

STRANDS

SALON/SPA



SERVICE MENU

3 CLOVER WAY | WOOLRAM WYGATE | SPALDING | Lincs | PE11 3GD

01775 768999

WWW.STRANDSOFSPALDING.CO.UK

Aveda Hair Services

		SENIOR DIRECTOR	DESIGNER	SENIOR STYLIST	STYLIST	NEW TALENT
LADIES						
Hair cut	from	£35	£32	£29	£25	£20
Blow dry	from	£26	£24	£22	£19	£16
Shampoo, cut & finish	from	£47	£43	£38	£36	£25
Hair up	from	£35	£30	£30	£25	£25

GENTS						
Shampoo, cut & finish	from	£23	£22	£19	£16	£14
Grey Blend / Toner	from	£20	£20	£20	£20	£20

CHILDREN						
Under 5's	from	£10	£10	£10	£10	£10
5 - 10 years	from	£20	£20	£20	£15	£15
11 - 15 years	from	£25	£25	£25	£20	£20

COLOUR

Aveda vegan treatment hair colour is fully customisable for unlimited shade possibilities. Protective botanical oil blend with certified organic baobob, sachu inchi and avocado oils for enhanced conditioning and shine. Dermatologist tested, 96% naturally derived, vegan, cruelty free formulas.

Consultation30 minutes - £20

We recommend our guests have a consultation prior to their first colour appointment where they can meet their stylist and discuss their colour concerns and possibilities.

Prices will depend on the length and density of your hair. The Consultation fee is redeemable on your colour appointment. Allergy test required at least 48 hours prior to your appointment if you have not had an Aveda Colour in the last 6 months.

BOTANICAL THERAPY INSTANT HAIR TREATMENTS

Intense moisture and repair with customised treatments to meet your personal needs.

Scalp Detox.....	from	£10
Instant Moisture Boost.....	from	£10
Glossing Service.....	from	£18
Botanical Repair (<i>Enjoy the power of Botanical Repair during your colour service</i>).....	from	£20

PERMS

		SENIOR DIRECTOR	DESIGNER	SENIOR STYLIST	STYLIST	NEW TALENT
Including cut & finish	from	£90	£85	£80	£75	£65
Spiral / Long hair	BY CONSULTATION					

Body Treatments & Massage Therapy

Aveda Spa merges plant-based skin and body care products, with the art of high-touch experience to offer you a customised spa treatment based on your specific skin and body's needs. All spa treatments include a thorough elemental naturesm consultation to create a holistic facial, body treatment or massage therapy that is designed just for you.

AROMA BODY POLISH

The Aveda Aroma Body Polish Treatment is an exfoliating treatment featuring customised Aroma Hot Oil and Aveda body care products and aromas. This treatment includes an all over body exfoliation followed by a full-body massage, including scalp.

.....60 minutes - *from* £50
.....90 minutes - *from* £60

BACIAL

A facial for your back that includes a deep exfoliation and extractions. A rich seaweed masque is applied after a deep scrub to remove impurities, then cleansed using hot towels. Perfect if you are having skin issues on your back, seasonal skin changes, or prior to a special occasion.

.....30 minutes - *from* £35

AROMA MASSAGE

Stress, muscle tension and lack of energy can all be addressed with a customised massage treatment. Massage treatments are recommended on a weekly, monthly or quarterly basis to achieve and maintain optimal results. Your massage therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations.

Back, Neck & Shoulder.....30 minutes - *from* £35
Indian Head Massage.....30 minutes - *from* £35
Full Body60 minutes - *from* £50
Full Body, Scalp & Face.....90 minutes - *from* £65

CHAKRA BALANCING MASSAGE

An innovative massage experience that focuses on seven chakra centres using a variety of massage techniques. Combining the Aveda Chakra™ Balancing Blends with deep tissue massage, reflexology work and chakra energy work will lead to stress relief, decreased muscular tension and increased energy.

Chakra Balance.....60 minutes - *from* £50
with Reflexology.....90 minutes - *from* £65

Spa Services

LAVA SHELL MASSAGE

Lava Shells are the first mineral heated massage tool with continuous heat that allows a deeper massage to ease muscle and joint aches and pains. The radiating heat from the shells release tension and leaves you feeling instantly stress free and rejuvenated.

