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# basicsalon

Unisex Hair & Beauty Workshop

We specialize in meeting the key basic needs of the salon markets by providing a professional environment for qualified hairdressers, beauty therapists, manicurists, pedicurists, massage therapists and makeup artists to extend their skills.

## **A company “made by therapists for therapists, but voted by people”**

We are qualified practitioners who have passion for our occupations in hair, skin, body and nails. Our work is rated by votes cast by customers who believe that the hair and beauty markets should be staffed with highly skilled professionals. Their votes give basicsalon portfolios credibility, enabling us to meet to demand standard in the salon marketplace.

Our ground-breaking workshop is home to an ever growing number of qualified practitioners and offers a selection of more than 100 treatments. All our treatments are offered at exceptional value-for-money prices.

## **MEMBERSHIP**

**Only £60 for 12months** of access to over 100 treatment services with **discount 10% up to 100%** depending on choice of treatment service.

Pensioners and the disabled do not need to pay for Membership  
– Strictly Proof of ID necessary at all times.

**10% Discount** is valid from total of £10 onwards for those from the following:

- **School/University: Students, teachers, lecturers, staff**
- **NHS: Doctors, nurses, staff**
- **Community worker: police officers, fire officers, postmen, care takers, etc**
- **Charity Organisations**
- **Hair & Beauty practitioners: hairdresser, beautician, masseurs, etc**
- **Registered companies**

Strictly proof of ID with a valid date is necessary at all times or payslip not more than 3months old only is accepted. Terms and Conditions apply.

## ■ OTHER CHARGES

- Customers canceling within **24 hours** of appointments or failing to show up will be notified and liable for a **£10** deposit on any subsequent bookings.
- There will be a surcharge for specifically **requested** therapists or stylists at **£2** per treatment services and **up to £5** for our senior practitioner on non discount rates. This is to give a fair opportunity to all stylists and therapists, each of whom needs your feedback and votes on their work and performance.
- Card payment, there will be an additional charge of **50p** per transaction.

## ■ IMPORTANT NOTE

- It is compulsory to register as a customer to safe guard against possible contra-indications on some chosen treatments and to ease your future appointment bookings on our workshop system.
- **PT** Free Skin Patch Test. It is **mandatory** that tests should be done **minimum 24hrs prior** to related treatments requested. This is to avoid any contra-action and ineffective result on selected treatments.
- Do arrive five minutes prior to your appointment to register.
- Do wear old disposable clothes when doing any colouring, highlighting, perming or straightening treatments as we do not compensate for any damage to your clothes. We can also provide T-shirts and trousers for you to change.
- As a workshop you may at times have more than one therapist doing a treatment for you at the same time.
- You may then be asked to fill out our satisfaction voting sheet on practitioners' performance at end of treatments.
- Please read and agree to our terms and conditions before using our services. Further details can be found on our website: [www.basicsalon.com](http://www.basicsalon.com), customer page.

## ■ PRODUCT PURCHASE

- The amount of product needed would depend on the length and density of your hair. You can have your free consultation with the hairdresser to determine the amount your hair needs before any purchase is made. You buy and pay for only what you need – keeping within your budget.

## ■ WASH SHAMPOO & CONDITION

To achieve the best haircuts, blow-drying, setting and styling, the hair must be free of any products, dirt or oil – this allows a hairdresser to create the right cut and style for you.

We shampoo your hair to cleanse, condition and smooth it. You are welcome to bring your own product if preferred. We charge for our service: a stimulating scalp wash and relaxing conditioning massage.

**Short:** above shoulder length

**Medium:** on shoulder length

**Long:** below shoulder length

**Very Long:** waist length

### WASH + PLAIN DRY

Time (min)	Non-Members (£)	Basic Members (£)
15	8	6

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## ■ TRIM/CUT

Our hairdresser will help you get the right look and can personalise a chosen cut to suit you perfectly. Bring in a sample picture or create a style with us.

We charge according to the choice of techniques used to achieve your look. For short boyish cuts, we include styling to finish but for all other looks, we charge only for the cut - you can choose to upgrade with your preferred styling.

