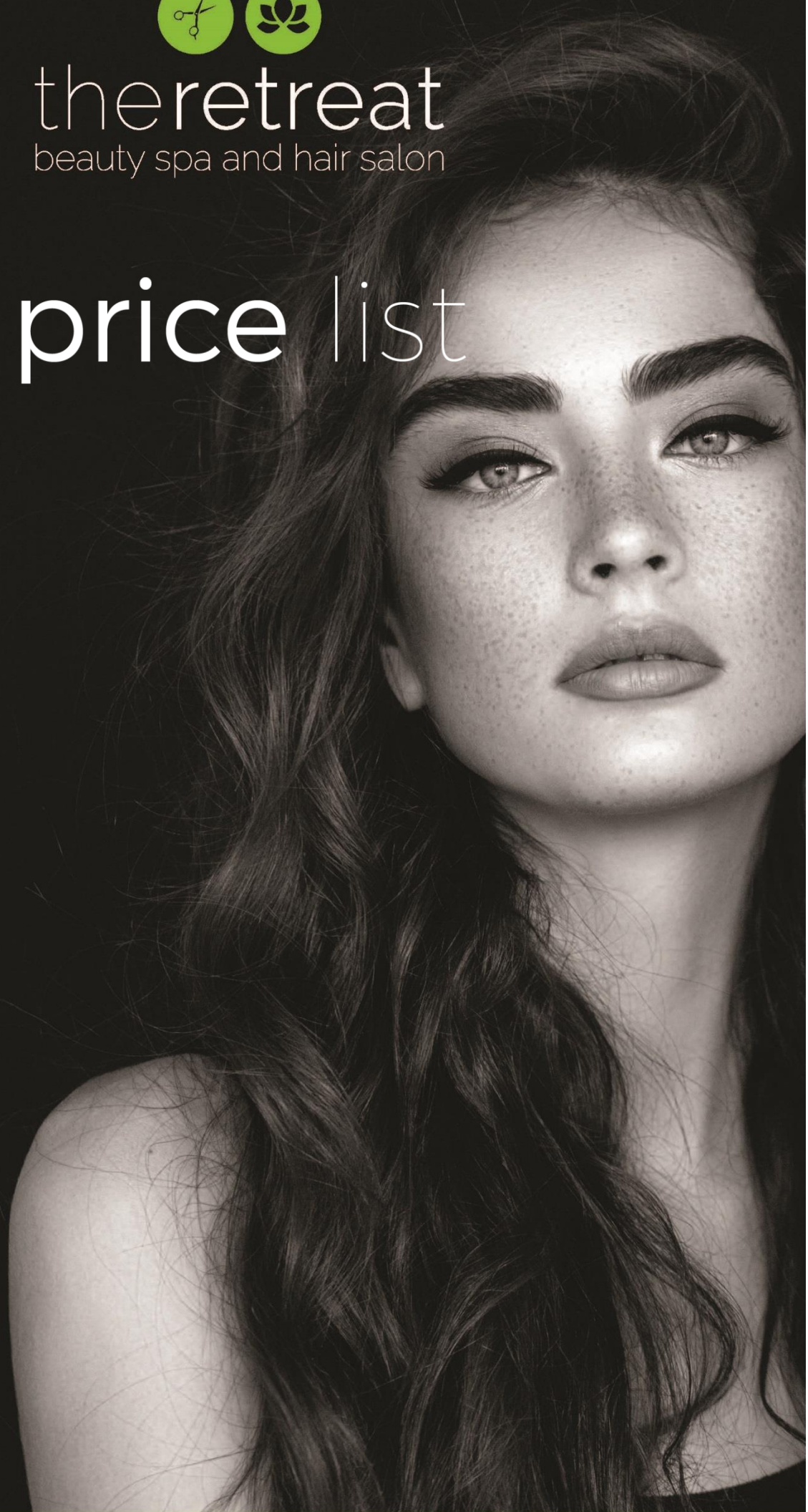




theretreat
beauty spa and hair salon

price list





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beauty spa and hair salon

Hair & Beauty prices for 2023 – 24 Volume 3

OPENING TIMES

Beauty treatment opening times below, for Hairdressing please call 0191 200 4602 to talk to a member of staff or email theretreat@ncl-coll.ac.uk

