



Aveda facials (all Aveda facials times include a 15min consultation)

Elemental Nature Customised Facial

This customised facial bases on your specific needs and will leave your skin feeling fresh and renewed. Essential oil and aromas containing pure flower and plant essences are used to re-balance your skin.

45 minutes	£55.00
1 hour 15 minutes	£75.00
1 hour 45 minutes	£90.00

Aveda targeted treatment facials

Outer Peace Blemish Relief Facial

A deep cleansing customised facial that includes extractions. A total solution for blemished skin that treats not only the symptoms, but their causes, so that skin stays clear. A course of 3 is recommended

45 minutes	£60.00
1 hour 15 minutes	£80.00
1 hour 45 minutes	£90.00

Botanical Skin Resurfacing Facial

A natural alternative to microdermabrasion. This treatment uses the power of Aveda's Tourmaline charged products combined with a high-touch approach, proven to leave the skin with a smoother texture and increased radiance. A course of 3 is recommended

1 hour 15 minutes	£80.00
1 hour 45 minutes	£90.00

Course of 3 of	
1 hour 15minutes	£230

Enbrighten™ Brightening Treatment

A combination of the powerful plant technology of the Enbrighten™ products and high-touch skin therapy to help to reduce the appearance of hyperpigmentation and improve visible skin clarity. Featuring Asian-inspired massage techniques for deep relaxation and healthy skin functioning, this treatment helps to achieve an evening of the skin tone as well as overall skin luminosity. A course of 3 is recommended

45 minutes	£60.00
1 hour 15 minutes	£90.00
Course of 3 of	
1 hour 15minutes	£255.00

Green Science Skin Renewing Facial

A combination of the powerful plant technology of the Green Science products and high-touch skin therapy to renew, repair and regenerate the skin. Featuring Aveda's signature 5-phase massage, this unique treatment is clinically proven to lift and firm the skin and to reduce fine lines and wrinkles. Choose to focus on the eye, lip or neck/décolleté area during the treatment. A course of 3 is recommended

1 hour 15 minutes	£95.00
Course of 3 of	
1 hour 15 minutes	£265.00

Add an extra area of focus (eyes, lips, hands, neck/décolleté) to any to any Green Science Skin Renewing Treatment time frame - 15 minutes **£20.00**

Perfecting Plant Peel™

Our Perfecting Plant Peel thermal facial masque actively smoothes and re-textures the skin by exfoliating dulling skin cells, smoothing lines and wrinkles, evening skin tone and refining pores to restore youthful radiance to the skin. This treatment offers the benefits of a 30% glycolic peel but without the associated redness and irritation. A course of 3 is recommended

45 minutes	£60.00
Course of 3	£170.00

Green Science Skin Renewing Facial with Perfecting Plant Peel™

Combine a Green Science Skin Renewing Facial with the Perfecting Plant Peel for the ultimate in anti ageing skin care. This powerful treatment will provide deep exfoliation and targeted treatment of fine lines and wrinkles to leave the skin renewed and revitalised. A course of 3 is recommended

1 hour 30 minutes	£120.00
Course of 3	£340.00

Enbrightenment™ Brightening Treatment with Perfecting Plant Peel™

Combine an Enbrightenment™ Brightening Treatment with the Perfecting Plant Peel™ for the ultimate in brightening skin care. This powerful treatment will provide deep exfoliation and targeted treatment of hyperpigmentation to leave the skin with a luminous glow and a more even tone. A course of 3 is recommended

1 hour 30 minutes	£110.00
Course of 3	£320.00

Aveda Massage (all Aveda massage times include a 15min consultation)

Elemental NatureSM Massage

A personalised massage experience based upon the Aveda Elemental NatureSM Philosophy and your favourite Aveda aromas. Depending upon your needs, a variety of massage techniques will be used

45 minutes	£50.00
1hour 15 minutes	£65.00
1hour 45 minutes	£85.00
Course of 3 of	
1 hour 15 minutes	£185.00

Fusion Stone Massage

Experience the aromatic power of Aveda Pure Flower and Plant Essences fused with the sensation of smooth stone massage. Your chosen aroma will encompass the senses, while opposing sensations of warm and cold stones combined with massage techniques, balance, soothe and invigorate your body

1hour 15 minutes **£75.00**
1hour 45 minutes **£90.00**
Course of 3 of
1 hour 15 minutes **£210.00**

Chakra™ Balancing Massage

An innovative massage experience that focuses on the seven chakra centres using a variety of massage techniques. Combining the Aveda Chakra™ Balancing Blends with deep tissue massage, reflexology work and chakra energy work will lead to stress relief, decreased muscular tension and increased energy. The treatment will be enhanced by a guided meditation to bring about balance to the entire chakra system.

