

ARCANA GROUP OF SALONS

hair, beauty & specialist treatment centres

2010/11 EDITION



A warm welcome awaits you at Arcana Group of Salons

As the pace of life becomes increasingly hectic, feeling relaxed and refreshed is as important as looking good. Arcana literally means a 'secret' or 'mystery' and this is ours;

Our aim is to provide the very highest of standards in both hair and beauty. To ensure we meet every need and desire, we not only source the finest products from around the world, but enhance our own impressive list of qualifications with those of other professionals skilled in specialist treatment areas.

Emphasis lies on training here at Arcana, each stylist and therapist realises that professionalism and practical excellence is only the start of success in the salon. We endeavour to surpass your every expectation, whilst keeping a friendly, welcoming environment for you to enjoy.

This brochure has been designed to introduce you to our range of services. If you require advice or have any queries please do not hesitate to contact us – confidentially – here at either salon or visit us at our website.

Enjoy!

SATISFACTION GUARANTEE

If you are not entirely happy with the outcome of your treatment* we will be happy to rectify the issues without charge within 48 hours of your original booking**.

*subject to correct booking procedure and full consultation completion

** after this time, complimentary correction is at the discretion of the manager. Availability permitting, the rectification may be with a different member of staff.

For our terms and conditions please visit our website: www.arcanasalon.co.uk

Women's Styling

Please be aware that we have level 1 and 2 hairdressing students available at discounted rates. Please enquire at reception.

	STYLIST	ADVANCED STYLIST	SENIOR STYLIST	CREATIVE STYLIST
RESTYLING				
Restyle Cut & Finish	£34.00	£37.00	£40.00	£45.00
Restyle Cut	£24.00	£27.00	£30.00	£35.00
MAINTENANCE				
Wash, Trim & Finish	£29.00	£32.00	£35.00	£40.00
Wash & Trim	£19.00	£22.00	£25.00	£30.00
Dry Trim	£16.00	£19.00	£22.00	£27.00
STYLING				
Blow Dry - Basic	£15.00	£18.00	£21.00	£26.00
Blow Dry - Designer	£19.00	£22.00	£25.00	£30.00
French Plait	£11.00	£14.00	£17.00	£22.00
Hair Up	£29.00	£32.00	£35.00	£40.00
Bridal Style Hair Up	£39.00	£42.00	£45.00	£50.00

Children's Styling

It is our policy to offer children a delve in the 'sweetie jar' as a reward for their hair service; please advise reception if this is not appropriate for your child.

	STYLIST	ADVANCED STYLIST	SENIOR STYLIST	CREATIVE STYLIST
Children's Trim 0-6 years	£8.00	£10.50	*	*
Children's Trim 7-11 years	£10.00	£12.50	*	*
Children's Cut & Finish	£20.00	£22.50	*	*
Children's Restyle Cut	£15.00	£17.50	*	*
Children's Restyle Cut & Finish	£25.00	£27.50	*	*
Children's Blow Dry/ Hair Up/Curls	£15.00	£17.50	*	*

* Our senior and creative stylists charge adult prices at all times

Male Grooming

We are delighted to offer the modern man a traditional barbershop in addition to a variety of lifestyle and grooming services.

	STYLIST	ADVANCED STYLIST	SENIOR STYLIST	CREATIVE STYLIST
Barber's Cut	£12.00	£14.00	£16.00	£21.00
Men's Cut & Finish	£14.00	£16.00	£18.00	£23.00
Men's Restyle	£17.00	£19.00	£21.00	£26.00
Grey Blending	£21.00	£23.00	£25.00	£30.00
Grey Coverage	£26.00	£28.00	£30.00	£35.00
Tip Colour/Shoeshine	£17.00	£19.00	£21.00	£26.00
All other colours			P.O.A	

TRADITIONAL BARBER'S EXPERIENCE £20.00

Traditional cut throat razor shave including facial hair buffing, steam towels and soothing postshave massage in the privacy of our treatment rooms. Getting married? Come along with the groomsmen and let us prepare you all for the big day!

GENTLEMAN'S TONIC £20.00

A reassuringly masculine experience for the hands and/or feet including shaping and buffing of the nails, softening of hard, dry or cracked skin and a relaxing stress-busting massage; a monthly must-have!

EXECUTIVE RELAXER £45.00

Deep tissue massage for the back, neck and shoulders and either a deep cleansing facial or traditional cut throat razor shave all performed in our individual treatment rooms.

REFUEL PACKAGE £60.00

Deep tissue massage for the back, neck and shoulders, a refreshing facial to purify and relax the skin and a choice of holistic session (Indian head massage, hopi ear candles or reflexology).

T3 EXPERIENCE £10.00

Head and neck massage, hair treatment with steam towels. Great for guys! This 'tingly' Tea Tree formula is perfect for dry/itchy scalp conditions

Many of our other beauty treatments are also suitable for men. Countless male clientele regularly enjoy massage, waxing, facials, eyelash tints, inch loss wraps, eyebrow shaping etc.

Not sure what to have? Book a consultation with one of our professional therapists and they can advise according to your requirements; discreetly within our private treatment area.

Hair & Scalp Treatments

MATRIX SPA THERAPIES

An additional 30 minute appointment added to any of our other hair services.

A rich serum treatment is applied to the hair after a thorough cleanse. A seated massage of the scalp, neck and shoulders is followed by a hot steam towel wrap to help penetrate the ceramides. The serum is gently removed following shiatsu pressure point scalp massage and prescribed conditioning treatment.

Choose from:

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| – Colourtherapy (locks in colour to reduce fade and increase shine) | £10.00 |
| – Fortetherapy (strengthens weak, over processed, breaking hair) | £10.00 |
| – Hydratherapy (repairs dry, damaged, frizzy hair) | £10.00 |
| – Scalpththerapy (dandruff removal/prevention system with homecare) | £10.00 |
| – Shinetherapy (organic oil applied to the midlengths and ends to envelop each hair strand with lustrous shine) | £10.00 |
| – Smooththerapy (reduces volume and softens thick, coarse unruly hair) | £10.00 |
| – Volumatherapy (creates body for limp, fine hair) | £10.00 |

EXPRESS SPA THERAPY

A rich serum treatment which is applied to the hair after a thorough cleanse, and left to penetrate during the cutting service. The serum is then removed following shiatsu pressure point scalp massage and prescribed conditioning treatment. The express therapy must be taken in conjunction with one of our cutting services.

