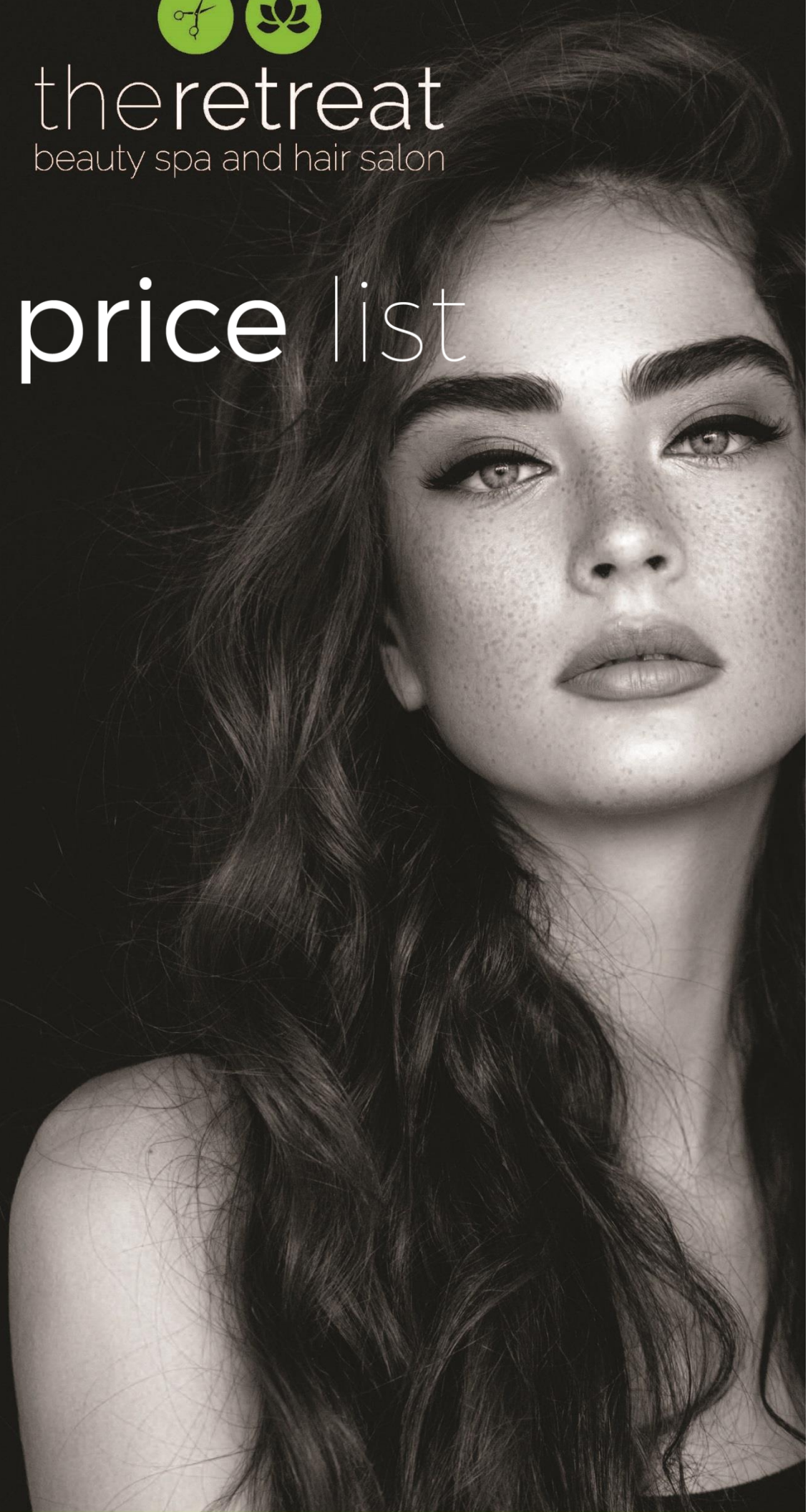




theretreat
beauty spa and hair salon

price list





theretreat
beauty spa and hair salon



Hair & Beauty prices for 2021

OPENING TIMES

Beauty treatment opening times

Monday	Closed	
Tuesday	2.30 – 7.00pm	(Level 2 Treatments)
Wednesday	12.30 – 8.00pm	(Closed for clients this academic year)
Thursday	12.30 – 8.00pm	(Closed for clients this academic year)
Friday	12.30 – 5pm	(Level 3 Treatments)
Saturday	Closed	
Sunday	Closed	

Hairdressing opening times

For Hairdressing and Barbering opening times, please ask a member of staff for details or call 0191 200 4602

