

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 brand new 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.

At The Retreat we pride ourselves on our customer care and provide the opportunity for you to provide confidential feedback on your satisfaction with our treatment

If you are keen to experience the treatments The Retreat has to offer please do not hesitate to contact us on 01539 814619 and 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.

Opening Times

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| Hairdressing | Monday | 2pm-5pm |
| | Tuesday | 9.30am-4pm |
| | Thursday | 1pm-4pm |
| | Friday | 10am-12pm & 1pm-4pm |
| Beauty | Tuesday-Friday | 9am-12pm & 1pm-4pm |
| Sports Massage | Thursday | 6pm-9pm from Jan 2010 |

Pamper Days are available on set dates throughout the year. Please contact The Retreat for details.

Times listed above may be subject to change and there may be additional sessions available throughout the year, as appointments are made subject to availability and progression of students. Thursday opening times in Hairdressing Salon start from Thursday 24th September 2009.

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 set treatments and a healthy, nutritious lunch in the fabulous Kendal College Restaurant.

Blissful beginnings. £30

Specialised Dermalogica Facial and pedicure.



The Retreat
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Kendal LA9 5AY

Tel: 01539 814619

Email: retreat@kendal.ac.uk



Kendal College
a brighter future

the retreat



hair • beauty • therapies

2009 to 2010

Hair treatments

Styling

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

Cutting

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| Gents cut | £5 |
| Ladies cut | £7 |
| Ladies cut and blow dry | £8.50 |
| Childs cut | £3 |

Perming

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| Short hair | £18 |
| Long hair | £25 |

Colouring

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| Semi-permanent short hair | £10 |
| Semi-permanent long hair | £15 |
| Quasi-colour short hair | £15 |
| Quasi-colour long hair | £20 |
| Root re-touch | £20 |
| Full head colour short hair | £20 |
| Full head colour long hair | £25 |
| Cap highlights short hair | £20 |
| Cap highlights long hair | £25 |
| Foil highlights short hair | £20 |
| Foil highlights Medium length hair | £25 |
| Foil highlights Long hair | £35 |
| Fashion colour techniques | from £35 |
| (individual consultation required) | |

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

Male grooming

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| Male grooming | £35 |
| Full body massage, facial and nail grooming | |

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| Dermalogica facial | £20 |
| Cleanse, scrub, massage, hydrate and moisturise. | |

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| Overall overhaul | £40 |
| Single treatment, full body aromatherapy massage. | |

Pit stop

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

Beauty treatments

Facials

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| Priadara facial | £15.00 |
| Dermalogica facial | £20.00 |
| Revitalising treatment with a deep cleanse and customised exfoliation. Includes face, neck and shoulder massage, masque and moisturise. Hydrates and restores natural balance. | |

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| Dermalogica advanced facial | £25 |
| A customised electrical facial for all skin types to cleanse, regenerate and improve skin texture. | |

Non surgical facelift

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| One treatment/course of 10 | £20/£150 |
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Nail Treatments

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| 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 |
| *add £5 for bottle of Jessica Nail Enamel | |

Eye Treatments

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| 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. | |

Hair removal

Waxing produces instant hair removal which lasts up to 4-6 weeks. Ideally hair growth needs to be about 5mm in length.

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

Electrolysis

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| Permanent removal of unwanted hair | |
| 15 minutes | £10 |
| 30 Minutes | £17 |

Body treatments

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| G5 vibratory massage | £10 |
| Electrical stimulating deep tissue massage | |

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| Body vacuum suction | £10 |
| Aids removal of toxins and appearance of cellulite | |
| G5 and vacuum suction | £17.50 |

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| Galvanic | |
| 1 Treatment/course of 10 | £20/£150 |
| Non surgical body lift to treat the buttock or bust area. | |

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| Faradic body treatment | |
| 1 Treatment/course of 10 | £20/£150 |

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| Galvanic facial | £20 |
| High frequency facial | £20 |

Complementary and holistic therapies

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

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| Back massage | £10 |
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| 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. | |

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| 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. | |

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| 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) | |

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| 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) | |

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| Full body exfoliation and application of oil/cream | £10 |
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| Polish & Pamper Body Treatment | £25 |
| (full body exfoliation followed by a one hour relaxing nourishing massage) | |

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

