



## OPENING TIMES

### HAIRDRESSING AND BEAUTY THERAPY

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**Wednesday and Thursday**  
9:15am – 8:00pm

**Monday, Tuesday and Friday**  
9:15am – 4:30pm

**Please note:** Not all services and  
treatments are available  
every day

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**For an appointment or for further details  
telephone 01757 211021 (direct line)**



## WEDNESDAY AND FRIDAY PAMPER DAYS

**Select from 2.5 hours' worth of treatments  
followed by a three-course meal in the  
restaurant including a hot drink. £30.00**

For example:

- Full body massage
- Facial
- File and polish
- Three-course meal



## HAIRDRESSING SERVICES

*We offer a full range of ladies and gents hairdressing services, using high quality professional products by Goldwell, Joico and Bed Head that are not available from high street retail outlets.*

### LADIES

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<b>Cut and Finish</b>	<b>£7.50</b>
<b>Wet Cut</b>	<b>£4.75</b>
<b>Dry Cut</b>	<b>£4.00</b>
<b>Blow Dry</b>	<b>£4.00</b>
<b>Shampoo and Set</b>	<b>£4.00</b>
<b>Hair-Up (with shampoo &amp; set)</b>	<b>£7.50</b>
<b>Hair-Up (with dry set)</b>	<b>£5.00</b>
<b>Plaiting</b>	<b>£4.50</b>
<b>Straightening (inc blow dry)</b>	<b>£5.50</b>
<b>Straightening (exc blow dry)</b>	<b>£3.00</b>

### GENTS

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<b>Cut and Finish</b>	<b>£7.00</b>
<b>Wet Cut</b>	<b>£4.75</b>
<b>Dry Cut</b>	<b>£4.00</b>
<b>Beard Trim</b>	<b>£1.25</b>



## COLOURING SERVICES

ALL colours require a skin test 48 hours prior to each application.

PRICES do NOT include cutting and finish.

**Temporary Colour** £1.25

**Semi-permanent Colour** £5.75

### QUASI-PERMANENT COLOUR

**Hair Manicure** £8.00

Creates a subtle or dramatic colour change. Will not lighten natural hair colour. Covers up to 40% of white hair and gradually fades from the hair in good condition. Can be more permanent on porous poor condition hair.

**Glossing** £8.00

Just adds shine to your hair.

**Pastel Toning** £8.00

Removes excessive gold tones from hair that has previously been bleached or lightened (does not include bleaching and lightening).

### PERMANENT COLOUR

**Full Head** £13.25

**Re-Growth** £10.00

**Half Head** £9.00

**Half Head Re-Growth** £7.00

**Re-Growth Permanent Colour and Colour Balancing** £14.50

Combing your permanent hair colour through to the ends to refresh the colour can actually make your hair more porous, which in turn, can make the colour fade even faster. Colour balancing replaces the permanent hair colour normally combed through your hair with Goldwell's Colorance Acid Colour.

**ALL** colours require a skin test 24-48 hours prior to each application.

**PRICES** do **NOT** include cutting and finish.

### **HIGHLIGHTS / LOWLIGHTS**

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**Cap Highlights** **£10.00**

### **INTERWOVEN HIGHLIGHTS / LOWLIGHTS**

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**Full Head (one colour)** **£15.50**

**Full Head (two colours)** **£19.00**

**Full Head (three colours)** **£22.25**

**Half Head (one colour)** **£9.75**

**Half Head (two colours)** **£15.00**

**Half Head (three colours)** **£18.25**

**Colour Correction** **from £31.00**

**Please note:** This service requires a consultation prior to making the appointment.



## PERMING SERVICES

**PRICES** do **NOT** include cutting and finish.

**Alkaline Perms** **£12.00**

*(Vitensity)*

Suitable for most hair types, except very porous or chemically treated hair.

**Alkaline/Acid System** **£13.00**

*(Biolife)*

Depending on your hair type, the perm lotion used will be either alkaline or acid. Suitable for all hair types, including those with highlights.

**pH Neutral Perms** **£14.50**

*(Evolution)*

Suitable for most hair types, except very strong resistant hair.

**Acid Perms** **£14.25**

*(K-Pak Waves)*

Very gentle, this type of perm is ideal for fine, porous or chemically treated hair. It is not suitable for strong resistant hair.

