

CREME

HAIR AND BEAUTY TREATMENTS

Est. 1996

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cremehairandbeauty.co.uk

SALON ETIQUETTE

We want everyone to have the best possible experience when they visit us at Creme, we have some guidelines to make sure that you can take time out and relax.

- * We discourage the use of mobile phones and respectfully request that they are on silent ring when you are in the salon.
- * All appointments are booked for the time you need and so we ask you to arrive promptly. If you arrive late we will do our best to keep to the treatments arranged. However, because we do not want to keep anyone waiting we may have to shorten/change your appointment if your stylist/therapist has another client immediately after you.
- * It is vital that all new clients have a skin test before any hair colour or eye treatments, even if they have had colour or tinting previously. We cannot overstate the importance of skin testing for your well being and safety.

HAIR

All our stylists are trained to the highest standards available.
Our pricing structure is determined by their practical experience.
We use only the best products available in our industry.

CUTTING

		Graduate Stylist	Stylist	Leading Stylist	Senior Stylist	Master Stylist	Director
Ladies	Wet Cut	£25.50	£26.50	£35.00	£39.00	£41.25	£46.00
	Cut & Finish	£29.00	£36.00	£44.00	£48.50	£52.00	£60.00
	Restyle	£36.00	£39.50	£48.50	£54.00	£58.50	£65.00
	Blow Dry	£10.00	£18.00	£22.00	£23.50	£24.75	£26.50
	Long Hair Blow Dry	£15.00	£24.00	£28.00	£30.00	£31.00	£34.00
Gents	Cut & Finish	£21.00	£23.50	£28.00	£31.50	£34.00	£37.50
Children	Under 5	£10.00	£12.00	£14.00			
	Under 12 Cut & Finish	£16.00	£19.00	£21.00			
	Long hair Dressing/put up			£40.00			
	Bridal Hair trial			£80.00 for 1½ hours			
	Price for wedding day hair will be quoted after trial						
	Full Head Curling			£35.00			

The CREME promise: The price you see is the price you pay -
there are no hidden extras

CONDITIONING TREATMENTS

Kérastase Ritual	£10.00 - £13.50
Redken Treatments	£9.00
Olaplex	£20.00

TECHNICAL WORK

does not include blowdry

	Graduate Stylist/ Stylist	Leading/ Senior Stylist	Master Stylist
Express Foils (max 6)	£15.00		
Express regrowth	£15.00		
Permanent Tinting (full head)	from £36.50	£41.50	£44.00
Permanent Tinting (re-growth)	from £34.00	£38.50	£42.00
Semi-Permanent Colours	from £28.50	£33.00	£35.50
Hi-Lights - Spatula	from £44.50	£50.00	£55.00
Hi-Lights - ½ Head Foil	from £49.00	£56.50	£65.00
Hi-Lights - Full Head Foil	from £58.00	£65.50	£72.00
Balayage	£75.00	£80.00	£87.00
Bleaching		By Quotation	
Perm	£41.00	£46.50	£51.00

Keratin Smoothing Treatment from £195.00

A revolutionary Keratin treatment, that makes your hair more manageable and easier to blowdry, removing frizz and curl for 2 to 5 months adding shine, smoothness and gloss for healthy and youthful looking hair, without any damage. It gives immediate and lasting results. despite rain, humidity or perspiration. Homecare maintenance products included. Time: 2 to 3 hours.

Hair Extensions by consultation from £285.00

Micro and Nano ring hair extensions using Indian remy hair for the best quality look. Micro and Nano rings are a gentle way to add hair for volume, length or both without using any adhesive or harmful glue on the hair.

20% student discount available with a valid student I.D.
with graduate stylist or stylist

ESPA

Every ESPA treatment is a totally caring experience and the ultimate in luxury. By taking a holistic approach, the treatments are as much for the inner self and mind as they are for the face and body. The ESPA products are produced from the highest quality organic and naturally grown plants known for their purity, potency and therapeutic benefits. They are as natural as they can be and rich in essential oils, plant extracts and marine elements. Deeply relaxing and de-stressing oils, revitalising seaweeds and nourishing creams help to achieve outstanding results on the face, body and mind.

