



COLEG Sir Benfro
Pembrokeshire COLLEGE

the salons





STOCKIST OF:

milk_shake®



welcome

Our commercial salons are open to the public and offer a wide range of high quality hair, beauty and complementary therapy services at excellent prices.

Appointments are available during the day and on some evenings. We welcome both male and female clients and special arrangements can be made for group bookings and for 'Pamper' events.

training salons

Although students will be carrying out the treatments, please be assured that they are supervised at all times by our team of experienced professionals.

We are proud of the high standards achieved by our students who, each year, win awards for the outstanding treatments that they provide.

Every effort is made to ensure that we bring you the highest standard of service at all times.

booking

Booking is not always necessary.

Opening times and treatment availability vary depending on the time of year, please visit our Facebook page: @pembs.salons or the website for more information.

salons@pembrokeshire.ac.uk
01437 753 164



gents hair

£5 Cut

£6 Wash & cut

*£4 Facial trim

*£15 Full head colour

£10 Partial colour

£10 Regrowth

£12 Highlights

hair

hairstyling

- £6 Childs cut (under 5)
- £6 Ladies cut
- £8 Ladies wash & cut
- £6 Blow dry
- £6 Shampoo & set
- £11 Cut & blow dry
- £12 Put up

Conditioning treatment

- £9 - inc blow dry
- £13 - inc cut & blow dry

Milkshake luxury treatment

- £13 - inc blow dry
- £17 - cut & blow dry

perms

All perms and colours are inclusive of cut and finish, styling products and refreshments.

- £22 Standard perm
- £25 Acid perm
- £30 Shoulder length perm
- *£40 Long hair perm

level 3 hairdressers

- £13 Cut & blow dry
- £16 Restyle & blow dry
- *£15 Put up
- *£40 Colouring
- *£32 Regrowth scalp bleach
- £55 Balayage / Ombre

Additional toner

- £11 - short
- £14 - to shoulder
- £15 - below shoulder
- £17 - long

hairstyling

Semi-permanent

- £20 - short
- £24 - to shoulder
- £28 - below shoulder
- *£32 - long
- £26 Regrowth

Full head

- £28 - short
- £32 - to shoulder
- £37 - below shoulder
- *£42 - long

Quasi

- £25 - short
- £28 - to shoulder
- £30 - below shoulder
- *£36 - long

- *£23 Cap highlights / lowlights

Full head foils

- £33 - short
- £36 - to shoulder
- £41 - below shoulder
- *£45 - long
- *£23 T section foils

- *£26 Half head foils

Foils with infill permanent colour

- £37 - T section
- £40 - half head
- *£45 - full head

Spatula

- £25 - to shoulder
- *£28 - below shoulder

Glossing

- £15 - short
- £20 - to shoulder
- £24 - below shoulder
- £28 - long

A skin test MUST be carried out 48 hours prior to all colouring.
Children under 16 are not permitted to have a colour service.

* Price quoted is starting price



massage

swedish body massage

To relax and de-stress the whole body.

£15 One hour session

back facial

A combination of deep cleansing, exfoliation and extractions includes a 30 minute back, neck and shoulder massage.

£20 Per session

de-stress

A combination of infra-red heat lamp to give a warm, therapeutic effect on tissues; a back, neck and shoulder massage; and audio sonic sound wave vibrations to relax tense muscles.

£12 Forty minute treatment

hot stone massage

A unique massage using specific stones heated at different temperatures.

£20 Per session

reflexology treatment

A relaxing and rebalancing treatment for the feet or hands, that connects to all bodily systems, bringing on a sense of wellbeing and alleviating stress.

£15 One hour foot treatment

aromatherapy massage

A full consultation and massage using a blend of essential oils to suit individual needs.

£18 One hour session



face

non-surgical facelift

A revolutionary new facial system for lifting, toning and firming.
Eight sessions

£145 Standard

£175 Enhanced - includes four dermafusion masks

£200 Luxury - includes eight dermafusion masks

£20 non-surgical maintenance - single treatment

microdermabrasion

Microdermabrasion achieves amazing results in improving the skin's texture, reducing fine lines and wrinkles, resulting in a more youthful looking appearance.

£26 Single treatment

£110 Course of five treatments

£70 Course three treatments

£168 Course of eight treatments

cleansing galvanic

Deep cleansing gels, high frequency to nourish and oxygenate the skin. Vacuum suction option.

£20 Single treatment

£54 Course of three sessions

observ 520 skin analysis

Visual skin analysis with recommendations and results emailed.

£15 Thirty minute treatment (redeem against a treatment)

eve taylor skin care

Designed to suit your skin type. Includes exfoliation, massage and masque. Steam option.

£16 One hr full face

£4 Opt eye contour masque

£22 One hr advanced full face

£3 Opt lip contour masque

£4 Opt paraffin wax masque



beauty

waxing

- £15 Full leg wax
- £11 Half leg wax
- £8 Underarm / bikini
- £11 Forearm
- £5 Lip, chin or eyebrow

eyes

- £4 Eyebrow tidy
- £5 Eyebrow reshape
- £8 Eyelash tint
- £6 Eyebrow tint
- £12 Eyelash & eyebrow tint

nail care

- £15 Gel polish
- £10 Manicure
- £12 - inc mask & heated mitts
- £15 - inc paraffin wax
- £20 - inc gel polish
- £12 Pedicure
- £14 - inc mask & heated booties
- £16 - inc paraffin wax
- £23 - inc gel polish

non-surgical bodylift

Body lifting and contouring treatment which tightens, lifts and promotes inch loss. Enhances the appearance of the skin.

- £13 Single treatment
- £45 Course of four treatments
- £90 Course of eight treatments

faradism

Passive muscle exercise which firms poor muscle tone in specific areas. Finished with a toning mask then a massage of the area.

- £12 One hour treatment
- £30 Course of three treatments

galvanism

Electrical therapy used to stimulate and treat fatty areas prone to cellulite. Followed by a mechanical massage and seaweed mask wrap of the problem area. Finished with a massage.

- £12 One hour treatment
- £30 Course of three treatments

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