MEN	Time (min)	Non-Members (£)	Basic Members (£)
<b>Shave Head*</b> (single number clipper cut only)	10	10	8
<b>Classic Cut</b>	30	15	12
<b>Scissor Cut</b>	40	18	15

## LADIES

<b>Fringe Cut</b>	5	6	Free
<b>Basic Long Hair Back Straight Cut Only</b>	10	10	8
<b>Dry Trim Only</b> (no wash)	30	22	18
<b>ALL STYLE WASH + CUT + PLAIN DRY FINISH ★</b>	45	25	20
<b>ALL STYLE WASH + CUT + BLOW-DRY STRAIGHT FINISH ★</b>			
<b>Short</b>	45	28	23
<b>Medium - Long</b>	1-1hr 15	33	28
<b>Long - Very Long</b>	1-1hr 30	38	32
<b>Add Wave Curl Blow-dry Finish</b>	15	+2	+2

## CHILDREN

<b>Child up to 10 years old*</b>	30	12	10
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\*Children's hair must be clean and freshly washed on the day. We cut only and blow dry is not included.

★ Treatments at better value

## ■ STYLE FINISH

We can creatively style your hair, helping you achieve new looks all the time or for special occasions. We can style all types of hair, from straight to curly/Afro types – blow-dry, set to straighten, wave, curl or just enhance your natural look. Executive styling, formal wedding styling, to your preferences any day, giving you a variety of superb finishes to walk out with.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>WASH + BLOW-DRY/SET/TONGS/STRAIGHTENERS</b>			
Short	20	15	12
Medium	30	18	15
Long	45	20	17
Very Long	1hr	23	20
<i>Add Wave Curls Finish</i>	15	+5	+5

### NATURAL CURLY/AFRO HAIR STYLING

#### WASH + SET/BLOW-DRY/CURL

Short - Medium	30	20	15
Medium - Long	45	25	22
Long - Very Long	1hr	30	25
<i>Add Wave Curls Finish</i>	15	+3	+3

### FORMAL HAIR STYLING/BRIDAL

Hair Styling Blow-dry	45	25	22
Partial Hair Up	45	25	22
Full Hair Up	1hr	30	25
BRIDAL: Hair only	1-2hr	50	40
BRIDAL: Hair + Makeup ★	2-3hr	100	80

★ Treatments at better value

## ■ HAIR PERMANENT STRAIGHTEN/CURLS/WAVES/VOLUME **PT**

This treatment gives a permanent styling to your hair that last up to six months. We can straighten curly hair, curl straight hair or add waves and volume to enhance your natural styling.

You have the opportunity to choose your preferred product from our in-shop stand or to bring your own.

This treatment requires minimum 24hr patch test and consultation with our hairdresser.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>APPLICATION + WASH + ENDS TRIM + STYLING FINISH*</b>			
Short	3hr	70	60
Medium	3.5hr	80	70
Long	4hr	90	80
Very Long	4.5hr	100	90
Super Long	5hr	120	100

\*Patch test and consultation with hairdresser minimum 24hr prior to treatment.

## ■ HAIR COLOURING **PT**

For a new look, you can consider colouring to change your existing hair or to enhance your natural hair colour. We do from semi-permanent to permanent tint colours that last for a month before you retouch your roots again and blend the colour back in.

You have the opportunity to choose your preferred product which may be from our in-shop professional **Organic and Natural range** or your own. In order for us to keep price low, we charge you only for our skill and time in our treatment services.

You can always upgrade your finishing preferences to a styling blow-dry for a perfect look to go.

**For our in-shop Organic and Natural product purchase, consult with our colourist.**

	Time (min)	Non-Members (£)	Basic Members (£)
<b>APPLICATION + WASH + PLAIN DRY</b> <small>Product not included</small>			
Consultation	15	5	Free
Roots	1hr 15	25	20
Full Head	2-3hr	30	25
Shampoo Lightening/Toning	45	20	15



## ■ HIGHLIGHTS/LOWLIGHTS **PT**

This is a fantastic way of enhancing your natural hair colour. You can either lighten or darken your natural look by placing streaks through your hair. From T-sections to funky streaks to full-head highlights – you can mix from two to four different shades.

You have the opportunity to choose your preferred product range, which may be from our in-shop product stand, or your own.

This can be in combination with hair colouring to give a dramatic change of natural tone for a completely new look.

