

SALON OPENING TIMES

Mon – Thurs 9.00am – 8.00pm
Friday 9.00am – 4.00pm

Treatment times may well change from term to term.
Please check at reception or online for availability.



Therapies



Beauty



Nails



Hair



Inspirations
Vantage Point
Long Road
Paignton
Devon
TQ4 7EJ

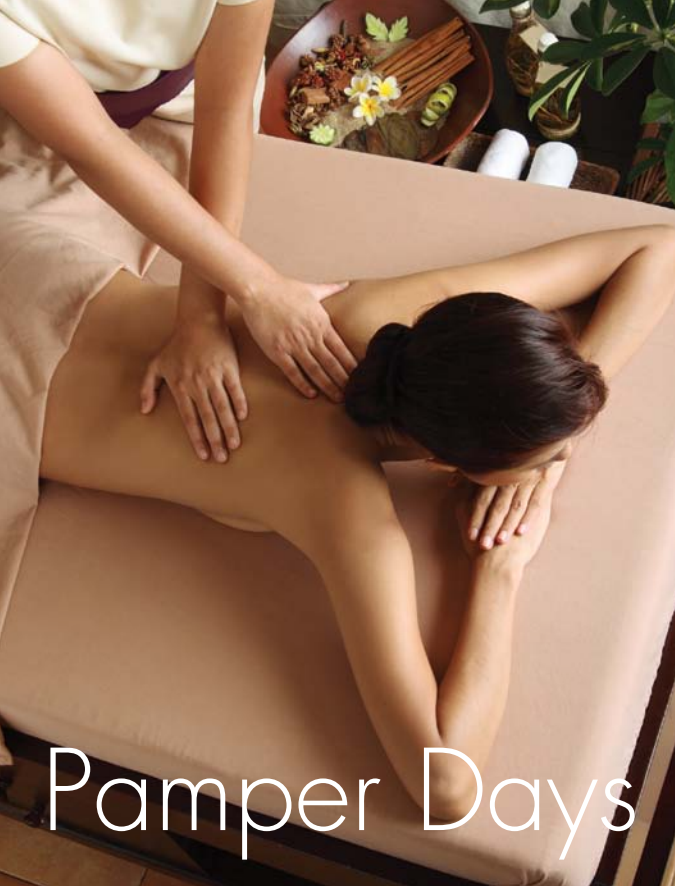
01803 540419
www.southdevon.ac.uk



Inspirations

beauty | hair | complementary therapies

01803 540419



Pamper Days

Why not pamper yourselves with a complementary treatment and a blow dry in the morning, followed by lunch at Horizons (the College's training restaurant), rounding off the afternoon with a Manicure or Pedicure in our Beauty Salon.

Please contact the salon reception on 01803 540419 for details.

All clients must display a valid Car Park Permit, which is available from either Level 1 or Level 3 Reception.

South Devon College has a regular bus service, please see the Main Reception for details. Inspirations is on Level 2 and can be accessed via the lift and stairs.

Welcome to Inspirations

Salon Opening Times

Mon – Thurs	9.00am – 8.00pm
Friday	9.00am – 4.00pm

Treatment times may well change from term to term. Please check at reception or online for availability.

Inspirations is a training salon, incorporating Beauty Therapy, Make Up, Nail Enhancement, Hairdressing and Complementary Therapies.

The students are working towards NVQ and Diploma certificates and therefore require your help and patience at all times.

Please be assured we are using the best products available, most of which can be purchased at the reception.

Our students are encouraged to recommend retail products for you to purchase, however we will not be offended if you decide not to buy.

Some treatments may require a GP note. If you are unsure whether you may have a contra-indication, please contact our receptionist or your therapist for more details.

We aim to promote a calm and relaxing atmosphere in our salons and request clients respect each other's privacy and needs.

We would be grateful if you would note that only curtains separate treatment bays; noise and conversation can easily be heard – please keep your voice low at all times during your treatment so others can relax and enjoy their treatment.

Thank you

The salons are not suitable for children and we would request that clients do not bring babies and children to appointments.

If you require this information in a large print, please contact the salon reception on 01803 540419.

Complementary Therapies

Indian Head Massage 45mins | £5.65

A relaxing and regenerating upper back, shoulder, neck, scalp and face massage, excellent for relieving stress.

Reflexology 1hr | £6.70 Three Treatments | £17.50

Ancient art of pressure massage to specific areas on the soles of the feet to promote good health and harmony of the mind and body.

Full Body Massage 1hr | £8.45

Reduces tension and relieves negative effects of everyday stress. This treatment will restore your sense of well being, using deep tissue, Swedish and manual lymph drainage techniques.

Back Massage 30mins | £6.40

Reduces tension and relieves negative effects of everyday stress. This treatment will restore your sense of well being, using deep tissue, Swedish and manual lymph drainage techniques.

Hot Stone Massage 50mins | £9.30

A deep penetrating massage using hot stones. Muscles are relaxed and tension is eased.

Back Revitalise 45mins | £6.15

A facial on the back to clear and freshen skin, includes massage.