Back	45 minutes - £35
Full Body	60 minutes - £55

REFLEXOLOGY

This is a very effective form of foot massage. It is a specific pressure technique that works on precise reflex points on the feet that correspond with the body to promote self-healing from within. Induces deep relaxation. This treatment can be complimented with an additional treatment concentrating on a specific problem area.

Reflexology treatment	40 minutes - £35
With additional specific area treatment	90 minutes - £60

HOPI EAR CANDLE

Thermotherapy for the head and ears - Hopi means peaceful.

The warmth and heat of the fabric candles causes a vacuum in the ear and combined with the aroma essences has an excellent effect on sinuses, glue ear, headaches, tinnitus and also helps ear, nose and throat problems generally.

One of its main benefits is to loosen and remove excess wax from the ears and is an alternative to having the ears syringed.

.....	30 minutes - £30
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CRYOPEN® CRYOTHERAPY TREATMENTS

This advanced cryotherapy innovation delivers an ultra-coldjet of high pressure N₂O directly onto skin lesions. The CryoPen offers very quick treatment times whilst the innovative pinpoint tip ensures accuracy, enabling your therapist to treat lesions of varying sizes, without affecting the surrounding, healthy tissue.

Ideal for the removal of skin tags, warts, age spots, sun spots, liver spots and verrucas.

.....	30 minutes - from £25
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Aveda Facial Treatments

After a thorough consultation, your skin therapist will provide the best combination of products, personalised Aveda aromas and techniques to design a customised treatment that will move your skin toward balance and reveal its natural beauty. Facial treatments are recommended on a weekly or monthly basis to achieve and maintain optimal results.

TULASĀRA™ FACIAL TREATMENTS

Visibly transform your skin with high-performance facial treatments powered by dual-plant technologies, using custom blends and therapeutic elements of aroma, hot and cold, energy balancing and massage techniques that reveal natural beauty in just one treatment.

.....30 minutes - from £3060 minutes - from £4590 minutes - from £60

BOTANICAL SKIN RESURFACING TREATMENT

Energise the look of your skin with a professional facial treatment that helps smooth skin texture and reduce the appearance of pores, fine lines and wrinkles while significantly increasing radiance - all with less visible redness and irritation than a microdermabrasion procedure.

.....30 minutes - from £3060 minutes - from £4590 minutes - from £60

PERFECTING PLANT PEEL™

Helping to retexturise skin, smooth fine, dry lines; refine the look of pores and restore radiance. Safe for acneic skin conditions, the Perfecting Plant Peel™ can be performed as a standalone treatment or added to any other facial treatment any time skin needs the exfoliation and radiance benefits of a 30% glycolic peel procedure with less of the associated redness and irritation.

.....30 minutes - from £3060 minutes - from £4590 minutes - from £60

DUAL EXFOLIATION PEEL

Non-invasive, skin-renewing treatments using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. The treatment delivers immediate visible results in improved skin texture and radiance; smoothed appearance of fine, dry lines and refined pores, revealing fresher, younger-looking skin. The Dual Exfoliation Peel achieves immediate smoothness and radiance, plus significant results in smoothness, radiance and the appearance of skin tone one week later.

.....30 minutes - from £3060 minutes - from £4590 minutes - from £60

PLANT STEM CELL + PLANT ACID FACIALS

Intense Hydrating Facial with Cactus Fruit + Hyaluronic Acid

Instantly restores skin's optimal moisture levels; minimizes the appearance of dry, fine lines.

Instant Luminizing Facial with Snow Lotus + Alpha Hydroxy Acids

Instantly brightens and reveals a glowing, even-looking complexion.

Pore Refining Facial with Sweet Clover + Beta Hydroxy Acid

Instantly resurfaces the skin's texture to reveal a smooth complexion with minimized pores.

.....30 minutes - from £3060 minutes - from £4590 minutes - from £60

Environ® Facial Treatments

Environ® Skin Care believe that skin has a life and that vitamin A is the 'oxygen' it needs to look healthy and beautiful. It is for this reason that we actively pursue skincare science to skillfully and consistently develop the best-in-class, scientifically researched and developed products that work with the skin.