**For product purchase, consult with our colourist.**

	Time (min)	Non-Members (£)	Basic Members (£)
<b>APPLICATION + WASH + PLAIN DRY</b> <small>Product not included</small>			
Consultation	15	5	Free
Random up to 10 Foils	45	25	20
T-section Foils	1hr	40	30
Half Head with Foils	1.5hr	50	40
3/4 Head with Foils	2hr	55	45
Full Head with Foils	2.5hr	60	50
Half Head Highlights/Lowlights + Colour	3hr	65	55
Full Head Highlights/Lowlights + Colour	3.5hr	75	65
<b>Popular</b> Ombre/Dip Dye/Ombre Foil	1.5hr	40	35
<b>Popular</b> Ombre/Dip Dye/Ombre Foil + Toner	2hr	45	40
<b>Popular</b> Ombre/Dip Dye/Balayage/Ombre Foil + Random H/L	2.5hr	50	45
<b>Popular</b> Ombre/Dip Dye/Balayage/Ombre Foil + Colour	3.5hr	60	55

## ■ HAIR TREATMENT

This treatment is to soften, moisturise, nourish, and strengthen the hair. It is highly recommended for coloured, straightened, permed or highlighted hair, and for maintenance of natural healthy hair. It helps to revive the hair and improve its condition. You are welcome to bring your own preferred treatment product for us to use on you or choose from in-shop professional range.

You can always upgrade your finish by adding a styling blow-dry.

### ORGANIC CONDITIONING TREATMENT

From our in shop Organic Certified professional range to repair, strengthen, hydrates, smooth and scalp soothing for all hair types. Welcome to purchase the home-care range in shop for best effective and long lasting result.

### KERATIN CONDITIONING TREATMENT

Condition, Smooth, Repair and strengthen for weak, damaged, chemically treated hair type

### **Popular** BRAZILIAN KERATIN TREATMENT (Brazilian blow-dry) **PT**

Remove frizz and tames curl: smooth, soft, rejuvenate, hydrate for all hair types.

- Formulated without using Formaldehyde
- Last 3 to 4 months
- Home care not included

APPLICATION + HEAD MASSAGE + STEAM + WASH + PLAIN DRY	Time (min)	Non-Members (£)	Basic Members (£)
Organic Conditioning Treatment	45	24	18
Keratin Conditioning Treatment	45	23	18
Brazilian Keratin Treatment			
Short	2.5hr	70	60
Medium	3.5hr	80	70
Long	4.5hr	90	80
Very Long	5hr	100	90

## ■ EYE TREATMENTS

### EYEBROW & EYE LASH TINT **PT**

This is the use of colour to enhance your brows and eyelashes. It is recommended for naturally light brows and lashes. It lasts a minimum of one month before your next retouch, so no more running mascara, though you can use it for extra emphasis and achieve a dramatic look.

For lashes choose from **dark brown, black, and blue black.**

For brows choose from **brown, dark brown or brown black.**

Add eyebrow shaping to frame your eyes perfectly.

### EYELASH PERM **PT**

This is recommended for straight eyelashes; a curl opens and emphasises the eyes. It's great for those who constantly curl their lashes and would like to achieve permanency with the look. This curling product is gentle and especially made for the eyelashes. It lasts up to 3 months before your next visit.

### EYE MAKE-UP

For a new look, a special occasion or for those who are inexperienced themselves, makeup can add beauty, excitement and freshness, for your eyes to look dazzling all the time.

### EYEBROW CLEAN AND SHAPE

Brows act as frames for your eyes and it is important to have the right shape to enhance them, achieving the best from your natural look. For men and women, we clean and shape the eyebrows using different techniques.

Waxing gives a clean shape to the eyes, removing all unwanted hair, thick or fine. In combination with plucking. It gives maximum shape and emphasis to the eyes.

Threading is an ancient way of removing facial hair, which is becoming more and more popular within the modern salon market. This method requires great skill. It uses thread to remove all hair, thick and fine giving the very best shape for the delicate skin around the eyes.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Eyebrow Tint</b>	15	6	5
<b>Eyelash Tint</b>	25	13	10
<b>Eyelash Perm</b>	1hr	25	20
<b>Eyebrow Wax</b>	15	7	5

## ■ FACIALS

This is a treatment ideal for both men and women, improving skin condition, restoring its natural balance and giving you a great feeling of well being. We offer a wide range of cleansing systems for your face, from basic to advanced, personalising for individual skin types. These treatments can be performed in combination with facial electrotherapy (check for contra-indication) to accelerate the improvement of your skin.