Choose any of the varieties listed above £5.00

NIOXIN

Come and speak to one of our Nioxin counsellors if you are concerned about thinning/breaking hair, hair loss or alopecia. Whilst we are not trichologists, we can advise you on the best way to treat, prevent and regenerate hair lost through medical, emotional or physical trauma using Nioxin. We will always refer you to your GP if the cause of hair loss is unknown or significant/widespread.

Two out of three men, and one in four women suffer with thin looking hair and visible scalp. Nioxin is the number one provider of professional products for fine and thinning hair in the US and it has now arrived at Arcana. The Nioxin programme is recommended globally to help reduce hairloss/thinning and encourage regrowth of stronger, healthier hair for alopecia sufferers, genetic male pattern baldness sufferers and people who have sustained hair loss following chemo/radiotherapy.

We recommend an in-salon 'scalp renew' treatment to start the Nioxin regimen, followed by a customised homecare package used daily for maximum results. A follicle booster is recommended 2-3 times per day on areas of complete hair loss. Nioxin can also be used to treat hair loss in eyebrows, facial beards, sideburns etc.

Scalp Renew Treatment £20.00

A professional only, dermabrasion treatment to stimulate the blood supply of the scalp and remove product build up and debris. Price excludes blow dry/finish.

Homecare Kits P.O.A.

Colour Services

A PATCH TEST IS REQUIRED 24-48 HOURS PRIOR TO ANY COLOUR SERVICE TO MINIMISE THE RISK OF ALLERGIC/SENSITIVITY REACTIONS. A STRAND TEST IS RECOMMENDED ON PRE-TREATED HAIR, ESPECIALLY WHEN LIGHTENING SERVICES ARE TO BE PERFORMED. CONSULTATIONS ARE FREE OF CHARGE AND HIGHLY RECOMMENDED BEFORE ALL COLOUR APPOINTMENTS TO AVOID DISAPPOINTMENT.

PLEASE NOTE THAT ALL COLOUR SERVICES LISTED INCLUDE A COMPLIMENTARY CONSULTATION, WASH, CONDITION WITH OPTIONAL MASSAGE AND DRY, BUT THE CUT IS EXCLUDED AND MUST BE BOOKED AND CHARGED SEPARATELY.

	STYLIST	ADVANCED STYLIST	SENIOR STYLIST	CREATIVE STYLIST
FULL HEAD/BLOCK COLOURS				
Glossing (Temporary Colour)	£27.00	£31.00	£36.00	£41.00
Quasi (Semi Permanent Colour)	£30.00	£34.00	£39.00	£44.00
Tint (Permanent Colour)	£40.00	£44.00	£49.00	£54.00
Root Retouch	£30.00	£34.00	£39.00	£44.00
Root Retouch & Refresh	£35.00	£39.00	£44.00	£49.00

HIGHLIGHTS & LOWLIGHTS

Cap	£42.00	£46.00	£51.00	£56.00
Meche & Foil – Partial	£38.00	£43.00	£48.00	£53.00
Meche & Foil – Half Head	£48.00	£53.00	£58.00	£63.00
Meche & Foil – Full Head	£58.00	£63.00	£68.00	£73.00

ADDITIONAL SERVICES

Add a base colour around foil/meche	£25.00	£30.00	£35.00	£40.00
Add extra vibrancy booster			£20.00	
Add a shine/gloss enhancer			£10.00	
Add pre/post treatment strengthener			£10.00	

PRE LIGHTENING

It may sometimes be necessary to prelighten an area before colouring to achieve the desired result, only if your hair is strong enough will it be possible to perform prelightening, and it will not always be possible to 'lift' to the desired level, we may need you to undertake a course of strengthening treatments to facilitate the prelightening. We will need to take 'strand tests' to check the strength and ability of the hair to lighten so a preliminary consultation is advisable before any appointments where you wish to lighten pre-coloured hair. Prelightened hair will always require another colour to be applied and cannot be taken as a stand-alone service.

Partial Meche Prelighten	£15.00
Half Meche Prelighten	£20.00
Full Head Meche Prelighten	£30.00
Bleach Bath Full Prelighten	£45.00
Color Correction	P.O.A.

FOR EXTRA LONG HAIR—TOUCHING SHOULDERS AND LONGER, AN ADDITIONAL £5 SURCHARGE MAY APPLY PER TECHNICAL SERVICE

Texture & Volume Services

A STRAND TEST IS RECOMMENDED ON PRE-TREATED HAIR PARTICULARLY WHEN PERMING SERVICES ARE TO BE PERFORMED. CONSULTATIONS ARE FREE OF CHARGE AND HIGHLY RECOMMENDED BEFORE ALL TECHNICAL APPOINTMENTS TO AVOID DISAPPOINTMENT. PLEASE NOTE THAT ALL TECHNICAL SERVICES LISTED INCLUDE A COMPLIMENTARY CONSULTATION, WASH, CONDITION WITH OPTIONAL MASSAGE AND DRY, BUT THE CUT IS EXCLUDED AND MUST BE BOOKED AND CHARGED SEPARATELY.

	STYLIST	ADVANCED STYLIST	SENIOR STYLIST	CREATIVE STYLIST
PERMANANT WAVING				
Semi Perm Wave	£42.00	£46.00	£52.00	£57.00
Perm Wave	£52.00	£56.00	£62.00	£67.00
Spiral Perm Wave	£72.00	£76.00	£82.00	£87.00

PERMANENT STRAIGHTENING

When hair is chemically straightened the result is like having naturally straight hair; people with naturally straight hair sometimes need to do a little work to get that poker straight look and very rarely can you simply “wash and go” with a perfect result. There are many types of hair, and numerous chemical factors ie colours which can affect the results. The treatment is permanent on hair that has been treated (very porous/damaged/dry hair may notice some reduction in results over time), however you'll need a usually require a refresher treatment every 6-12 months to straighten any re-growth since your last session.