Environ® Skin Care provides a scientifically proven, vitamin-based skincare system that helps counteract the harmful effects of the environment, pollution and stress and helps create a radiant, visibly improved skin.

ELECTRO-SONIC ESSENTIAL TREATMENTS

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most - making a real lasting difference to your skin, for life.

.....60 minutes - from £80
.....90 minutes - from £110

ESSENTIAL YOUTH RESET

Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

.....60 minutes - from £65
.....90 minutes - from £85

ESSENTIAL MOISTURE BOOST

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

.....60 minutes - from £65
.....90 minutes - from £85

ESSENTIAL COMFORT CALM

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

.....60 minutes - from £65
.....90 minutes - from £85

ESSENTIAL RADIANCE REVEAL

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

.....60 minutes - from £65
.....90 minutes - from £85

Environ® Facial Treatments

Express services specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed. Perfect for when time is limited.

FOCUS-ON FROWN TREATMENT

An iconic peptide blend assists in reducing the appearance of expression and frown lines around the eyes and forehead resulting in a more youthful appearance.

.....30 minutes - from £45

FOCUS-ON EYE TREATMENT

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

.....30 minutes - from £45

FOCUS-ON EVEN TONE TREATMENT

The powerful combination of vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even-toned, brighter complexion.

.....30 minutes - from £45

- *Consultation required before booking*
- *Advisory 3 treatments for best results*
- *Courses available - £ POA.*

Million Dollar® Facial Treatments

MILLION DOLLAR FACIAL

A luxurious facial where science meets indulgence.

Working your skin from the outside in, this treatment has been designed to deeply exfoliate dead skin cells and remove nonterminal hair, polish the skin, flush toxins, increase and stimulate our natural collagen and cell turnover. This method will heavily increase the absorption of any active ingredients by 80% as opposed to 8%, therefore we use our Million Dollar mask for maximum results.

Our Million-dollar facial treatment is a 10-step unique protocol which includes dermaplaning, skin needling and lymphatic drainage massage. The Million Dollar facial like all of our Million Dollar protocols is performed with our Million Dollar professional range of specifically designed, clinically proven and protected products.

It is the epitome of luxury with MILLION DOLLAR© results.

TARGETS

- Pigmentation
- Fine lines and wrinkles
- Dull /tired skin
- Acne scarring
- Puffiness
- Removal of peach fuzz
- Rosacea
- All skin types

BENEFITS

- Elevated absorption levels of up to 80%
- Brighter skin
- Professional skin analysis
- Smoother skin
- Increased hydration levels with hyaluronic acid
- Flawless makeup application
- Reduces scarring
- Firmer skin
- Increases collagen production
- Removes 3 to 4 weeks' worth of dead skin cells
- Thickens the epidermis over time to reduce appearance of broken capillaries.
- Lymphatic drainage removes built up toxins
- Glowing, even skin tone
- Reduces pigmentation including (PIH)
- Instant results with ongoing benefits (over 4 weeks)

.....90 minutes - from £100

A course of 4 to 6 is advised. One session every 4 to 6 weeks for maximum and lasting results. Million Dollar Medi+ cosmeceutical range of products should be used pre, post and in-between treatments to enhance, maintain and deliver ongoing and lasting results.

Million Dollar® Facial Treatments

MINI MILLION DOLLAR FACIAL

A perfect introduction to the Million Dollar Facial and all of its benefits. This is a fantastic facial for those contraindicated to Million Dollar Facial treatments, for example medication.

(excludes Dermaplaning and Microneedling)

.....60 minutes - from £50

MILLION DOLLAR DERMAPLANING

A manual exfoliation to remove dead skin cells creating a healthy glow and a radiant complexion.

.....60 minutes - from £50

MILLION DOLLAR MICRONEEDLING

Used to improve and minimise fine lines, scarring, blemishes, loose skin, pore size, brown spots, stretch marks and pigment issues.

.....60 minutes - from £70

MILLION DOLLAR SUPERFACIAL

A luxurious facial combining Million Dollar Vit c10 and the Million Dollar Ice Globes providing a cool and luxurious finish to any facial and is the perfect tool for lymphatic drainage massage.

