

# the salons



COLEG Sir Benfro  
Pembrokeshire COLLEGE



# 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: [facebook.com/pembs.salons](https://facebook.com/pembs.salons) or the College website for more information.

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# hair

## hairstyling

- £3 Child cut (under 5)
- £5 Ladies cut
- £7 Ladies wash & cut
- £5 Blow dry
- £5 Shampoo & set
- £10 Cut & blow dry
- £8 Put up
- Conditioning treatment
- £8 - inc. blow dry
- £12 - inc. cut & blow dry
- Milkshake luxury conditioning treatment
- £12 - inc. blow dry
- £16 - inc. cut & blow dry

## perms

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

- £18 Standard perm
- £20 Acid perm
- £26 Long hair perm

## colouring

- Semi-permanent
- £17 - short
- £21 - to shoulder
- \*£25 - below shoulder
- £22 Regrowth
- Full head
- £25 - short
- £29 - to shoulder
- \*£33 - below shoulder
- Quasi
- £21 - short
- £24 - to shoulder
- \*£27 - below shoulder

## level 3 hairdressers

- £12 Cut & blow dry
- £15 Restyle & blow dry
- \*£10 Put up
- Deluxe Argan oil whipped cream treatment
- £12 - inc. blow dry
- £16 - inc. cut & blow dry
- \*£30 Colouring
- \*£15 Colour stripper
- \*£40 Full head bleach & toner
- \*£30 Regrowth scalp bleach
- \*£45 Balayage / Ombre inc. toner
- £10 Additional toner

## gents hair

- £4 Cut
- £5 Wash & cut
- \*£3 Facial trim
- \*£12 Full head colour
- £9 Partial colour
- £9 Regrowth
- £10 Gylites

- \*£18 Cap highlights / lowlight
- Full head foils
- £28 - short
- £30 - to shoulder
- \*£34 - below shoulder
- \*£18 T section foils
- \*£21 Half head foils
- Foils with infill permanent colour
- £31 - T section
- £34 - half head
- \*£39 - full head
- Spatula
- £23 - to shoulder
- \*£26 - below shoulder

A skin test MUST be carried out 48 hours prior to all colouring. Please ask about Colourstart Transfers.

\* Price quoted is starting price

# aromatherapy

## *body massage*

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

- £18 One hour session
- £90 Course of six sessions
- £11 Thirty minute - neck, back and shoulder massage
- £29 Course of three, thirty minute - neck, back and shoulder massages

# reflexology

## *body massage*

A relaxing and rebalancing treatment for the whole body which helps to remove toxins, improve circulation, reduce stress and induce deep relaxation.

- £14 One hour session
- £75 Course of six sessions
- £9 Thirty minute - basic massage
- £23 Course of three, thirty minute - basic massages

# swedish

## *body massage*

To relax and de-stress the whole body.

- £15 One hour session
- £38 Course of three sessions
- £10 Thirty minute - neck, back and shoulder massage
- £25 Course of three, thirty minute - neck, back and shoulder massages









# face

## *non-surgical facelift*

A revolutionary new facial system for lifting, toning and firming. Eight sessions and includes pot of enhanced moisturiser.

- £135 Standard
- £160 Enhanced includes four dermafusion masks
- £185 Luxury includes eight dermafusion masks

## *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
- £70 Course of three treatments
- £110 Course of five 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

## *eve taylor skin care*

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

- £15 One hour full face
- £20 One hour advanced full face
- £3 Optional eye contour masque
- £2 Optional lip contour masque
- £3 Optional Paraffin wax masque

# waxing

- £12 Full leg wax
- £8 Half leg wax
- £6 Underarm
- £6 Bikini
- £4 Lip, chin or eyebrow

# eyes

- £4 Eyebrow tidy
- £5 Eyebrow reshape
- £7 Eyelash tint
- £5 Eyebrow tint
- £11 Eyelash & eyebrow tint
- £8 Strip lashes
- £10 Individual flare lashes

# make-up

- £5 Daytime make-up
- £5 Evening make-up (subject to availability)

# nail care

- £10 Manicure
- £12 - inc. mask & heated mitts
- £14 - inc. paraffin wax
- £11 Pedicure
- £13 - inc. mask & heated booties
- £15 - inc. paraffin wax







# body

## *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

## *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.

- £10 One hour treatment

## *faradism*

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

- £10 One hour treatment

## *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

# body

## *back facial*

A combination deep cleansing, exfoliation and extractions.

£15 Per session

## *hot stone massage*

A unique massage using specific stones heated at different temperatures.

£18 Per session

*stockist of:*

**CLOUD NINE®**

**milk\_shake**

< the natural beauty >



**O·P·I**





## *contact us*

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