Monday	9:30 – 2:30 pm coming soon 4:30 – 7:30 pm	(Level 2 Beauty Treatments) (Level 3 Beauty Treatments)
Tuesday	9:00 – 2:00 pm coming soon 5:30 – 8:00 pm	(Level 2 Beauty Treatments) (Level 3 Beauty Treatments)
Wednesday	4:00 – 7:00 pm	(L 4 & L5 Beauty Treatments)
Thursday	4:00 – 7:00 pm	(L 4 & L5 Beauty Treatments)
Friday	CLOSED	
Saturday & Sunday	CLOSED	

Please note the reception desk is only open Tuesday to Friday. Emails and phone messages will be replied to only on these days. Payments are card only; cash can only be taken if card is not an option, and it must be the correct amount.

WHEN VISITING THE RETREAT

- Please remember that this is a training environment. Treatments may take much longer than expected and may be observed by a tutor. Hairdressing will take much longer than in industry and all consultations will be overseen by a tutor. Your patience and tolerance are appreciated.
- Last minute cancellations or not showing up for your appointments can lead to disappointment for the students and other clients. Please try to give at least 24 hours' notice.
- Unnecessary rudeness, inappropriate verbal or physical abuse to staff/students will not be tolerated. Safeguarding is a priority at Newcastle College, abusive behaviour can lead to a permanent ban from The Retreat Hair & Beauty salons.
- If you are more than 10 minutes late for your appointment, it will be cancelled. Appointments are booked back-to-back so no room for changes.
- 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 ask for a form at reception or email.
- Group bookings are welcome, but please ring to check availability first. Groups are very limited due to how many students we have working at one time.
- 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.



theretreat

beauty spa and hair 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, body & hair 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 new procedures in place for entering the building, please see below.

- Clients arriving for Hair or Beauty arriving before 4.30pm Monday to Thursday must sign in with ground floor reception.
- Ground floor reception will give you access through the barriers to the 3rd floor.
- If arriving after 4.30pm when the ground floor reception is closed, please make your way through the barrier to 3rd floor. Please note barriers will be on free flow at this time, they will look closed but as you go through the doors will open.

SILENT APPOINTMENT

Please do not hesitate to ask for a silent appointment if you are anxious, tired, mentally drained etc. And just want to avoid conversation and have some quiet time.

You matter and this is your time to relax.

There will be no judgement.....there never is.
Regardless of the reason, you are always welcome to utilise this option.

You will be given this option when taken in treatment room for your appointment, or you can let us know at the time of booking.

When you choose to take a silent treatment, it will begin when the treatment starts. Please note the student may have to ask questions but this will only be regarding the treatment and nothing else.

YOUR MENTAL HEALTH MATTERS

The Retreat Hair & Beauty salons are 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, trips and exams throughout the academic year. These days will be different to dates listed.

19/10/2023 Professional Development Day
30/10/2023 October Half Term (1 week)
22/12/2023 Wellbeing Day
25/12/2023 Christmas Holidays (1 week)
01/01/2024 Christmas Holidays (1 week)
08/01/2024 Professional Development Day
19/02/2024 February Half Term (1 week)
29.03.2024 Bank Holiday
01/04/2024 Easter Holidays (1 week)
08/04/2024 Easter Holidays (1 week)
17/04/2024 Professional Development Day
06/05/2024 May Bank Holiday
27/05/2024 May Half Term (1 week)
Closed for summer from June



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beauty spa and hair salon

BEAUTY TREATMENTS – Level 3 students

Treatments available on Mondays 4:30 – 7:30 pm & Tuesdays 5:30 – 8:00 pm

Nail treatments

Manicure	£11.00
Manicure with Gel Polish	£17.00

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

Pedicure	£11.00
Pedicure with Gel Polish	£17.00

Foot massage, exfoliation, foot bath, nail file and buff and your choice of colour polish or gel 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 and will prevent smudging.