1hour 15 minutes **£75.00**
1hour 45 minutes **£90.00**

Reflexology

Reflexology is the technique of applying gentle pressure over the reflex points found on feet and hands in order to stimulate the body's own healing capacity. Reflexology promotes relaxation and helps the person to return to a state of balance and well-being. reflexology helps to release stress and tension, improves circulation and digestion, strengthens the immune system.

Indian head massage

Indian head massage is based on the ayurvedic system of healing which has been practiced in India for over a thousand years, it is done fully clothed sitting upright it will help reduce stress, lower blood pressure a very relaxing experience.

1 hour 15minutes **£75.00**

Stress relieving massage

Relaxing awakening massage which takes place on a massage pod fully clothed the massage techniques help to relieve stress and tension.

Head 15minutes **£15.00**
Shoulders 20minutes **£20.00**
Head & shoulders 30minutes **£30.00**

Aveda Body Treatments (all Aveda body treatment times include a 15min consultation).

Caribbean Therapy Body Treatment

A rejuvenating and nurturing body treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. The treatment begins with a dry exfoliation followed by a smoothing, detoxifying seaweed mask, a comforting body wrap and a scalp and face massage. After a refreshing shower, a restorative body massage completes this island-inspired experience.

1hour 30 minutes **£85.00**
Course of 3 **£240.00**

Caribbean Therapy Body Scrub

A stimulating exfoliation treatment that uses the healing touch and plant ingredients from the Caribbean to rejuvenate the skin and the senses. This island-inspired experience includes a foot massage, body scrub and body massage to leave you feeling refreshed and renewed.

1 hour 15 minutes **£70.00**
Course of 3 **£200.00**

Essential Back Treatment

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and mask therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or prior to a special occasion.

1hour 15 minutes £65.00
Course of 3 £185.00

Rosemary Mint Awakening Body Wrap

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of Rosemary and Peppermint will awaken your senses while a scalp and foot treatment balance and invigorate the whole body.

1hour 15 minutes £85.00
Course of 3 £240.00

Aqua Polish

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea salts along with skin conditioning oils. The result is conditioned, soft, polished skin.

1hour 15 minutes £ 70.00
Course of 3 £200.00

Aveda Treatment Enhancements

Ask your therapist how you can personalise your facial, massage or body treatment by adding on a mini treatment with distinct benefits:

- **Revitalising Eye Treatment (15 mins)** – focus on diminishing fine lines, puffiness and dark circles in the delicate eye area. Add to any face, body or massage treatment. **£25.00**
- **Perfecting Plant Peel™ (15 minutes)** – achieve the benefits of a 30% glycolic peel without the associated redness and irritation. Add to an Elemental Nature Customised Facial or Essential Back Treatment for maximum benefit. **£25.00**

Aveda Plant Wax Hair Removal

Combining the use of two different types of wax with Aveda products and relaxing waxing rituals produces a waxing treatment that allows for the most comfort and the best hair removal results. Make sure to let us know if you are using doctor- prescribed skincare products or taking any medications, so we can check for contra-indications.

Eyebrow	£17.00	Lip	£10.00	Chin	£10.00
Lip & Chin	£15.00	Half Arm	£18.00	Full Arm	£25.00
under Arm	£15.00	½ Leg	£22.00	¾ Leg	£27.00
Full Legs	£33.00	Stomach	£15.00	Hollywood	£45.00
Brazilian	£40.00	Bikini	£22.00	Neck From	£10.00
Face From	£30.00				
Men's Chest	£32.00	Men's Back	£32.00		

Threading

Threading is a natural and very precise way of removing unwanted eyebrow and other facial hair. This technique has been practiced for many centuries and has become a very popular form of hair removal.

Eyebrow	£13.00	upper lip	£8.00
Chin	£8.00	Sideburns	£8.00
neck	£8.00		
Whole face (excluding eyebrows)			£30.00
Whole face (including eyebrows)			£42.00
Eyebrows x5	£55.00		
Upper lip x5	£35.00		

Eye enhancements

Beautifying services to frame your most attractive facial features

Eyebrow tinting	£10.00
Eyelash tinting	£12.00
Lash & brow tinting	£17.00

Aveda Hand and Foot Treatments

Aveda Spa Manicure **45 minutes £30.00**

This therapeutic treatment revitalises your hands by incorporating shaping, soaking, exfoliation, cuticle minimising and massage to the hands and lower arm. Using Aveda's unique pure plant essences to improve the condition of the nails and cuticles, hands are visibly softer and smoother. Treatment includes a nail buff, or an application of polish.