Thermal Auricular Therapy or Hopi Ear Candling 45mins | £6.15

A pleasant non evasive treatment that can be used to promote an enhanced state of health, to relieve conditions related to the ear and head area, or simply as an enjoyable means of relieving stress.

Aromatherapy Session time 1hr | £8.45 Four Treatments | £28.00

Aromatherapy works on the mind, body and spirit to bring a sense of wellbeing. A specially selected blend of essential oils are used to relax, de-stress, re-balance or detoxify.

Sun Harmony Chi Machine Session time 15 mins | £5.15

Oxygenate your blood with the sun harmony chi machine. 15 minutes of massage is equivalent to approximately 90 minutes of walking, in terms of oxygenation of the blood.

Thermo Therapy Session time 15 mins | £5.15

Enjoy Thermo Therapy with the amazing FIR Hot House. This infrared energy penetrates safely and gently heats the affected areas reducing pain and restoring health. This treatment stimulates blood circulation, eliminates chemicals and toxins, improves oxygen levels, relieves pain and encourages regeneration of damaged cells and tissues.

Packages £17.50 £28.00

3 Reflexology Sessions

4 Aromatherapy Sessions

Beauty Therapy

Manicure 40mins | £7.15

To include nail shape, cuticle work, hand cream and polish.

Luxury Manicure 1hr | £8.70

To include nail shape, cuticle work, hand and arm massage and polish. Includes Paraffin/hot mitts/hand mask.

Nail shape and polish 20mins | £3.10

Pedicure 50mins | £8.20

To include foot spa, nail shape, foot scrub, cuticle work, foot cream and polish.

Luxury Pedicure 1¼ hr | £9.75

To include foot spa, nail shape, foot scrub, cuticle work, foot and leg massage and polish. Includes Paraffin/Hot booties/foot mask.

Nail Enhancements (Choose from Acrylic or Gel)

Full Set 3hrs | £12.50

Infills & maintenance are recommended 2hrs | £8.20

every 2-3 weeks

Nail replacement £1.25 per nail

Removal of nail enhancements including 1hr30mins | £4.10

mini manicure without varnish

Natural Nail Overlay 1hr30mins | £6.15

Gel Toenails 1hr30mins | £6.15

Minx

Minx is a super shiny material that adheres to your nail. It can be applied to both finger nails and toe nails and usually lasts for around 2 weeks.

Minx hands or feet £6.70

Minx with manicure or pedicure £9.75

Waxing

An effective method of temporary hair removal.

Half Leg	30mins		£5.15
Full Leg	45mins		£6.70
Underarm	15mins		£3.60
Bikini	15mins		£3.60
Eyebrow	15mins		£3.10
Lip or Chin	15mins		£3.10

Electrical Epilation

The most effective and permanent method of hair removal.

Make Up**

This includes a cleanse, tone, moisturise & make up.
Advice given on general make up application.

Individual Lashes (ideal for weekends and parties)	30mins		£4.10
Strip Lashes	15mins		£4.10

Make Up Lesson**

Learn how to apply your own make up to suit your face.

Eye Treatments** To enhance your eyes

Important: All tints MUST have a patch test carried out at least 24hrs prior to treatment and updated every 3 months. Please ask at reception, where a test can be applied.

Eyelash Tint	30mins		£4.10
Eyebrow Tint	15mins		£2.60
Eyebrow Shape	30mins		£3.10
Eyelash + Eyebrow Tint	30mins		£5.15

**These treatments are only 50p when booked with any other treatment.

Facial Treatments

Dermalogica Express Facial 30mins | £5.65
A mini treatment to cleanse, exfoliate, mask tone & moisturise.

Dermalogica Facial 1hr | £9.50
This complete treatment includes a cleanse, exfoliate, relaxing face, neck and shoulder massage, mask, tone and moisturise.

Dermalogica Advanced Facial* 1hr 30 | £15.50
An exclusive facial treatment, using an advanced range of skin care and electrical therapy prescriptive to your individual skin type.

We understand that every skin is different, and we want the most effective facial for your skin concerns. Our students will advise you about which treatment will give you the best results for you to achieve your healthiest, most beautiful skin.

Our students will also advise you which products should be incorporated into your daily routine.

Age Control Facial

This facial will help to tone up the muscles of the face and improve the appearance of fine lines and wrinkles.

Hydrating Facial

This treatment is ideal if you suffer from a dry or dehydrated skin. The skin is left feeling comfortable, supple and replenished.

Clearing Facial

A relaxing yet deep cleansing facial, ideal for problem prone skin.

Extreme Care and Soothing Facial

A calming, soothing and rebalancing TLC treatment!

Non Surgical facelift

Stay young is the ultimate in microcurrent therapy giving you a natural facelift, delaying the aging process.
Recommended a course of 5.

Microdermabrasion 1hr 30 | £20.50
An excellent skin resurfacing treatment. It leaves your skin smooth and radiant. Recommended a course of 5.