We use mainly organically certified natural product ranges; free from harsh chemicals and animal testing, which you can also purchase from the in-shop product stand for aftercare and home care. You can also chose to use your own preferred ranges, which we can incorporate into our facial cleansing treatments.

## FACIAL MASSAGE

This is a relaxing treatment which improves circulation, assists in toning and hydrates facial skin. It can be incorporated into Indirect High Frequency treatments (check for contra-indication) for deeper absorption and relaxation. Best results are achieved if this treatment is performed on a weekly basis.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Relax</b> (Cleanse + Massage + Hot towel + Tone + Moisturise)	30	20	17
<b>Rejuvenate</b> (Cleanse + Exfoliate + Massage + Mask + Hot towel + Tone + Moisturise)	40	23	20

## ■ FACIAL TREATMENTS

These are deep cleansing treatments to remove dead skin cells and impurities, specifically chosen for individual skin types. They include steam to soften the skin and can be incorporated with electrotherapy (check for contra-indication) for better absorption, accelerated cell renewal, healing and general improvement of your skin.

### FULL FACIAL FOR INDIVIDUAL SKIN TYPE

- Calms sensitive skin
- Hydrate dry or dehydrated skin
- Balance combination skin accordingly

### **Popular** EXTRACTION FACIAL FOR OILY/CONGESTED/ACNE PRONE SKIN

Remove black heads, congestions and improve skin condition for deep cleansing and acne prone skin

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Full Facial for Individual Skin Type</b> (Consultation + Cleanse + Exfoliate + Massage + Steam + Mask + Tone + Moisturise)	1hr	28	23
<b>Extraction Facial for Oily/Congested/Acne Prone Skin</b> (Consultation + Cleanse + Exfoliate + Steam + Extraction + Massage + Mask + Tone + Moisturise)	1hr 15	33	28
<b>Add in Electro Therapy*</b> Direct High Frequency for Oily/Congested/Acne Skin Indirect High Frequency for Dry/Sluggish Skin Vacuum Suction for All Skin Type	5	+5	+3

\*For more information see next page

## ■ **FACIAL ELECTROTHERAPY** Check for contra-indication

This is an electrical facial treatment which works with your body's natural electricity. It will improve your skin condition, contours and muscle tone, stimulating blood flow, assisting lymphatic drainage and giving you overall relaxation. This treatment is incorporated with our facials, for enhancement, or can be used alone. A course of treatments is highly recommended for best results and full benefits.

It is essential that we are aware of anything which may restrict the effectiveness of this treatment: your medical history, contra-indications and contra-actions. You must inform the therapist of any possible contra-indications on every visit as your condition may change. This will help to avoid adverse reactions or the ineffectiveness of treatments.

Skin sensitivity tests will be necessary for these treatments.

## **DIRECT HIGH FREQUENCY TREATMENT\***

This method is used on oily skin or oily areas of combination skin to prevent and destroy bacteria. This will assist the healing of acne or pustular skin, improve the condition of blemished skin, tightening pores and stimulating skin renewal. Best results are achieved through use as a follow up in between treatments for deep cleansing extraction facials on oily congested/acne-prone skin types.

## **INDIRECT HIGH FREQUENCY TREATMENT\***

This method is used with massages to improve the condition of dry or sluggish skin, aiding in deeper absorption of the massage medium for more effective results and greater relaxation. Best results are achieved from a course of treatments on a weekly basis for dry/dehydrated skin types in combination with facial massage.

## **VACUUM SUCTION TREATMENT\***

This method uses suction applied to the facial tissues by moving cups. It gives a sensation similar to, but distinct from, massage. It is relaxing and is used to improve poor blood circulation, stimulate lymphatic drainage, reduce areas of fluid retention and assist with removal of fatty deposits, for example on the chin and jaw area. It can also aid the de-congestion of blocked pores, improving the appearance and condition of the skin. Best results are achieved from a course of treatments on a weekly basis for all skin types (not for acne-prone skin).