.....60 minutes - from £50

MILLION DOLLAR HAIR REJUVENATION

Micro needling method is used to stimulate the hair follicles, causing them to regenerate. There can be many reasons why your hair can start to gradually thin, one being medication or age and a lot of people see fantastic results. Many clients are suitable for weekly sessions and block bookings are recommended - £POA.

.....60 minutes - from £60

MILLION DOLLAR BACIAL

Back facials can be beneficial in cleansing those hard to reach areas, targeting a variety of skin care needs such as clogged pores, back acne and dehydrated skin.

.....60 minutes - from £50

MILLION DOLLAR HAND REJUVENATION

Our hands take a beating every day and carry a surprising amount of tension. The Million Dollar Hand Rejuvenation treatment combines massage, to release the stress and tension and leave you feeling relaxed and rejuvenated, whilst using our unique products and techniques to target ageing, pigmented and dehydrated skin.

.....60 minutes - from £50

CACI® Facial Treatments

The CACI Synergy is our latest and most advanced facial system that has been shown to reduce wrinkle depth by up to 75% and improve skin elasticity by up to 88%.

CACI SIGNATURE NON-SURGICAL FACIAL TONING

This non-invasive facial features S.P.E.D® Dual Action Technology that provides simultaneous skin rejuvenation and facial toning. This treatment uses microcurrent impulses, to lift and tone and LED light therapy to improve skin elasticity and reduce the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow.

.....60 minutes - from £55

CACI SYNERGY ADVANCED NON-SURGICAL FACIAL TONING

Combines CACI's Signature Non-Surgical Facial Toning with advanced skin exfoliation techniques to revitalise your skin, resulting in a brighter and smoother complexion. A combination of advanced technologies are used to plump fine lines and wrinkles, instantly lift and tone your face and firm your neck. Including hand rejuvenation.

.....90 minutes - from £100

CACI SYNERGY PURIFYING

This treatment tackles problematic skin and leaves your complexion looking smooth and radiantly healthy. A combination of red and blue LED light therapy, deep cleansing and skin exfoliation techniques are used to effectively brighten and even your skin tone.

.....45 minutes - £50

CACI SKIN CALM

Targets skin prone to breakouts and irritation. This treatment uses LED light therapy that is renowned for its anti-bacterial and anti-inflammatory healing properties, combined with a gel mask to soothe, calm, reduce redness and rehydrate your skin.

.....30 minutes - £40

CACI EYE REVIVE

The CACI Eye revive treatment uses serum filled CACI microcurrent rollers together with a deeply nourishing Hydro Eye Mask to help lift hooded eye lids, reduce puffiness and dark circles and soften the appearance of fine lines and wrinkles around the eyes.

.....45 minutes - £30

..... 15 minute add on treatment - £15

CACI WRINKLE REVOLUTION

CACI's unique Wrinkle Comb targets deep lines and wrinkles, such as crow's-feet and laughter lines. This treatment is a non-invasive, needle free alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

.....30 minutes - from £40

CACI® Express Treatments

CACI LIP BOOSTER

Enhance your pout with CACI's Wrinkle Comb. Designed to give you fuller, plumper lips and soften top lip lines, this quick fix treatment will have your pout party ready in no time.

..... 15 minutes - from £25

CACI SKIN CONFIDENCE

Designed to soften and refine the appearance of stretch marks and scarring, this treatment uses crystal free orbital microdermabrasion together with the regenerating effects of microcurrent stimulation and LED light therapy to trigger skin tissue repair and healing.

..... 30 minutes - £40

CACI HYDRATONE

This treatment is designed to deeply nourish, hydrate and firm the skin. Facial rollers emitting simultaneous microcurrent impulses and LED light therapy are gently massaged over a hydrating gel facial mask. The rejuvenating energy transmitted through the rollers provides immediate and intensive hydration and helps to restore skin firmness, soften fine lines and rejuvenate your skin. Ideal for the treatment of dehydrated or sun damaged skin.

..... 15 minutes - £25

- *Please note: Express treatments can be performed as either stand alone or as add-ons to any of our other treatments.*
- *Consultation required before booking.*
- *A course of 10 is recommended - £ POA.*

MAKE UP

Cleanse, tone, moisturise and make up using all Jane Iredale products.