We use a combination of Matrix and Yuko systems for our Permanent Straightening services. Yuko is great for strong Asian type hair, a Japanese system; it is not usually suitable for bleached/fragile hair which is why we introduced Matrix OptiSmooth; an American system perfect for European or fine textured hair.

Yuko Straightening	£150.00*	£180.00*	£210.00*	£240.00*
Matrix Hot OptiSmooth	£130.00*	£160.00*	£190.00*	£220.00*

If you do not want to entirely lose the curl in your hair, but simply wish to tame unruly frizz and excess volume, we would suggest the Matrix OptiSmooth Cold system. This has been specifically formulated to increase manageability and control 'hard to style' hair without the need for total permanent straightening. OptiSmooth is suitable for use on European hair, it is not a chemical relaxer suitable for Afro Caribbean hair.

Matrix Cold OptiSmooth	£75.00*	£90.00*	£105.00*	£120.00*
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*PLEASE NOTE: EXCESSIVELY THICK OR LONG HAIR WILL BE LIABLE FOR A £50 SURCHARGE. DEPOSITS WILL BE REQUIRED UPON BOOKING. REGROWTH TREATMENTS ARE SUBJECT TO DISCOUNTED TARIFFS, PLEASE ASK RECEPTION FOR A CONSULTATION APPOINTMENT.

Hair Extensions

Hair extensions are made from either human or synthetic fibres and can be added to the hair in a number of ways; glue, bonds, clips, strips, weaves, plaits etc.. Synthetic extensions are generally far less expensive and come in a wide variety of colours and textures but remember synthetic hair cannot withstand hot temperatures, straightening and curling the hair will not be an option as it will melt or singe. Human hair is available in many different grades and colours and varies widely in price, colour, texture and length. Most good quality human hair extensions can be heat styled, coloured (not lightened or with vibrant hues) and treated (carefully) almost like 'natural' hair.

We use and recommend Balmain professional hair extensions and staff undergo extensive training before undertaking Balmain services within the salon. Extensions which are poorly applied, incorrectly removed or carelessly maintained can cause scalp / hair damage and substantial discomfort. Likewise the use of incorrect maintenance products or removers can cause damage to the extensions, bonds and your natural hair / scalp so please take professional advice rather than seeking cheaper alternatives. Hair extensions will 'shed' from the hair over time, and (as they are applied to the natural hair strands) will grow away from the scalp, so will need removing and replacing constantly to avoid breaking the natural hair (we recommend three months as an absolute maximum). It will not be unusual to visit every few weeks to have a few strands replaced.

Balmain hair extensions are applied using a gentle keratin wax bond, they are weakened by high street shampoos and conditioners, some styling products/ hair serums and high temperatures (sun beds, excess sweating etc). Prices are outlined below but the number required will depend upon the length, thickness and desired effect and therefore will require an individual in salon consultation to determine an accurate price.

OUR BALMAIN EXTENSIONS

Consultation	free of charge
Hair Only (45cm)	£35 per Pack*
Hair Only (60cm)	£50 per Pack*
Fitting	£20 per 30 minutes (or part thereof)*
Replacements	£20 per 30 minutes (or part thereof)*
Removals	free of charge

* plus cost of new bonds

CLIENT'S OWN EXTENSIONS**

Fitting	£25 per 30 minutes (or part thereof)
Removals	£25 per 30 minutes (or part thereof)

**we will only fit wefts, clip-in or glued extensions. We will not use hot glue guns, other glue/wax systems or braided/weaved systems.

No responsibility can be taken by the salon/extensions technician in the unlikely event of any allergy/distain caused by any product that you have asked us to supply/fit for you.

We cannot guarantee colour, heat styling or overall 'finish' result from any hair extensions that you have asked us to use, in place of our own preferred Balmain Professional Extensions.

PLEASE NOTE; EXTENSIONS MUST BE PRE-PAID UPON BOOKING. BALMAIN SHAMPOO, CONDITIONER AND HAIR BRUSH ARE REQUIRED FOR CORRECT MAINTENANCE OF YOUR NEW HAIR EXTENSIONS AND ARE AVAILABLE AT AN ADDITIONAL COST.

Concessions

RETIRED PENSIONERS

Please note that all colour services listed include a complimentary consultation, wash, condition with optional massage and dry, but the cut is excluded and must be booked and charged separately. Valid Monday to Friday 9am-3pm.

	STYLIST	ADVANCED STYLIST	SENIOR STYLIST	CREATIVE STYLIST
MAINTENANCE				
Cut & Blow Dry	£18.50	£20.50	£23.50	£28.50
Cut, Shampoo & Set	£18.50	£20.50	£23.50	£28.50
Restyle Cut & Blow Dry	£21.50	£23.50	£26.50	£31.50
Wet Cut	£11.50	£13.50	£16.50	£21.50
Dry Trim	£10.00	£12.00	£15.00	£20.00
Barbers Cut	£7.00	£9.00	£12.00	£17.00
Clipper Cut (single grade all over)	£5.50	£7.50	£9.50	£14.50

COLOUR

Permanent Tint	£25.50	£29.50	£35.50	£40.50
Permanent Tint Roots	£18.50	£22.50	£28.50	£33.50
Cap High/Low Lights	£25.50	£29.50	£35.50	£40.50
Meche High/Low Lights:				
(8-10 pkts) Parting/Flashes	£18.50	£22.50	£28.50	£33.50
(11-25 pkts) T Section	£26.50	£30.50	£36.50	£41.50
(26-45 pkts) Half Head	£31.50	£35.50	£41.50	£46.50
(46+ pkts) Full Head	£36.50	£40.50	£46.50	£51.50

STYLING

Blow Dry	£10.00	£12.00	£15.00	£20.00
Shampoo & Set	£10.00	£12.00	£15.00	£20.00

PERMS

Short/Top Perm Wave	£32.00	£36.00	£42.00	£47.00
Medium Perm Wave	£37.00	£41.00	£47.00	£52.00

STUDENT DISCOUNT

All full price treatments and services will be subject to a 10% discount upon production of a valid NUS card. We do not offer student discount on products or specialist treatment clinics. Valid Monday to Friday 9am-5pm.