\*Restrictions apply

<b>FACIAL ELECTROTHERAPY</b>	<b>Time (min)</b>	<b>Non-Members (£)</b>	<b>Basic Members (£)</b>
<b>For Individual Facial Skin Type</b>	<b>30</b>	<b>20</b>	<b>15</b>

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Facial with:

### **Direct High Frequency**

Cell renewal for oily congested/Acne skin  
(Cleanse + Treatment + Mask + Hot towel + Tone + Moisturise)

### **Indirect High frequency**

Improve skin condition for dry/sluggish skin  
(Cleanse + Treatment + Massage + Mask + Hot towel + Tone + Moisturise)

### **Vacuum Suction Facial**

Improve circulation, lymphatic drainage for all skin types  
(Cleanse + Treatment + Massage + Hot towel + Tone + Moisturise)

**Save** Course of 5 Treatments (Pay 4 + 1 Free)

## **NON SURGICAL FACE-LIFT**

This method is used to promote skin healing, softening lines, wrinkles and creases. It maintains a youthful appearance, reduces areas of puffiness and fluid retention, toning and tightening muscles. The treatment improves skin colour and texture, assisting in combating the signs of ageing.

	<b>Time (min)</b>	<b>Non-Members (£)</b>	<b>Basic Members (£)</b>
<b>Non Surgical Face-lift</b> (Cleanse + Treatment + Massage + Mask + Tone + Moisturise)	<b>1hr</b>	<b>30</b>	<b>25</b>

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**Save** Course of 5 Treatments (Pay 4 + 1 Free)

## ■ FACIAL HAIR REMOVAL

We offer you two different methods of hair removal for the face: waxing and threading.

**Waxing** is performed with warm strips; removing all hairs and aiding in dead skin removal. This is recommended for coarse hair on non-sensitive skin.

**Threading** is achieved by using a thread to remove the hair, without pulling on the skin. This is therefore recommended for sensitive skin types. Check on therapist availability.

	Time (min)	Non-Members (£)	Basic Members (£)
Cheeks	10	4	3
Chin	5	4	3
Eyebrows	15	7	5
Forehead	10	5	4
Neck	10	5	4
Sides	10	5	4
Upper Lip	5	4	3
Full Face (+/- Eyebrows)	30	23	20

## ■ MAKE-UP

We offer full make-up design, from basic to advanced. If you desire a specific look, please bring in a photo or magazine clipping for the consultation.

	Time (min)	Non-Members (£)	Basic Members (£)
Consultation	15	Free	Free
Basic Make-up	30	20	15
Special Occasion	45	30	25



## ■ BODY HAIR REMOVAL

We use warm strip wax as it is the modern effective method of body hair removal. It is quick, clean and precise – especially suitable for shaping patterns on the bikini area.

LADIES	Time (min)	Non-Members (£)	Basic Members (£)
Arms: ½	15	10	8
Arms: Full (+ Fingers)	25	14	10
Bikini: Extended Line (Sides + Top)	15	15	10
<b>Popular</b> Bikini: Shape 'Brazilian' (Sides + Top + Butt Line)	20	25	20
<b>Popular</b> Bikini: Full 'Hollywood' (All + Butt Line)	20	25	20
Buttocks (+ Butt Line)	15	8	6
Back: ½ Upper (+ Neck)/Lower	15	8	6
Back: Full (+ Neck)	20	14	10
Legs: ½ Upper/Lower (+ Feet & Toes)	15	17	13
Legs: ¾ (+ Feet & Toes)	20	21	17
Legs: Full (+ Feet & Toes)	30	24	19
Tummy Line	3	2	Free
Tummy Area	15	8	6
Underarms	15	7	5
Small Bits only: Toes/Fingers/Neck/Others	2	2	Free

MEN	Time (min)	Non-Members (£)	Basic Members (£)
Arms: 1/2	15	10	8
Arms: Full (+ Fingers)	20	14	10
Back: 1/2 Upper (+ Neck & Shoulder)/Lower	15	10	8
<b>Popular</b> Back: Full (+ Neck & Shoulder)	20	17	13
Brief & Sack	45	30	25
Buttock & Crack	20	12	8
Chest: 1/2 Upper/Lower	15	10	8
Chest: Full	20	17	13
Legs: 1/2 Upper/Lower (+ Feet & Toes)	20	17	13
Legs: 3/4 (+ Feet & Toes)	25	21	17
Legs: Full (+ Feet & Toes)	35	24	19
Neck & Shoulder	15	10	8
Underarms	15	7	5
Small Bits: Toes/Fingers/Neck/Others	2	2	Free

## ■ BACK CLEANSING

This treatment cleanses the skin of your back where it is hardest for you to clean. It can treat spots, blemishes and congestions, removing dead skin cells and impurities in specific skin types. It includes steam to soften the skin and can be incorporated with electrotherapy for better absorption, accelerated cell renewal, assisted healing and generally improved skin condition (check for contra-indication).

