

the retreat

Welcome to The Retreat, Kendal College's Hairdressing and Beauty salons. The Retreat is somewhere you can come and enjoy a wide range of cost-effective hairdressing, beauty and holistic therapies in a relaxing environment.

Choose from our wide range of modern Hairdressing, Beauty and Spa treatments set in our state of the art salons.

All of our treatments are performed by Kendal College students under supervised conditions, with an emphasis on maintaining the professional standards of a commercial salon.

If you are keen to experience the treatments The Retreat has to offer please do not hesitate to contact us on

01539 814619 – book your treatment today.

Because the salons in the college are part of a teaching environment we cannot promise that all treatments will be available at all times throughout the year. Please call to confirm availability prior to making your booking.



pamper packages

Tailored packages at excellent rates. Please call to confirm pamper package availability as these can be limited at different times of the year.

Back to basics pamper package £50

This is a relaxing day to spend on your own or with friends. Enjoy four treatments (manicure, pedicure, body massage, facial) and a healthy, nutritious lunch in the fabulous Kendal College Restaurant.

Blissful beginnings £30

Specialised Dermalogica facial and Jessica pedicure.



01539 814619

Email: retreat@kendal.ac.uk

The Retreat · Kendal College · Milnthorpe Road · Kendal LA9 5AY



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hair · beauty · therapies

2010 to 2011

hair treatments

Styling

Blow dry	£5
Shampoo and set	£7
Long hair upstyle	£5

Cutting

Gents cut	£5
Ladies cut	£7
Ladies cut and blow dry	£10
Childs cut	£3

Perming

Short hair	£18
Long hair	£25

Colouring

Skin tests are required 24-48 hours prior to appointment. Please arrange when booking your appointment.

Semi-permanent short hair	£10
Semi-permanent long hair	£15
Quasi-colour short hair	£15
Quasi-colour long hair	£20
Root re-touch	£18
Full head colour short hair	£20
Full head colour long hair	£25
Cap highlights short hair	£10
Cap highlights long hair	£1w5
Foil highlights short hair	£20
Foil highlights medium length	£25
Foil highlights long hair	£35
Fashion colour techniques (individual consultation required)	from £35
Colour stripping - price given at consultation	

male treatments

Overall overhaul £20

Single treatment, full body aromatherapy massage

Male treatments £35

Full body massage, facial and nail grooming

Dermalogica facial £20

Cleanse, scrub, massage, hydrate & moisturise

Pit stop

Mini nail care treatment	£8
Eyebrow tweeze	£5
Back massage	£10

Waxing

Eyebrow wax	£5
Back Wax	£10
Chest Wax	£15

beauty treatments

Facials

Priadara facial	£10.00
Dermalogica facial	£15.00
Revitalising treatment	Hydrates and restores
Dermalogica advanced facial	£20
Customised electrical facial for all skin types – cleanses, regenerates & improves skin texture	
Microdermabrasion	£20
Non surgical facelift	
One treatment/course of 5	£20/£90

Nail Treatments

Basic pedicure	£10
Jessica pedicure	£15
Basic manicure	£10
Basic manicure with French polish	£15
Jessica manicure	£15
Jessica de luxe manicure	£20
Paraffin wax treatment	£5
Glitter gel application	£10
Minx nails	hands £10/feet £15

We have a wide range of artificial nail services available, including Gel & Acrylic extensions and Nail Art., please see our separate price list.

Eye Treatments

Eye lash tint	£5
Eye brow tint	£3
Brow tint and shape	£7
Lash and brow tint and shape	£12
Eye lash perm	£15
Skin tests are required 24-48 hours prior to appointment. Please arrange on booking.	
Temporary lashes	Price on Application

hair removal

Waxing provides instant hair removal which lasts up to 4-6 weeks

Full leg wax	£15
Half leg wax	£10
Under arm wax	£7
Bikini line	£8
Forearm	£8
Eyebrow	£5
Lip or Chin	£4
Lip and chin	£7
Lip, chin and brow	£10

Electrolysis

Gradual permanent hair reduction for the face and body	
15 minutes	£5
30 Minutes	£8

body treatments

G5 vibratory massage £10
Electrical stimulating deep tissue massage

Lymphatic drainage £10
Aids removal of toxins and appearance of cellulite

G5 and vacuum suction £17.50

Anti-cellulite treatments

1 Treatment/course of 5 £20/£90
Non surgical body lift to treat buttock or bust area

Body toning treatments

1 Treatment/course of 5 £20/£90

Full body exfoliation and application of oil/cream

£10

Polish & Pamper Body Treatment

£25
Full body exfoliation followed by a one hour relaxing, nourishing massage.

complementary and holistic therapies

Indian Head massage £10
Reduces stress and tension accumulated in the muscles, tissues and joints of the head neck, face and shoulders.

Back massage £10

Full body massage

1 treatment/course of 6 £15/£75
Assists the body's natural balance and helps with posture and any aches and pains you may have.

Aromatherapy massage

Full body 1/6 treatments £20/£100
Part body (back face and scalp) £10
A relaxing massage combined with the use of essential oils, derived from all natural sources, for a therapeutic effect.

Reflexology £15

Works on the feet to enhance and restore the body's natural equilibrium. Appointments available with progression of students, day to be confirmed.

Hot stone therapy £18

A speciality massage that uses smooth heated and cooled stones. It is a deeply soothing, relaxing form of massage. The hot stones help release tight muscles and cool stones reduce congestion. Appointments available with progression of students, day to be confirmed.