WHEN VISITING THE RETREAT

- Please remember that this is a training environment. Treatments may take longer than expected and may be observed by a tutor. Your patience and tolerance is appreciated.
- Last minute cancellations or not showing up for your appointments can lead to disappointment for the students and clients. Please try to give at least 24 hours' notice.
- Unnecessary rudeness to staff/students will not be tolerated. Inappropriate and abusive behaviour can lead to a permanent ban from The Retreat.
- If you are more than 10 minutes late for your appointment, it is likely to be cancelled.
- Refunds will not be given. Credit notes may be given at the manager's discretion. Please speak to receptionist or tutor before you leave so any issues can be resolved as soon as possible.
- Sometimes student illness/weather conditions/college issues may lead to a cancellation of your appointment, we will always try to rebook you when possible.
- Please note that some treatments may require a doctor's note. You will be advised at the time of consultation not over the phone.
- Your feedback is always appreciated. Please either ask for a form at reception or send us a letter or email.
- Group bookings are welcome, but please ring to check availability first. Groups are very limited.
- New treatments may be available as the term progresses. Please call for more information.
- You must be 16 or over to use the Beauty and Hairdressing salon



Welcome to The Retreat, the Lifestyle Academy's Hair and Beauty salon. Escape the hustle and bustle of city life and really unwind with one of our state of the art beauty and hair treatments.

In our beauty centre you are invited to choose from over thirty different facial or body treatments which are carried out by supervised students. Our nail bar offers views across the city, where you can relax and enjoy the latest nail enhancements and manicures.

If it's a new hair style or colour you are looking for our up and coming stylists will be able to offer the latest trends and hair treatments.

We now have procedures in place for your safety due to Covid-19, please see details below.

- The college now has a one-way system, coming in is through the main entrance for the Lifestyle Academy and leaving is through the side door that takes you to the small car park on the side of the building. Please follow the stickers on the floor for directions.
- One person in the lift unless from the same bubble
- Hand sanitiser is stationed at the main entrance and on the 3rd floor reception desk
- Only one person per sofa in sitting area on 3rd floor
- Masks are to be worn when entering the building for all treatments except for facials (please keep mask on until you are ready for your facial) unless you are exempt.
- Please scan QR code on arrival or if you do not have the app, please sign in on track and trace sheet which is located on the reception desk.
- If you have any symptoms please do not attend appointment. Please call 0191 200 4602 or email theretreat@ncl-coll.ac.uk to cancel or re-schedule appointment.
- Payments are now card only
- Please note that we can close should the Government place any restrictions on salons or colleges.

The Retreat is only open during term time and will be closed for all bank holidays and the following dates:

Please be aware that The Retreat will be closed for training purposes throughout the academic year. Training days will be different to dates listed.

In-training Hairdressing sessions may still run through these holidays please ask a member of staff for details.

**10/02/2021 Professional Development day
15/02/2021 February Half Term
05/04/2021 Easter Holidays
12/04/2021 Easter Holidays
27/04/2021 Professional Development day
31/05/2021 May Half Term
Closed for summer from June**

BEAUTY TREATMENTS – Level 3 students

Some treatments are not available on all days due to different student levels. Please call to confirm.

Nail treatments

Manicure £11.00

Hand massage, cuticle tidy, nail file and buff and your choice of colour polish.

Pedicure £11.00

Foot massage, exfoliation, foot bath, nail file and buff and your choice of colour polish.

We advise if having a pedicure to wear open toed shoes and manicure you may wish to pay before treatment. We advise this as the polish takes approximately 25 minutes to dry.

Shape & Polish £6.00

Nail file, buff and your choice of colour polish

Gel Nail Polish

Gel Polish Fingers £14.00

Gel Polish Toes £14.00

Gel Polish Finger & Toes £22.00

Please note, gel polish can only be removed if Newcastle College applied it, we do not remove gel polish from another provider.

Gel Polish Remover Fingers £7.00

Gel Polish Remover Toes £7.00

Gel Polish Remover Fingers & Toes £12.00



theretreat

beauty spa and hair salon

BEAUTY TREATMENTS – Level 3 students

Some treatments are not available on all days due to different student levels. Please call to confirm.