FACIAL TREATMENTS

ESPA BACK, FACE AND SCALP TREATMENT £65.00
The initial, deep cleansing, back exfoliation is followed by a deeply relaxing back massage with aromatic oils bringing powerful de-stressing benefits to mind and body. This all-embracing treatment then continues to a full ESPA Aromatherapy Facial with Acupressure, Face and Oriental Head Massage. (85 minutes)

ESPA ENZYME PEEL FACIAL £80.00
This luminosity achieving facial begins with an intensive clarisonic brush cleanse. The advanced blend of AHAs, lactic acids and pumpkin enzymes then works on the deeper layers of the epidermis; dramatically aiding the removal of dead skin, boosting circulation and evening pigmentation. A smoothing seaweed and menthol mask is then applied following a cooling rose quartz crystal massage. The skin is left instantly radiant, toned and hydrated. (85 minutes)

ESPA LIFT AND FIRM FACIAL £70.00
Perfect for very mature, dehydrated and stressed skins suffering from loss of tonicity and lacking in firmness. This unique ESPA facial offers a combination of advanced hands on lifting and firming massage techniques and special acupressure skills. This technique is aimed at releasing and easing the facial tension that causes the facial muscles to tighten and emphasise lines and wrinkles. The result is improved circulation, stimulated oxygen uptake and a significant reduction in tension. (85 minutes)

ESPA AGE DEFIER FACIAL £50.00
An intensive boost for maturing, lifeless skin. Concentrating on regenerating and firming, this facial leaves the skin revitalised, nourished and protected. (55 minutes)

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ESPA ADVANCED SKIN RADIANCE FACIAL £70.00
Suitable for all skin types and ages, this advanced treatment uses powerful products and techniques to restore skin's vitality and reveal a bright, smooth and youthful complexion. Includes Clarisonic brush cleansing and a rose quartz crystal massage. (85 minutes)

ESPA SKIN RADIANCE FACIAL £50.00
This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep leaves you with dull, sallow skin. This facial includes products rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet to help improve the radiance and texture of the skin. (55 minutes)

ESPA AROMATHERAPY FACIAL £50.00
Suitable for all skins, this deep cleansing, relaxing aromatherapy facial purifies and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin smooth and moisturised. (55 minutes)

ESPA REBALANCING FACIAL £50.00
Skin problems can appear unexpectedly and are often caused by stress, diet or an ineffective skin care regime. Specific massage techniques combined with natural clays and minerals intensively cleanse the skin leaving it calm, clear and rebalanced. (55 minutes)

ESPA REHYDRATOR FACIAL £50.00
Superb for dry, de-hydrated, stressed and tired complexions. Gentle deep cleansing and exfoliation prepare the skin for a rejuvenating massage with botanical rescue and face treatment oil. (55 minutes)

ESPA MINI FACIAL £35.00
A pick me up facial to treat, purify and hydrate the skin. It includes a cleanse, exfoliation, mask and a luxurious scalp massage. It is ideal for those who would like an introduction to ESPA products. (25 minutes)

BODY TREATMENTS

ESPA BACK, FACE AND SCALP TREATMENT WITH HOT STONES £80.00
Our back, face and scalp treatment made even more luxurious with the power of heated volcanic stones. (110 minutes)

ESPA HOT STONES FULL BODY MASSAGE
This treatment begins as the body is massaged with ESPA blended aromatherapy oils using volcanic stones. Stones are carefully placed on the chakras powerful energy centres for rebalancing and grounding effects. An indulgent head massage is given to calm and soothe mind and spirit.
£60.00 (55 minutes)
£75.00 (85 minutes)

BODY TREATMENTS CONTINUED...

ESPA HOLISTIC TOTAL BODY CARE £70.00

This all-encompassing treatment commences with full body skin brushing and gentle exfoliation to prepare the skin. This is then followed with a full body using a blend of essential oils chosen to suit individual requirements.

Please ask a Therapist if you would like this treatment tailored to pregnancy or nursing mothers.

(100 minutes)

ESPA AROMATHERAPY FULL BODY MASSAGE £50.00

Experience the benefits of massage and individually chosen essential oils in one of the finest antistress treatments available. This complete face, scalp and body massage focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy.

(70 minutes)

ESPA LIFESAVING BACK TREATMENT £40.00

An ideal treatment for problematic skins and a treat for this much neglected area. This 'facial for the back' includes cleansing, body brushing, exfoliation, aromatherapy massage, marine mud mask and moisturise using luxurious and effective products.