Shape & Polish	£6.00
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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
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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
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BEAUTY TREATMENTS – Level 3 students

Treatments available on Mondays 4:30 – 7:30 pm & Tuesdays 5:30 – 8:00 pm

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*
NEW Brow Lamination	£20.00*
Lash Lift & Tint	£20.00**
Brow Lamination	£20.00**

* 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

Half leg wax £12.00

Bikini wax £9.00

hairs removed from leg crease and side of bikini; we do not train in intimate waxing.

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 treatment.



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BEAUTY TREATMENTS – Level 3 students

Treatments available on Mondays 4:30 – 7:30 pm & Tuesdays 5:30 – 8:00 pm

Facial

Eve Taylor Essential Prescriptive Facial £15.00

Everyday skincare prescribed for you.

- Nourish
- Soothe
- Purify

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

Please note steam is not 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 back massage £12.00



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BEAUTY TREATMENTS – Level 3 students

Treatments available on Mondays 4:30 – 7:30 pm & Tuesdays 5:30 – 8:00 pm

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



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BEAUTY PACKAGES

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

Relax and Restore – Level 3 students (Monday & Tuesday) **£30.00**
Eve Taylor facial and Full Body Massage

Pamper and Indulge – Level 3 students (Monday & Tuesday) **£40.00**
Eve Taylor facial, Full body Massage, Gel Manicure

Evening Pamper Package – Level 4 students (Wednesday only) **£35.00**
Dermaquest advanced facial and 2 course evening meal in The Chefs Academy.
(Only available on a Wednesday, not available end of November and all of December. Subject to availability and events)

Men's Pamper – Level 3 students (Monday & Tuesday) **£35.00**
Full body massage, Eve Taylor facial, nail grooming and eyebrow tweeze



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ADVANCED TREATMENTS - Level 4 & 5 students

Treatments available on Wednesday & Thursday 4:00 – 7:00 pm

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

£35.00 (45 mins)

A hands-on facial which provides a deep cleansing, hydration, or balancing treatment. This facial offers the opportunity for you to experience a highly active facial, without exposing the skin to any acid ingredients.

Add ons:

LED

£10.00

Light based therapy designed to enhance your treatment to the next level. Red LED is used to calm inflammation and support skin healing post procedure where the skin may feel slightly irritated.

High Frequency

£10.00

High frequency is an electrical device using thermal energy to boost circulation and eliminate bacteria. It is particularly suited to oily and acne prone skins to reduce the inflammation and excess oil production.

Sheet Moks

£10.00

Available in 3 targeted ranges, suitable for use after chemical peels, microneedling, lasers and IPL treatments to restore skin moisture and reduce redness and irritation.

Dermaquest Resurfacers **

£50.00 (30 mins)

**** Patch test is required for all resurfaces, 48 hours before treatment for skin resurfacers.**



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ADVANCED TREATMENTS – Level 4 & 5 students

Treatments available on Wednesday & Thursday 4:00 – 7:00 pm

NEW Facial Lifting Treatment **£30.00**

A combination of microcurrent, microdermabrasion and LED, this treatment offers face firming, a needle free alternative to collagen stimulation.

NEW Instant Painless Peel **£25.00**

*A **natural** enzymatic instant peel which is ideal pre-treatment or as a stand-alone. It gently removes dead skin cells leaving the skin clear, smooth, and soft.*

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.*

Back Massage (20 mins) **£10.50**



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ADVANCED TREATMENTS – Level 4 & 5 students

Treatments available on Wednesday & Thursday 4:00 – 7:00 pm

Medical Microdermabrasion £25.00
(Limited availability)
Deep exfoliation treatment

Medical Microdermabrasion and Dermaquest Facial £55.00
(Limited availability)

Dermaroller (coming soon) £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.

