

## Massage

### Full Body Massage - 60 mins £8.00

Massage is a luxurious treatment which takes you away from everyday stresses for an hour of deep relaxation.

### Holistic Massage (full body and face) - 75 mins £10.00

A holistic massage taking you away from the everyday stresses of life. A deeply relaxing massage, including a relaxing facial massage.

### Indian Head Massage - 45 mins £6.00

Indian Head Massage is a therapeutic seated massage of the shoulders, neck, scalp and face, with or without the use of oil. This massage is excellent for relieving stress and also promotes relaxation.

### Hot Stone Massage - 60 mins £15.00

Heated Basalt Lava Stones are used to warm the client's muscles, allowing a much deeper massage. It is a deeply soothing and relaxing form of massage, where the heat of the stones encourages tight muscles to relax. Traditional Swedish massage strokes are incorporated whilst using the heated stones.

### Reflexology - 45 mins £8.00

A massage to the feet, applying pressure to specific reflex points on the feet to help re-balance and improve the client's health.

## Waxing

Half Leg (knee to toe)	<b>£6.50</b>
Full leg	<b>£8.00</b>
Bikini	<b>£3.00</b>
Eyebrows	<b>£2.40</b>
Under Arm	<b>£3.00</b>
Lip or Chin	<b>£2.40</b>

## Booking Information

- Please note that consultation and aftercare timings are not included within treatment time. Please inform us at the earliest convenience if you are unable to attend your appointment.
- Due to Health and Safety regulations we do not allow children under the age of 12 years in the salon. Children aged 12-16 must be accompanied by an adult.
- Mobile phones are not permitted within the salons.
- If you have a medical condition we may require a doctor's note.
- Please inform reception of any special requirements you may need.
- Cubicle curtains need to be open during treatments to allow the tutor to assess the student.
- All treatments are carried out by students who are in training.
- All clients to report to main reception and then to the Beauty Therapy reception located on the second floor in D block.
- Please note that Reception may be closed due to training sessions, please leave a message on the answer phone and a staff member will get back to you.
- We only accept cash and card payments.
- Tips are accepted and can be given at your discretion.
- Please bring flip flops to wear following pedicure treatments.

## Car Parking

Visitor car parking is available but it is limited so please make sure that you arrive in plenty of time in order to secure a place. The parking is charged at £2.00 from 9am until 4pm, car parking is free of charge after 4pm.

**(Beauty Therapy reception is now located on the ground floor in the CH&FS building next to main reception)**

## Treatment Packages

### Pure Indulgence - 90 minutes £13.00

Unwind with this ultimate relaxation package to include a Facial and deluxe Thai Pedicure to indulge your feet and nails.

### Relax and Detox - 90 minutes £16.00

Relax with a Thai Prescription Facial and detox with a galvanic body treatment.

# Beauty Therapy Suite



t: (01206) 712888

e: [beauty.reception@colchester.ac.uk](mailto:beauty.reception@colchester.ac.uk)

**Monday 9am-8pm**

**Tuesday 9am-8pm**

**Thursday 9am-8pm**

**Friday 9am-5pm**

Colchester Campus  
Sheepen Road, Colchester  
Essex, CO3 3LL

## Price List

From September 2011



## Body Treatments

### Faradic and/or Galvanic (full body) - 60 mins £8.00

This uses electrical passive muscle exercise to improve muscle tone and breakdown cellulite by penetrating active ingredients deep into the tissue. A scalp or hand massage is included.

### Vacuum Suction (full body) - 60 mins £6.00

A gentle effective and relaxing treatment which removes toxins and helps break down fatty deposits, as well as improving blood circulation and improving muscle tone.

### Back Treatment - 60 mins £8.00

The back is cleansed and exfoliated then treated with hot towels and specialist machine to leave your skin radiant and refined. Includes a scalp and back massage.

### Micro Current Arm Treatment - 45 mins £6.00

This treatment is designed to improve arm contours by toning and lifting the muscles as well as improving the tone and texture of the skin.

### G.5 Full Body - 45 mins £6.00

This is an electrical body treatment that is used to soften fatty tissue and stimulate the lymphatic circulation. It can be performed as a treatment on its own or as a pre massage treatment.

## Facial Treatments

### Facial - 50 mins £8.00

Unwind and revitalise your skin with a relaxing facial treatment. Your skin will be cleansed and a skin analysis will be carried out followed by exfoliation, skin warming, mask and hand massage, soothing facial massage and moisturiser.

### Head Massage - 20 mins £2.00

Relax with a luxury pressure point head massage. This treatment includes a shoulder massage to help break down tension and relax you further. This treatment can be carried out on its own or added to another treatment to further your relaxation.

### Level 3 Prescription Facial - 60 mins £14.00

Enjoy a relaxing specialist facial that will leave your skin glowing and radiant. Your skin is cleansed, toned moisturised, exfoliated and massaged using Thai Skin therapy products. This facial treats individual skin conditions with the use of specialist facial machines and products.

### Micro Current Facial - 60 mins £16.00

This treatment has been designed to reduce the signs of ageing by reducing and smoothing any fine lines and improving the texture. This specialist facial helps to restore the elasticity in the skin and can be both preventive and corrective.

### Microdermabrasion Facial - 45 mins £18.00

An un-invasive resurfacing and deep exfoliation facial treatment helping to improve and reduce fine lines and wrinkles, scarring, pigmentation problems, uneven skin tones and a dull, lifeless, sun damaged complexion. Microdermabrasion is suitable for all skin types and leaves a glowing, smooth, even and bright complexion.  
**Course of 10 Microdermabrasion - £162 (to be paid with first treatment)**

### Make-up - 45 mins £3.60

Have your make-up applied with tips and advice on colours and application.

## Eye Treatments

Eyebrow Shape	£2.40
Eyelash Tint	£2.40
Eyebrow Tint	£2.40
Eye package (Eyebrow shape, eyelash tint, eyebrow tint)	£6.00
Strip Lashes	£4.50
Individual Lashes – half set	£3.00
- full set	£5.00

**A skin patch test must be carried out 48 hours prior to tinting and false lash application.**

## Hands and Feet

### Express Manicure - 45 mins £4.00

Your nails will be filed, soaked, cuticle work will be carried out followed by a relaxing massage. The treatment is completed with your choice of nail paint.

### Express Pedicure - 45 mins £4.50

Your nails will be filed, soaked, cuticle work will be carried out followed by a relaxing massage. The treatment is completed with your choice of nail paint.

### Nail Art - from 30 minutes £2.50

Only available with express manicures and pedicures – please request at time of booking.

### Deluxe Thai Manicure - 60 mins £8.00

Exotic eastern Thai manicure products are used to indulge your hands and nails. Nails will be filed, soaked, cuticle work will be carried out and your hands will be exfoliated. A specialised treatment (paraffin wax or hand mask) will be applied, followed by a relaxing hot stone massage and finished with the nail colour of your choice.

### Deluxe Thai Pedicure - 60 mins £8.50

The ultimate sole reviving treatment. Your feet will be soaked, exfoliated, your nails cut, filed and cuticle work carried out. A specialised treatment (paraffin wax or foot mask) will be applied followed by a relaxing hot stone massage and finished with the nail colour of your choice.

### Hairdressing Salon

Please ask at reception for details of our Hairdressing services or call 01206712359

