K-Pak Waves)*

Very gentle, this type of perm is ideal for fine, porous or chemically treated hair. It is not suitable for strong resistant hair.

**NOTE:** Long hair perms are charged double if two applications of perm solution are used.

### **Colour Perming**

**Additional £5.50 on top of the cost of the perm**

Does your hair colour fade when you have a perm? Well, now you can have the colour refreshed during the perming process with Goldwell's Colorance Acid Colour, a non-permanent [quasi] hair colour that gradually fades from the hair.

***A skin test 48 hours prior to a Colour Perming application.***



## CONDITIONING

**PRICES** do **NOT** include cutting and finish.

**Joico Body Builder** **£3.75**

A specially formulated blend of strengthening proteins and carbohydrates.

**Joico Thirst Quencher** **£4.50**

A twenty-minute treatment, which will add moisture to dry, fine or chemically treated hair. It will help to restore the hair's elasticity without weighing it down.

**Joico Drought Buster** **£4.75**

A twenty-minute treatment for coarse and unruly dry hair. The treatment will bind moisture in the hair, whilst strengthening proteins. It is designed to enhance the hair's internal structure, making the hair softer, more supple and easier to comb.

**Joico Strengthener** **£5.00**

Incorporating Joico's innovative protein restructurant, HKP. This will build a completely new internal structure within the hair shaft, providing strength and elasticity to chemically treated hair.

**Joico Ultimate Hair Repair** **£5.75**

Hair is made up of protein and moisture and by repairing the hair structure by application of the Joico Hair Repair System, you will discover the feeling of healthy, beautiful hair.

**Joico Problem Scalp** **£5.50**

A treatment for Eczema, Psoriasis, Seborrhoea and Dandruff affected scalps.



## HAIR STRAIGHTENING

### **SEMI-PERMANENT HAIR STRAIGHTENING**

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Lasts up to 100 days with the use of correct Nanokeratin products

**Nanokeratin** **£51.50**

Advantages of the Nanokeratin System:

- The Nanokeratin System hair repair, coating and straightening method is a quick process that achieves high quality results.
- The Nanokeratin System hair repair, coating and straightening method is suited to all hair types.
- The Nanokeratin System method repairs hair and makes it healthier.
- Impressive results for severely damaged hair.
- Appropriate for men and women alike.



## BEAUTY AND SPA THERAPY

*We offer a full range of beauty and holistic therapy treatments to both men and women. We use high quality professional products by Dermalogica and Phytomer, CND Nails (including Shellac and Creative Play).*



## HAIR REMOVAL

### WAXING

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Treatments are available to both men (see men's services) and women. We use the hygienic strip wax and hot wax method to treat all areas of the body,

<b>Full Leg</b>	<b>£8.75</b>
<b>½ Leg</b>	<b>£6.25</b>
<b>Underarm</b>	<b>£3.75</b>
<b>Bikini</b>	<b>£4.25</b>
<b>Upper Lip</b>	<b>£2.75</b>
<b>Chin</b>	<b>£2.75</b>
<b>Eyebrow</b>	<b>£3.25</b>
<b>Back</b>	<b>£6.75</b>
<b>Full Leg and Bikini</b>	<b>£11.25</b>
<b>Lip and Chin</b>	<b>£3.75</b>





## HANDS AND FEET

### **File and Polish** £3.25

File and polish includes filing and the application of polish

### **Manicure** £5.50

A manicure treatment includes cuticle work, filing, buffing and application of polish to your nails together with a hand and arm massage to help you relax.

### **Special hand treatment** £6.75

The same treatment as that of a manicure, but includes the application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

### **Creative Spa Manicure** £10.50

A thoroughly luxurious anti-ageing treatment for the hands, using the Creative product range. This manicure will leave your hands feeling smooth and includes cuticle work, exfoliation of the hand and arm and a beautiful polish of your choice to finish.