KEY WORKER DISCOUNT

All full price treatments and services will be subject to a 10% discount upon production of a valid key worker staff card. We do not offer key worker staff discount on products or specialist treatment clinics. Valid Monday to Friday 9am-5pm.

CORPORATE SCHEMES

We are currently working with some local businesses to offer discounted services and employee reward schemes. If you are a local employer wishing to add value to a remuneration package please contact us through reception in the normal ways and we would be happy to discuss your requirements. Valid Monday to Friday 9am-6pm.

Hair Removal

WAXING

Waxing is a method of semi-permanent hair removal which uses a warm or hot 'wax' to gently remove the hair from the root. New hairs will not grow back in the previously waxed area for two to eight weeks. Almost any area of the body can be waxed, including eyebrows, face, bikini line, back, chest etc. After waxing it is advisable to keep the area cool, clean and avoid sweating or contact with products (including make up) for a minimum of 12 hours. Do not expose to sunlight/UV sun beds or swimming pools/saunas etc for 24 hours post treatment to avoid sensitivity reactions. We use and recommend Australian Bodycare Natural TeaTree products after waxing to help reduce sensitivity, prevent ingrowing hairs and reduced blocked follicles.

	THERAPIST	ADVANCED THERAPIST
Full Leg	£22.00	£24.00
3/4 Leg	£18.50	£20.50
1/2 Leg	£15.00	£17.00
Full Arm	£15.00	£17.00
1/2 Arm	£11.50	£13.50
Underarm	£9.50	£11.50
Full Back	£20.50	£22.50
Lower Back	£13.00	£15.00
Shoulders	£15.00	£17.00
Chest	£15.00	£17.00
Eyebrow	£8.00	£10.00
Full Face	£15.00	£17.00
Lip	£6.00	£8.00
Chin	£6.00	£8.00

INTIMATE WAXING

Regular bikini	£10.50	£12.50
Hollywood	n/a	£30.00
Brazilian	n/a	£35.00

THREADING

Threading is an ancient method of hair removal where a pure, thin, twisted cotton thread is rolled over untidy hair-lines and unwanted facial hair, plucking the hair at the follicle level. Unlike tweezing where a single hair is pulled out each time, threading can remove an entire row of hairs, resulting in a straighter line. However, due to a larger area of hair being removed at once, it can be quite painful for some. After threading it is advisable to keep the area cool, clean and avoid sweating or contact with products (including make up) for a minimum of 12 hours. Do not expose to sunlight/UV sun beds or swimming pools/saunas etc for 24 hours post treatment to avoid sensitivity reactions. We use and recommend Australian Bodycare Natural TeaTree products after threading to help reduce sensitivity, prevent ingrowing hairs and reduced blocked follicles.

Eyebrow	£8.00	£10.00
Lip or Chin	£8.00	£10.00
All other areas	P.O.A.	P.O.A.

Electrolysis

Electrolysis is the only medically approved method of permanent hair removal.

It involves the insertion of a very fine probe (the same diameter as the hair) into the hair follicle. Heat, or a combination of heat and galvanic current, is then passed down the probe to seal off the blood supply to the hair root. The hair can then be easily removed from the follicle. Most hairs will need more than one treatment, but there will be a constant, gradual decrease in the hair growth until it has been permanently removed.

The amount of treatment required depends on a number of factors which we can discuss in a strictly confidential, free of charge consultation appointment. You will be under no obligation to have any treatment.

SHORT WAVE DIATHERMY / BLEND METHOD

	THERAPIST	ADVANCED THERAPIST
10 mins	£10.00	£12.00
30 mins	£27.00	£33.00
60 mins	£50.00	£62.00
3 hours	£120.00	£150.00

ADVANCED ELECTROLYSIS

Short Wave Diathermy Electrolysis can also be used by some of our advanced electrologists at higher intensities to successfully treat thread veins, milia and skin tags. However, for thread veins anywhere other than the face or neck (for instance in the legs) we recommend sclerotherapy with our visiting medical clinicians.

	THERAPIST	ADVANCED THERAPIST
10 mins	£20.00	£24.00
30 mins	£55.00	£67.00
60 mins	£90.00	£110.00
3 hours	£250.00	£280.00

Dermalogica Facial Treatments

Dermalogica uses ingredients designed to help keep skin at an optimal level of fitness – not just cover up with cosmetic results. But don't get us wrong: a benefit of healthy skin is skin that looks its best! Skin is a living part of your body (your largest organ, in fact), that defends against environmental assaults and extreme temperatures. It helps eliminate toxins from the body. It's continually renewing and protecting. Simply put, skin keeps the bad stuff out and the good stuff in.

Arcana professional skin therapists are licensed, intensely educated skin health experts trained to prescribe Dermalogica products and deliver Dermalogica professional skin treatments. They have the answers to your most pressing skin care concerns. They know how to deliver real, visible results. They're the best in the business, and have a real passion for taking care of your skin.

Some people see results the first time they use the products, and everyone tells us that their skin feels different straight away. The skin feels clean, smooth, hydrated, and reflects a new level of health that's visibly noticeable. If the skin has more advanced long-term needs, such as treatment of skin aging, acne or hyperpigmentation caused by hormonal fluctuations or sun damage, results may not be immediately visible; however, skin health will continue to improve as you follow the advice of your professional skin therapist, your Face Mapping® zone-by-zone prescription and your home care regimen.

SKIN SCANNING

Dermalogica introduced Face Mapping® – a zone-by-zone prescription plan for your skin; face or body! We have developed a free of charge fifteen minute service whereby you can visit a Dermalogica skin care therapist for a no obligation consultation and they can provide you with a treatment and homecare regimen designed to get the best results for your skin.