..... 45 minutes - £30

MAKE UP LESSON

One to one, we take you through a hands on, stage by stage make-up application, teaching you techniques to enhance your features. Using all Jane Iredale products unless you'd prefer to bring along your own make-up bag. Should you choose to spend over £50 on products your lesson will be free.

..... 60 minutes - £50

Hair Removal, Tinting & Brows

WAXING

Eyebrow shape.....	from £10
Lip.....	from £8
Chin.....	from £8
Nasal.....	from £8
Eyebrow, lip and chin.....	from £22
Underarm.....	from £8
Bikini.....	from £14
Half leg or arm.....	from £18
Half leg and bikini.....	from £25
Full leg.....	from £25
Half leg, bikini, underarm and eyebrow.....	from £45
Back or Chest.....	from £23
Eyebrow wax and tint.....	from £18

INTIMATE WAXING

Brazilian.....	45 minutes - from £25
Hollywood.....	45-60 minutes - from £30

TINTING

Eyelash tint.....	from £14
Eyebrow tint.....	from £12
Eyelash and eyebrow tint.....	from £20

HD BROWS

HD Brows is a unique treatment for creating perfectly well-groomed, high definition eyebrows. Using a unique seven step treatment that focuses on design, it involves a combination of techniques including tinting, waxing and threading using specialist HD Brow products. The procedure transforms the way you look and more importantly how you feel. Unlike other eyebrow treatments that use a 'one shape fits all' technique. HD Brows stylists assess face shape and colouring before creating a bespoke brow, tailored exclusively for the client.

.....	First appointment - 60 minutes - £28
..... 45 minutes - £26

Manicure, Pedicure & Lashes

MANICURE/PEDICURE *Using Jessica and Mii products*

Jessica manicure.....	45 minutes - from £25
Jessica pedicure.....	60 minutes - from £26
Jessica french manicure	60 minutes - from £30
Jessica french pedicure.....	75 minutes - from £40
Luxury warm paraffin wax manicure.....	60 minutes - from £35
Luxury warm paraffin wax pedicure.....	60 minutes - from £40
Shape and polish.....	30 minutes - from £17

GELERATION

A longer lasting manicure with total protection for the nails, allowing them to grow whilst always looking perfect. Simple application, up to 3 weeks extended wear giving extra strength. No smudging - dries in seconds.

Removal of Geleration and conditioning treatment*.....	30 minutes - from £16
Removal of Geleration - if being re-applied*	from £10
Geleration manicure.....	45 minutes - from £25
Geleration french manicure.....	60 minutes - from £30
Geleration pedicure.....	60 minutes - from £32
Geleration french pedicure.....	75 minutes - from £36

*Prices are based on the removal of Jessica Geleration products applied by Strands only

- We ask that you bring appropriate footwear when coming in for any foot treatment - eg. Flip Flops

LASHES

Nouveau Lashes is a state of the art semi-permanent eyelash extension to lengthen lashes and define the eyes, resulting in longer, thicker and natural looking lashes.

Strip Lashes - day to evening.....	15 minutes - from £15
Weekend Lashes - for the weekend.....	30 minutes - from £20
Individual Lashes - up to 6 weeks.....	120 minutes - from £35
Individual Lashes - In-fills (recommended 2-3 weeks).....	75 minutes - from £25
SVS/Hybrid/Volume.....	£POA

LVL LASHES

Lash lifting treatment that works with your natural lashes to give the appearance of curl and volume. LVL stands for length, volume and lift. Lasts up to 2 months.

First appointment.....	90 minutes - from £45
Follow up appointment.....	75 minutes - from £40

Gentleman's Services

Whilst most of our services can be adapted for everyone, the following treatments are designed specifically and are most popular with our gentlemen guests.