**NOTE:** Long hair perms are charged double if two applications of perm solution are used.

### Colour Perming

**Additional £5.25 on top of the cost of the perm**

Does your hair colour fade when you have a perm? Well, now you can have the colour refreshed during the perming process with Goldwell's Colorance Acid Colour, a non-permanent [quasi] hair colour that gradually fades from the hair.

***A skin test 48 hours prior to a Colour Perming application.***



## CONDITIONING

**PRICES** do **NOT** include cutting and finish.

**Joico Body Builder** **£3.50**

A specially formulated blend of strengthening proteins and carbohydrates.

**Joico Thirst Quencher** **£4.00**

A twenty minute treatment which will add moisture to dry, fine or chemically treated hair. It will help to restore the hair's elasticity without weighing it down.

**Joico Drought Buster** **£4.50**

A twenty minute treatment for coarse and unruly dry hair. The treatment will bind moisture in the hair, whilst strengthening proteins. It is designed to enhance the hair's internal structure, making the hair softer, more supple and easier to comb.

**Joico Strengtheners** **£4.75**

Incorporating Joico's innovative protein restructurant, HKP. This will build a completely new internal structure within the hair shaft, providing strength and elasticity to chemically treated hair.

**Joico Ultimate Hair Repair** **£5.50**

Hair is made up of protein and moisture and by repairing the hair structure by application of the Joico Hair Repair System, you will discover the feeling of healthy, beautiful hair.

**Joico Problem Scalp** **£5.00**

A treatment for Eczema, Psoriasis, Seborrhoea and Dandruff affected scalps.



## HAIR STRAIGHTENING

### **SEMI-PERMANENT HAIR STRAIGHTENING (ALSO KNOW BRAZILIAN HAIR STRAIGHTENING)**

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Lasts up to 6 months with the use of correct Nanokeratin products

**Nanokeratin** **£49.75**

Advantages of the Nanokeratin System:

- The Nanokeratin System hair repair, coating and straightening method is a quick process that achieves high quality results.
- The Nanokeratin System hair repair, coating and straightening method is suited to all hair types.
- The Nanokeratin System method repairs hair and makes it healthier.
- Impressive results for severely damaged hair.
- Appropriate for men and women alike.



## BEAUTY THERAPY

*We offer a full range of beauty and holistic therapy treatments to both men and women. We use high quality professional products by Dermalogica and Phytomer, Sienna X and Creative Nails (including Shellac and Vinylux).*



## HAIR REMOVAL

### WAXING

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Treatments are available to both men (see men's services) and women. We use the hygienic strip wax and hot wax method to treat all areas of the body,

<b>Full Leg</b>	<b>£8.50</b>
<b>½ Leg</b>	<b>£6.00</b>
<b>Underarm</b>	<b>£3.50</b>
<b>Bikini</b>	<b>£4.00</b>
<b>Upper Lip</b>	<b>£2.50</b>
<b>Chin</b>	<b>£2.50</b>
<b>Eyebrow</b>	<b>£3.00</b>
<b>Back</b>	<b>£6.50</b>
<b>Full Leg and Bikini</b>	<b>£11.00</b>
<b>Lip and Chin</b>	<b>£3.50</b>





## HANDS AND FEET

**File and Polish** £3.00

File and polish includes filing and the application of polish

**Manicure** £5.00

A manicure treatment includes cuticle work, filing, buffing and application of polish to your nails together with a hand and arm massage to help you relax.

**Special hand treatment** £6.25

The same treatment as that of a manicure, but includes the application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

**Creative Spa Manicure** £10.25

A thoroughly luxurious anti-ageing treatment for the hands, using the Creative product range. This manicure will leave your hands feeling smooth and includes cuticle work, exfoliation of the hand and arm and a beautiful polish of your choice to finish.

**Pedicure** £5.00

This treatment uses the same procedures as that of the manicure. It aims to improve the appearance of the nails and skin of the feet.

**Special foot treatment** £6.25

The same treatment as that of a pedicure, but includes the application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

**Creative Spa Pedicure** £10.25

A luxurious treatment for the feet using the Creative product range. This treatment includes cuticle work, toenail trim and polish, hard skin removal and total exfoliation and foot and lower leg massage.



## ACRYLIC NAILS

Application of a full set of acrylic nails, or acrylic overlays takes approximately two hours to complete. When the treatment is finished, the nails can be left looking completely natural or polished with enamel. Acrylic nails need to be in-filled once a month.