FACIAL TREATMENT UPGRADES

TOUCH THERAPIES

Extra attention where you need it most; each touch therapy lasts 15 minutes, you can add as many on as you like. £10.00

Thermal Stamp Ritual	(back)
Stress Relief Massage	(back)
Aroma-Point Stimulation	(face)
Deep Tissue Massage	(face and shoulder)
Reflex Point Stimulus	(feet)
Hot Stone Placement	(chakras)

ADDED EXTRAS

Facial Steaming Upgrade; to facilitate extraction	£5.00
Revitalising Eye Upgrade; helps reduce bags, dark circles and fine lines	£15.00
Massage Melt Upgrade; a full body massage to help you relax during your facial	£30.00

	THERAPIST	ADVANCED THERAPIST
DISCOVERY FACIAL	£29.50	£34.50

30 minute mini facial; a prescription facial without the fuss. For busy people who only have time for the bare essentials of skincare. Squeeze it in a lunch break or at the end of a busy day!

Dermalogica Speciality Facials

	THERAPIST	ADVANCED THERAPIST
<p>PRESCRIPTION FACIAL</p> <p>Dermalogica products are specifically selected by our experienced therapists to meet your individual skin requirements; whether your skin be dry, oily, normal/combination, sensitive or broken capillaries. You can guarantee fresher, cleaner, exfoliated, relaxed and refreshed complexion after this hour of bliss</p>	£36.00	£41.00
<p>MULTI VITAMIN POWER EXFOLIATION</p> <p>A 45 minute, powerful retinol based exfoliation with deep penetrating vitamin therapies ideal for prematurely ageing skin conditions and those regularly experiencing external aggressions i.e sun/wind exposure</p>	£31.50	£36.50
<p>REVITALISING EYE RESCUE</p> <p>This 30 minute treatment tones and firms the eye area, reducing puffiness and helping to diminish fine lines. It can be performed as a punctual treatment or enjoyed as an addition to any of the other Dermalogica facials for an extra £15</p>	£27.00	£32.00
<p>MEDIBAC TREATMENT</p> <p>Perfect 60 minute treatment for men and women who suffer with skin breakouts; this facial helps clear the skin and prevent further occurrences. Great for blackheads, papules, pustules, acneic disorders, menstrual breakouts; any type of uneven skin/complexion</p>	£39.00	£44.00
<p>ENVIRONMENTAL CONTROL TREATMENT</p> <p>Sensitive skin? Prone to reactions? A soothing, protecting facial for those who suffer with environmentally sensitised/reactive skin. A 60 minutes facial which can effectively treat fragile skin without aggression.</p>	£39.00	£44.00
<p>AGESMART TREATMENT</p> <p>Dermalogica introduces its first targeted treatment to combat the signs of skin ageing. This 60 minute delight is a revitalising 'power boost' designed to help firm, smooth, nourish, regenerate and energise.</p>	£39.00	£44.00
<p>MEN'S TREATMENT</p> <p>A 60 minute facial prescribed to meet the specific requirements of a masculine skin. Indian head scalp massage movements during the masque stage ease mental strain and neck/shoulder massage melts muscular knots and general tension.</p>	£39.00	£44.00

Advanced Skincare

MICRODERMABRASION

As we age, the automatic process of exfoliation and cell renewal slows down. Sometimes the body needs a little help. With microdermabrasion, an extremely fine mist of microscopic aluminum oxide crystals is fired at the skin. This gentle, painless spray exfoliates the skin, and the dead skin cells are vacuumed into a closed-filter container and discarded.

Similar to a gentle peel, the treatment can also improve fine lines and wrinkles, dislodge blackheads and whiteheads, and treat superficial pigmentation. Microdermabrasion leaves the individual feeling vibrant and healthy, and results in skin that not only feels softer and smoother, but also has a healthy-looking glow.

By controlling the power of the spray, anything from a gentle buffing of the skin to deeper exfoliation can be achieved to REMOVE STRETCH MARKS, ACNE PITTING, PIGMENTATION PATCHES & AID SCAR HEALING.

	THERAPIST	ADVANCED THERAPIST
45 minutes	£35.00	£40.00
Course of six	£199.00	£229.00

DERMALIFT (NON SURGICAL FACE LIFT)

A facelift without the need for surgery! Book for a free 15 minute consultation where we will show you the immediate results available using the often neglected eye area.

Dermalift will successfully lift and tone tired, sagging muscles, smooth out and reduce lines and wrinkles that have formed around the eyes, forehead, mouth, cheeks, neck and throat area.

This treatment improves the circulation and assists the anti-aging process, resulting in a much improved, more youthful appearance with firmer facial contours. Pores are refined due to increased elasticity, puffiness is reduced from around the eyes and there is a general improvement in moisture retention. Fantastic age regeneration in less than one hour.

	THERAPIST	ADVANCED THERAPIST
Dermalift	£45.00	£50.00
Course of six	£250.00	£280.00

YOUR THERAPIST WILL SPEND SOME TIME BEFORE AND AFTER THE SESSION DISCUSSING THE REASON FOR TREATMENT, DESIRED OUTCOMES AND HOMECARE REGIMES TO MAXIMISE THE EFFECTS OF THE DERMALOGICA PROGRAMME.

See our Metamorphosis Package on page 22 for the ultimate in face and body rejuvenation.

If you would be interested in meeting the nurse to discuss dermal fillers, wrinkle relaxation (using Botox) or collagen enhancement please enquire at reception for her clinic dates. We also recommend permanent make up to aesthetically 'lift' the brow area and define lips etc; monthly clinics available with our visiting specialist.

Arcana Massage

Indulgent massage with aromatic hot steam towels to enhance relaxation. Traditional Swedish massage works to eliminate stress from the muscles, increase vascular and lymphatic circulations and soothe nerve endings.