Eye treatments

Eyebrow trim/tweeze	£4.50
Eyebrow wax	£4.50
Eyebrow tint	£5.00*
Eyebrow tint and trim/tweeze	£8.00*
Eyelash tint	£8.00
Eyebrow and eyelash tint	£11.00*

Party lashes (full set) **£8.00****

Party lashes applied to your natural lash. These are only designed to last 1-2 days

* a tint patch test must be carried out 24 hours prior to treatment

** a glue patch test be carried out 24 hours prior to treatment

Waxing treatments

Full leg wax	£15.00
Half leg wax	£12.00

Bikini wax **£9.00**
hairs removed from leg crease and bottom of bikini

Underarm wax	£8.00
Lip wax	£4.50
Chin wax	£4.50

Lip and chin wax	£7.00
Lip, chin and eyebrow wax	£11.00

When booking an appointment for waxing please make sure the hair is at least 1cm long. If hair is shorter than 1cm long the treatment may not be possible to do.



BEAUTY TREATMENTS – Level 3 students

Some treatments are not available on all days due to different student levels. Please call to confirm.

Facial

Elemis Skin Specific Facial

£18.00

Everyday skincare prescribed for you

- *Nourish skin*
- *Balance completion*
- *Boosts hydration*

A relaxing and indulgent facial treatment customised to fit your skin concerns. Includes facial, neck, shoulder massage, mask and moisturiser.

Due to Covid 19 steam will not be used in facials

Advanced facials also available, please see 'ADVANCED TREATMENTS'.

Massage

Full body massage

£16.00

Manual manipulation of the soft tissue of the body. It will help to relieve aches and pains, balance the body and assists with posture

Back massage

£10.50

Hot Stone massage

£20.00

Scalp Massage

£10.50

(Coming soon)

Massage includes neck, face and scalp



theretreat

beauty spa and hair salon

BEAUTY TREATMENTS – Level 3 students

Some treatments are not available on all days due to different student levels. Please call to confirm.

Treatments for men

Full body massage **£16.00**

Manual manipulation of the soft tissue of the body. It will help to relieve aches and pains, balance the body and assists with posture

Mini nail care treatment **£6.50**

Hand massage, cuticle tidy, nail file and buff

Eyebrow tweeze or Wax **£4.50**

Manicure **£11.00**

Hand massage, cuticle tidy, nail file and buff and your choice of colour polish.

Pedicure **£11.00**

Foot massage, exfoliation, foot bath, nail file and buff and your choice of colour polish



theretreat

beauty spa and hair salon

BEAUTY PACKAGES

Some treatments are not available on all days due to different student levels. Please call to confirm.

In addition to these packages we also have a variety of different special offers each term. Please ring to check availability.

Relax and Restore – Level 3 students **£30.00**

Elemis prescription facial and full body massage

Pamper and Indulge – Level 3 students **£50.00**

Elemis prescription facial, full body massage, manicure and pedicure

Catch Up With Friends – Level 3 students **£30.00**

Manicure, Elemis prescription facial and a two-course lunch in The Chefs' Academy.

(Only available on a Friday, not available end of November and all of December Subject to availability and events)

Evening Pamper Package - Level 4 students **£40.00**

Dermaquest advanced facial OR Hot Rock Salt Massage and 2 course evening meal in The Chefs Academy.

(Not available this academic year)

Men's Pamper – Level 3 students **£35.00**

Full body massage, Elemis prescription facial, nail grooming and eyebrow tweeze

ADVANCED TREATMENTS - Level 4 & 5 students (Not available this academic year)

DERMAQUEST

DermaQuest provides an exceptional range of professional skincare products, their high quality formulas have an answer for every level of skin distress, concern or desire.

Advanced Dermaquest Facial **£32.00 (50 mins)**

Active Dermaquest Facial treatment **£35.00 (30 mins)**

- Mini Pumpkin
- Retinol Infusion

Primary Pumpkin Resurfacer ** **£42.00 (30 mins)**

Dermaquest Resurfacers **£50.00 (30 mins)**

- Lactic Acid
- Power Peptide
- Sweet Chill
- Power Pumpkin**

Please note, treatments marked ** require home preparation – kit to be purchased.
Patch test is required for all resurfacers, retinol infusion, sweet chill. 48 hours before treatment.

Skinlogic skin scanner **£10.00**

(Advanced skin analysis)

Have your skin scanned and observed by one of our students. Ultra violet imaging shows pigmentation, scarring, and dry/oily areas, which students will then recommend the best course of treatment for. The £10 will be reimbursed should you book a further treatment

Caci Ultimate **£32.00**

(Limited availability, appointments only available at certain times)

First system to combine Micro current, microdermabrasion, light therapy and hydratone. Instant face firming, needling free alternative to collagen.

CACI can be booked in for multiple appointments but will be paid for at each appointment not



the retreat

beauty spa and hair salon

ADVANCED TREATMENTS – Level 4 & 5 students (Not available this academic year)

Some treatments are not available on all days due to different student levels. Please call to confirm.