<b>Natural Nail Overlays</b>	<b>£9.50</b>
<b>Acrylic Nails - Full Set</b>	<b>£13.50</b>
<b>Acrylic Nails - In-fill</b>	<b>£9.50</b>
<b>Single nail application/repair</b>	<b>£3.00</b>

**Tip removal and mini manicure**      **£7.50**

<b>Shellac (application)</b>	<b>£11.50</b>
<b>Shellac (removal)</b>	<b>£3.00</b>
<b>Shellac (removal &amp; re-application)</b>	<b>£14.00</b>



## EYE AND EYEBROW

<b>Eyebrow shape</b>	<b>£3.00</b>
<b>Eyebrow Tint</b>	<b>£4.50</b>
<b>Eyelash Tint</b>	<b>£4.50</b>
<b>Lash and Brow Tint</b>	<b>£8.00</b>
<b>Lash and Brow Tint &amp; Shape</b>	<b>£9.00</b>
<b>Eyebrow Tint &amp; Shape</b>	<b>£5.50</b>

ALL tints and false eyelashes require a skin test 48 hours prior to each application.

### **FALSE EYELASHES**

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<b>Individual Eyelash application</b>	<b>£8.00</b>
<b>Strip Eyelash Application</b>	<b>£5.25</b>



## MASSAGE

### PLEASE NOTE:

Not all Massage treatments are available throughout the year, please phone reception for further details

### SWEDISH BODY MASSAGE

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Enjoy a Swedish massage to help you relax.

<b>Full Body</b>	<b>£11.00</b>
<b>Legs</b>	<b>£5.00</b>
<b>Back</b>	<b>£8.00</b>

### STONE THERAPY MASSAGE

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Incorporating hot and cold stones within a Swedish massage

<b>Full Body</b>	<b>£14.00</b>
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## BODY TREATMENTS

### **ELECTRICAL BODY TREATMENTS**

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We offer a full range of body treatments to aid poor circulation, tone muscles, detoxify and reduce the appearance of cellulite.

**Electrical Body treatments                      £8.00**

***The treatment will incorporate one or more of the following:***

**G5:**

*Gyratory vibratory machine- deep muscle stimulation*

**Galvanic:**

*Removal and breakdown of adipose tissue*

**Vacuum suction:**

*Removal of toxins and fluid retention and stimulation of circulation*

**Direct high frequency:**

*A drying germicidal treatment ideal for blemished and congested skin*

**Audio sonic:**

*Deep penetrating sound wave emissions for relief in tense muscle fibres*

**EMS:**

*Electrical impulses stimulates muscles causing contractions and so toning the muscles*

**Infra Red:**

*A warm penetrating heat lamp that generates heat into the underlying tissues*

**Back treatment:**

*Following your consultation your treatment will include cleanse exfoliation, direct high frequency a 10 minute massage and mask*



## FACIAL TREATMENTS

### **Manual Facial**

**£11.00**

Your treatment will include a consultation to establish the correct choice of specialised Dermalogica products for your skin type. You will then have a cleanse, exfoliation, face neck and shoulder massage, mask, tone and moisturise.

### **Electrical Facials**

**£12.50**

This is an advanced facial treatment incorporating electrical equipment. You will have a full consultation to establish the correct equipment and products for you skin condition.

***The treatment will incorporate one or more of the following:***

**Desincrustation:**

*Removes excess oil from the skin*

**Iontophoresis:**

*Adds moisture to the skin and increases moisture secretion*

**Vacuum Suction:**

*Removes toxins, waste and clears blocked pores and increases circulation*

**Direct high frequency:**

*A drying germicidal treatment ideal for blemished and congested skin*

**Indirect High Frequency:**

*A treatment to warm and nourish the skin*

**EMS:**

*Electrical impulses stimulates muscles causing contractions to aid the toning of muscles*



## CACI QUANTUM

Using specific facial techniques in conjunction with a combination of slimming and toning applications, the CACI Quantum works to restore and redefine facial muscles, reducing lines and wrinkles while simultaneously tightening and toning sagging body muscles.

The CACI Quantum is the most advanced face and body treatment systems available and features specific programmes for slimming, contouring, cellulite, lymphatic drainage, face lifting, wrinkles, acne and scar tissue. Therefore, whatever is your treatment area of concern, the CACI Quantum has the solution.

If you are new to CACI you will receive a full consultation, you will then be offered a course of treatment, followed by a maintenance programme.