**Please note some electrical treatments pass a current through the body and could be dangerous to pregnant women or anyone with a medical condition. Please inform your therapist of any condition that you may think will effect your treatment.*

Treatments

Advanced Electro-Therapy Body Treatments

A variety of electrical treatments are combined together to suit individuals needs and concerns. To include a thorough figure diagnosis that identifies your body conditioning needs. Helps to tighten and firm muscles and reduce cellulite. Session includes full body brush and scrub, sauna & steam. Please bring flip flops and swimwear.

Choose from one of the following treatments:

Cellulite Treatment

An electro-therapy treatment to effectively combat cellulite.

Firming, Toning and Lifting Treatment

Electro-therapy to target specific areas or for overall body firming.

Detoxing, Lymph Drainage Treatment

A deep therapeutic massage treatment to detoxify the body.

Massage Therapy

Indian Head Massage 45mins | £5.65

A relaxing and regenerating upper back, shoulder, neck, scalp and face massage.

Full Body Massage 1hr | £8.45

Reduces tension and relieves negative effects of everyday stress. This treatment will restore your sense of well being, using deep tissue, Swedish and manual lymph drainage techniques.

Back Massage 30mins | £6.40

Reduces tension and relieves negative effects of everyday stress. This treatment will restore your sense of well being, using deep tissue, Swedish and manual lymph drainage techniques.

Pre Blended Aromatherapy 1hr | £8.45

A light relaxing massage to soothe your body using oils blended to enhance the treatment.

Back and Shoulder Tension Relief 30mins | £6.70

Audio Sonic massage combined with heat to relieve tension.

Lomi-Lomi Massage 1hr | £8.70

Synchronised massage (2 therapists) for a deeply relaxing experience.

**Please note some electrical treatments pass a current through the body and could be dangerous to pregnant women or anyone with a medical condition. Please inform your therapist of any condition that you may think will affect your treatment.*

Full Body Scrub and Brush 30mins | £3.10

Stimulating and exfoliating body treatment. (Can be combined with either massage or advanced body treatments)

Stone Therapy Massage 50mins | £9.50

A deep penetrating massage using hot and cold stones. Muscles are relaxed and tension is eased.

Hairdressing

	Level 1	Level 2	Level 3
Cut & Blow Dry		£10.70	£14.50
Blow Dry (inc. straightening or hot brushing)	£3.60	£4.60	£5.65
Cutting only (inc. shampoo)		£5.65	£8.20
Shampoo & Set	£3.10	£4.10	£5.65
Hair Up from	£3.10	£5.10	£6.70
French Plaiting & Braiding from	£3.10	£5.10	£6.70
Special Conditioning (Extra)	£3.10	£3.60	£4.60

All finishing products are inclusive

Perming Level 2 | Level 3

Herbal Perm £14.00 | £20.00

A herbal conditioning perm

Acid Perm £15.00 | £22.00

A gentle slightly acid perm

Perform Perm £14.00 | £20.00

A conditioning perm for soft bouncy curls

Spiral Perm

Depending on length from £25.00 minimum charge 3rd year only.

IMPORTANT

All clients MUST have a skin test 24/48 hours prior to any colour service. The purpose of the test is to ensure that no reaction occurs with the use of our products.

Colouring

Permanent Colouring

Level 2 | Level 3

Full Head	£15.00 £19.00
Re-Growth	£13.00 £17.00

These prices are inclusive of Blow Drying or Setting

Semi-Permanent Colour

Quasi	£13.50 £15.50
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Lasts 12-24 shampoos, covers a small percentage of grey

Semi Permanent	£12.00 £14.50
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Lasts 6-8 shampoos, very conditioning, enhances natural tones.

These prices are inclusive of Blow Drying or Setting

Coloured Mousse

£1.50 | £1.50

A temporary colour, used before setting or blow drying.

Cap Highlights

£14.00 | £16.00

Fine strands of hair pulled gently through a cap.

Cap Lowlights

£14.00 | £16.00

Fine strands of hair pulled gently through a cap.

These prices are inclusive of Blow Drying or Setting

Foil Highlights/Lowlights

Full Head Foils	£23.00 £26.00
Full Head Foils - 2 Colours	£28.00 £30.50
T-Section Foils/Half head	£20.50 £24.50
Full Head Long Hair Foils	£30.75 £35.00

Spatula Highlights

Full Head Spatula Highlights	£18.50 £22.50
Half Head Spatula Highlights	£12.50 £15.50

These prices are inclusive of Blow Drying or Setting

High Lift Bleach

Full Head	£23.50
Re-Growth	£15.50
Toner if required extra	£5.00

These prices are inclusive of Blow Drying or Setting

If hair is below shoulder length an extra £5.00 will be charged for all chemical services.

PLEASE NOTE:

Inspirations is a training salon, and whilst students who are working towards NVQ and Diploma certificates will endeavour to complete your treatment during the salon session scheduled, there may be occasions that students are not able to complete all treatments booked.

We therefore ask for your support and patience at all times.

BEAUTY THERAPY:

We aim to promote a calm and relaxing atmosphere in our salons and request clients respect each others privacy and needs. We would be grateful if you would note that only curtains separate treatment bays; noise and conversation can easily be heard – please keep you voice low at all times during your treatment so others can relax an enjoy their treatment.