

# INSPIRATION

## Body Treatments

Specialised equipment is chosen to meet client's specific requirements. These treatments can help with cellulite, fat deposits, poor muscle tone and shape. Treatment may include G5, Galvanic, Vacuum Suction, Faradic and Micro-current equipment; this will be decided during a thorough consultation to suit individual needs.

**Body Contour Treatment .....£10.00**

**Intensive Body Programme .....£50.00**

Includes consultation and six weeks of one hour sessions incorporating figure diagnosis, nutritional assessment, homecare advice and treatment using specialised equipment to improve body shape and skin condition.

**Back, Neck & Shoulder Massage.....£7.00**

**Full Body Massage .....£10.00**

**Body Micro Dermabrasion.....£15.00**

**Aromatherapy Massage .....£12.00**

A complete treatment of the face and body using a blend of oils chosen to suit individual needs.

**Reflexology .....£10.00**

A complete treatment to relax and restore. Pressure applied to the feet to promote energy balance within the body.

**Indian Head Massage .....£6.00**

Massage treatment to the upper back, head, neck and shoulders to ease stress, muscular aches and tension.

**Stone Therapy Massage.....£10.00**

An individual massage treatment using hot and cold stones to relax the body at its deepest level with profound effects on the mental, physical and spiritual levels of the body.

**Thermal Auricular Therapy (limited times available).....£6.00**

Effective treatment for colds, flu, sinusitis, tinnitus, headaches, jaw pain and stress using organic ear candles.

## Case Study Packages (6 treatments)

**Aromatherapy.....£50.00**

**Reflexology.....£45.00**

**Massage.....£45.00**

## Spa Days

**Beauty Treatments, 2 Course Lunch + Hair Treatment**

**Prices from .....£20.00**

## Mission Statement

Our mission is to provide quality education and development of a commercially viable workforce of stylists, therapists and technicians across a flexible, creative and industry led curriculum. Inspiration is committed to delivering a professional level of service in our fully equipped salons/clinics.

## Customer Care Policy

We appreciate that services may take longer than planned, be delayed, or on rare occasions appointments may be cancelled due to the salon being a student led learning environment. We will provide as much notice as possible in this instance. It may be necessary to reschedule your appointment if you arrive late. If you need to cancel your appointment please contact the appropriate reception desk ASAP. Treatments and services are available subject to recruitment and curriculum delivery. Additional information is available if you contact Inspiration Reception.

Thank you for supporting the education and development of our future professionals' *Hayley McKinstry - Programme Team Leader*

## Salon Opening Times\*

**Monday - Wednesday**

9.30am - 9pm

**Thursday - Friday**

9.30am - 4pm

\* Term time only

**Inspiration Hair & Beauty Salon**

Truro College, College Road, Truro, Cornwall TR1 3XX

t: 01872 265811

e: [inspirationhairandbeauty@truro-penwith.ac.uk](mailto:inspirationhairandbeauty@truro-penwith.ac.uk)

w: [www.truro-penwith.ac.uk](http://www.truro-penwith.ac.uk)



Part of Truro and Penwith College

# Hair Dressing

**Conditioning Treatments**..... from **£3.50**  
Treatments are also recommended via consultation.

## Styling & Dressing

**Finish**..... **£5.00**  
Includes shampoo and surface condition, the styling technique of your choice (or recommended) and finishing products.

**Long Hair Finish** ..... **£6.00**

**Hair Up**..... **£6.00**  
Medium to long hair is dressed up into the style of your choice. Guidance is given on suitable looks. Hair must be clean and dry for this service. If you require shampooing please book in a Finish appointment first.

## Cutting Services

**Ladies**

**Wet Cut (includes shampoo and surface condition)**..... **£5.00**

**Cut & Finish**..... **£10.00**

**Restyle**..... **£15.00**

**Gents**

**Gents Cut**..... **£2.50**

**Gents Wash & Cut**..... **£5.00**

**Beard Trim**..... **£1.50**

## Technical Services

**Colour**  
\* All colour services will require a skin test 48 hours prior to the appointment.

**Semi Permanent Colour\***..... from **£10.00**  
Enhance your natural tones and blend in those natural highlights! Our semi colours will last approximately 6-8 shampoos and nourish tired hair.

**Tone On Tone (Quasi)\***..... from **£15.00**  
Up to 50% coverage on grey hair and a stunning range of fashion shades to choose from. If you like to change your colour this is definitely for you!

**Full Head Bleach\*** ..... from **£20.00**

**Full Head Tint \*** ..... from **£17.00**  
100% coverage, a delicious selection of classic and fashion shades suited to any preference. The colour range will lighten or darken according to choice still providing a glossy shine.