	THERAPIST	ADVANCED THERAPIST
FULL BODY, FACE & SCALP	£40.00	£44.00
FULL BODY	£32.00	£37.00
BACK, NECK & SHOULDERS	£22.00	£27.00

Aromatherapy

Essential oils are specifically selected for you following consultation with our aromatherapist to form a personalised prescriptive treatment. These oils along with advanced pressure point and lymphatic drainage techniques work on the mind, muscles and vital body energy.

	THERAPIST	ADVANCED THERAPIST
FULL BODY, FACE & SCALP	£44.50	£49.50
FULL BODY	£37.00	£42.00
BACK, NECK & SHOULDERS	£27.00	£32.00

Holistic Therapy

Holistic therapy is becoming increasingly accepted as a viable method of treatment for sleep disorders, digestive system malfunction and other stress related symptoms including headaches, persistent muscle ache, irritable bowel and skin sensitivity etc. Thermal Auricular Therapy (Hopi) also deals with blocked ears/sinus pressure and compacted ear wax accumulation.

	THERAPIST	ADVANCED THERAPIST
INDIAN HEAD MASSAGE	£29.00	£34.00
HOT STONE MASSAGE	£42.00	£47.00
REFLEXOLOGY	£29.00	£34.00
HOPi EAR CANDLES	£29.00	£34.00

ADD an additional 15 minute 'Extension' to any of our massage services to create the perfect upgrade. £10.00

WE RECOMMEND PRIOR CONSULTATION WITH YOUR GP IF YOU ARE CONSIDERING HOLISTICS, MASSAGE OR AROMATHERAPY TO TREAT ANY TYPE OF INJURY OR AILMENT FOR SPORTS/REMEDIAL MASSAGE SEE THE SPECIALIST TREATMENTS BROCHURE FOR DETAILS

Spa Body Therapies

A 'thermal body therapy' serves two equal purposes; to deliver optimum skin health and for deep relaxation. Through Body Mapping® and zone-by-zone skin analysis we can customise and design a body programme to target specific concerns and desired outcomes.

There is a series of targeted homecare products to maximise your regime. An advice prescription will be completed at every appointment.

All therapies are priced as follows:

	THERAPIST	ADVANCED THERAPIST
BACK	£27.00	£32.00
FULL BODY	£37.00	£42.00

DEEP THERMAL STAMPING THERAPY

Detoxify, remineralise, destress and soothe. A treatment inspired by 14th century Thai therapy that has been modernised to treat our modern concerns.

MUD MASSAGE THERAPY

Delivers the ultimate in skin conditioning while detoxifying and cleansing with this stimulating treatment. A unique and exotic treat that leaves soothed and protected.

NOURISHING SEA MUD THERAPY

Stimulate circulation while cleansing and detoxifying, great to aid firming as part of an exercise regime or in conjunction with the universal contour inch loss wrap.

POWER RECOVERY THERAPY

An intensive wrap treatment that delivers the nourishment which is critical for healthy skin. Particularly great for skin which has been prematurely aged or dehydrated by environmental damage.

BODY FOLIATION THERAPY

Gentle soothing and super smoothing for sensitive and prematurely aged skins who find the traditional body exfoliation too stimulating.

MINERAL SALT SCRUB THERAPY

Polish, hydrate and remineralise dull skin, great to prepare skin for self tanning or just to prepare for exposure.

Universal Contour 'Classic' Inch Loss Wrap

2 hours. Dead sea mud wrap; guaranteed inch loss up to 6" on first treatment (although most lose around 8-12") in addition to skin firming benefits. Recommended as a course of 3 treatments; one every 7-10 days – potentially dropping a dress size!

Universal contour wrap doesn't just deliver exceptional inch loss, the unique clay formula tightens and tones while exfoliating and cleansing the skin so you can look great (and feel fabulous too) after just one treatment.

The secret to Universal Contour Wrap's guaranteed inch loss with the Classic treatment lies in the unique clay formula and special wrapping techniques used during the treatment.

Everyone having their first Classic wrap is entitled to the following guarantee:

- That you should lose a minimum of 6" or you will not be charged and that you should maintain a loss of at least 6" for a period of 30 days or we will wrap you again free of charge.
- This is conditional on you following the After Wrap Instructions and not gaining any extra weight, (and thereby new inches) for the 30 days following your wrap.
- To qualify for this guarantee, you have the right to return to the salon on the 30th day after your wrap to be measured and weighed if required

Developed after extensive research into beneficial minerals used in spa treatments, UCW Classic involves being wrapped in 25-30 elasticated bandages that have been pre-soaked in a warm, mineral-rich clay solution.

It takes approximately 30 minutes to be measured and wrapped by the specially trained therapist and once wrapped, you simply relax and let the bandages sculpt and tone your body while the minerals are absorbed into your skin and the clay draws out toxins to leave you feeling and looking your best. During this resting period you are welcome to enjoy a small range of other Arcana treatments at a discounted price to help the hour pass by in the most relaxing method possible.

Unlike other inch loss treatments Universal Contour Wrap® Classic doesn't rely on dehydration to get results. In fact to maximise your personal results you're encouraged to drink plenty of water after treatments to continue the inch loss, detox and cleansing process.

	THERAPIST	ADVANCED THERAPIST
Single Wrap	£55.00	£60.00
Course of 3 Wraps	£150.00	£165.00
Couples Wrap* (each)	£50.00	£55.00

*For the couples wrap discount to apply, you will need to share an appointment slot and be measured, wrapped, rested and re-measured in the same room together.

ADD Facial during wrap	£25.00
ADD Manicure or Pedicure during wrap	£15.00
ADD HD Eyes (see page 19 for details) during wrap	£30.00

Tanning

Please be advised that you should attend the appointment in loose, baggy clothing and minimal foot cover. All hair-removal must be completed at least 24 hours before tanning to avoid discomfort. Jewellery, make up, deodorant and perfume need to be removed for the best end result.

Please bear these points in mind when booking (and preparing for) your tanning treatment. You will need to avoid water contact for 12 hours after the tan has been applied.