(40 minutes)

ESPA BODY POLISH £35.00

An exclusive body and skin enhancing treatment. Can be used in isolation to remove dead skin cells and provide hydration, or as preparation for a massage. This complete exfoliation includes skin brushing and a refreshing spearmint scrub.

(25 minutes)

ESPA DEEP TISSUE FULL BODY MASSAGE £70.00

Releases deep set tension, whilst relaxing your body with pre blended Aromatherapy oils, using specific massage movements and techniques.

(85 minutes)

ESPA SALT AND OIL SCRUB £35.00

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. A compact treatment with a dramatic result.

(25 minutes)

ESPA STIMULATING HIP & THIGH TREATMENT £50.00

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to blockages, cellulite, fluid retention and uneven skin texture. After deep exfoliation with a seaweed and salt scrub there follows a detoxifying massage using stimulating essential oils.

(55 minutes)

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BODY TREATMENTS CONTINUED...

ESPA TOTALLY INDULGENT TREATMENT £70.00

This total body treatment has been carefully designed for anyone who may be contra-indicated to wraps, essential oils or other treatments. It is perfect for pregnant and nursing mothers to relax and improve tonicity of the skin at this very special time. The treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, various muds and creams and advanced techniques to safe areas. It leaves the skin toned and the client totally relaxed as it includes a gentle cleanse, exfoliation and massage of the body and scalp. (85 minutes)

CREME HAIR & BEAUTY BACK MASSAGE £30.00 or £40.00

Light or deep pressure on the neck, shoulders & back. (25 minutes or 40 minutes)

CREME HAIR & BEAUTY FULL BODY MASSAGE £45.00 or £60.00

Swedish massage techniques over the whole body. (55 minutes or 85 minutes)

CREME HAIR & BEAUTY BACK MASSAGE WITH HOT STONES £40.00 or £50.00

Our volcanic stones are used for a 10 times deeper massage. (25 minutes or 40 minutes)

OTHER TREATMENTS

INDIAN HEAD MASSAGE	£35.00
Indian Head Massage is a traditional form of massage. It can be felt far deeper in the head, neck and shoulder area, than normal massage and is particularly effective in treating tension and stress that builds up in those areas.	
	(40 minutes)
HOPI EAR CANDLES	£25.00
An ancient natural therapy, also known as thermo-auricular therapy. This balancing treatment is beneficial in the relief of many head, ear and sinus problems. Releasing their essential oils with a revitalising heat, the candles gently remove excess moisture and compact wax. Includes an accupressure ear and face massage to remove released toxins.	
	(25 minutes)
DELUXE HOPI EAR CANDLE TREATMENT	£40.00
Incorporating an intensive oriental head and scalp massage using a luxurious hair mask.	
	(55 minutes)
REFLEXOLOGY	£45.00
Reflexology is a compression massage carried out on the feet to work precise reflex points that correspond with the whole of our body. It is deeply relaxing and aims to treat the individual as a whole, balancing their mind, body and spirit.	
	(55 minutes)
MARVEL-LASH EYELASH EXTENSIONS	£70.00
Marvel-Lash individual extensions are a safe and effective method of dramatically enhancing the appearance of the eyes. The natural lashes are thickened and lengthened almost weightlessly. Results can last for up to two months and, with regular top up treatments, the effect is indefinite. Perfect for holidays, weddings and everyday use.	
	(Full set 55 - 115 minutes)
A patch test is required 48hrs prior to any lash treatments	
Infills needed every 2-3 weeks for permanent effect (25 mins)	£30.00
EXPRESS LASHES	£30.00
Marvel-Lash individual lashes are applied using a different technique for a non-permanent effect, i.e. a weekend away. These can be applied the day before a make-up application for a very tailored look. Last up to 7 days.	
	(25 minutes)
STRIP LASHES	£12.00
Have our traditional false eyelashes put on by a professional to ensure perfection.	
	(10 minutes)
ST. TROPEZ SPRAY TANNING	£23.00
St. Tropez Spray Tanning is now available with our experienced Therapists. The quickest way to a professional, bronzed finish.	
	(25 minutes)