**Tint Regrowth\*** ..... from **£16.00**  
The maintenance programme for your permanent colour choice.

## Highlights/Lowlights

**Cap Method (full head) \*** ..... **£16.00**  
Enhance your style with a full head of fine highlights.

**Partial (woven/foil)\*** ..... from **£25.00**  
Choose up to three shades and where you want your highlights placed with this versatile technique designed to suit your hairstyle and your pocket.

**Full Head (woven/foil)\*** ..... from **£30.00**  
A choice of fine or chunky woven highlights to suit your individual style.

**Slices\*** ..... **£2.50** each  
Brighten up existing colour or add detail to your hair cut.

## Exclusive Level 3 Techniques

**Colour Correction\*** ..... **Quotation**  
Had a home hair disaster or just needing a complete change from your existing colour? Please book in for a consultation to discuss your needs and a quote will be given according to your specific outcome. All colour prices include a treatment, finish and product/homecare advice. (Cuts are additional)

**Balayage** ..... **£35.00**

**Ombre** ..... **£35.00**

## Forme (Permanent Wave)

Fed up with straight hair?  
Create soft waves, texture or full on curls with Forme.

**Short Hair - Full Head**..... from **£10.00**

**Long Hair - Full Head**..... from **£20.00**  
Needing to add lift to one area of your style or wanting to balance uneven natural curls? We will put the volume back into your life!

# Beauty Therapies

## Facial Treatments

**Specialised Facial** ..... **£8.00**  
Using Kaeso product range, with steam and comedone extraction if required.

**Cleanse & Make Up**..... **£1.00**

## Advanced Facial Treatments

Using Dermalogica products with specialised equipment to enhance the skin's appearance.

**Intensive Facial Programme**..... **£50.00**  
Incorporates consultation and six weeks of one hour sessions to include specialised treatments and products to help improve skin condition, texture, muscle tone, lines and wrinkles.

**Dermatone Facial** ..... **£12.00**  
Improve and refine skin texture whilst regenerating the underlying tissues.

**Lymphatic Drainage Facial**..... **£12.00**  
To help eliminate toxins and improve a sluggish circulation.

**Non-surgical Facial** ..... **£12.00**  
A toning treatment to lift and firm the contours of the face.

**Micro Dermabrasion** ..... **£15.00**  
This non surgical skin resurfacing procedure immediately restores smoother younger looking skin.

**Micro Dermabrasion - course of 6 treatments** ..... **£70.00**

## Eye Treatments

**Strip Lash Application \*\*** ..... **POA**  
Full strip lashes placed just above the lash line to make the lashes look thicker and longer and give a more dramatic effect.

**Individual Eyelash Extensions \*\*** ..... **£15.00**

**Infills**..... **£10.00**

**Eyelash Tint\***..... **£5.00**

**Eyebrow Tint\***..... **£4.00**

**Eyebrow Shape - Tweeze**..... **£3.00**

**Lash Lift\***◇ ..... **£10.00**

**Lift and Tint** ◇ ..... **£12.50**

## Nail Treatments

**Manicure**..... **£6.00**

**Deluxe Manicure** ..... **£8.00**  
Hot oil, paraffin wax or a thermal masque will be chosen to provide deep conditioning to hands, nails and cuticles.

**Pedicure**..... **£7.00**

**Deluxe Pedicure**..... **£9.00**  
Paraffin wax or a thermal masque will be used to nourish and soften feet.

**Nail Art (including a nail tidy)** ..... **Quotation**

**Nail Extensions (acrylic or gel)** ..... **£12.00**

**Infills (acrylic or gel)**..... **£6.00**

**Repairs** ..... **£2.00** per nail

**Removal**..... **£3.00**

**Manicure with Micro Dermabrasion - anti-aging**..... **£10.00**

**Gel Polish (fingers or toes)** ..... **£10.00**

## Hair Removal Treatments

**Half Leg**..... **£7.50**

**Full Leg**..... **£10.00**

**Bikini/Underarm**..... **£5.00** each

**Upper Lip/Chin/Eyebrow** ..... **£4.00** each

**Blend Method of Electrolysis (up to 30 minutes)**.....

**Shortwave Diathermy Method (up to 30 minutes)** .....  
Both the above require a consultation to determine correct method. A new, sterile electrolysis needle is used for every treatment.

\*Tint services require a skin test 24/48 hours prior to application.

\*\* Adhesive patch tests are required 24 hours before treatment.

◇No further discount