WAXING

Eyebrow shape.....	15 minutes - from £10
Ear	15 minutes - from £8
Nasal	15 minutes - from £8
Back or Chest.....	30 minutes - from £23
Hopi Ear Candle.....	30 minutes - from £30

MANICURE/PEDICURE

Manicure.....	45 minutes - from £25
Pedicure.....	60 minutes - from £26
Nail Tidy.....	30 minutes - from £17

AROMA MASSAGE

Back, Neck & Shoulder.....	30 minutes - from £35
Indian Head Massage.....	30 minutes - from £35
Full Body	60 minutes - from £50
Full Body, Scalp & Face.....	90 minutes - from £65
Lava Shell Back.....	45 minutes - from £35
Lava Shell Full Body.....	60 minutes - from £55
Reflexology Treatment.....	40 minutes - from £35
Reflexology with additional specific area treatment.....	90 minutes - from £60

FACIAL

Aveda Facial.....	45 minutes - from £40
CACI Facial <i>Addressing male skin care concerns, deep cleansing, exfoliating, tackling razor bumps and in-growing hairs this CACI facial helps tighten, firm and redefine the jawline, calm and smooth the skin.</i>	45 minutes - from £50

BACIAL

A Facial for your Back.....	30 minutes - from £35
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Additional Information

STRANDS OF SPALDING - ESTABLISHED 1996.

We are conveniently situated on the Wygate Park neighbourhood centre, alongside other independent retailers, with the added bonus of unlimited free parking.

Here at the salon and spa we aim to provide every guest with an individual service, focusing on care and attention to detail, tailored to your specific requirements. During your visit we'll whisk you away from everyday life, using the latest Aveda techniques and organic hair and beauty products, so that you leave feeling totally incredible and relaxed after your experience.

We welcome all ages, so treat yourself to some 'me' time and feel beautiful inside and out again!

GIFT VOUCHERS

Gift Vouchers can be used for services and products and are redeemable for up to 6 months from the date of purchase. The perfect gift for any occasion.

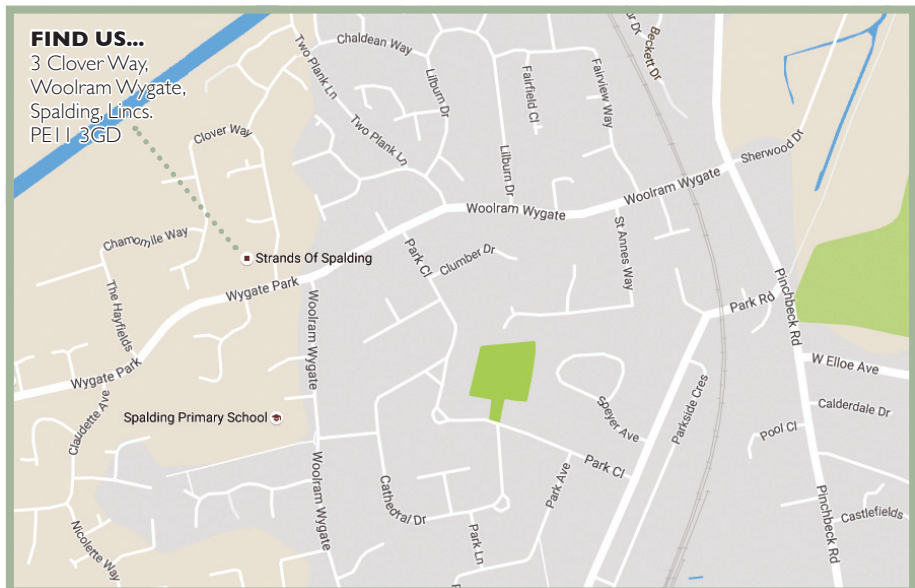
CANCELLATION POLICY

As a courtesy we kindly ask that you provide 24 hour's notice for any amendments or cancellation of your booking. Appointments cancelled with less than 24 hour's notice will incur a 50% charge, unless we are able to fill your appointment.

- *Prices are based on the experience and training of Aveda Salon Professionals.*
Please be aware that prices may vary if extra time is necessary across all treatments.
- *Consultations are required on certain treatments.*

**Some treatments are not suitable for sensitive skin.*

Some services require that you do not shave or wax 24 hours prior to your appointment.
Please check with reception for further details.



AVEDA
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

STRANDS

OPENING TIMES

Monday - 9.00am - 2.30pm

Tuesday - 9.00am - 5.30pm

Wednesday - 9.00am - 8.00pm

Thursday - 9.00am - 8.00pm

Friday - 8.30am - 6.00pm

Saturday - 8.30am - 4.00pm


ENVIRON
a beautiful skin for a lifetime



CACI


JESSICA®


ghd
good hair day

jane iredale
THE SKIN CARE MAKEUP™

ADVANCED
NUTRITION
PROGRAMME™