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HAND AND FOOT TREATMENTS

JESSICA PRESCRIPTIVE MANICURE	(55 minutes)	£30.00
JESSICA PRESCRIPTIVE MANICURE DELUXE with Thermal mittens. Cannot accompany gel.	(70 minutes)	£35.00
LeREMEDI ANTI-AGEING TREATMENT by Jessica - A facial for the hands. No paint.	(25 minutes)	£15.00
FILE AND VARNISH (Hands or Feet)	(25 minutes)	£15.00
FILE, CUTICLE AND VARNISH (Hands or Feet)	(40 minutes)	£22.00
EXECUTIVE HAND AND NAIL TREATMENT FOR MEN	(25 minutes)	£20.00
ZENSPA PEDICURE	(70 minutes)	£35.00
ZENSPA PEDICURE DELUXE with Thermal Booties. Cannot accompany gel.	(85 minutes)	£40.00
EXECUTIVE FOOTCARE FOR MEN	(40 minutes)	£25.00

Upgrade your Jessica polish to our new Phenom polish - The look and drying time of a gel with a no-hassle removal process! Just £5 extra per hand or foot treatment.

EAR PIERCING

PAIR	(15 - 25 minutes)	£15.00
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JESSICA GELERATION SOAK-OFF GEL POLISH

The beauty of Jessica, in a gel, with the health of the natural nail in mind. GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

GELERATION GEL OVERLAY MANICURE/PEDICURE £40.00
Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish. Cannot upgrade to luxury. (70 minutes)

GELERATION SHAPE AND POLISH £25.00
Hands or feet. (25 minutes)

EXISTING GEL REMOVAL £5.00
(Prior to a Jessica hand or foot treatment) (25 minutes)

GEL REMOVAL £10.00
(without a hand or foot treatment) (25 minutes)

Mii MAKE UP

With skin loving formulas, tailored brushes and a pure mineral line, Mii has set its sights on ensuring that you are filled with the confidence that every makeup decision will be the right one.

OCCASIONAL MAKE-UP APPLICATION (25 minutes) £25.00
(55 minutes) £45.00

BRIDAL MAKE UP, (55 minutes trial) £65.00
incorporating a consultation and trial (& 25 minutes on the day)

Mii BROWS £20.00
Perfect for party time or for a new look to match your new hair!! This includes an eyebrow wax, shape and tint. We will then apply our soft and effortlessly smooth eye pencil from our fantastic make up range, sweeping on to neaten and define brows for a fabulously framed look. (25 mins)

Remember to have your tinting patch test at reception

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HAIR REMOVAL / SHAPE & TINT

UNDERARM WAX	(10 minutes)	£10.00
BIKINI WAX	(10 minutes)	£10.00
LIP WAX / CHIN WAX / EYEBROW WAX		each £8.00
		2 treatments £15.00
		all 3 treatments £20.00
½ LEG WAX (to above knee)	(25 minutes)	£18.00
FULL LEG WAX WITHOUT BIKINI	(40 minutes)	£22.00
FULL LEG WAX INCLUDING BIKINI	(55 minutes)	£30.00
BACK WAX	(25 minutes)	£17.00
BRAZILIAN BIKINI WAX	(25 minutes)	£25.00
EYE LASH TINT	(25 minutes)	£12.00
EYE BROW TINT	(10 minutes)	£8.00
EYE LASH AND BROW TINT	(25 minutes)	£18.00

A patch test is required 24 hours before any tinting or perming is carried out

ELECTROLYSIS	(10 minutes)	£15.00
	(25 minutes)	£20.00
	(40 minutes)	£25.00
	(55 minutes)	£40.00

Please allow for an extra 15 minutes on your first visit to allow for a consultation

THREADING		
LIP/EYEBROW/CHIN	(10 minutes)	each £8.00
UNDERARM/BIKINI	(25 minutes)	each £15.00

CREME

HAIR AND BEAUTY TREATMENTS

OPENING HOURS

Monday	9 - 5
Tuesday	9 - 5
Wednesday	9 - 5
Thursday	9 - 8
Friday	9 - 5
Saturday	8.30 - 4

Gift Vouchers available

A 50% deposit is required on all beauty treatments over 2 hours when booking.

Cancellations for hair & beauty must be notified with at least 24 hours notice. A 50% charge will be payable for cancellations made within 24 hours.

01572 723823

www.cremehairandbeauty.co.uk

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