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Back or Chest Cleansing</b> (Cleanse + Scrub + Massage + Steam + Extraction <i>if any</i> + Mask + Hot Towel Finish)	45	30	25

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## ■ BODY EXFOLIATION

Assists in the removal of dead skin cells and helps to generate new skin growth. Also aids in avoiding ingrown hairs. Generally improves skin condition.

<b>Full Body Exfoliation + Moisturise</b> (Hot Towel + Scrub + Moisturising Massage)	45	30	25
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## ■ BIK-ACIAL

Bik-acial (bikini facial) is a new treatment for cleansing the skin around the bikini area to remove blackheads, ingrown hairs and to improve the skin condition of the area. It is recommended after every 3rd bikini hair removal. This treatment can only be done within the next following 5 days after waxing. (Launched in Jan 2009)

<b>Special Bik-acial*</b> (Cleanse + Exfoliate + Steam + Black Head & Ingrown Hair Extraction + Mask + Soothing Gel)	45	23	18
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\*Special treatment for cleansing of the skin around the bikini area to remove blackheads, ingrown hairs and to improve the skin condition.

## ■ **BODY ELECTRO TREATMENT** Check for contra-indication

This treatment works with your body's natural electricity. It improves your skin condition, your muscle tone and blood flow, it assists with lymphatic drainage, gives you overall relaxation and heightens your sense of well being.

Commonly used in conjunction with manual skin treatments for enhancing their results, it can also be used alone.

A course of treatments is highly recommended for effective results and full benefits.

## **BODY MASSAGE WITH INDIRECT HIGH FREQUENCY**

This is a treatment used with massages to improve the condition of dry or sluggish skin. It aids in deeper absorption of the massage medium for more effective results and relaxation.

## **BODY TONING WITH MICRO-CURRENT**

This method is used on the body (buttocks, upper arms and breast), to promote circulation, improve tone and tighten muscles. It works best in conjunction with physical toning exercises and full body massage.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Body Massage with Indirect High Frequency</b> (Cleanse + Treatment + Massage)	30	25	20
<b>Body Toning with Micro-current</b> (Cleanse + Treatment + Massage)	30	20	15

**Save** Course of 5 Treatments (Pay 4 + 1 Free)

## ■ BODY MASSAGE

Our most popular treatment, massage releases tensions and can make your day. Pop in at lunch time or at any time between 10am and 8pm. Massage helps to improve blood circulation, moisturises your skin and assists in relaxation for overall well being.

We offer this treatment in a choice of mediums: oil, or talcum powder. Oil is used on all skin types but is especially beneficial for dehydrated, dry or mature skin. Talcum powder is excellent for oily or acne prone skin types, or those who don't like an oily finish.

We offer a range, from on-chair Indian head massage to full-body couch massage. We charge according to the amount of time you require and you can request the specific areas you prefer, focusing tension release on the desired part of your body. You can even book in for a relaxing snooze to help you re-energise during the day.

As always, you are welcome to bring your own products for us to use in preference.

Please note that you are asked to arrive at least 5mins prior to your appointment to register yourself in for any contra-indications. The therapist availability is limited to the time you book in, from consultation to the close of the treatment. If you arrive late or start late, our therapists will do the utmost within the time booked.

## CHAIR MASSAGE

This massage is stimulating, vigorous and developed to give you a sense of release.

With this treatment, you remain fully dressed. We offer Indian head massage to achieve tension release in specific areas.

Target areas: Head + Neck + Shoulder + Arms / Arms + Hands / Head + Face /  
Legs + Foot massage

## COUCH MASSAGE

This massage is relaxing, healing and developed to give you a heightened sense of well being.

We cover partial to full body massage. It can be supplemented with the use of a massage medium and hot towel rub. For this treatment, you are partly undressed and under cover.

CHAIR MASSAGE	Time (min)	Non-Members (£)	Basic Members (£)
Message 10	10	10	7
Message 15	15	15	10
Message 20	20	20	15

**Please note:** You can incorporate head, neck and shoulder massage into your hair treatment sessions and get your hair nourished and treated simultaneously. Course of treatments would be highly beneficial for accumulated knots of aches and pains.