### **Pedicure** £5.50

This treatment uses the same procedures as that of the manicure. It aims to improve the appearance of the nails and skin of the feet.

### **Special foot treatment** £6.75

The same treatment as that of a pedicure, but includes the application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

### **Creative Spa Pedicure** £11.00

A luxurious treatment for the feet using the Creative product range. This treatment includes cuticle work, toenail trim and polish, hard skin removal and total exfoliation and foot and lower leg massage.



## EYE AND EYEBROW

<b>Eyebrow shape</b>	<b>£3.25</b>
<b>Eyebrow Tint</b>	<b>£4.75</b>
<b>Eyelash Tint</b>	<b>£4.75</b>
<b>Lash and Brow Tint</b>	<b>£8.25</b>
<b>Lash and Brow Tint &amp; Shape</b>	<b>£9.25</b>
<b>Eyebrow Tint &amp; Shape</b>	<b>£5.75</b>

**ALL** tints and false eyelashes require a skin test 48 hours prior to each application.



## MESSAGE

### PLEASE NOTE:

Not all Massage treatments are available throughout the year, please phone reception for further details

### BODY MASSAGE

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Enjoy a body massage to help you relax, relieve muscle tension or for a general sense of wellbeing.

<b>Full Body (inc. head &amp; face)</b>	<b>£11.75</b>
<b>Legs</b>	<b>£5.50</b>
<b>Back</b>	<b>£8.50</b>

<b>Body Massage incorporating a mechanical treatment</b>	<b>£12.75</b>
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#### Audio sonic:

*Deep penetrating sound wave emissions for relief in tense muscle fibres*

#### Infrared:

*A warm penetrating heat lamp that generates heat into the underlying tissues*

#### G5:

*Gyratory vibratory machine providing mechanical massage for deeper muscle penetration*

### HOT STONE MASSAGE

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Hot stone massage is a speciality massage where the therapist uses smooth heated stones and hands together to help relieve muscle tension, pain and induce relaxation

<b>Full Body (inc. head &amp; face)</b>	<b>£14.75</b>
<b>Partial Body</b>	<b>£9.50</b>

## INDIAN HEAD MASSAGE

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This relaxing Ayurveda treatment encompasses acupressure massage on the neck and shoulders, head and face to rebalance your body's energy and mind.

**Indian Head Massage**

**£8.50**



## BODY WRAP AND FLOTATION

### PHYTOMER BODY WRAP (60 MINUTE TREATMENT)

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An exciting new range of unique innovative products all focused on the clients' total well-being, with three clear themes:

**Firming**

**£15.25**

For loss of tone, skin elasticity, after weight loss/pregnancy

**Essential Sculpting**

**£15.25**

A contouring cellulite treatment for abdominals, thighs and buttocks

**Detoxifying**

**£15.25**

A marine body wrap to eliminate toxins and excess fluid, can be used before a cellulite inch loss programme



## FACIAL TREATMENTS

### **Manual Facial** **£11.50**

Your treatment will include a consultation to establish the correct choice of specialised Dermalogica products for your skin type. You will then have a cleanse, exfoliation, steam, face neck and shoulder massage, mask, tone and moisturise.

### **Electrical Facials** **£13.00**

This is an advanced facial treatment incorporating electrical equipment. You will have a full consultation to establish the correct equipment and products for you skin condition.

#### ***The treatment will incorporate one or more of the following:***

##### **Desincrustation:**

*Removes excess oil from the skin*

##### **Iontophoresis:**

*Adds moisture to the skin and increases moisture secretion*

##### **Vacuum Suction:**

*Removes toxins, waste and clears blocked pores and increases circulation*

##### **Direct high frequency:**

*A drying germicidal treatment ideal for blemished and congested skin*

##### **EMS:**

*Electrical impulses stimulates muscles causing contractions to aid the toning of muscles*

##### **Ultra Visage:**

*Works by lifting and re-programming the muscle fibres, reducing and smoothing fine lines and wrinkles on the face and neck*



## MICRODERMABRASION

Controlled Microdermabrasion (MDA) is a modern technique designed, with the help of gentle, mechanical peeling processes, to improve the skin's regenerative capabilities and to better control specific skin conditions.