ST TROPEZ ORIGINAL CREAM METHOD

	THERAPIST	ADVANCED THERAPIST
Full Body & Face	£37.00	£42.00
Upper body	£30.00	£35.00
Lower body	£30.00	£35.00

Variable intensities available for personalized colour application. Professional exfoliation and hydration prior to application ensures streak-free finish. We recommend application 48 hours prior to your event

FANTASYTAN SPRAY TANNING

	THERAPIST	ADVANCED THERAPIST
Single Spray	£27.00	£32.00

The benefit of spray tanning is that you may return to normal daily routine after the procedure, but please be aware that its depth/colour intensity increases 4-12 hours from application. We recommend application 48 hours prior to your event.

SPRAY TAN PARTIES

Bring four friends with you for a spray tan 'party' at our Crownhill Spa and as the host you will enjoy your tan absolutely free of charge! £50 Deposit required at time of booking.

Please make sure all guests have been made aware of the pre and post treatment guidelines to avoid disappointment.

In the unlikely event that your tan is imperfect (beware of whitening toothpaste and washing your hands etc while the tan is developing!) please call the salon within 24 hours of your original tan appointment so that we can advise/offer you a rectify service as soon as possible.

We have chosen the most reliable methods of faux tanning available in the professional market, but the result can sometimes be compromised by excessively dry or neglected skin or by careless treatment/accidental transfer of the 'fresh' tan during the development stage. Please take care.

Alluring Eye Treatments

Get high definition eyes with a fabulous combination of eyelash perming and tinting, eyebrow tinting and shaping (whether by threading, waxing or tweezing) and the addition of a few eyelash enhancements at each corner to give an ultra glamorous effect!

	THERAPIST	ADVANCED THERAPIST
HD Eyes	£45.00	£50.00
Eyelash Perm (with tint)	£30.00	£32.00
Eyelash Tint	£11.00	£13.00
Eyebrow Tint	£8.00	£10.00
Eyebrow Tidy	£8.00	£10.00
Temporary Lashes (individual / strip)	£15.00	£18.00

PLEASE NOTE THAT A (FREE OF CHARGE) PATCH TEST IS REQUIRED 24/48 HOURS PRECEDING ANY TINTING TREATMENT. NO RESPONSIBILITY WILL BE ACCEPTED BY THE SALON SHOULD YOU CHOOSE TO IGNORE THIS ADVICE.

Nouveau Eyelash Extensions

As worn by Katie Price, Nouveau Lashes are natural-looking synthetic lashes which are glued onto individual lashes using a revolutionary glue that has incredible bonding power that helps to keep it in place for up to 2 months.

Unlike traditional 'false lashes' which are glued on the eyelids and only last up to 3 days, Nouveau lashes are resistant to water, sweat, tears, swimming and even sleeping. You can choose from a variety of colour, thickness and length for a full, long dramatic look...without the need for mascara! Top ups are required to keep a perfect full set as your natural eyelashes are shedding daily; the extension will fall away with the shed lashes therefore making maintenance an unavoidable necessity.

Full Set Glamour Lashes	£99.00
Full Set Natural Lashes	£75.00
Edge Enhancements	£45.00
Home Maintenance Kit	£39.00
(contains Dermalogica Soothing Eye Make Up Remover, Nouveau Mascara and Nouveau Sealant)	
Top Up Session (per lash)	£1.00

Ear Piercing

	THERAPIST	ADVANCED THERAPIST
Set of two studs	£13.00	£15.00
Single stud	£9.50	£11.50

PLEASE ENSURE THAT YOU FOLLOW ALL AFTERCARE ADVICE CAREFULLY TO AVOID THE POSSIBILITY OF INFECTION. ALL PIERCING TOOLS ARE STERILE AND INDIVIDUALLY PACKAGED.

Make-Up

Whether you fancy a fresh new look to match a new hairstyle or to mark a new phase in your life? Perhaps you simply need some advice now that your skin is looking older, paler or more tanned, we have some great ideas for you! Maybe you have a reunion, special occasion or important event, there are many reasons that people choose to visit us for make up application. We have special packages available for wedding and prom preparation; ask at reception for details.

	THERAPIST	ADVANCED THERAPIST
Special Occasion	£28.00	£33.00
Make Up Lesson	£30.00	£35.00

Natural Nails

MANICURE

Hand and nail treatment incorporating cuticle softening and minimisation, hand softening and relaxing massage, nail shaping and grooming and your choice of cosmetic 'finish'. Suitable for men and women. We have a fabulous range of upgrades if you suffer with arthritis, premature aging of the hands or dry, cracked skin, or perhaps you just need a little extra pampering!

WE RECOMMEND A COURSE OF TREATMENTS ENCOMPASSING REGULAR MANICURES AND HOMECARE PRODUCTS TO TREAT DRY, DAMAGED, BRITTLE, PEELING, SOFT OR FLAKING NAILS. PLEASE ASK FOR DETAILS.

	THERAPIST	ADVANCED THERAPIST
French Finish Manicure	£20.00	£23.00
Polish Manicure	£18.00	£21.00
Natural Manicure	£16.00	£19.00
Shape Nails & Apply Polish	£12.00	£15.00
ReTouch Polish*	£5.00	£8.00
*Within one week of manicure		
ADD Minx Design	£13.00	£15.00
ADD Calgel Lasting Colour	£13.00	£15.00
ADD Individual Nail Fix	£2.00	£4.00

PEDICURE

Foot and nail treatment incorporating cuticle removal, hard skin buffing and exfoliation, softening and relaxing massage, nail shaping and your choice of cosmetic 'finish'. Suitable for men and women. We have a fabulous range of upgrades if you suffer with arthritis, dry, cracked skin, or just want a little more massage to help you relax!

WE WILL BE UNABLE TO PERFORM TREATMENTS IF YOU HAVE VERUCCAS OR FUNGAL INFECTIONS ON THE SKIN OR NAILS; INCLUDING ATHLETES FOOT. PLEASE CHECK CAREFULLY BEFORE BOOKING AN APPOINTMENT. WE WILL BE HAPPY TO BOOK YOU AN APPOINTMENT WITH OUR CHIROPODIST FOR THE TREATMENT OF CORNS, CALLUSES, BUNIONS, GOUT, TOE DEFORMITIES ETC.