COUCH MASSAGE	Time (min)	Non-Members (£)	Basic Members (£)
Message 30	30	25	20
Message 1hr	1hr	45	40

**Save** Course of 5 Massages (Pay 4 + 1 Free)

## ■ MANICURE

For both men and women, this treatment is designed to tidy cuticles and clean your natural nail area, making your hands healthy and presentable. You don't need long nails to have a manicure, just natural fingernails without artificial nail coverage.

We highly recommend this treatment on a weekly basis to maintain healthy looking nails. We encourage you to have your nail polish removed before you come, so our therapist can spend more time on the actual treatment of your nails.

Our therapists will do as much of the full treatment as possible within the time set. And if you need more time for any extra nail or cuticle work, there will be additional charges. We recommend you do regular maintenance on your nails to save time and to gain full benefits from these treatments.

You are welcome to bring your own preferred nail polish or choose from our in shop selections.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Removal of Existing Nail Polish</b> (without manicure)	5	2	2
<b>Nail Polish</b> (paint only)	10	7	5
<b>French Polish</b> (paint only)	15	8	5
<b>Nail Cut &amp; File</b>	15	8	5
<b>Basic Manicure</b> (Cut & File + Paint)	30	15	10

### MANICURE

<b>Popular Manicure</b> (Cut & File + Soak + Cuticle Push & Trim +/- Paint)	40	18	15
<b>French Manicure</b> (Manicure + French Polish Paint)	45	23	18
<b>Deluxe Manicure</b> (Cut & File + Soak + Cuticle Push & Trim + Exfoliate + Moisturise + Heated Mitts +/- Paint)	1hr	25	20

## ■ MANICURE TREATMENTS

This treatment is for intensive care, restoring the hands and nails. It is recommended as a fortnightly treatment for nail maintenance and highly recommended for use after nail extensions, to strengthen the nails, nourish and moisturise.

It is particularly beneficial for dry hands and nails, perfect during winter, and can be performed as part of a full manicure treatment in order to enjoy the very best results.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Popular</b> Paraffin Manicure for Extreme Dry Nails, Cuticle and Hands (Cut & File + Cuticle Oil Massage + Cuticle Push & Trim + Exfoliate + Hand Massage + Paraffin Wax + Heated Mitts +/- Paint)	1hr 15	30	25

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**Please note:** There will be additional charge for extra treatments requested.

EXTRA TREATMENTS	Time (min)	Non-Members (£)	Basic Members (£)
French Polish (instead of normal paint)	10	5	3
Hand Exfoliation or Moisturise or Hand Massage	5	4	2

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## ■ PEDICURE

For both men and women, this treatment cleans your feet and tidies your toenails, making them clean, healthy and beautiful. Like a manicure, it is designed to work on your cuticles and toenail area, preventing ingrowing nails and avoiding discomfort for your feet. This treatment is highly recommended on a fortnightly basis to maintain healthy feet.

The **Foot spa (Fs)** is an essential part of this treatment, for hygiene and for the most effective results in removing the build up of skin on the soles of your feet. We encourage you to have your toenail polish removed before you come, so more time can be spent on the actual treatment of your feet. We will charge extra to remove any existing nail polish.

Our therapists will do as much of the full treatment as possible within the time set. And if you need more time for any extra work, there will be additional charges. We recommend you do regular maintenance on your feet to save time and to gain full benefits from these treatments.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Removal of Existing Nail Polish</b> (without pedicure)	5	2	2
<b>Paint</b> (nail polish application only)	10	7	5
<b>French Paint</b> (French polish application only)	15	8	5
<b>Basic Pedicure</b> (Cut & File +/- Paint)	30	15	12

## PEDICURE

<b>Pedicure</b> (Cut & File + Fs + Cuticle Push & Trim +/- Paint )	45	20	15
<b>French Pedicure</b> (Cut & File + Fs + Cuticle Push & Trim + French Paint)	55	25	20
<b>Popular Deluxe Pedicure</b> (Cut & File + Fs + Cuticle Push & Trim + Scrub & File Sole + Exfoliate Feet + Moisturise + Heated Boots +/- Paint)	1hr	28	23