### WITH A CACI TECHNICIAN

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<b>1 Hour Treatment</b>	<b>£25.25</b>
<b>½ Hour Treatment</b>	<b>£15.25</b>



## SPA

**NO SPA PACKAGES ARE  
AVAILABLE UNTIL FURTHER NOTICE  
DUE TO COVID-19**

### SPA EXPERIENCE

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Full use of the sauna, steam room, spa pool, ice fountain and monsoon shower.

<b>Spa Experience</b>	<b>£7.25</b>
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### SPA PACKAGE

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Full use of sauna, steam room, spa pool, ice fountain and monsoon shower, choice of body wrap and back neck and shoulder massage.

<b>Spa Package</b>	<b>£20.50</b>
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## **TOTAL RELAX**

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For those who want to, just drift away, end the session feeling great and looking great too

Sauna/ steam

Spa pool

Blended oil- back neck and shoulder massage

Choice of electrical facial or body wrap

10 minute dry flotation experience

**Total Relax** **£25.50**

## **TOTAL RE-ENERGISE**

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An uplifting treatment to help you regain your vibrancy, energy, vitality and give you that “get up and go” boost

Steam/sauna

Dead Sea salt body scrub, using two types of salt

Monsoon shower

Ice fountain

Re-mineralizing body wrap

Leg, neck and back massage, (including stretches) using a body firming oil

**Total Re-energise** **£30.50**

## **DRY-FLOTATION EXPERIENCE**

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**10 Minute Experience** **£3.75**

**15 Minute Experience** **£4.25**



## MEN'S TREATMENTS

### PLEASE NOTE:

Not all Massage treatments are available throughout the year; please phone reception for further details

### MASSAGE

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Enjoy a body massage to help you relax or release muscular tension

<b>Full Body Massage</b>	<b>£11.75</b>
<b>Back Massage</b>	<b>£8.50</b>
<b>Mechanical Massage</b>	<b>£8.50</b>

The ultimate treatment for the relief of acute muscle tension caused through stress, exercise or poor posture.

### HOT STONE MASSAGE

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Hot stone massage is a speciality massage where the therapist uses smooth heated stones and hands together to help relieve muscle tension, pain and induce relaxation

<b>Full Body (inc. head &amp; face)</b>	<b>£14.75</b>
<b>Partial Body</b>	<b>£9.50</b>

### INDIAN HEAD MASSAGE

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This relaxing Ayurveda treatment encompasses acupressure massage on the neck and shoulders, head and face to rebalance your body's energy, mind and body

<b>Indian Head Massage</b>	<b>£8.50</b>
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### WAXING

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<b>Back or Chest</b>	<b>£6.75</b>
<b>Back and Chest</b>	<b>£10.75</b>
<b>Back, Chest and arm</b>	<b>£13.25</b>



## HANDS AND FEET

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**Manicure** £4.00

A treatment to care for and protect hands, nails and cuticles

**Hand Treatment** £6.75

The application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

**Pedicure** £5.00

A treatment that aims to improve the appearance and condition of the nails and skin of the feet

**Foot Treatment** £6.75

The application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

## FACIAL TREATMENTS

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**Revitalising Dermalogica Facial** £11.25

Using products to suit your individual skin type

**Electrical Facial** £12.75

This is an advanced facial treatment incorporating electrical equipment

## EYE TREATMENTS

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ALL tints and perming require a skin test 24-48 hours prior to each application.

**Eyebrow Tidy/Shape** £3.25

**Eyelash Tint** £4.75

**Eyebrow Tint** £4.75

**Lash and Brow tint** £8.25