	THERAPIST	ADVANCED THERAPIST
French Finish Pedicure	£23.00	£26.00
Polish Pedicure	£21.00	£24.00
Natural Pedicure	£19.00	£22.00
Shape Nails & Apply Polish	£13.00	£16.00
ReTouch Polish*	£8.00	£11.00
*Within one week of pedicure		
ADD Minx Design	£15.00	£18.00
ADD Calgel Lasting Colour	£15.00	£18.00
ADD Individual Nail Fix	£2.00	£4.00

OPTIONAL EXTRAS...

	TECHNICIAN	ADVANCED TECHNICIAN
Arcana Deluxe	£7.50	£9.50
Paraffin Wax	£7.50	£9.50
Reflextherapy	£7.50	£9.50

Nail Enhancements

REMEMBER...

NAIL EXTENSIONS ARE AN ALTERNATIVE TO NATURAL NAIL CARE, IF YOU ARE LOOKING TO ENHANCE OR GROW YOUR NAILS PLEASE CONSIDER A COURSE OF MANICURES WITH HOMECARE. NAIL EXTENSIONS SHOULD NOT CAUSE DAMAGE TO NATURAL NAILS IF APPLIED, MAINTAINED AND REMOVED PROFESSIONALLY, HOWEVER THEY WILL NOT IMPROVE OR STRENGTHEN NATURAL NAILS AS IS SOMETIMES ADVISED.

NAIL EXTENSIONS (ACRYLIC/GEL/CALGEL)

	TECHNICIAN	ADVANCED TECHNICIAN
Full Set Lengthening	£38.00	£42.00
Individual Nail Lengthening	£4.00	£6.00

OVERLAY PROTECTION (ACRYLIC/GEL/CALGEL)

Full Set Overlay	£25.00	£29.00
Individual Nail Protection	£4.00	£6.00

MAINTENANCE

1 week Infills/Rebalance	£15.00	£19.00
2 week Infills/Rebalance	£19.00	£23.00
3 week Infills/Rebalance	£22.00	£26.00
4 week Infills/Rebalance	£27.00	£31.00

REMOVAL

Full Set Soak Off	£20.00	£24.00
Individual Tip Soak Off	£4.00	£6.00
ADD Removal	£10.00	£14.00

OPTIONAL EXTRAS

ADD Minx Design	£15.00
ADD Polish	£5.00
ADD Nail Art	£5.00

CONCESSIONARY BEAUTY TREATMENTS

Available for retired pensioners. Valid Monday to Friday 9am-3pm.

French Manicure	£14.00
Polish Manicure	£12.00
Natural Manicure	£10.00
French Pedicure	£10.00
Polish Pedicure	£12.00
Natural Pedicure	£10.00
Basic Facial	£20.00
Luxury Facial	£25.00

Packages

OFF PEAK* SPA DAY £60.00

- Manicure & Pedicure
- Dermalogica Facial
- Full Body Thermal Foliation Therapy
- 30 Minute Massage
- 30 Minute Holistic Therapy
- Spa Therapy & Blow Dry

*valid Monday- Friday between 9am-6pm

SLIGHT INDULGENCE £120.00

- Manicure & Pedicure
- Dermalogica Facial inc Brow Shape
- 30 Minute Massage
- 30 Minute Holistic Therapy
- Spa Therapy & Blow Dry

MUM TO BE £75.00

- Manicure and Pedicure
- Dermalogica Facial
- Reclined or Seated Massage
- Spa Therapy & Blow Dry

HOLIDAY PREP £65.00

- Leg (Full, 3/4 or 1/2) Wax
- Underarm and Bikini Wax
- Eyelash Tint & Eyebrow Shape
- Pedicure with Polish

BIG O REWARD £85.00

Celebrate any special birthday (you know the ones; where you stop asking how old the birthday girl is!!) with this tongue in cheek anti-aging package that is guaranteed to make any milestone birthday feel like it was almost worth reaching!

- Dermalift Non Surgical Face Lift
- Universal Contour Body Wrap
- Hand Firming Treatment with Polish Manicure
- Hair Wash & Blow Dry / Style

METAMORPHOSIS from £1,000.00*

A month of treatments customised to make you look and feel ten years younger.

Choose from the:

- medical (dermal fillers/wrinkle relaxants etc) or
- non surgical (Dermalift/Microderm) options

- Body confidence-boosting treatments to sculpt, firm and bronze,
- Combined with full hair and make up transformation. Personal style and shopping advice
- Optional: Aesthetic Enhancement & Teeth Whitening

* staged payment options available

Special Events

PRINCESS PARTY

£15.00 per child (min 4)

- Children's Hair Styling, Nail Painting and Make Up
- Drinks & snacks provided

PAMPER PARTY

£50.00 per adult (min 4)

- Great for birthdays, hen parties or to get the girls ready for a big night out
- Hair Styling, Mini Manicure & Make Up
- Wine & nibbles provided

PERFUME STUDIO WORKSHOP

£49.00 per person

- A fabulous Gift Experience Voucher or a fun hour with friends; perfect for hen or birthday parties
- Customise and create your own fragrance. Includes 20ml atomiser purse spray to take home

VIP MAKE OVER PHOTO SHOOT

£50.00

- Full hair and beauty make over followed by a mini photoshoot in our studio with a local professional photographer.
- Price includes one fully edited image for print. Other images available at additional cost.

ADD additional friends/family WITH make over

£40.00

ADD additional friends/family WITHOUT make over

£20.00

CLINICS

Visit our website for clinic information on all our visiting clinicians and the specialist treatments that we offer including:

- Hypnotherapy
- Dermal Fillers & Botox
- Permanent Make up
- Teeth Whitening
- Style Advice & Personal Shopping
- Accupuncture
- Chiropody
- Osteopathy
- Intolerance Testing
- Health Screening

WEDDINGS

Please ask for a copy of our Wedding Brochure or request a consultation with our Wedding Co-ordinator

