

# hairtreatments

## styling

All services are carried out using L'oreal Série expert, a complete haircare system with exclusive home care programmes and in salon treatments, features innovative molecular precision technology.

Shampoo & Set	£5.00
Shampoo & Blow Dry	£5.00
Wet Cut	£6.00
Gents Cut & Style	£6.00
Cut & Blow Dry	£8.00
Cut & Set	£8.00
Restyle	£10.00

For styling we use l'oreal tecni art products are our daily must-haves for any client, any hair type, any time - a full range of products to fix, smooth, and help volumise for a more shiny looking result.

### Long Hair Work\*\*\* from £5.00

A range of hairstyles created including French Pleat, Scalp Plaits, Wedding Hair Ups, Pin Curls, Finger Waves. Hairstyles for special events.

## forming/perming

We offer a range of different perming techniques all giving a variety of effects to support local trends. Your stylist will carry out a full consultation to establish your needs.

Traditional Perm - Creates an even overall curl result

Ponytail Perm - Creates a soft beach look wave

Semi-permanent Perm - Creates loose natural waves and only lasts approximately 8-12 weeks

Spiral Perm - Creates a corkscrew curl - Level 3 only

Perms Above Shoulders from £15.00

Perm Below Shoulders from £30.00

Intensive conditioning treatment recommended after every chemical service (£5.00)

All colour, perming services and chemical treatments are inclusive of a blow dry.\*

## colouring

Your stylist will carry out a full consultation to establish your needs and use your chosen products from Wella professional range of either Koleston Perfect, Color Touch, Color Fresh or Magma to create your desired look.

Full Head Bleach*	from £15.00
Full Head Tint*	from £15.00
Regrowth Tint*	from £15.00
Semi Permanent*	from £10.50
Quasi Colour*	from £12.50

Semi Permanent colour washes out after 6-8 washes.  
Quasi Colour fades over 6-8 weeks.

## hi/lowlights

Woven Highlights - A range of techniques can be used with a variety of results using foil, spatula, comb etc \*\*\*

Woven Slices	£1.00 each
Top Section	from £15.00
Above Shoulders	from £20.00
Below Shoulders	from £25.00
Cap Hi/Low Lights	from £15.00

Semi Permanent colour washes out after 6-8 washes.  
Quasi Colour fades over 6-8 weeks

All Chemical Treatments are inclusive of a blow dry.

\* A skin test is required 48 hours before treatment

\*\* A glue test is required 24 hours before treatment

\*\*\* Additional charge may occur after consultation

It is advisable to book electrical treatments over a course of 6 weeks.  
If the course is paid for in advance, clients will get a 20% discount.

# thetrainingsalons

Opening hours Mon - Thurs 9am-8pm | Fri 9am-4pm  
The Park Cambridge, Cambridge Regional College, Kings Hedges Road, Cambridge CB4 2QT  
01223 418998

thepark  
at Cambridge Regional College

# bodytreatments

## **Galvanic Body Treatment** £10.00

An ideal treatment to have while on a slimming programme. It increases blood and lymphatic circulation, improves the appearance of cellulite.

## **Faradic Body Treatment** £10.00

This is electro-muscle stimulation that will stimulate lymphatic circulation and improve the appearance of cellulite. Beneficial for clients contra-indicated to active exercise.

## **Gyratory Vibratory Treatment** £6.00

This treatment produces friction on the skin's surface, creating a heating effect. It provides a deep massage and is often used as part of a slimming programme.

## **Stone Therapy Full Body Treatment** £15.00

A deep working of the tissues using both stone and hand strokes, the combination of relaxing warmth and refreshing coolness is thought to encourage the body to detox and heal.

## **Stone Therapy Back Treatment** £10.00

This treatment is the same as the above but concentrates on the back and neck area.

## **Vacuum Suction Treatment** £15.00

External suction is applied to the surface tissues causing lift and stimulation of the underlying structures. Reducing fatty deposits on thighs, abdomen and buttocks.