Massage

Chocolate Massage (back only) £16.00

The unique mixture of chocolate and oils, revitalise the skin and replaces lost nutrients

Bamboo Massage (back of the body) £20.00

A new concept in deep tissue relaxation massage, helps tension melt away from the warmth of the bamboo, boosts circulation & lymphatic drainage

Hot Salt Rock Massage £30.00

(Coming soon)

Product benefits – Himalayan salt is renowned for its detoxification properties, it is the most pure of any mineral salt because it has been encased underneath the Himalayan mountains for 250 million years therefore it is free from pollution, rebalancing skin pH level, softens the skin and revitalising, Detoxifying and hydrating, deep cleansing and skin purifying, can be used as a natural deodorant, bites, stings, cuts and abrasions, spots and blemishes.

Poultice Massage –

Salt Poultice

(full body treatment)

£30.00

(Price includes a poultice for home care)

(Mud Poultice (back of the body)

(45 min treatment)

£20.00

Poultice massage based on ancient Thai-Egyptian techniques by salt poultices to ease muscle tension and deeply relax the body and mind

Spa Find Back Facial

£15.00

(Coming Soon)

A nourishing and detoxifying treatment which improves circulation, leaving skin feeling smooth and relaxed. Includes mud wrap and 15 minute massage



theretreat

beauty spa and hair salon

ADVANCED TREATMENTS – Level 4 & 5 students (Not available this academic year)

Medical Microdermabrasion £25.00
(Limited availability)
Deep exfoliation treatment

Medical Microdermabrasion and chemical peel £55.00
(Limited availability)

Chemical Peel £35.00
Resurfaces the skin, reduces fine lines and wrinkles, removes pigmentation and scarring resulting in softer, smoother skin with a more even complexion

Dermaroller £50.00 First Treatment
£33.00 Subsequent Treatments
(Limited availability)

Small needle punctures induce a wound response from the skin, promoting collagen and helping with acne scarring and other skin damage

Variable pulse light laser
For hair removal or skin rejuvenation (including pigment removal). Price on application, consultation required before treatments (cost of £10.00 – refundable should you book further treatments)



theretreat

beauty spa and hair salon

HAIRDRESSING (Matrix Product Brand)

Level 2 Students

Blow dry	£6.00
Cut & Blow dry	£9.00
Conditioning treatments with Blow dry	£9.00
Conditioning treatment, Cut & Blow dry	£12.00
Hair ups	£6.00
Setting	£5.00
Half Head Highlights	£18.00
With Cut	£27.00
Full Head Highlights	£28.00
With Cut	£37.00
Cap Highlights	£14.00
With Cut	£23.00
Root Re-growth	£14.00
With Cut	£23.00
Full Head Colour	£22.00
With Cut	£31.00
Balayage Ends	£20.00
With Cut	£29.00
Balayage Colour on Top and Ends	£28.00
With Cut	£37.00
Block/Flash colour each section	£5.00
Semi-Permanent Colour	£11.00
Pre and Post Colour Treatment Bond 8	£8.00
Toner – Additional Cost	£8.00
Perm Short Hair	£15.00
Perm Long Hair	£20.00

Patch test required 48 hours' prior for colour or highlights
Must be 16 years of age

HAIRDRESSING (Matrix Product Brand)

Level 3 Students

Blow dry	£9.00
Cut & Blow dry	£12.00
Conditioning treatment & Blow dry	£15.00
Conditioning treatment, Cut & Blow dry	£15.00
Hair ups from	£9.00
Setting	£8.00
Half Head Highlights	£22.00
With Cut	£34.00
Full Head Highlights	£33.00
With Cut	£45.00
Re-growth	£17.00
With Cut	£29.00
Full Head Colour	£25.00
With Cut	£37.00
Colour In-between Foils	£12.00 - £18.00
(Additional Cost)	
Advanced Colour Techniques	From £25.00 onwards
Colour Correction	
(Estimated price on consultation)	
Balayage Ends	£23.00
With Cut	£35.00
Balayage Colour on Top and Ends	£33.00
With Cut	£45.00
Block/Flash colour each section	£5.00
Pre and Post Colour Treatment Bond 8	£8.00
Semi-Permanent Colour	£11.00
Toner – Additional Cost	£8.00
Gents Cuts	FREE
Gents Colour	From £6.00 price on consultation
Patch test required 48 hours' prior for colour or highlights	
Must be 16 years of age	



EXPERIENCE MORE FROM THE THIRD FLOOR...

