

# HANDS & FEET

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The ultimate experience for hands & feet; choose between standard maintenance treatments or the luxurious ranges for a more pampering experience

## LUXURY MANICURE £10.00

Includes a nail file & shape, cuticle treatment, exfoliation and a relaxing hand & lower arm massage. To finish, your nails polished with a colour of your choice.

## LUXURY PEDICURE £10.00

Includes a nail file & shape, cuticle treatment, exfoliation and a relaxing foot massage. To finish, your nails are buffed or polished with a colour of your choice.

## IBD GEL MANICURE £10.00

Manicure or pedicure (includes new application)

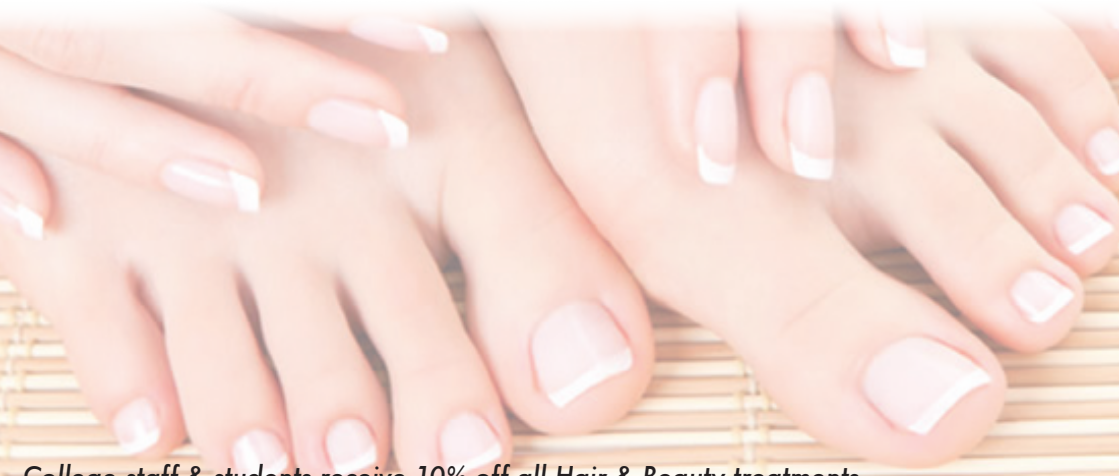
## SHAPE & POLISH £4.00

Our quick fix for nails. A classic nail file, shape and polish of your choice. And you're ready to go.

## GEL NATURAL NAIL OVERLAY £10.00

## FULL SET OF NAIL TIPS WITH GEL OR ACRYLIC £8.00

## INFILL 2 WEEK MAINTENANCE £5.00



*College staff & students receive 10% off all Hair & Beauty treatments*

# DERMALOGICA FACIALS

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Designed to meet your needs, all facials include a full skin analysis.

## CUSTOMISED LUXURY FACIAL £12.00 Course of 5 Facials £48

Includes double cleansing, exfoliation, extractions (as needed), relaxing décolleté, shoulder, facial & scalp pressure point massage, masque, toner & application of skin protection cream.

## GALVANIC FACIAL £12.00 Course of 5 Facials £48

Deep cleansing facial to rid impurities. Improves scar tissue damage. Germicidal & balancing. To include high frequency to close pores.

## NON-SURGICAL FACELIFT FACIAL £12.00 Course of 5 Facials £48

Using a micro current technology. Tiny electrical impulses will lift and tone the facial muscles whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

## TONING FACIAL £12.00 Course of 5 Facials £48

Using a faradic current. Improve elasticity using a faradic current, excellent for toning the neck and jowls.

## LYMPHATIC DRAINAGE FACIAL £12.00 Course of 5 Facials £48

Good for clearing sinuses. De-toxifying removal, anti-oxidant.

## MICRODERMABRASION £12.00 Course of 5 Facials £48

A microdermabrasion machine with a diamond head infusion removes dead skin cells, providing a deeper cleanse and product penetration. This is followed by an intensive scalp, face, neck and shoulder massage. The treatment concludes with the application of a soothing masque which provides a radiant glow.



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# BODY TREATMENTS

Treat yourself and feel the stress melt away

**FULL BODY MASSAGE** £12.00  
Course of 5 £48

Ideal for anyone in need of tension release. Perfect for slowing busy minds, headaches, detoxing, cellulite and helping to soothe and reduce tension.

**PART BODY MASSAGE** £7.00

**SPORTS THERAPY MASSAGE** £12.00  
Course of 5 £48

A form of massage which focuses on localised muscle groups which are tight, damaged or injured. A deep massage combining trigger points & compression to reduce tension that causes pain & discomfort. Suitable for anyone that suffers with aches and pains will benefit from a deep localised massage to break down any tension knots caused by regular misuse of muscles.

**HOT STONE MASSAGE** £15.00  
Course of 5 £60

Combined with the use of warmed basalt stones to help relax and bring a sense of calm & well-being. Eases away aches and pains in the muscles with a sensation of relaxation & comfort. Crystals are then placed on the 7 main chakras on the body to help restore balance.