Caribbean Therapy Hand Treatment **1 hour £35.00**

A rejuvenating and nurturing hand treatment that uses the healing touch and plant ingredients of the Caribbean to improve the condition of the nails, cuticles and hands. A special exfoliating paste and a warm seaweed mask combine with Caribbean massage techniques to smooth and soften, relax and renew.

Aveda Spa Pedicure **1hour £40.00**

An essential Aveda spa experience where the feet are thoroughly rejuvenated. Feel the tension releasing with our unique sea salt exfoliation, hot booties and reflex foot and leg pressure point massage, leaving your feet feeling smooth and revitalised. Your choice of a nail buff or polish application finishes the treatment.

Caribbean Therapy Foot Treatment **1hour 15 minutes £45.00**

A rejuvenating and nurturing foot treatment that uses the healing touch and plant ingredients of the Caribbean to improve the condition of the nails, cuticles and feet. A special exfoliating paste and a warm seaweed mask combine with Caribbean massage techniques to smooth and soften, relax and renew.

Aveda spa manicure & pedicure	£65.00
Caribbean hand & foot treatment	£75.00

Packages

Self renewal face & body **£110.00**

This head to toe experience is designed for total relaxation and skin recovery. Experience a nurturing foot and scalp treatment and a fully customised facial and back massage.

Half day spa **£195.00**

This includes:

- Self renewal face & body
- Aveda spa manicure & pedicure
- Blow-dry & finishing touch

Aveda day experience for men **£140.00**

This includes:

- Essential back treatment or elemental nature massage 60mins
- Aveda spa manicure & pedicure
- Hair cut

Make up

Nut-seed pigment, cinnamon, ripe berry and anti-oxidants are some of the natural ingredients infused into Aveda make up. Aveda make up contains no animal- based ingredients and is not tested on animals. Treat yourself to a makeover or for something extra special...

Hair services

Our philosophy is customised creativity. Our innovative team of stylists will create a look that caters for you and your lifestyle.

After a thorough consultation, enjoy a sensory journey using natural essential oils and stress relieving head and shoulder massage before your service.

Stylist level	Creative director	Advance stylist	Top stylist
Ladies cut and blow dry	£90.00	£75.00	£65.00
Wet cut	£65.00	£55.00	£50.00
Blow dry	£40.00	£35.00	£30.00
Childs cut 0-5	-	£15.00	£10.00
Childs cut 5-12	-	£25.00	£20.00
Gents cut	£45.00	£40.00	£35.00
Hair up	Frm £65.00	Frm £55.00	Frm £50.00

Hair treatment

This relaxing experience features custom blended aromaology, powerful plant ingredients and a luxury massage techniques. The custom scalp and conditioning treatments help strengthen the hair, give body and shine stimulate hair growth and nourish the hair follicle. Our scalp treatment products are botanical and pure essential oil based.

Hair spa

Add on scalp renewal

Add on hair replenishment

Nanomax

adds protein and moisture to the hair follicle to bring hair back to its original condition (virginal hair). Bring strength back to your hair Nanomax will extend the life of your colour, straightening or styling.

Colour services

Aveda full spectrum hair colour immerses hair in 97% naturally-derived formulas for our permanent colour and 99% naturally-derived formulas for our deposit only semi-permanent colour.

Drenching each strand in sunflower, castor and jojoba oils to maintain the condition of hair and deliver exceptional shine, our patented green tea technology helps ensure the most true-to-life tones.

Stylist level	Creative director	Advance stylist	Top stylist
Full Head Highlights	£155.00	£135.00	£115.00
Half Head Highlights	£130.00	£110.00	£95.00
Hairline And Parting	£95.00	£90.00	£85.00
Partial	£65.00	£50.00	£45.00
T-section	£80.00	£75.00	£70.00
Permanent Tint	£80.00	£75.00	£70.00
Regrowth Tint	£70.00	£65.00	£60.00
Semi Permanent	£75.00	£70.00	£65.00
Toner	£20.00	£20.00	£20.00
Clear Gloss Treatment	£20.00	£20.00	£20.00
Colour Correction	P.O.A	P.OA	P.O.A
Mens Colour	£55.00	£45.00	£40.00
Mens Highlights	£65.00	£50.00	£45.00
Yuko	P.O.A	P.O.A	P.O.A
Brazilian Keratin Treatment-			
Long Hair	£270.00	£255.00	£240.00
Medium Hair	£220.00	£205.00	£190.00
Short Hair	£170.00	£155.00	£135.00
Perm Short Hair	£100.00	£95.00	£90.00
Perm Long Hair	£120.00	£115.00	£110.00
Extensions	P.O.A	P.O.A	P.O.A

Courses

Pre- purchases a course of 5 of our hair services and receive your 6th hair service complimentary

Gift certificates

Why not purchase a gift certificate for that special person.