<b>CACI Non-surgical face lift</b>	<b>£28.50</b>
<b>Course of 10</b>	<b>£256.50</b>

<b>CACI Eye treatment</b>	<b>£13.00</b>
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### **Non-surgical Body Sculpting**

<b>Toning and lifting</b>	<b>£18.50</b>
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<b>Cellulite treatment</b>	<b>£24.00</b>
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<b>Lymphatic drainage</b>	<b>£24.00</b>
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<b>Bust lift</b>	<b>£16.00</b>
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<b>CACI Hand treatment</b>	<b>£10.00</b>
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<b>CACI non-surgical body &amp; face lift</b>	<b>£39.50</b>
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<b>Course of 10</b>	<b>£355.50</b>
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**(Body & face treated at the same time)**



## MICRODERMABRASION

Controlled Microdermabrasion (MDA) is a modern technique designed, with the help of gentle, mechanical peeling processes, to improve the skin's regenerative capabilities and to better control specific skin conditions. It has been used for over 20 years with great success by Plastic Surgeons, Dermatologists and Beauty Therapists for the treatment of skin problems such as scar tissue, pigmentation abnormalities and acne to name but a few.

### WITH A CACI TECHNICIAN

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<b>1 Hour Treatment</b>	<b>£25.00</b>
<b>½ Hour Treatment</b>	<b>£15.00</b>

### WITH A STUDENT

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<b>½ Hour Treatment</b>	<b>£12.50</b>
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## MEN'S TREATMENTS

### PLEASE NOTE:

Not all Massage treatments are available throughout the year, please phone reception for further details

### Massage

Enjoy a Swedish massage to help you relax.

<b>Full Body Massage</b>	<b>£11.00</b>
<b>Back Massage</b>	<b>£8.00</b>
<b>Mechanical Massage</b>	<b>£8.00</b>

The ultimate treatment for the relief of acute muscle tension caused through stress, exercise or poor posture.

### WAXING

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<b>Back or Chest</b>	<b>£6.50</b>
<b>Back and Chest</b>	<b>£10.50</b>
<b>Back, Chest and arm</b>	<b>£13.00</b>

### HANDS AND FEET

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<b>Manicure</b>	<b>£3.50</b>
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A treatment to care for and protect hands, nails and cuticles

<b>Hand Treatment</b>	<b>£6.25</b>
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The application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

<b>Pedicure</b>	<b>£4.50</b>
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A treatment that aims to improve the appearance and condition of the nails and skin of the feet

<b>Foot Treatment</b>	<b>£6.25</b>
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The application of paraffin wax to deeply re-hydrate and improve the condition of skin and nails

## **FACIAL TREATMENTS**

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**Revitalising Dermalogica Facial      £11.00**

Using products to suit your individual skin type

**Electrical Facial      £12.50**

This is an advanced facial treatment incorporating electrical equipment

**Deep Cleansing Back Treatment      £9.00**

An excellent therapy designed for problematic skins' in need of a deep cleanse to break down congestion and unblock pores whilst providing an anti-bacterial effect that prevents future breakouts

## **EYE TREATMENTS**

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ALL tints and perming require a skin test 24-48 hours prior to each application.

**Eyebrow Tidy/Shape      £3.00**

**Eyelash Tint      £4.50**

**Eyebrow Tint      £4.50**

**Lash and Brow tint      £8.00**



## THE RESTAURANT

### OPENING TIMES

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**Wednesday, Thursday & Friday**  
**12:00 noon - 2:00 pm**

To book at table or for further details  
please contact:

Tel: 01757 211008 or 211007

Email: [restaurant@selby.ac.uk](mailto:restaurant@selby.ac.uk)

### 2015/2016 EVENING FUNCTIONS

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A £10.00 deposit is required to secure your  
booking on any themed evening.

**French Theme**                      **£22.95 per head**  
19 November 2015

**Christmas Theme**                **£22.95 per head**  
15, 16 & 17 December 2015

**Spanish Theme**                    **£22.95 per head**  
27 & 28 January 2016

**Chinese Theme**                    **£22.95 per head**  
24 & 25 February 2016

**Yorkshire Theme**                 **£22.95 per head**  
21 April 2016

**Italian Theme**                     **£22.95 per head**  
25 & 26 May 2016

**Fine Dining**                        **£22.95 per head**  
23 June 2016

The restaurant will open at 6:30 pm with service  
commencing at 7:00 pm on themed evenings.