**INDIAN HEAD MASSAGE** £12.00  
Course of 5 £48

A relaxing massage over the scalp, face, neck & shoulders. This treatment can be carried out seated or lying down. Instant relief from tension headaches, eyestrain, sinus congestion and aids restful sleep.

**AROMATHERAPY FULL BODY MASSAGE** £15.00  
Course of 5 £60

From the tips of your toes to the tension points of the scalp, this is a deeply relaxing treatment where warm aromatic balms are drizzled all over and soothing massage strokes are applied.

**AROMATHERAPY BACK MASSAGE** £12.00  
Course of 5 £48

A unique massage that gently releases tension, soothes aching muscles, calming the mind and body. Intensified by warm aromatic oils.

**REFLEXOLOGY** £12.00  
Course of 5 £48

A unique system of foot massage, reflexology is based on holistic principles and springs from the same Chinese roots as acupuncture.

**GALVANIC BODY CELLULITE** £10.00  
Course of 5 £40

Aims to soften areas of stubborn fat & disperse any fluid that is retained in the area. After a course of treatments noticeably disperses the lumpy fat cells associated with cellulite.

**FARADIC TONING** £10.00  
Course of 5 £40

A low frequency current that aims to firm & tone body muscles. A typical 20 minute stomach treatment is the equivalent of doing 300 perfect sit ups!

**NON-SURGICAL BODY LIFTING USING MICRO CURRENT** £15.00  
Course of 5 £40

A comfortable treatment used to lift, firm & tighten muscles. Treatment can be used to target specific areas including: abdominals, arms, breasts, buttocks & thighs.

**LYMPH DRAINAGE** £10.00  
Course of 5 £40

Very specific & effective at increasing the rate of removal of waste products, toxins & excess fluid from the body's tissues.

**MICRODERMABRASION** £15.00  
Course of 5 £60

Used to treat acne, stretch marks, fine lines & wrinkles, discoloration such as 'age spots' & scarring to help restore smooth, healthy skin.

**ST TROPEZ SPRAY TAN** £8.00  
Course of 3 £16

For a healthy, natural golden tan that won't streak.

**ST TROPEZ MANUAL TAN TO INCLUDE EXFOLIATION** £8.00  
Course of 3 £16

For a healthy, natural golden tan that won't streak.

# HAIR REMOVAL TREATMENTS

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For soft & silky smooth skin

## WAXING

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Eyebrow	£4.00
Upper Lip	£5.00
Chin	£3.00
Lip & Chin	£4.00
Underarm	£4.00
Arm	£5.00
Back or Chest	£7.00
1/2 Leg	£5.00
3/4 Leg	£7.00
Full Leg	£10.00
Full Leg & Bikini Line	£12.00
Bikini Line	£4.00

## ELECTROLYSIS

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15 Minutes	£3.00
30 Minutes	£5.00
45 Minutes	£8.00
60 Minutes	£10.00

\*Skin testing for Beauty lash & brow tints and party lashes 24-48 hours prior to your appointment

## EYELASH & EYEBROW TREATMENTS

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Eyebrow Shape (Tweezing)	£2.00
Eye lash Tint	£3.00
Eyebrow Tint	£3.00
Eye lash & Brow Tint	£5.00
Eyebrow Shape, Lash & Brow Tint	£6.00

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MAKE UP APPLICATION WITH A FULL SET OF INDIVIDUAL PARTY LASHES £7.00

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MAKE UP APPLICATION WITH A PARTIAL SET OF INDIVIDUAL PARTY LASHES £5.00

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MAKE UP APPLICATION WITH STRIP PARTY LASH APPLICATION £4.00

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	Level 2	Level 3
<b>CUTTING SERVICES:</b>		
Wash, Cut & Blow Dry	£7.50	£10.00
Wet Cut	£4.00	£6.00
Restyle	£9.50	£12.00
Wash & Blow Dry	£5.00	£7.00
Shampoo & Set	£5.00	£7.00
Deep Conditioning Treatment <i>includes Blow Dry</i>	£5.00	N/A
Special Occasion Hair/Hair Up	£4.00	£5.00
<b>COLOURING SERVICES:</b>		
Full Head Foils	from £17.00	from £19.00
Partial Head Foils	from £13.00	from £15.00
Partial Foils with Infill	N/A	from £25.00
Full Head Colour	from £13.00	from £15.00
Roots Regrowth	from £10.00	N/A
Cap Highlights	from £10.00	N/A
Colour Correction	N/A	Price on Quotation
Toner	N/A	£6.00
<b>PERMING:</b>		
Perm (Long)	£10.00	£12.00
Perm (Short)	£8.00	£10.00
Spiral Perm	N/A	£15.00
Root Perm	N/A	£8.00
<b>BARBERING:</b>		
Men's Shampoo, Cut & Finish	£2.50	£2.50
Men's Clipper Cut	£1.50	£1.50
Men's Colouring	from £4.00	N/A

\*Skin testing for Hair colour services required 48 hours prior to your appointment.

Senior citizens receive 10% off all treatments

College staff & students receive 10% off all Hair & Beauty treatments