The Chefs' Academy

The Chefs' Academy is Newcastle College's award winning restaurant offering memorable dining at an affordable cost. Our menus are carefully designed by experienced chefs, prepared under their supervision and then served to you by our Hospitality students. If you wish to combine a shopping trip in town with lunch, or need a new place to wow business clients the Chefs' Academy restaurant is perfect. Private dining experiences, buffets and outside catering are also available. Please contact Restaurant for more details

Lunch

Tuesday – Friday (bookings between 12 – 1.15pm)

Dinner

Wednesday – Thursday (bookings between 5.30 – 7.15pm)

0191 200 4602 or 0191 200 4644

chefsacademy@ncgrp.co.uk



Open Tuesday to Friday 12 – 1.15pm

Sample Lunch Menu

To Start

Cream of butternut squash, sage & brown butter (v)
Scorched mackerel, heritage tomatoes, beetroot, cucumber – horseradish cream
Duck liver parfait, sticky red wine onions, pickled summer cherries, sourdough toast

Main Course

Pan-fried chicken supreme, kale & bacon, wild mushrooms
Fillet of haddock, casserole of peppers, saffron, courgettes & leeks, spiced crab mayonnaise
Goats cheese puff pastry tart, slow roast tomatoes, olives & basil pesto (v, n)

Desserts

Sticky toffee pudding, salted butter caramel
Apple & plum crumble, cinnamon cream
A selection of British cheeses, grapes, celery, chutney & biscuits (n)

2 Courses £8.50

3 Courses £10.50

If you have any intolerances or allergies, please speak to a member of our team and they will be happy to advise

Also Available every Friday Fish & Chips

For more news and offers follow us on Twitter @NCL_Lifestyle

To book a table please call 0191 200 4602

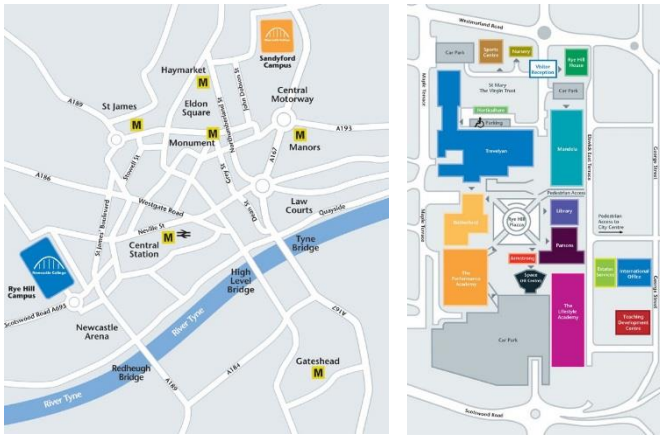


the retreat

beauty spa and hair salon

MAP AND FAQ

We are based on the 3rd floor of The Lifestyle Academy. If you are entering the college from the main entrance on Scotswood Road we are the dark grey building on the right.



Is there car parking available?

Car parking is available at the college but the car park is often full between 9am and 4pm. We have car parking attendants who will direct you to an alternative car park. Please allow enough time to find a space to park or use public transport.

Are the treatments done by students?

Yes, all treatments are carried out by students Level 3 – Level 5. They are all closely supervised.

Can I get a treatment if I am pregnant?

You can still receive most of our treatments while pregnant, however for massage you will need to be over 3 months pregnant and for your comfort will only be given a back massage.

Can I bring a group of people?

We can usually provide treatments for up to 5 clients (please call to confirm). You will need to book in advance if you are bringing a group.

How old do you have to be to get a treatment?

You need to be over 16 for a treatment or hair done at The Retreat.

Can you have a treatment if you have certain medical conditions?

You will be asked to fill in a medical questionnaire before your treatment and your therapist will advise you at the time if you have any contra-indications for your chosen treatment. We ask that you pay after the treatment for this reason as we do not have authority to refund.

What happens if I am not happy with my treatment?

If you are not happy with your treatment, please speak to the receptionist who can advise the manager of any concerns. Feedback forms are available at reception also.



theretreat
beauty spa and hair salon



theretreat

beauty spa and hair salon

CONTACT INFORMATION

Telephone: 0191 200 4602

Address: The Retreat
Lifestyle Academy
Newcastle College
Rye Hill Campus
Scotswood Road
Newcastle-upon-Tyne
NE4 7SA

Email: theretreat@ncl-coll.ac.uk

Twitter: Retreat_Lifestyle
Website: www.ncl-coll.ac.uk/lifestyle