Laser

Laser Hair Removal Prices from £12.00 per session and area

Laser Skin Rejuvenation Prices from £50.00 per session and area

Laser Vascular Lesions Prices from £15.00 per session and area

Laser Pigmentation Prices from £15.00 per session and area

For all laser treatments a full consultation and patch test is required a minimum of 48 hours before treatment. Please note that the size and suitability of the area will be at the discretion of the practitioner. Price to be confirmed after consultation, treatment is not always guaranteed.

Laser bookings will stop in February as the level 5 students complete their client sessions in March.



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HAIRDRESSING (Wella 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 With Cut	£18.00 £27.00
Full Head Highlights With Cut	£30.00 £39.00
Cap Highlights With Cut	£14.00 £23.00
Root Re-growth With Cut	£14.00 £23.00
Full Head Colour With Cut	£22.00 £31.00
Balayage Ends With Cut	£20.00 £29.00
Balayage Colour on Top and Ends With Cut	£28.00 £37.00
Block/Flash colour each section	£5.00
Semi-Permanent Colour	£11.00
Toner – Additional Costs	£8.00
Milkshake Conditioning Treatment & Toner	£5.00
Perm Short Hair	£15.00
Perm Long Hair	£20.00

Gents Cuts/Beard Trim

FREE

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



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HAIRDRESSING (Wella Product Brand)

Level 3 Students

Blow dry	£9.00
Cut & Blow dry	£12.00
Conditioning treatment & Blow dry	£12.00
Conditioning treatment, Cut & Blow dry	£15.00
Hair ups from	£9.00
Setting	£8.00
Half Head Highlights With Cut	£22.00 £34.00
Full Head Highlights With Cut	£33.00 £45.00
Re-growth With Cut	£17.00 £29.00
Full Head Colour With Cut	£25.00 £37.00
Colour In-between Foils (Additional Cost)	£12.00 - £18.00
Advanced Colour Techniques Colour Correction (Estimated price on consultation)	From £25.00 onwards
Balayage Ends With Cut	£23.00 £35.00
Balayage Colour on Top and Ends With Cut	£33.00 £45.00
Block/Flash colour each section	£5.00
Semi-Permanent Colour	£11.00
Toner – Additional Costs	£8.00
Milkshake conditioning Treatment & Toner	£5.00
Gents Cuts/ Beard Trim	FREE
Gents Colour	From £6.00 price on consultation

Patch test required 48 hours' prior for colour or highlights
Clients 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 12:00 – 1:00 pm)

Dinner

Wednesday – Thursday (bookings between 5:30 – 7:00 pm)

To book please 0191 200 4602 (reception desk for bookings is open on Wednesdays, Thursdays & Fridays) or call restaurant direct on 0191 200 4644/4602 in restaurant opening times, please see above.

Email: chefsacademy@ncgrp.co.uk



Open Tuesday to Friday reservations from 12 to 1pm

Sample Lunch Menu

Menu changes every two weeks

To Start

Leek & potato soup, whipped cream, black truffle (v)
Venison & black pudding scotch egg, mushroom ketchup, celeriac remoulade
House-smoked salmon, Guinness & treacle soda bread, sour cream & chives

Main Course

Grilled chicken breast, parsnip puree, pickled blackberries, parkin & sloe gin
Fillet of sea bass, roast garlic potato puree, wild mushrooms, saffron chicken jus
Risotto of butternut squash, goats' curd and rosemary (V)

Desserts

Vanilla crème Brûlée, lavender shortbread
Plum & almond tart, plum ripple ice cream

A selection of English cheeses from Harvey & Brockless, celery, grapes, chutney & biscuits

2 Courses £12.00

3 Courses £14.50

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

Excluding Christmas, set three course Christmas menu end of November/December



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 but please note most parking off campus will be payable. 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 2 – Level 5. They are all closely supervised.

Can I get a treatment if I am pregnant?

You can still receive a treatment while pregnant, however we no longer offer massage as the students are not trained in pregnancy 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 well 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.



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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

Insta: theretreatskinclinic

Website: <https://www.ncl-coll.ac.uk/about-the-college/the-retreat/>