## ■ PEDICURE TREATMENTS

This is an intensive care and maintenance treatment for your feet: toes, nails and soles. It helps prevent the soles from drying and cracking and keeps your feet healthy and comfortable. This treatment is recommended on a fortnightly basis and achieves best results on pedicured feet.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Exfoliate &amp; Moisturise for Extreme Dry/Crack Sole*</b> (Hot Fs + Hard Skin Removal + Scrub & File Sole + Exfoliate Feet + Feet Treatment Massage + Paraffin Wax + Heated Mitts + Moisturise)	45	22	18
<b>Mask Pedicure for Maintaining Healthy Feet</b> (Hot Fs + Cuticle Push & Trim + Hard Skin Removal + Scrub & File Sole + Exfoliate Feet + Feet Treatment Massage + Mask + Heated Mitts +/- paint)	1hr 10	30	25
<b>Popular Paraffin Pedicure for Extreme Dry Nails and Feet</b> (Hot Fs + Cuticle Push & Trim + Hard Skin Removal + Scrub & File Sole + Exfoliate Feet + Cuticle Oil Massage + Feet Treatment Massage + Paraffin Wax + Heated Mitts +/- paint)	1hr 15	32	27

## EXTRA TREATMENTS

	Time (min)	Non-Members (£)	Basic Members (£)
<b>French Polish</b> (instead of normal paint)	10	5	3
<b>Ingrown Nail Removal</b>	15	7	5
<b>Toe Hair Removal</b>	3	2	Free
<b>Feet Massage</b>	5	4	2
<b>New Gel Polish</b> (instead of normal paint)	20	10	10
<b>New Gel French Polish</b> (instead of normal paint)	20	15	15

\*This Pedi Treatment does not include work on the toe nails. Our therapists would be happy to give you any necessary advice to assist you in maintaining clean healthy feet.

## ■ GEL POLISH New

Gel nail polish is the new revolutionary nail polish colour that lasts for two to three weeks without cracking, chipping or peeling. The polish stays just as shiny from one week to the next, leaving you with a beautiful manicure from application to removal.

All gel services performed are soft gel that come in bottles of variety colours and it requires curing, or hardening, under LED light. The removal is soak off in acetone and smooth down for any change of colour.

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Gel Manicure</b> (Cut & File + Soak + Cuticle Push & Trim + Gel Colour Polish)	1hr	28	25
<b>Gel French Manicure</b> (Cut & File + Soak + Cuticle Push & Trim + Gel French Colour Polish)	1hr 10	32	28
<b>Gel Pedicure</b> (Cut & File + Soak + Cuticle Push & Trim + Gel Colour Polish)	1hr 15	30	25
<b>Gel French Pedicure</b> (Cut & File + Soak + Cuticle Push & Trim + Gel French Colour Polish)	1hr 30	35	30
<b>Gel Colour</b> (application only)	20	15	12
<b>Gel French Colour</b> (application only)	30	18	15
<b>Gel Polish Colour</b> (removal only)	20	15	12
<b>Gel Polish Removal &amp; Reapplication</b> (colour only) ★	40	25	20
<b>Gel Polish Removal &amp; Reapplication</b> (French colour only) ★	50	30	25

### Add Gel Polish into Deluxe Manicure or Pedicure Treatments

Gel Colour	+10
Gel French Colour	+15

★ Treatments at better value

## ■ ALTERNATIVE THERAPY

This is an ancient and natural therapy which originated with the Indians of North Arizona. A pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. These ear candles induce a revitalising heat upon the head and ears, which soothes, relieves and relaxes. This treatment aids with the following problems:

- Excessive wax in the ears
- Discomfort in ears and sinuses
- Regulating pressure where it relates to rhinitis, sinusitis, glue ear, colds/flu and migraines
- Poor hearing
- Noises in the ears, ringing and Tinnitus
- High stress

	Time (min)	Non-Members (£)	Basic Members (£)
<b>Hopi Ear Candles</b> (Ear Examination + Treatment + Ear Cleaning + Facial Lymphatic Drainage Massage + Tone + Moisturise)	1hr	28	25

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**Save** Course of 5 Treatments (Pay 4 + 1 Free)

## ■ GIFT VOUCHERS ARE AVAILABLE

We offer gift vouchers of denominations: **£5** or **£10**. These can be purchased from reception at the shop. These vouchers are non-redeemable and can be used as payment for treatments only. If the person who receives the voucher is a member, then it is redeemable for treatments at membership prices. It is valid for six months from purchase.

All prices include VAT.

For further information and monthly promotional treatments, please visit our website [www.basicsalon.com](http://www.basicsalon.com)