## **Detoxifying Wrapping Treatment** £40.00

Remove those unwanted inches instantly! Your silhouette will look slimmer and firmer after you have experienced the benefits of marine algae.

## **Nourishing Milk and Honey Body Wrap** £15.00

Reveal firm and velvety soft skin in 1 hour with this luxurious body treatment. A full body scrub with salt crystal, followed by our Milk and Honey pack insures your skin metabolism is activated and skin that is normally dry and dehydrated is reborn.

## **Firming Aroma Algae Body Wrap** £15.00

After a full body scrub using our unique salt scrub, our unique blend of aromatherapy oils and marine algae combine to increase the body's microcirculation. The results are immediately noticeable, clarifying, smoothing and firming your body contours.

## spraytanning

**Spray Tanning Full Body** £7.50

# beautytreatments

## **Full Body Scrub** £10.00

A full body scrub with salt crystals to remove all excess dead skin cells to leave your skin feeling silky smooth.

## **Full Body Swedish Massage** £10.00

One hour treatment which relaxes muscles and stimulates the circulatory systems. After consultation, a massage will be performed tailored to the client's individual needs.

## **Swedish Back Massage** £7.00

## **Aromatherapy Massage** £15.00

A relaxing full hour treatment which uses a range of essential oils blended for client's specific needs.

## **Aromatherapy Back Massage** £10.00

## **Indian Head Massage** £5.00

A treatment performed on the upper back, shoulders and scalp to relieve tension and create a feeling of well being.

## **Make-up** £6.00

## **False Lashes\*\*** £5.00

## **Eyebrow Shape** £4.00

## **Eyebrow Tint\*** £4.00

## **Eyelash Tint\*** £5.00

## **Nail File and Varnish** £2.00

## **Manicure** £7.50

(to include retail varnish)

## **Luxury Manicure** £10.00

(to include paraffin wax or heat mitts, mask and retail varnish)

## **Pedicure** £10.00

(to include retail varnish)

## **Luxury Pedicure** £12.50

(to include Paraffin wax or heat booties, mask and retail varnish)

## hairremoval

## **Half Leg Wax** £8.00

## **Full Leg Wax** £12.00

## **Arm Wax** £7.00

## **Bikini/Underarm Wax** each at £7.00

## **Lip/Chin/Eyebrow Wax** each at £5.00

## **Back Wax** £8.00

## **Chest Wax** £8.00

## **Epilation** £3.00

(permanent hair removal using electrical current to remove excess hair growth)

## spatreatments

**Sauna/Steam/Spa/Floatation Tank** £3.00

# facialtreatments

## **Perscriptive Facial** £15.00

(to include massage, cleanse, exfoliate, mask and moisturise)

## **Micro-current Facial** £15.00

A non-surgical face lift using advanced techniques of micro-current to firm, tone and lift muscles and improve the contour of the face (best results are seen after a 6 week course of treatments).

## **Galvanic Facial** £15.00

Galvanism is an electrical treatment which will create specific effects upon the surface and underlying tissues.

- | Increases blood and lymphatic circulation
- | Reduction of non-medical swelling by removing toxins from the area
- | Improve function and appearance of skin
- | Generates ozone which has a germicidal action on the surface of the skin (deep cleanse)
- | A relaxing treatment that will benefit dry, dehydrated and lined skin

## **Direct High or Indirect Frequency Facial** £15.00

These are popular treatments which will stimulate, sanitise and heal the skin.

- | Excellent for greasy skin types | Mild acne vulgaris
- | Dry skin - stimulates sebaceous gland activity

## **Faradic Facial** £15.00

This is electro-muscle stimulation that will improve specific muscles and define the contours of the face (best results are seen after a course of six weeks).

## **Vacuum Suction** £15.00

An excellent treatment that will improve the appearance of the skin, reduce fine lines, improve sluggish lymphatic circulation, reducing the appearance of non-medical swelling and puffiness.

## **Microdermabrasion Facial** £15.00

Microdermabrasion is a very effective and extremely gentle treatment for the long-lasting regeneration and rejuvenation of the skin on the face.